



Are you afraid of the freshman 15? see page 10



Football season preview see page 4

THE Jambar

THE STUDENT VOICE OF YOUNGSTOWN STATE UNIVERSITY

Monday, August 28, 2006

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VOL. 89 NO. 1

TEXTBOOKS

Textbooks breaking the bank

By: Emery Boyle-Scott
NEWS EDITOR

Think twice before spending extra money on books at the campus book stores.

Several companies offer cheap or even free textbooks online. For a comprehensive list go to thejambar.com.

Textbookrevolution is a Web site where students can get free textbooks. The Web site offers books as

downloadable PDF files and as e-books. "All of the books are offered for free by their copyright holders for online viewing," according to the Web site.

Freeload Press Inc. has free online versions of books and low-cost paper back books. Faculty may request bound copies for about \$25-\$35 each. Freeload press offers commercial advertising space inside the texts. Safariu also offers a select number of textbooks and study aids in free downloadable format.

Maag Library has 94 textbooks used by YSU professors on reserve for student use. With a student ID card and a library barcode, any book on reserve may be checked out from the circulation desk for three hours at a time.

Commercial Web sites such as Overstock.com, Half.com and Amazon.com have a wide selection of textbooks for sale at prices typically much lower than bookstore prices. Selling and buying books from Web sites allow students to sell directly to the buyer, cutting out the "middleman" and lowering the cost.

Campusbookswap.com allows students to sell directly to other students. Youngstown State University was recently added to the Campus Book Swap Web site, no books are currently available for purchase.

Buying online can be risky; sometimes there are errors when purchasing a book from the Internet. Depending on class load, students could be

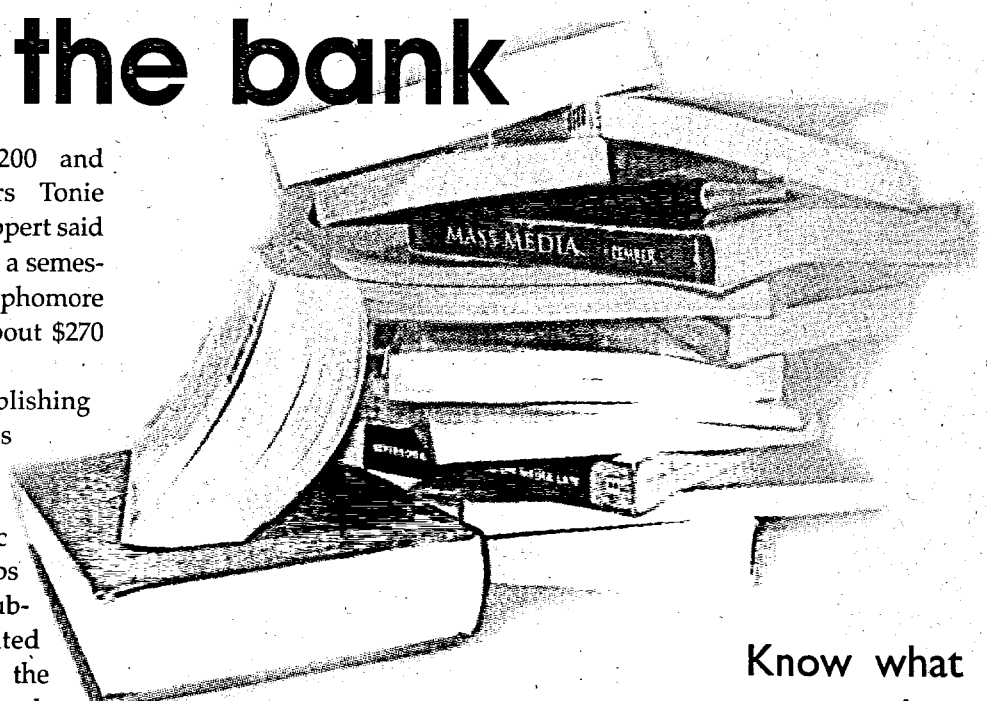
spending between \$200 and \$1,000. YSU juniors Tonie Gordon and Melissa Lippert said they reserve about \$400 a semester for books, while sophomore Lauren Glenn keeps about \$270 handy.

Thomas said publishing companies set the prices for all textbooks. A recent study conducted by the Student Public Interest Research Groups found that "major publishers have not created lower-cost versions of the majority of their textbooks and do not always properly advise the lower-cost options that do exist."

The Student Government Association is reviewing the possibility of a university-wide policy that would adopt textbooks for two to three years instead of keeping the current system in place. The current university policy allows professors the option of changing which books are required, recommended or optional every semester.

By adopting books for years at a time, the YSU Bookstore and Campus Book and Supply would be able to offer used books to students at a significantly lower cost than today's used-book price, SGA President Chad Miller said.

"I wouldn't tell students not to buy off line; it's a great savings to them," Miller said. Miller went on to explain that if students continue to use the Internet to buy books, campus bookstores will be negatively impacted.



Buying books online Helpful tips

Shop around

Try various Web sites. You can use Google's shopping search engine Froogle to search several retail sites simultaneously. The Jambar found good prices at www.half.com and www.amazon.com, competitive prices at www.overstock.com and www.ebay.com.

Know what you need

Obtain the list of books you need from your syllabuses or professors. Be sure to have the ISBN code, or at least the full title and author name.



See if you can get your book for free

There are many Web sites that offer a select number of free textbooks for use by the general public. For more information visit our Web site. www.thejambar.com

Allow for extra time

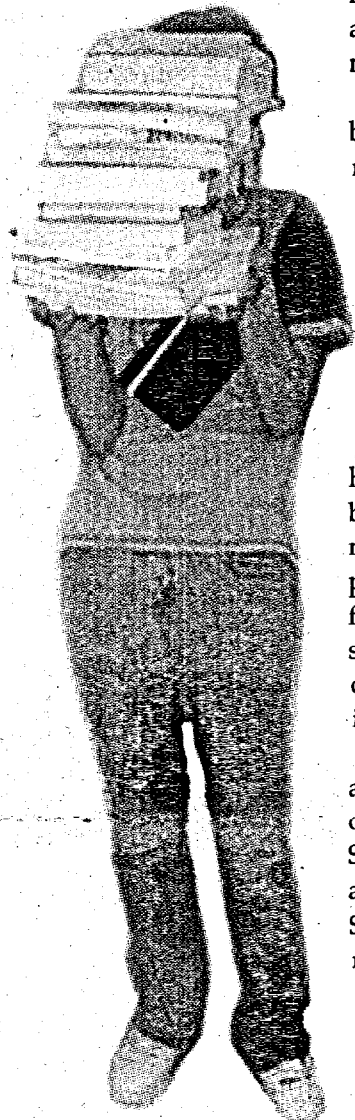
A significant downside of buying books off the Internet is the time spent waiting for the books to arrive. Half.com claims regular shipping generally takes two to nine days to arrive, however some shipments can be delayed up to 30 days. Amazon.com's marketplace standard shipping time is four to 14 business days. Some shipments may take up to 21 business days.

Be prepared

You're going to need a credit or debit card and an e-mail address to buy online. If purchasing from Half.com, you will need an Ebay screen name, available for free. YSU equips all students with e-mail addresses. Get acquainted with the new portal system, MyYSU, at www.yzu.edu for more details.

Be wary of shipping costs

If you're using Ebay, oftentimes shipping can be very expensive, sometimes even more than the book itself. Half.com and amazon.com both have reasonable shipping rates with expedited shipping available for a few dollars more.



YSU

New name, new menu, new food court

By: Jenny Boyce
NEWS REPORTER

The grumbling stomachs of Youngstown State University students and faculty will be in for a surprise when lunchtime rolls around the corner this fall. The Market Place Café has a new name, and new menu to match.

Located in the lower level of Kilcawley Center, the newly renovated food center will now be known as the KC Food Court, featuring KFC Express. Selected as a favorite among students surveyed by the Dining Hall Association and YSU's Student Government, KFC will replace Peck's for the chicken-seeking diner.

"(KFC) will have chicken sandwiches, barbeque wings, crispy strips and coleslaw among other things," said Tom Totterdale, YSU's dining director. "However, we won't be serving mash potatoes yet, but we might add that later."

The KC Food Court will also have a Freshens Smoothies and a SubConnection, which Totterdale refers to as a cross between Quizno's and Subway, since students can choose hot or cold subs. Consequently, the new food court will not be returning with Mesa Jake's and Soba.

According to Chad Miller, SGA president, Wendy's was the only chain that had distinctly beaten KFC, with Subway and Quizno's also ranking highly among surveyed students.

Accompanying KFC, SubConnection and Freshens will be the return of Pete's Arena and the addition of Grill 155, with specialty sandwiches and char-grilled burgers. The food court will also include a Smart Market, which will be similar to the former refrigerated station just left of the entrance, with Grab-N-Go salads, wraps, fruit and cookies.

Further changes include expanded hours for some of KC's food places. SubConnection, Freshens and Smart Market will stay open from 10:30 a.m. to 7 p.m. on Monday through Thursday, and from 10:30 a.m. to 2 p.m. on Fridays.

"I'll miss having tacos and noodles," said returning student Sherry Morrison, "but I like how the hours are later, since I have classes in the evening."

Additional time changes include Café A La Cart in Williamson Hall and the Beegly College of Education, which will stay open from 7:45 a.m. to 2 p.m. and 4:30 p.m. to 8 p.m. on Monday through Thursday, and from 7:45 a.m. to 1 p.m. on Fridays.

Cushwa Hall's Café A La Cart will remain open from 7:30 a.m. to 7:45 p.m. on Monday through Thursday, and 7:30 a.m. to 2 p.m. on Fridays.

Sodexo, the university's dining service, recently renewed their contract with YSU, which led to the mid-July construction on YSU's dining areas. The contract also includes the addition of a Jazzman's Café in Maag Library, one floor up from the main



Jambar/ Maysoon Abdelrasul

Grill 155, which will serve specialty sandwiches and burgers, joins KFC, SubConnection, Freshens, and Petes Arena in the new KC food court

lobby, and renovations on Noodles.

The Jazzman's Café in Maag will be open from 7:45 a.m. to 4:30 p.m.

While the KC Food Court won't be serving breakfast, Noodles is scheduled to open at 7:30 a.m. for the fall semester. But according to University Dining, plans for Noodles are still far from complete.

"We proposed a plan to turn it into a pizza place, but it won't be for the fall," said Totterdale. "[The University] is looking into renovating Kilcawley Center as a whole, so we're holding off on renovations for

Noodles."

Funding for the construction on YSU's dining areas came through Jack Fahey, director of Student Services, an investment through Sodexo's new contract.

While Totterdale concluded that all previous Market Place employees who wanted to stay were utilized and trained for the new places, University Dining is still hiring for dining positions across campus. Further information can be found in the Catering Office on the upper level of Kilcawley Center.

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meet for orientation

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teams YSU will face
this football season

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Bob Mackey has
some helpful tips for
freshman

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Today's Weather >> cloudy

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Tuesday: cloudy 77 / 60

Wednesday: partly sunny 78 / 58

YSU

International students learn about YSU

By: Ashley Tate
JAMBAR REPORTER

Trying to find international students in Kilcawley Center may not be as easy as it used to be. The Center for International Studies and Programs changed its location and its director.

The new location is on the first floor of Jones Hall and the new director, Jef Davis, said he is enthused about working at Youngstown State University.

"The Center for International Studies and Programs is YSU's doorway to the world. People going in, people coming out, it's how you see the rest of the world," said Davis.

Though this is Davis's first semester at YSU, he has been working with international students for 20 years. Davis worked with international students at the University of Akron as an undergraduate.

"Working with those students helped me to open my eyes more and see the world differently and see the world through their eyes," said Davis.

Working with these students helped influence Davis to become more involved in international studies.

Davis said the center's goal is to raise international opportunities and generate interest and enthusiasm with international students. He also hopes to raise the number of international students that participate and increase enrollment in the English studies program.

Davis worked in Azerbaijan and other

countries as a consultant trying to recruit high school students to the U.S. He also worked with the U.S. Embassy and traveled abroad.

Associate Director of CISP Michelle Ocepek said the center is expecting 40-50 international students this year, but realizes some students have difficulties obtaining visas to come to the United States.

Last week the center held an orientation for international students attending YSU. Ocepek was busy organizing the orientation and trying to make the students feel comfortable at YSU.

The orientation included a campus tour, discussion about campus employment, banking, scheduling of classes, and a presentation by YSU police.

Freshman Anwar Al-Zuraiqi, an international student from Jordan, said the orientation was well-organized.

"The timing was perfect. I knew what was going on before hand because the schedule was followed," he said.

Davis said that having a place where international students can bring questions or problems will help them have a focal point so they won't get lost.

"I think YSU has enormous potential to have more international students at every level. Our history has been so interested in the local community and surrounding areas but we need to get YSU's name out internationally to prospective students," said Davis.

Police Briefs

Trespass

On Aug. 21 Youngstown State University police officers arrested Clark Perkins for criminal trespassing. YSU police were checking Meshel Hall when they found Perkins. YSU police warned Perkins numerous times before to remain off campus property. He was placed under arrest and transported to YSU Police Department for processing.

Weapon

YSU police officers were dispatched to Ohio Avenue on Aug. 16 in reference to a domestic incident between a husband and wife involving a rifle. When officers arrived the rifle was broken into two parts, according to the police report. The male told the officers the rifle broke when he and his ex-wife were wrestling to gain control of the rifle. Then he hit his ex-wife in the waist area and the rifle broke, according to the report. The female was arrested and transported to Mahoning County Justice Center.

Alcohol

Campus police broke up a party in the University Courtyard Apartments on Aug. 18. Police confiscated a half keg of beer, one bottle of 99 proof banana Schnapps Liqueur and an empty bottle of vanilla Smirnoff vodka, according to the police report.

Classified

Help Wanted

Distributor position available beginning August 28. Must be available between 7 and 8 a.m. Tuesday and Thursday mornings to distribute The Jambar. Must be dependable. For additional information, contact Olga at (330)941-3094, Monday through Thursday 8 a.m. to 1 p.m. or stop by The Jambar office located in the basement of Fedor Hall.

Teacher PT 2 Shifts: 8:30-12:30 or 8:30-3:30. Degree early Childhood Ed. ELI/Headstart Experience. PT. Teacher Aid w/ CDA. Morning & afternoon. (330) 480-9216 or (330)144-5675. Call between 10:30am- 3:00pm M-Th. 5 mins from YSU.

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DEADLINE TO APPLY IS:
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\$7.00 per hour with the potential for advancement.

How to Apply
Contact Angie Urmson Jeffries at 941-4666 for further information. Applications are available in Jones Hall 2002.
Deadline for applications is Friday, September 8, 2006.

NEW In Kilcawley Center



Located in
the NEW KC Food Court
(formerly Market Place Cafe)
Lower Level,
Kilcawley Center.
A Great Place to Eat!



NEW In Kilcawley Center



and
subconnection

Located in
the NEW KC Food Court
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JAMBAR Editorial & Opinion

Monday, August 28, 2006

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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 A warm welcome from the Jambar

September's shadow lurks a few days ahead, settling over tree limbs, chillier evenings and the inevitable commencing academic year. It's time to trade lazy summer days for massive coffee consumption, the infamous snooze button and heaping workloads.

YSU students and faculty, welcome back. Before anxiety attacks kick in (we have about seven or eight weeks until midterms), let's acknowledge the great things YSU has to offer, some of which are new additions to the university.

What better way to appreciate our school than to celebrate the one-year anniversary of Andrews Student Recreation and Wellness Center. The beautiful facility offers fitness classes, equipment and rock climbing to YSU students for free. At the YMCA of Youngstown, an individual yearly membership costs \$293 for those under 20 and \$490 for ages 21 and over. (That's not even including the \$70 joining fee.) Luckily, for us YSU students, staying in shape never felt so economically friendly. For students with a competitive streak, go beyond the Rec Center and join a fall intramural sport.

YSU students can also expect big changes with dining on campus. One of YSU's new additions is the KC Food Court that will offer more meal choices all in one location. Noodles now offers breakfast starting at 7:30 a.m. and many campus eateries have extended their hours.

These are just a few good things to expect on campus, but the Jambar staff wants its readers to know our goals for improvement this academic year.

With this first issue, many of you will notice a change in the Jambar's look. If you missed the chance to read our summer issues, today's issue is your first taste of the newspaper's freshest update. Our designers have revamped the Jambar with what we think appealing, professional layout.

As you read through our pages, you will also notice new bylines. On a staff of 15, only five members are veteran, but our new staff members are also excited to be on board. As YSU's ambassadors, this year's Jambar staff is committed to good journalism and delivering breaking news.

Over the summer, some staff members came face to face with a journalist's worst nightmare. When trying to interview YSU faculty members, reporters learned that some faculty members "no longer interview with the Jambar." The reason came in the form of advice to the Jambar staff, and to all journalists and writers: Learn something as student journalists - don't burn your sources in print.

We know first hand that it is hurtful for student journalists to hear we've burned sources when our goal is accurate reporting to a trusting public.

It is also an important lesson. In journalism, in academia, in life - we must build bridges, not burn them. Misrepresentation is not a journalistic ideal or the Jambar's goal.

This year's staff is committed to building (and rebuilding) sources to complete the trust circle. We want our readers' respect because without readers, we are an idle institution, but without us, you don't get your news. When we come to you, faculty members and students, it is because your opinion is respected. Help us tell the whole story. After all, people should know the truth, the whole truth, and nothing but the truth.

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

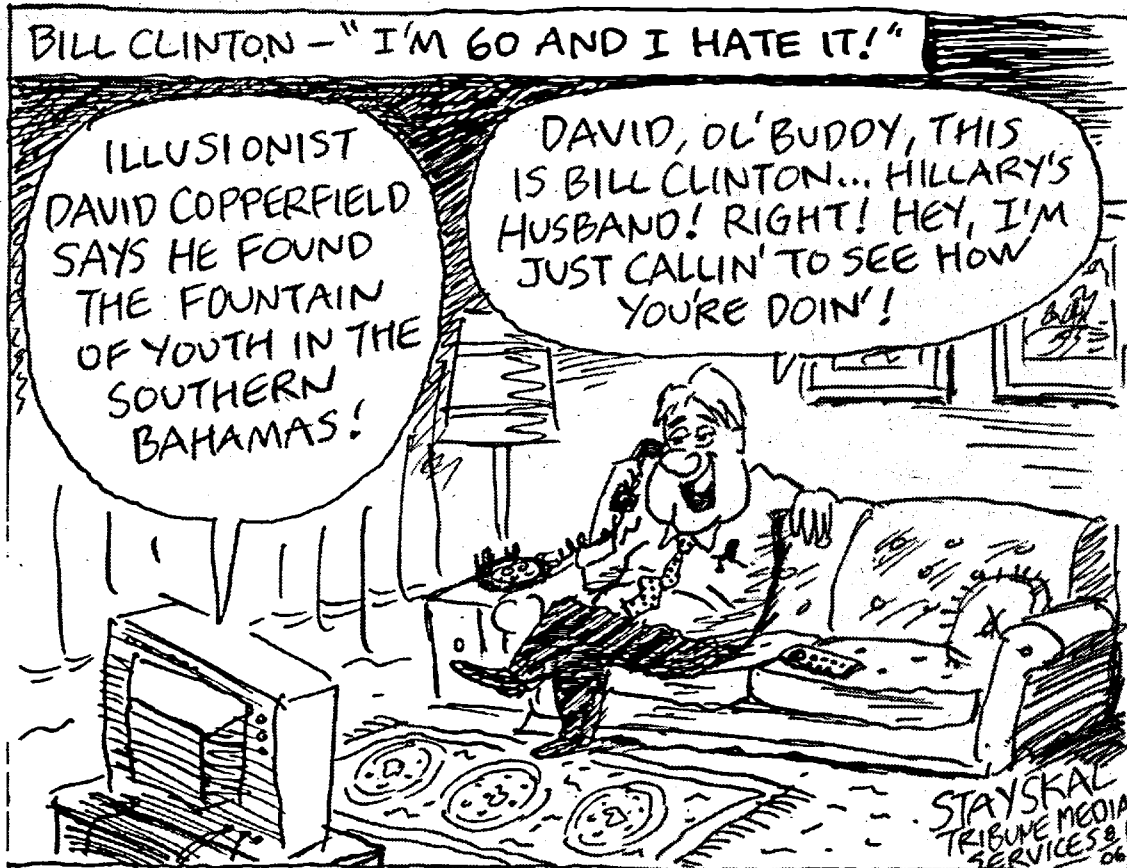
Fuzzy accounting

Editor:

"Fuzzy Accounting" is still alive and well at YSU! During the first year of the D. Sweet Administration, then-State Auditor Jim Petro sent a team to YSU to examine the poor faculty and staff relations with this administration and to investigate other problem areas such as the accounting procedures developed by the late G.L. Mears, who was then the executive vice president of the university. The result was a report that made numerous suggestions for improvements, most of which Sweet and the Board of Trustees promptly ignored. Petro was quoted in The Vindicator saying that YSU's accounting practices were "fuzzy." As far as I can determine, they are now beyond the mere "fuzzy."

Recently, two TV cameras were installed in my department. These cameras were not requested, and since they are out in the open for everyone to see, they are hardly an effective deterrent for crime. Our department was charged \$1,300, and the amount was taken out of our budget, a budget sorely depleted by other "cuts" by this cracker-barrel administration, such as their refusal to take steps to prevent water problems in Ward Beecher. Please note, however, that the people in Tod Hall never cut their own budget, and there are more administrators today at YSU than at any time in its history.

Our new provost, R. K. Herbert (a retreat from Stephen F. Austin University in Texas, where he was a dean. While there, it was suggested that Herbert "undertake immediate and protracted professional development." Unfortunately, it didn't work!)



Cartoon courtesy of MCT Campus

is also trying his hand at obfuscation. Early this spring, this master of ambiguity got into the numbers game by stating to the press that YSU's summer academic programs exceeded the budget by \$1.2 million. On May 2 he stated that "summer classes won't be cancelled," but classes having less than 15 students would be - unless the faculty members teaching them agree to a large decrease in salary. The provost later went on to claim (6/12/06 - Vindicator) that by cutting 52 classes, about \$220,000 would be saved. In one month we went from "summer classes won't be cancelled" to 52 classes cancelled. The problem with Herbert's bombast is that the summer academic programs bring money into the University and the summer budget was grossly underfunded in the first place!

Let's consider Summer Semester 2005 and use the university's own numbers. The net revenue was \$7,759,745, while the gross expenses were \$6,524,100; this amounted to a NET PROFIT of \$1,235,645. I would like to point out that of the expenses listed, creative accounting added costs that would have to be paid even if no classes were being held! Approximately \$2.5 million falls into this category, leaving a net profit of \$3,700,000.

More recently, the provost has made draconian cuts in departmental budgets for part-time faculty, which will certainly affect the number of classes offered at this university. The net result will be that many students will take longer to graduate and part-time faculty members, who have not had a raise in decades, will be hurt economically. Since these instructors often teach large, introductory courses and are paid considerably less than regular faculty, these courses invariably make money for the university. When this was pointed out to

the provost, he muttered something about (I'm paraphrasing here) "not wanting to get into the habit of only offering courses that make money." Of course, he doesn't want to offer courses that lose money either! What's left?

Now, let's see if we all understand. The provost cuts the summer budget because these classes make money for YSU and then does the same thing to the rest of the academic year by cutting part-time instructor hours because they also make money. So I guess the real question we should be asking ourselves is this: Are these people really this stupid? If so, who hired them and is our only option passing them off to another unsuspecting university?

Ron Tabak, Professor
Physics & Astronomy

COMMENTARY

Off screen antics hurt actors and ticket sales

By: Adrienne Sabo
ASSISTANT NEWS EDITOR

The downward spiral of Tom Cruise hit another low point last week with his departure, putting it mildly, with Paramount Pictures. Cruise and his production company, Cruise/Wagner Production, were dropped from the studio after the head of the studio said Cruise's behavior was to blame.

The seemingly never-ending downward spiral began on a now infamous Oprah Winfrey episode in which Cruise jumped up and down on furniture, broadcasting his love for Katie Holmes. As if that scene wasn't enough for viewers, he later attacked actress Brooke Shields for her use of medication to deal with Postpartum Depression and got defensive with Today Show host Matt Lauer during an interview about the topic.

He's announced his love for not only Holmes, but for Scientology and the religion's founder, L. Ron Hubbard, who is also a science fiction writer, ironically enough.

It seems like only yesterday Cruise was the heartthrob movie star stealing women's hearts, and now he is simply known by most as the crazy guy who jumped on Oprah's

couches.

Cruise's latest blow hurts more than just his pride. Sumner Redstone, who runs Viacom, a company that owns Paramount Pictures, said the studio will end its deal with Cruise after 14 years.

"His recent conduct has not been acceptable to Paramount," Redstone said of Cruise.

Redstone offered one reason why Cruise's latest movie did not do so well: his outlandish behavior. Redstone estimated it lost \$100 million to \$150 million in ticket sales because of Cruise's behavior.

Studios are beginning to put their foot down when it comes to these out-of-control actors.

Actress Lindsay Lohan, known for her partying ways, recently received a letter from a studio executive telling her, in more or less words to, shape up or ship out. Apparently the executive was fed up with her tardy arrivals, frequent illnesses and late night partying.

In the letter the executive communicated with Lohan how much money she was costing the studio because of her behavior.

There are some disputes

between Cruise's production company and Paramount as to the reasons why they split. Cruise's company claims the negotiations just stopped and Paramount says it ended the deal.

What matters most in this situation is that studios are finally taking action and flexing some muscle against unruly, misbehaving actors.

We have our favorite actors and entertainers and we like them to be a certain way. Normal. No one wanted to see Tom Cruise jump on a couch, as entertaining as it was. No one wanted to see that.

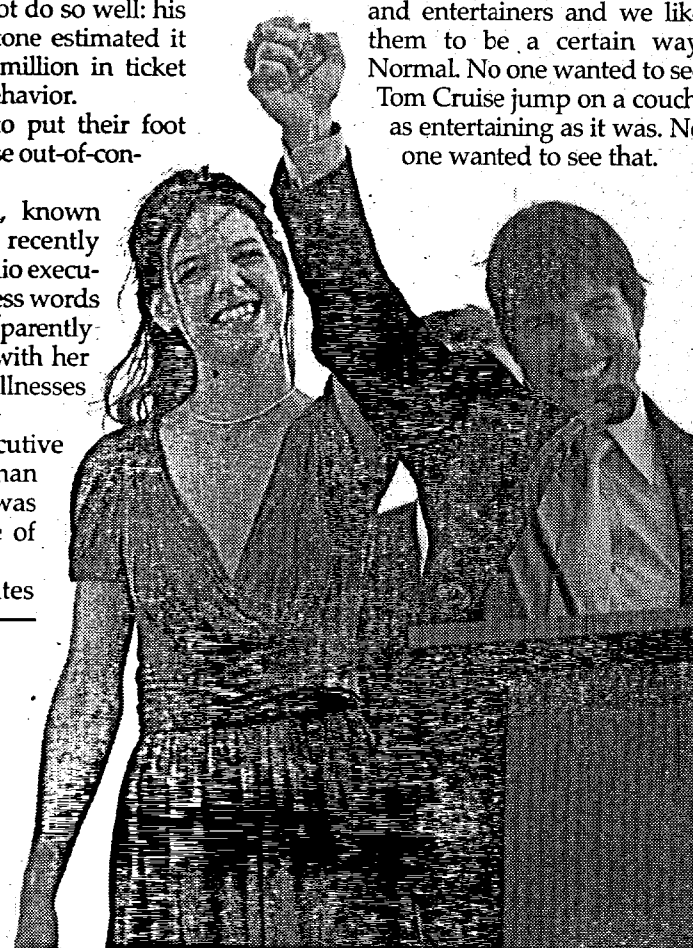


Photo courtesy of MCT Campus

Advice column

The Jambar will run a weekly advice column on the editorial and opinion page upon the request of readers. The Jambar has 15 staff members from different backgrounds and and this advice column is an opportunity for those who seek it to get free, unbiased advice from your peers. We are aiming to give advice to people who send in letters telling us their problems. We are not professional counselors, so we will give advice from what we have learned so far. Our experiences range from relationships, love, classes, managing time and money, work and family. Letters can be sent via email to the-jambar@gmail.com or faxed to 330-941-2322. Without letters from our readers, we will not be able to run a weekly advice column. We are looking forward to hearing from you.

We are not responsible for any actions our reader's take.

Q&A with President Sweet

The Jambar will be talking with YSU President David Sweet weekly. We'd be happy to ask him any questions you have for him. We will print one to three questions and answers weekly. Send your questions to thejambar@gmail.com

- ▶ 8/31 Football vs. Slippery Rock 7:30pm
- ▶ 9/1 Volleyball @ Canisius 7:00pm
- ▶ 9/1 Soccer vs. Canisius 7:00pm
- ▶ 9/2 Volleyball @ Buffalo 10:00am

FOOTBALL PREVIEW



Tom Zetts, quarterback, #24

Rated as the 11th best quarterback in Division I-AA, Zetts has passed for 30 touchdowns and only 14 interceptions in his career. His passing yardage has also increased each season and this upcoming year should be no exception. The loss of wide receiver Kyle Smith will be big for Zetts, but Irizarry, Williams and Peterson should be able to pick up the slack.

Game to watch: Oct. 21 at Northern Iowa



Jamel Lee, guard, #73

Throughout his time at YSU, Lee has played in 27 games and started 12, 10 of which came last season. He has the versatility to play tackle or guard, which could prove crucial down the stretch. At 6 feet 3 inches, his size and experience are added bonuses.

Game to watch: Aug. 31 vs. Slippery Rock



Louis Irizarry, tight end, #81

Although no one knows his capabilities in a YSU uniform, Irizarry was making strides at Ohio State to becoming the heir apparent to Ben Hartssock. After leaving the team and transferring to YSU, however, he has been under wraps. Irizarry has the potential to do big things for the Penguins this season.

Game to watch: Sept. 16 at Penn State

Who 2 watch



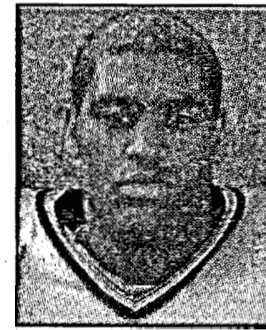
Penguin Football 2006



Codera Jackson, cornerback, #3

Jackson's big play ability -he led the Gateway Conference last season in interceptions with six- will surely help a YSU team that will face a number of good passing offenses. He was also named to the first-team preseason All-American team. Watch the promising players Jackson and his coconspirator Jason Perry on a mission to shut down opposing quarterbacks.

Game to watch: Sept. 16 at Penn State



Mychael Savage, defensive tackle, #92

A defensive leader, Savage has the size, at 6 feet 2 inches and 307 pounds, to stuff up the middle of the line, making it hard for opposing offenses to execute. Only a sophomore, Savage appeared in 10 games as a freshman, starting seven.

Game to watch: Sept. 23 vs. UC Davis



Jeremiah Wright, linebacker, #25

Wright finished last season as the team's third leading tackler and will look to return to his 2004 form when he was named to the All-Gateway second-team and finished the season with 91 tackles. He will have to improve his play after the departure of starting linebackers Mike Andrews and Joe Juby.

Game to watch: Nov. 11 at Western Kentucky

FOOTBALL PREVIEW

Hopes run high for the 2006 Season

By: Jake Glavies
SPORTS EDITOR

The tightened chin straps and laced-up cleats can only mean one thing - another season of Youngstown State University football is set to begin.

After finishing 8-3 last season and missing the playoffs for the fifth straight year, the Penguins are looking to bounce back with a stellar 2006 campaign.

The Penguins, ranked third and seventh in two separate national preseason I-AA polls, will be returning 27 seniors to the squad this year.

"For us to be successful this year, all of our seniors are going to have to step up and have their career-best season," Head Coach Jon Heacock said.

Although the team has lost some key figures on both sides of the ball, they have replenished with some big-time talent.

The additions of tight end Louis Irizarry, a former Ohio State Buckeye, and wide receiver Miles Williams, a transfer from Michigan State University, will undoubtedly help a passing game that managed only 2,000 yards last season.

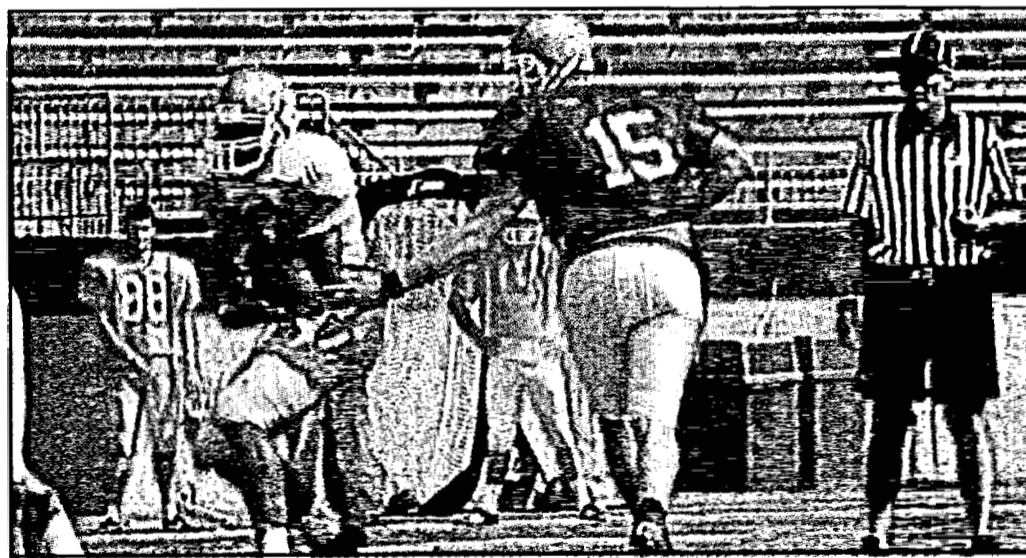
Looking to test the tandem in the eighth game of the season will be Northern Iowa cornerback Dre Dokes, who ranked in the top five in interceptions last season in the Gateway Conference.

The Penguins will also regain the services of two players that suffered season-ending injuries last year. Among them is safety Bob Perez who will be looking to return to the starting lineup.

The Offense

Leading the offense is quarterback Tom Zetts, returning for his third season as starter.

With a 0.1 percent differential between the play calling last season, and an even split in 2004, coaches will look to continue a balanced attack of run and pass.



Jambar/ Jake Glavies

Red shirt freshman Todd Rowan hands the ball off to freshman running back Jordan Edwards during the red and white scrimmage on Aug. 17. The offense defeated the defense 36-15 and won the right to wear the coveted red jerseys in practice.

Guard Jamel Lee discussed the importance of a balanced game plan.

"We like to take what's given to us... Whether it's more run or more pass, we're going to adjust to what will give us the best opportunity to win."

After a slight edge in the play calling last season, YSU's stable of running backs will continue to play a large role in the offense.

The Penguins have four players returning to the position and have added two more to the fold. Like last year, the ball will continue to be distributed to anyone and everyone.

Blocking for this myriad of running backs is an offensive line that lost only two players this spring. Comprised of all upper classmen, the group won't be at a loss for experience.

The Defense

After ranking first in last season's Gateway in four out of six defensive categories, the Penguins must continue their stingy play for hope of a playoff run this

last season, and Jason Perry.

Rounding out the secondary are the safety positions. Although full of depth, the only experience comes from Junior Dorian Chenault, making the play here a question mark.

The entire defense will be tried early in the season against Penn State. Watch for Jackson and Perry to make things difficult for sophomore wide receiver Deon Butler. Last year Butler had nearly 700 receiving yards and nine touchdowns.

On Saturdays

After beginning the season against Division II Slippery Rock, the Penguins will face the Maine Black Bears followed by two opponents they have never suited up against.

The most difficult games will be played at Penn State. Facing Joe Paterno in what seems like his 90th season with the Nittany Lions will be a difficult task for a YSU team that lost 41-0 last season at Pitt.

This game could, however, be a rallying point for the team.

When you see that a game like this is on the schedule it forces you to prepare harder and that carries over to the Gateway games as well," Heacock said. "Hopefully it has forced us to prepare longer and harder for all of our games."

Sandwiched in between games against Notre Dame and Ohio State, YSU may catch Penn State napping and be able to put some points on the board.

Throughout the rest of the season the Penguins will take on the usual Gateway Conference suspects such as Illinois State, Missouri State and the like.

The Final Word

As kickoff nears and hopes run high for the upcoming season there is only one thing that can be said: "These are your 2006 Youngstown State Penguins."

FOOTBALL OPPONENT PREVIEW

Aug. 31 Slippery Rock

Nickname: The Rock
 Location: Slippery Rock, Pa.
 Enrollment: 8,100
 Preseason Ranking: Third in the Pennsylvania State Athletic Conference-Western Division Coaches Poll.
 2005 Record: 5-5
 Vs. YSU: 0-10 all-time
 Impact Players: Cory Lacek, defensive end, #51; Clint Forsha, defensive linemen, #96

**Sept. 30 at Missouri State**

Nickname: Bears
 Location: Springfield, Mo.
 Enrollment: 20,741
 Preseason Ranking: Seventh in the Gateway Conference
 Preseason Poll
 2005 Record: 4-6
 Vs. YSU: 1-9 all-time
 Impact Players: Derrick Byrd, linebacker, #17; Scott Carroll, quarterback, #10

**Oct. 28 at Illinois State**

Nickname: Redbirds
 Location: Normal, Ill.
 Enrollment: 20,265
 Preseason Ranking: Third in the Gateway Conference Preseason Poll
 2005 Record: 7-4
 Vs. YSU: 7-7 all-time
 Impact Players: Luke Drone, quarterback, #7; Laurent Robinson, wide receiver, #81

**Sept. 9 Maine**

Nickname: Black Bears
 Location: Orono, Maine
 Enrollment: 11,400
 Preseason Ranking: Third in the Atlantic 10 North
 Division Preseason Poll
 2005 Record: 5-6
 Vs. YSU: 2-2 all-time
 Impact Players: Ron Whitcomb, quarterback, #12; Arel Gordon, wide receiver, #2

**Oct. 7 Indiana State**

Nickname: Sycamores
 Location: Terra Haute, Ind.
 Enrollment: 10,679
 Preseason Ranking: Eighth in the Gateway Conference
 Preseason Poll
 2005 Record: 0-11
 Vs. YSU: 1-14 all-time
 Impact Players: Andre Forte, running back, #33; Rafael Price, defensive back, #13

**Nov. 4 Southern Illinois**

Nickname: Salukis
 Location: Carbondale, Ill.
 Enrollment: 21,441
 Preseason Ranking: Fourth in the Gateway Conference
 Preseason Poll
 2005 Record: 9-4
 Vs. YSU: 7-9-1 all-time
 Impact Players: Arkee Whitlock, running back, #24; Lorenzo Wims, defensive end, #91

**Sept. 16 at Penn State**

Nickname: Nittany Lions
 Location: University Park, Pa.
 Enrollment: 40,709
 Preseason Ranking: 19th in the AP Top 25
 2005 Record: 11-1, Won the FedEx Orange Bowl 26-23 over Florida State
 Vs. YSU: First Meeting
 Impact Players: Deon Butler, wide receiver, #3; Tony Hunt, running back, #26

**Oct. 14 at Western Illinois**

Nickname: Leathernecks
 Location: Macomb, Ill.
 Enrollment: 13,550
 Preseason Ranking: Sixth in the Gateway Conference
 Preseason Poll
 2005 Record: 5-6
 Vs. YSU: 10-11 all-time
 Impact Players: Steve LaFalce, quarterback, #9; Jerome Bennett, linebacker, #40

**Nov. 11 at Western Kentucky**

Nickname: Hilltoppers
 Location: Bowling Green, Ky.
 Enrollment: 18,645
 Preseason Ranking: Fifth in the Gateway Conference Preseason Poll
 2005 Record: 6-5
 Vs. YSU: 10-5 all-time
 Impact Players: Lerron Moore, running back, #25; Justin Haddix, quarterback, #16

**Sept. 23 UC Davis**

Nickname: Aggies
 Location: Davis, Calif.
 Enrollment: 29,637
 Preseason Ranking: 21st in the Division I-AA Top 25
 Preseason Poll
 2005 Record: 6-5
 Vs. YSU: First Meeting
 Impact Players: Tony Kays, wide receiver, #85; Nevan Bergan, cornerback, #26

**Oct. 21 Northern Iowa**

Nickname: Panthers
 Location: Cedar Falls, Iowa
 Enrollment: 12,955
 Preseason Ranking: First in the Gateway Conference
 Preseason Poll
 2005 Record: 11-4, lost the I-AA National Championship
 Vs. YSU: 14-6 all-time
 Impact Players: Dre Dokes, cornerback, #3; Eric Sanders, quarterback, #12

**Penguins ink two-year deal with Buckeyes**

Youngstown State University signed a two-year contract with Ohio State University to play two football games in Columbus beginning in 2007. The Penguins will play the Buckeyes in the opening games of 2007 and 2008 football seasons. OSU will be the third Division I-A team the Penguins have faced in many years. Other I-A Penguin opponents include Pitt in 2005 and Penn State in 2006.

Soccer team to play first home game

Women's soccer team will play their first home match Sept. 1 against Northern Michigan. This will be their second match of the season. Other notable opponents for the 2006 season include Kent State University, Loyola and Cleveland State. The team posted a 1-18-1 record last season but had summer recruiting and is hoping to improve in the 2006 season.

Students can purchase YSU-Penn State tickets

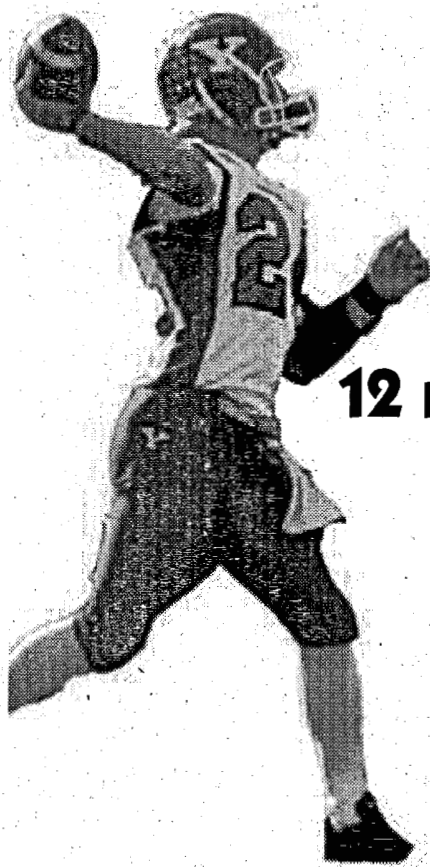
Youngstown State Athletic Ticket Office is now accepting student orders for tickets to the YSU-Penn State football game on Sept. 16 at Penn State's Beaver Stadium in State College, Pa. Tickets for the game are \$55 each and students can purchase one ticket with their valid YSU student ID. For more information contact the Ticket Office at 330-941-1978. Student orders will be accepted through Sept. 8.

Volleyball team ranked eighth

Youngstown State University women's volleyball team was ranked eighth in the Horizon League Preseason Poll. After seven of their first 10 matches last season, the Lady Penguins were struck by the injury bug and finished in last place. Their next match of the season will be Sept. 1 at Canisius.

**YSU SPORTS IN BRIEF****WELCOME BACK YSU STUDENTS!****"Campus Kick-Off Tailgate Party"**

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A note to say "Good Bye" to all of my students from Dr. Turner

I have resigned my position at YSU to take on new responsibilities with a university overseas. I didn't have the chance to say farewell in person, so this will have to suffice.

Before I enter this new phase of my career, offering greater challenges, rewards, and excitement than I ever imagined possible, I want to thank you for the opportunity to be a part of your lives. Although our time together was brief, it was such a pleasure and I will miss each one of you.

Wishing you great success in your future and regular "Yeah You's" from your family and friends!

Fondly,
Dr. T

YSU student leaders gather for summit

By: Cristina Cala
COPY EDITOR

Student leaders gathered at every table in Kilcawley's Chestnut Room for Youngstown State University's 10th annual Student Leadership Summit Friday morning. Greg Gulas, assistant director of Student Activities, greeted the assembly with encouraging news that 42 student organizations are already registered for the new academic year.

University President David Sweet exemplified student leadership on YSU's campus by pointing out Student Trustees Louise Popio and Eri Raib. He asked students to turn around the lack of investment in higher education. "You all be advocates," Sweet said, assuring that

students can have a major influence on progress in higher education. He gave Andrews Student Recreation and Wellness Center as evidence.

"[The Recreation Center was possible because] a group of students continued to advocate," he said.

Several guest speakers, including SGA President Chad Miller and Vice President Sarah Vansuch, were scheduled to share their experiences with leadership. The two main speakers, however, were John Nemeč, an assistant football coach in Kent, OH, and Joe Gregory, general manager of the Youngstown Steelhounds.

Nemeč's speech was an account of the "12 most important things I have learned about leadership," which he listed on a hand-out for each student.

Number three on the list was "Pay attention to all people - not just the ones who can help you."

"You've got to open both doors. As leaders sometimes we've got to deal with the most difficult people. We can't just avoid them," Nemeč said.

Weaving into the audi-

ence, Nemeč talked about the virtue of relationships.

"The key to leadership is motivation and the key to motivation is relationships ... Show you care."

Nemeč said he considers his most significant leadership role the 37 years he has been a parent, but his motivational speaking style was full of anecdotes from his 27-year coaching career. He shared how being positive can make a difference, as it did for a game his football team was seconds from losing.

He told his team, "I just want to tell you guys I don't care about the game ... We've had a great year and I love you."

The assembly looked on as Nemeč paused dramatically.

"[The quarterback] went 86 yards for a touchdown, no time on the clock and we won. Was that because I told them I love them? I don't know. I really believe it," he said with a grin.

After Nemeč's presentation, Gregory took over to talk about the leadership credentials that lead him to the Steelhounds' general manager position. Gregory is a YSU business graduate

who took advantage of his time in college by becoming SGA president. He promoted what he calls "leadership by choice."

"I had to start volunteering and putting myself out there," he said of his leadership role as former SGA president.


Though Gregory considered volunteering valuable, he warned students not to spread themselves too thin.

"I joined [many] organizations. I think I joined too many. Don't join just to put [organizations] on resumes or campaign flyers. I didn't get to get involved. It's better to say no than say yes and not show up," he advised.

While presiding over SGA was good leadership experience that came with a title and a resume entry, Gregory suggested taking a subservient role as well.

"There's a lot of ways to lead without the title. Lead by being the first and last person at an event. Do the little things no one else wants to do. Make the choice to be on the forefront. Think about leading by choice," Gregory said.

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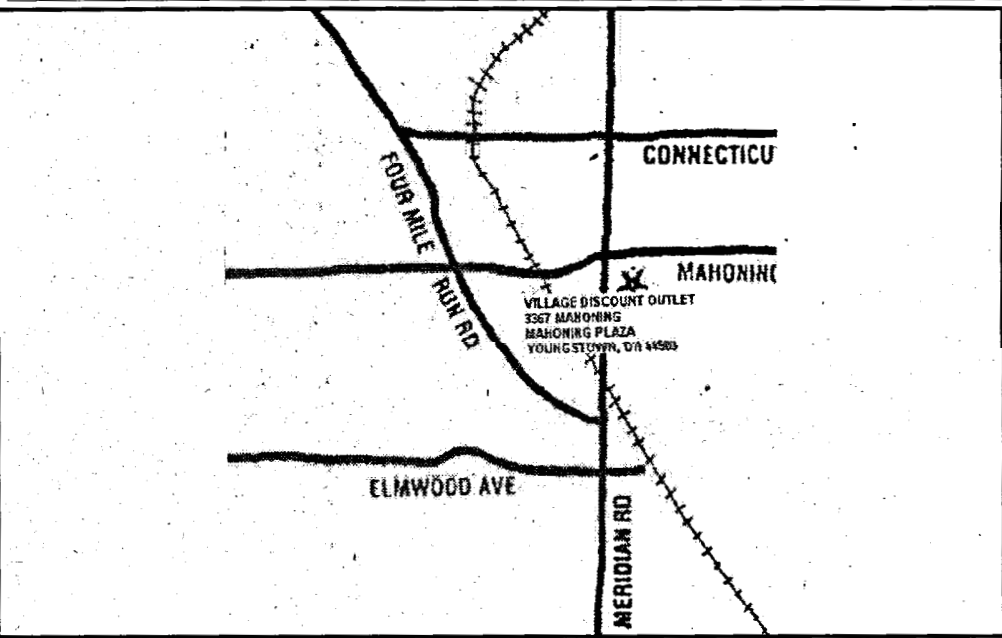
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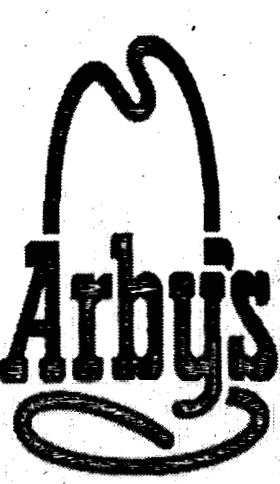
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For more information stop in to Andrews Student Recreation Center and visit our Intramural table at the front desk or contact Joe Conroy at (330) 941-3731

Programs

- Fantasy Football
- NFL Challenge
- Flag Football
- Frisbee
- Par 3 Golf
- Soccer
- Tennis
- Punt Pass & Kick
- Volleyball
- Dodgeball
- World Series Pick 'Um
- Table Tennis
- 8 Ball Tour
- Madden Play Station
- Bench Press Contest
- Chin-up Contest
- 3 on 3 Basketball
- 3 on 3 Volleyball
- Raquetball Tour
- Turkey Trot

Registration Deadline

- September 8
- September 8
- September 12
- September 12
- September 19
- September 19
- September 19
- September 17
- September 26
- September 26
- October 4
- October 17
- October 17
- October 24
- October 24
- October 24
- November 7
- November 7
- November 21
- November 8



Fall 2006

web site: www.ysu.edu/reccenter/

Group X Schedule (September 5th - December 15th)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:45-7:45 am SPINNING Ab/SPINNING Area	6:45-7:45 am Yoga Sampler Studio A	6:45-7:45 am SPINNING Ab/SPINNING Area	6:45-7:45 am Yoga Sampler Studio A	12:15-1:15 pm SPINNING Ab/SPINNING Area	10:00-11:00 am SPINNING Ab/SPINNING Area
12:45-1:00 pm *B4 Strength* Studio B	12:15-1:15 pm *Yoga Basics* Studio A	*12:15-1:15 pm* *Pilates Basics* Studio A	12:15-1:15 pm *Yoga Basics* Studio A	12:15-1:15 pm Total Body w/ Bosu Studio B	
12:15-1:15 pm SPINNING Ab/SPINNING Area	5:30-6:30 pm Plyometrics Studio B	12:15-1:15 pm SPINNING Ab/SPINNING Area	3:30-6:30 pm Total Body w/Bosu Studio B	5:00-6:00 pm *Ballroom Dance* Studio A	
3:00-4:00 pm *Tai Chi* Studio A	6:45-7:45 pm SPINNING Ab/SPINNING Area	12:30-2:00 pm *Instructor Training Course* Conference Rm & Studios	6:45-7:45 pm SPINNING Ab/SPINNING Area		
4:00-5:00 pm *Introduction to Climbing* (see reverse for clinic dates)	6:45-7:45 pm Step Studio B	5:30-6:30 pm *Butts & Guts* Studio B	6:45-7:45 pm Step Studio B		
5:30-6:30 pm Yoga Sampler Studio A					
6:45-7:45 pm Pilates Sampler Studio A		7:55-8:55 pm Pilates Sampler Studio A			
7:55-8:55 pm *Hip Hop* Studio A					

Participants are encouraged to register for these instructional classes prior to September 12 to reserve a space. Space will be limited to the first 30 participants registered.
For more information or to register for classes please call 330-941-3488. Created 8/1/06

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7-10pm

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<http://www.ysu.edu/reccenter>

YSU ID required

Andrews Student Recreation and Wellness Center

Hours of Operation:

Monday - Friday: 6:30 am - 10:30pm
Saturday - Sunday: 10:00am - 6:00pm

Administration Offices:
Monday - Friday 8:00am - 10:00pm
Closed Weekends

Wellness Resource Center:
Monday & Wednesday: 10:00am - 7:00pm
Tuesday & Thursday: 10:00am - 5:00pm
Friday: 10:00am - 12:00 noon

Climbing Wall:
Monday - Friday 4:00pm - 9:30pm
Saturday - Sunday: 12:00pm - 6:00pm

Stambaugh Sports Complex:
Monday - Thursday 11:00am - 8:00pm
Friday: 11:00am - 2:00pm
Saturday & Sunday: Closed

Beeghly Center:
Monday - Friday: 10:00am - 8:00pm
Saturday & Sunday: 10:00am - 4:00pm

Hataorium:
Mon. & Wed.: 11:00am - 6:00pm
Tue., Thur., & Fri.: 11:00am - 2:00pm
Sat. & Sun.: 12:00pm - 3:45pm

Turn into the front desk of Andrews Student Recreation and Wellness Center for the Fall Campus Recreation Calendar.



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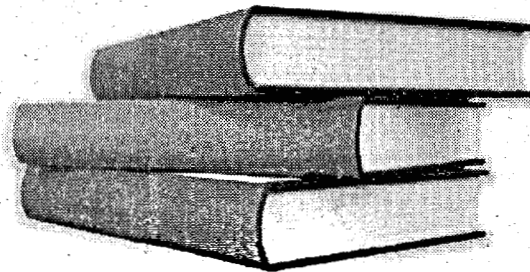
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- Thursday – 4 to 7 p.m.
- or by appointment



*Income restrictions apply. Annual income must be \$41,700 or less. Seller reserves the right to make changes as necessary without notice.
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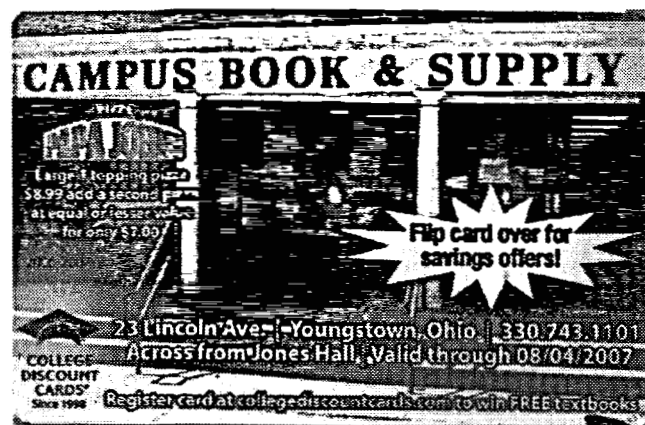
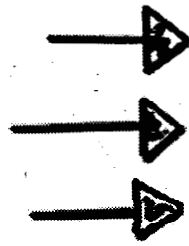
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- Auntie Anne's
- Arby's
- Inner Circle Pizza
- Pizza Hut
- Plaza Donuts
- Peaberry's



NEW STUDENTS

Fear of the Freshman 15

By: Cheryl Thompson
FEATURES REPORTER

The freshman 15 is the ominous term used to describe the five to 15 pounds that seem to magically appear after a student's first semester in college, banishing those skinny jeans to the back of the closet to be replaced

change in exercising schedules and dining halls with all-you-can-eat buffets.

The freshman 15 may sound unavoidable, but the good news is that while many students gain weight in their first semester, it is avoidable as long healthy eating and exercise habits are formed.

With the Rec Center and Weight Watchers on site, Youngstown State University gives students opportunities to eat right and stay in shape while on campus.

watching portion sizes.

"It's ok to eat cheeseburgers sometimes, but it's not about eating five of them," Shoenberger said.

Shoenberger said he is a big fan of Weight Watchers, which started on campus Spring 2006, because they stress portion control. The program uses a point system where each person is assigned daily points based on factors such as weight, height and age.

To make keeping track of the points easier, food purchased at KC Court in Kilcawley Center comes with point values marked on the packaging.

The cost to join Weight

value for dining hall fodder, students can check out label information without even leaving Christman.

"We just installed a computer kiosk where students can look up the nutritional information for the food," Shoenberger said.

Shoenberger said he is available to students who have questions about the food offered on campus.

"My door is always open and if I don't know the

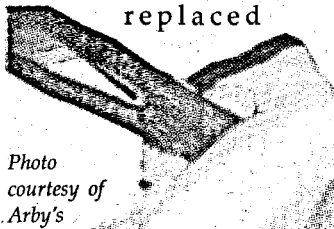
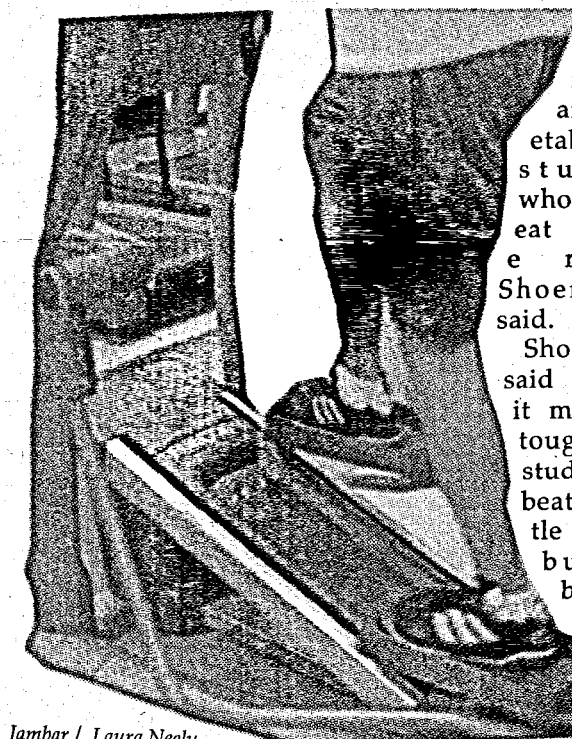
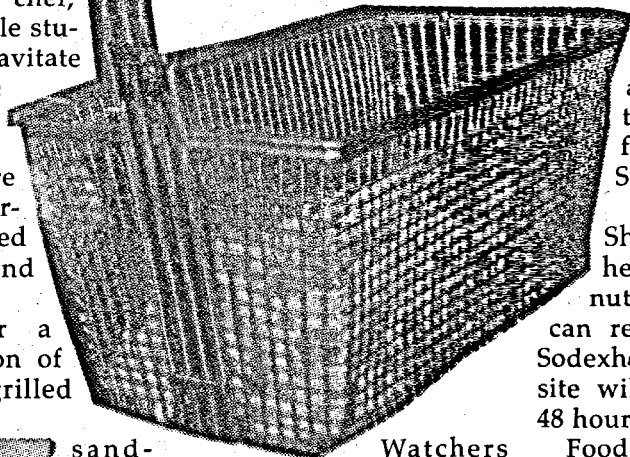


Photo courtesy of Arby's

with sweats. So what causes the excess poundage? According to Sodexo's Balance Mind, Body and Soul Web site, the cause is a product of lifestyle changes including loopy sleep schedules, eating to cope with emotions, the types of food being eaten,

Shoenberger, YSU's head chef, said that while students may gravitate toward the greasy comfort food, there are healthier alternatives to fried chicken and french fries. "We offer a large selection of salads, grilled



Jambar / Laura Neely

sandwiches, fruits and vegetables for students who [like] to eat healthier," Shoenberger said.

Shoenberger said although it may be a tough feat, students can beat the battle of the bulge by

Watchers is \$180 and an initial meeting will be held in the Rec Center on Aug. 30 at noon. The sessions are open to all YSU students, faculty and staff.

Shoenberger attributes college weight gain to simply not knowing the nutrition information of food offered in the dining hall. To put an end to the guess-

work involved in assessing the nutritional

answer to something, I can find it out," Shoenberger said.

While Shoenberger said he's a chef, not a nutritionist, students can reach one through Sodexo via e-mail. The site will respond within 48 hours to any queries.

Food isn't the only culprit, however. According to Balance Mind, Body and Soul, students should monitor their drinking habits as well. The site warns students to bear in mind the calories lurking in soft drinks and fancy coffee concoctions.

Not only should students eat healthier, but also they should keep up with exercising.

Sophomore Sarah Sole and senior Mike Plumbo both said that keeping active helped them to ward off the freshman 15.

"I eat right and exercise so I didn't gain the weight, but a lot of my friends have," Plumbo



Jambar / Laura Neely

mind putting on pounds," Chadman, the rail-thin physics major said, laughing.

While some students are concerned with keeping the freshman 15 at bay, freshman Corey Chadman said he wouldn't mind gaining some extra weight. "Frankly, I wouldn't

Call Cheryl Thompson at (330) 941-3758

COMMENTARY

Too Cool for school

By: Bob Mackey
COLUMNIST

Hello, freshman. If you were anything like me back when I first came to YSU, no doubt you are confused, afraid, and damp. But it's time to belay those fears and find a bathroom hand-dryer to stand under for several minutes. College is a huge step, and given the statistics of YSU, I bet that many of you have come over ten to fifteen miles just to further your education. Even though you can probably see your high school just by standing on one of our campus's three tallish buildings, the time has come to fire-bomb your old memories and start acting like a real college student. The second you walk through those ivy-covered gates, your life changes forever. (Note: The building of impressive ivy-covered gates has been postponed until more money can be funneled away from pesky liberal arts programs.)

I haven't been in college for six years just to accrue massive debt or to receive a medical doctorate, which is usually done in that timeframe. No, I stay here at YSU only because I have worked out a little niche of elusive coolness that costs downwards of \$15,000 a year to sustain. And if someone like me can possibly be cool, then no doubt you - paper-holder which I know nothing about - can be cool as well. Using a graphic calculator, I played a quick game of Tetris and then mathematically decided on the most efficient ways that the new student can achieve his or her maximum coolosity.

Also, I made the calculator spell out "boobs" because no one can resist that.

Be funny. The creepy old guy from eHarmony.com who seems a little too eager about getting you laid has stated that humor is one of the biggest factors when it comes to attractiveness. "But Jambar! With my strict Christian upbringing, I cannot possibly be funny!" may be what you are thinking. Even if you've lived most of your life under a rainbow of shame, being the class cut up is as easy as stealing one of the following free, original joke setups I have listed below.

- It's time for a test. While the teacher passes the materials out, state loudly, "Can this test be open notes AND open neighbor?" Students will not only appreciate your lighthearted attitude about test-taking, but they will also find your subversive nature mystifying. Even Dr. Professorpants will agree that you make learning fun!

- There's a lull in class. Instead of sitting there, squirming in uncomfortable silence, it's time to break out your favorite joke from the Internet! If you have a hilarious take on a Chuck Norris joke - or if you just want to appropriate an old one - your peers may confuse you for Michael Ian-Black or one of the many wry commentators on VH-1's 400 pop culture shows. Friends will flock to you if only to hear your hilarious take on other ironic heroes from the distant past (the early '90s). And if you're feeling daring enough, it's never too late to dust off that "all your base are belong to us" chestnut.

- "Snakes on a Plane." You may be unaware of this fact (as I still am), but this movie is the single most hilarious creation by humanity, ever. So, why shouldn't you make a creative spin on Samuel L. Jackson's infamous line from that movie? Here's an example: "I've had it with these mother f***** Jane Austen novels in this mother f***** Lit class!" With your outburst, class might be cancelled... on account of hilarity!

Be Yourself. If your personality was dependant upon your high school friends who may not have followed your path to YSU due to pregnancy or knife violence, finding out just who you are may be difficult. So I'll do it for you!

- High school was important; forget what I said earlier. I'm too lazy to delete that part and you've probably forgotten it by now, anyway. Everyone should know how cool you were in high school, but it may be hard to carry around a wagon full of trophies without suffering from what medical professionals call "trophy fatigue." This is why you need to be wearing your letterman jacket AT ALL TIMES. People must know what year you graduated, your specific sport skills, and perhaps a clever nickname like "Lucky" or "Stinkist" that may be sewn into the fabric. A common reaction to a letterman jacket is: "Ah, a tiny football. I bet that man played football. I should ask him about Family Guy. Following that, friendship may occur."

- Drink. Hearing about how wasted you got on the weekend - or on Tuesday - never gets old. It also tells your peers, "I know

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how to party and I have free time as well as possible emotional problems." Pay dirt!

- Hate college. No one is at YSU because they want legitimate education; they're just here because going to college is just something you're supposed to do after high school. All right, I'll admit there are a few people - let's just call them jokers - that are here because they enjoy learning, but these "jokers" are a minority and can easily be annoyed by bringing up discussions of celebrities and their genitals in the middle of class. Don't worry about that old guy in front of the class talking about god knows what; he'll probably ignore you, and those jokers will eventually leave your classes to do crazy things like get master's degrees and Ph.D.s. But not you. Just continue blocking everything out, and in four years you will be ready to teach the children of America!

And that's higher education.

Bob Mackey has a refreshing attitude about it not being Friday. His blog can be found at <http://www.bobservo.com>.