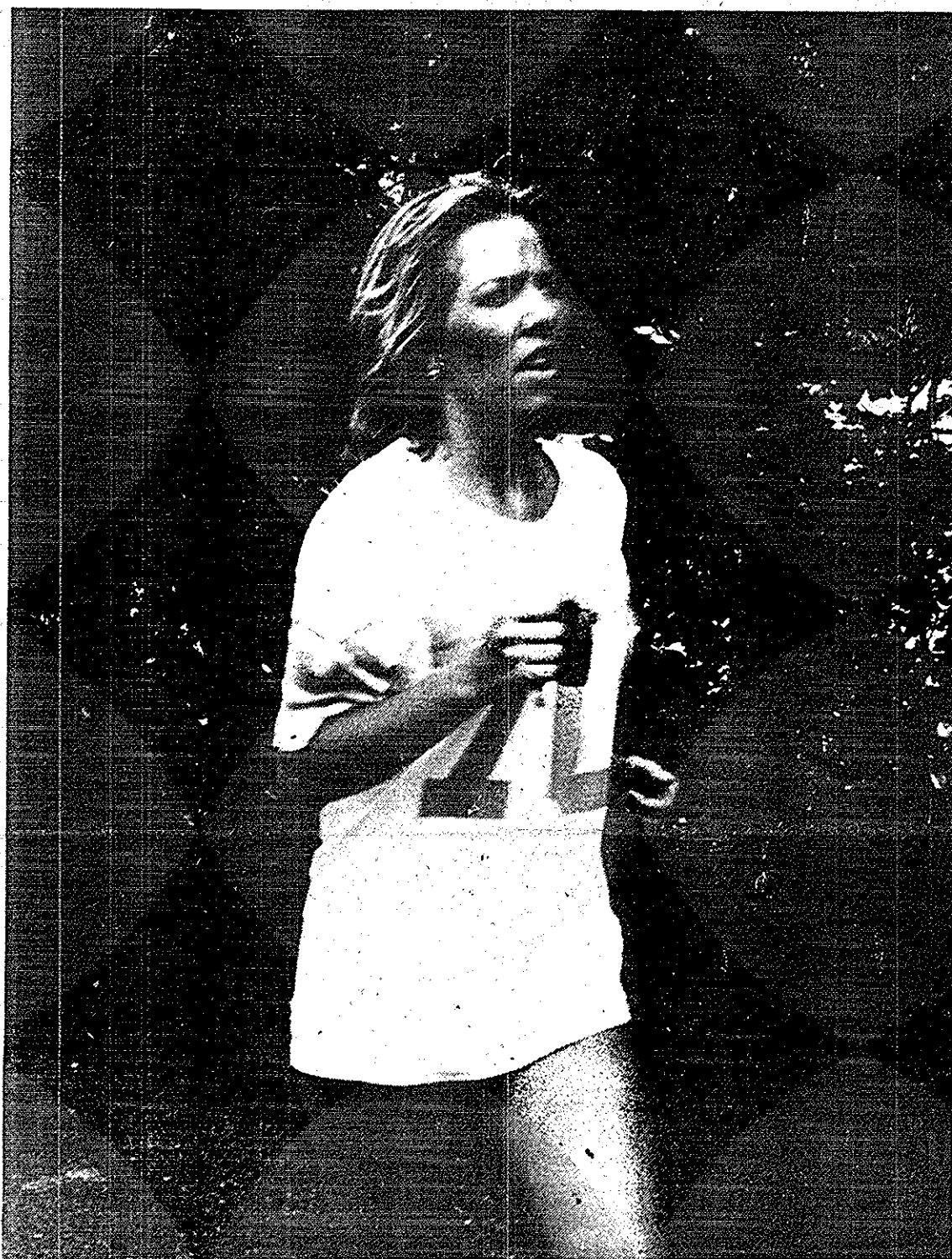


the jambar

youngstown state university

thursday, july 19, 1979
vol. 60 - no. 42



RUNNING FOR FUN?—This co-ed expresses determination as she runs the jogging course now offered by YSU's physical education department under the instruction of John Neville. While Mill Creek Park provides the course for this particular run, students are reminded to bring their own source of energy. (Photo by Toni DiSalvo)

Gets running start

Jogging class makes debut in Phy-Ed. dept.

by Robin Bair

YSU remains right on top of things by acquiring the latest addition to its long list of recreational classes available in the physical education department of Beechly. Jogging is now offered to students as a possible option for activity.

The jogging class under the instruction of John Neville, meets the full ten weeks of a regular quarter and is held for one hour/one credit. Jogging takes place in Wick Park a few days a week and no previous running experience is necessary.

The purpose of offering a

formal jogging class on the university level is to encourage students to run on their own and to get those that want to start jogging "off on the right foot".

Neville emphasized the supportive atmosphere generated by running in groups and the importance of instructing students how to run with good form since many amateur joggers have problems such as blisters and other various body signals which indicate wrong form in jogging.

Evaluation is experimental at this stage as is the class itself, but there is tentatively a two mile

minimum distance required at the close of the class. Skill is NOT accounted for in terms of time and distance and the evaluation includes a personal journal kept by the individual joggers recording their thoughts and feelings concerning the class, the running, and various aspects of the subject. The journal enables the instructors to acknowledge many of the problems different runners may encounter.

The class includes instruction on form, up and down hill running, pacing yourself, when to run harder and when to run

Amendment promises no financial alleviation

by LuWayne K. Tompkins

The portion of Ohio's proposed two-year budget bill known as the Tuition Freeze Amendment will offer no immediate financial relief to YSU students.

In its original text, the amendment would have disallowed the \$20 per quarter increase in instructional fees recently approved by the YSU Board of Trustees.

Initially, the Ohio House approved a plan that would have frozen instructional fees for all of Ohio's state universities at their April 1, 1979 levels. To compensate for inflation, the proposed amendment would have set aside \$32 million to be shared by all of the state universities when rising costs cut too far into a school's operating expenses.

However, according to Don Pesich, assistant to State Senator Harry Meshele D-Youngstown, the Senate Finance Committee (which Meshele chairs) found it necessary to modify the House's version of the amendment so that uni-

versities which have been trying to delay tuition increases would not have to make sacrifices detrimental to the student's education.

"Under the House amendment, schools like YSU that have been trying to follow wage and price guidelines would suffer," said Pesich.

Pesich went on to explain that if certain schools had been forced to keep instructional fees at April 1 levels, the quality of instruction might have decreased as the inflationary spiral took its toll.

The committee viewed the House's \$32 million inflationary cushion as inadequate. Consequently, a Finance Committee modification sets a \$795 instructional fee ceiling, and permits increases above the figure in proportion to annual increases in the Consumer Price Index (CPI).

Since instructional fees constitute about one-third of a university's operating expenses,

(Cont. on pg. 2)

Festivities now planned for '79 Homecoming

by Rosanna Cellitti

For some YSU students, summertime means sheer fun and relaxation, for others, it involves a lot of hard work. For those students selected on the 1979 Homecoming Committee, summer is a combination of both fun and work. They are working to "Let The Good Times Roll."

"Let The Good Times Roll," is the theme for the 1979 Home-

coming festivities set for October 23-27.

Seven sub-committees have been formed to cover main events and activities. These are: Parade, Day-Time Entertainment, Campus Competition, Friday Night Dance, Saturday Night Dance, King and Queen Elections, and Publicity.

Leading the committee through its planning stage is executive chairperson, Paula Moss, Junior, Business, and co-chairperson, Mary Jane Klempay, Sophomore, CAST.

Activities and programs which will highlight Homecoming celebrations are the Presidential Ping-Pong Duel between President Coffelt and Tony Koury, Student Government president; Outdoor Games; YSU's own "Candid Camera;" and the famous Budweiser Balloon.

Also included in the celebration are a KCPB film, "Heaven Can Wait," a Derby Race; a Trivia Night with Wizard's Thomas John; Football Skits; Dances; the traditional Parade to Fitch Stadium; a crowning of the King and Queen; and the Alumni-Collegiate Dance.

(Cont. on pg. 2)

editorial campus shorts

Crisis of confidence ??

President Carter took fifteen minutes of a thirty-minute speech Sunday night to castigate the American public for their "crisis of confidence." It was appropriate that this chastisement followed several quotes from individuals offering criticism of Carter's lack of leadership. If there is one overwhelming factor leading to this "crisis of confidence," it is the fact that the White House has not provided the leadership necessary to combat the problems of energy and inflation.

Carter's presidency hangs in the balance. If he does not summon the confidence of the American voting public through aggressive legislative proposals, he could very well be the first president in American history to be denied re-nomination by his own party, because they will consider him an unnecessary risk for the 1980 election.

Carter's energy proposals can hardly be termed "aggressive." To begin with, he put a 1977 ceiling on imported oil. The 1977 oil import was estimated at 8.5 million barrels a day. Since the beginning of 1979, we have been importing slightly less than this figure and could conceivably increase our imports and still stay within the president's guidelines.

His plan to finance the research of alternative energy sources is reminiscent of the too-little-too-late Hoover administration. It is not a bad idea, but it should have been put into full swing years ago.

The creation of the Energy Mobilization Board to cut through red tape so that new energy-related projects can get underway without delay is self-defeating. What is the Department of Energy for? What we do not need is one more governmental agency wasting the tax-payers' dollars and adding to the current bureaucratic maze.

It appears that the final test of Carter's leadership rests in the hands of the U.S. Congress. Should the congress delay action on the proposals, make massive modifications or totally reject Carter's plan, Sunday evening's though provoking address will have been for nothing. The president promised to lead but it will take a decisive and receptive congress to lay at rest the "crisis of confidence."

SECURITY REPORTS

Theft-July 2

An officer caught a young boy taking a book from the shelf in the Kilcawley Bookstore. The officer followed the youth to the Ohio Room, questioned him, and warned him of the penalties of being caught again.

Vandalism-July 4

While on routine patrol, an officer found a sweeping machine (housed in the Wick Avenue parking deck) had been tampered with. All the controls had been turned to "on." No one was found around the area.

Vandalism-July 4

While on routine patrol, an officer from YSU security department discovered the door to the parking attendant shanty had been smashed in and the glass had been knocked out of the west side of the building.

Threat-July 9

A woman stated that she parked her car at 7:20 a.m. at the S-8 parking lot on Spring Street and returned at 1 p.m. to find a threatening note on the windshield of her car. This was the second note she had received.

Theft-July 11

A student came into the security office to report his summer parking sticker had been stolen. He stated that he arrived on campus at 4:30 p.m. and parked his car on the 2-A level of the Wick Avenue parking deck, leaving the driver's window open slightly. The doors were locked. He returned at 9:30 p.m. that evening and left the campus noticing nothing irregular. The next day he noticed the permit was missing.

Dow Chemical to Interview
Representatives from Dow Chemical Strongsville Office will be on campus Tuesday, July 24 to interview March, June and August '79 graduates with accounting degrees. Interested persons should contact the Placement Office for an appointment. Candidates from other graduation classes may contact the Placement Office to submit a resume.

Minority Assistant Position Open

Applications are now being taken for the position of Assistant for Minority Student Services. Duties will include development and implementation of programs for minorities. A Master's degree in the appropriate field is required, along with two or three years of appropriate experience in a collegiate setting or equivalent combination of experience and education. Applicants should submit a letter of interest, a resume, an official transcript reflecting highest earned degree, and three letters of reference to Charles McBriarty, Student Affairs. The deadline for applications is August 15.

Dana Faculty Woodwind Quintet

The Dana Faculty Woodwind Quintet, assisted by Marcellene Hawk, will perform at 8 p.m., Monday, July 23 in Bliss Recital Hall. The performance is free and open to the public.

Cleveland Violinist at YSU

Bernard Goldschmidt, violinist with the Cleveland Orchestra, will perform with Walter Mayhall, flute, and Marcellene Hawk Mayhall, keyboard at 8 p.m., July 30 in Bliss Recital Hall. The performance is free and open to the public.

Play to be presented

Happy Ending, a Douglas Turner Ward play, will be presented at 3 p.m., on Friday, July 27 in Bliss Hall's Experimental Theatre. Debra Jackson, a student director, will direct the show. The performance is free and open to the public.

Weekend YSU Summer Theatre Event

YSU's Spotlight Theatre and Kilcawley Center will jointly present the Noel Coward play *Design for Living* on the weekends of July 20 and 21, and 27 and 28, in Kilcawley's Ohio Room. The dinner theatre will begin at 6:30 p.m. and will cost \$7. For reservation or more information, call Phil Hirsch at 742-3571 between 9 a.m. and 5 p.m. weekdays. (See story page 4)

Tuition Freeze

(cont. from page 1)
a 3 per cent increase in instructional fees would be permitted for every 1 per cent increase in the CPI over 7.5 per cent in a given year.

For example, if the CPI rose to 8.5 per cent, a university would be permitted to exceed the \$795 ceiling by 3 per cent, or \$23.85. If the CPI rose to 9.5 per cent, a 6 per cent, or \$47.70 increase would be permitted over the \$795 yearly instructional fee.

According to the U.S. Department of Labor's statistics bureau, the CPI has risen above 7.5 per cent only twice in the years between 1955-1977. In 1974, the CPI rose to 11 per cent, and in 1975 the CPI was at 9.1 per cent.

Even with the recent \$20 per quarter increase, YSU is still well within the \$795 ceiling. Before YSU would feel the affects of the proposed amendment, they would have to raise instructional fees an additional \$35 per quarter.

According to Pesich, the freeze amendment applies only to instructional fees. General parking fees, non-resident sur-charges and the like are not covered by the Senate Committee's modification.

Jogging class

(cont. from page 1)
plishments (by finishing sooner than their prediction) or by concentrating on differing aspects of their run if they fail to finish at their predicted times.

Neville himself, began jogging 15 years ago to curb a weight excess and has since kept it up for the psychological effect it had on him. He resented the competitiveness involved in all of the sports when he was younger and vigorously wrapped himself up in jogging for the solitary

sense of accomplishment and satisfaction it brought. When asked whether or not he felt jogging was merely a passing fad

he responded that it was certainly a phenomenon here to stay. Neville runs right along with his classes and emphatically stated that besides the physical and psychological benefits of jogging, it was the sheer satisfaction and joy of running itself that addicted him!

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Not just a passing fad

'Everything you always wanted to know about jogging!'

by Robin Bair

In a recent interview with YSU jogging instructor John Neville, the *Jambar* staff acquired an abundance of information pertaining to this familiar activity of running and running and running...

FINALLY! The revealing truth behind that ever-popular, multi-purpose activity NOW! For the first time, the exclusive facts concerning Everything You Always Wanted to Know About Jogging But Were Too Tired To Ask! All your questions answered in full detail in this article! Read on!

Now that I've succeeded in grabbing your attention I'd like to proceed with a few fundamental facts concerning jogging, relinquish a few myths concerning jogging and introduce you to YSU's newest addition to its list of activities found in its physical education department--jogging, of course!

To begin with, I'd like to set the record straight by destroying that old myth that there's a distinct difference between jogging and running. There is NO distinction between the two! Jogging is defined simply as slow running. The same physical activity as well as the same bodily movements and condition of muscles and bones is required by both.

The only distinction between the two lies in the various levels of skill maintained by the jogger/runner. If a person attacks the turf in a vigorous run, then he/she likes to distinguish themselves from the slower pacer by calling himself a "runner" and the other a "jogger". Well, this is fine and dandy, so long as one keeps in mind the legendary tortoise and hare!

There are many reasons and purposes people have for beginning to jog; however, all too often once their purpose has been achieved these people stop jogging. A few examples of WHY people take up jogging include health reasons for one.

Weight control or just plain lack of exercise cause many to take up jogging. The vast majority of joggers begin for health reasons and cease for the same reasons. Once a person feels good about themselves and their bodies, they stop running, not realizing they're headed for their original condition.

A second reason for jogging lies in vanity. More and more women are participating in the "runner's world" to keep in shape or attain a shape. Men also, run in order to tone muscles and give themselves that ever strived for "outdoor look". Against, many of these same persons cease when they feel they've accomplished what they set out to attain.

A third reason people take up jogging is due to the fact that it happens to be the "in" thing to do right now. Jogging has spawned new clothing apparel, heights in publicity for celebrities, and a mass, and until only recently, untouched market for magazine and book publication. With all this public and social pressure who could resist the temptation to flow with the crowd and run their tails off?!

The fourth, and perhaps most legitimate reason for jogging, is found in the psychological point of view. Some attest to the positive addiction to jogging. It often becomes a habit and many feel downright guilty if they've skipped a day of jogging.

Also, many runners get restless and HAVE to run. It is said to

relieve tension and emotional stress and perhaps put your heart, lungs, and circulation in such a wonderful condition that you're apt to live longer!

Another important aspect of jogging involves the runner's attitude. Originally, in the 50's and 60's, there was an inane tendency to suppress any form of physical activity as one grew older. People were expected to progress to more serious activities, however, with the post 60's train of thought came the emphasis on physicalness and maintaining youthfulness. Now jogging, as well as other forms of physical exercise, are acceptable and people no longer look down on those that remain active.

The vast majority of people today are more recreational and less serious and jogging has become a large part of that recreation for people of all ages. I guess that serious stuff has been left to those in their rocking chairs!

A good positive attitude must be maintained in order for your jogging to be an effective stimulant. A person cannot jog with the notion that they've done their "good physical deed" for the day. You must run for the sheer enjoyment of it if not for your health's sake, although it's obvious people won't jog simply because it's good for them (this fact is evidenced in the fact that most people won't quit smoking simply because it would be good for them!) Running must be faced with the attitude that it's satisfying for the jogger, not because it must be done for the good of you.

Another myth that must be dispelled is usually found to have originated from the multitudes of male joggers abounding on our



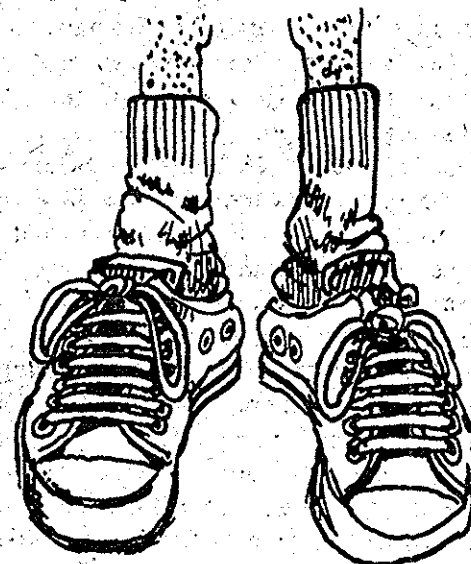
TAKING A BREATHER—YSU's jogging class takes a breather before beginning a run at Mill Creek Park. (Photo by Toni DiSalvo)

tracks and streets. This is their claim that there is a marked difference between male and female runners. Well, the truth is, there is a difference, a very slight and in fact SO incidental difference that I find it almost worthless in mentioning. However, for all the male egos that might be shattered if it were omitted in this text, it shall finally be brought to light and revealed.

It's the hips. Yep fellas, that's

competitiveness enters into it. Competitiveness is the essence of any sport. Running can be made a sport since this is the basis for the Boston Marathon, International Peace Race and The Olympics.

There is a lot to be said on the competitive aspect of running. Winning means very little to the avid runner since victories can be defined in many ways. Passing a runner ahead of you should only be satisfying to a jogger if



all there is that differentiates the women from yourselves in running. Hips. It's due to women having slightly larger hips than their male counterparts and hips have been found in influence gait.

In fact, due to the female's wider bone structure it's assumed that they could even outdistance men due to their more efficient capacity for long distance or at least perform comparably (and I might add competently) to a male long distance runner.

Providing that a female receives the same formal training and encouragement that males have received all their lives, it very likely she could run/jog with the same endurance, and last the same distance.

Let it here be noted that women have made a tremendous amount of progress in the short period of time they've been encouraged to run and actively take part in sports and competition!

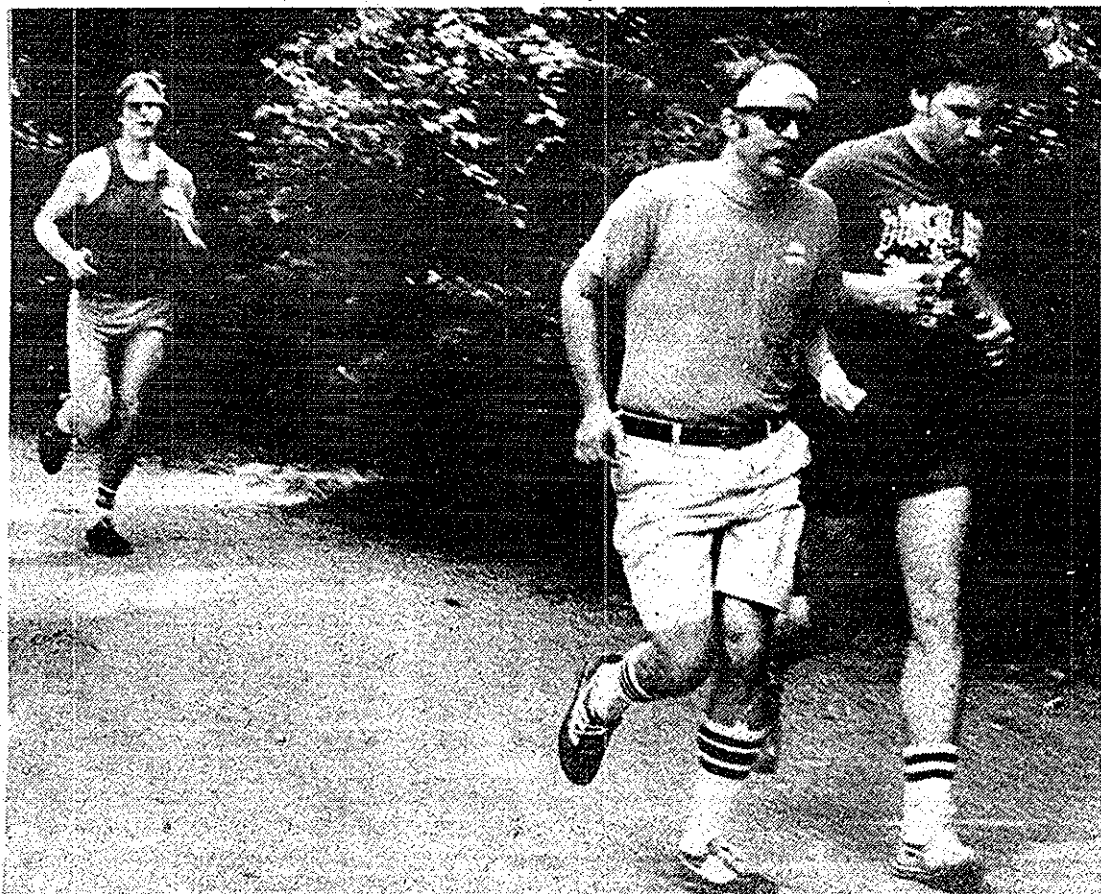
Another fact that must be acknowledged here and now is that jogging is NOT a sport! A sport is based on its competitive value such as football, basketball and track (an example in which running has been turned into a sport). Running/jogging is merely a form of solitary physical activity and only becomes a sport when

it enables her/him to better their time, endurance, stamina, or overall run.

Competitiveness can be good for the average runner since it may prove to be exhilarating and encouraging. But the runner should keep in mind not to enter a competitive race to win, but rather, for the satisfaction of running and competing. It is highly irrelevant as to who or what beats you or finished ahead of you, but it is important to maintain positive attitude and recognize your own accomplishments and limitations.

Races and marathons are chiefly effective in that they attract highly competitive runners at all levels of skill. It enables the serious runner to see where he stands in relation to other runners of his calibre.

Now that the way has been cleared, I'll bet all of you that are too pooped to pop and probably have iron poor blood are just dying to know about the jogging class being offered by YSU, right? (no?) Well, for the few of you who feel really ambitious enough to get up off your buns, contact the physical education department located in Beeghly either in person or by phoning 742-3653 for information concerning YSU's jogging class.



MAKING THE HOME STRETCH—These three runners in Neville's class tiredly approach the finish line. (Photo by Toni D. DiSalvo)

Theatres join forces for dinner production

by Anita Joy Castronovo

Two types of theatres, business and education share talent in YSU's summer production of Noel Coward's *Design for Living*. Five actors, Patricia Ennis, Loren Schryver, Deborah Switney, Lynn Nelson, and Russell Moore, who are among the cast of YSU's show, have experience at the Youngstown Playhouse. They agree that the atmospheres of the two theatres differ, yet both are artistic and challenging arenas.

Ennis, in the role of Gilda in *Design for Living*, is a YSU graduate and is completing masters work in speech and theatre at Bowling Green. She now works in the office at Youngstown Playhouse, and was stage manager and assistant director for the last production, *Gazabo*.

"The Youngstown Playhouse represents a wide cross-section of the community," Ennis said. "The actors in the shows are employed in a variety of jobs. This is the strength of the community theatre; it is people of all ages and interests working together toward one artistic goal," she added.

"The season will sell tickets," Ennis stated. "They do primarily light comedies and musicals. YSU's theatre department however, is more art than business," Ennis concluded.

Schryver, who plays Ernest, is a loan officer for Home Savings and enjoys theatre as an avocation. He became involved with the Playhouse largely because of its musical season, which allowed him to pursue a related area of one of his first loves, grand opera.

He has enjoyed working in his first show at YSU. "The rehearsal schedule is quite different from the Playhouse where we rehearse weekdays only. At YSU, rehearsals are seven days a week and thus require a big commitment time-wise," he stated.

Switney, in a role of Helen Carver, is also performing at YSU for the first time. She is a Senior at YSU, and is returning to finish her BFA in theatre after being out of school for a few years. She is employed as office manager at Associated Psychiatrists of Youngstown. She recently appeared in Playhouse productions of *Fiddler on the Roof*, and *Summer and Smoke*.

"I enjoy the artistic aspects of both YSU and the Playhouse," Switney stated. "The big difference between the two theatres are the roles one gets to play. At the Playhouse, if they want an old person, they cast one, as is done in professional theatre. At YSU, where mostly young people are involved in theatre, the young get to play character and elderly roles and learn how to characterize and do old-age

makeup," she concluded.

In her first role at YSU, Nelson, plays Grace Torrence. Nelson is a veteran of Youngstown Playhouse, and has worked onstage and backstage for nineteen years. She is now into her second year as vice-president of membership on the Board of Directors.

Theatre work is a hobby for Nelson. She has been a market administrator for Ohio Bell for seventeen years. She finds working with Dr. Bill G. Hulsopple, director of *Design for Living*, a unique experience.

"He gives you a chance to be imaginative and show what you can do onstage," Nelson said. "He is a task-master and is more concerned with pace and movement than other directors I've worked with."

Moore, who plays Leo Mercure in *Design for Living*, has been involved at the Playhouse since he was age thirteen. He played many roles there between shows at YSU, where he appeared in *The Madwoman of Chailot*, *Lower Depths*, and *Bald Soprano*. He received his BA in commercial art and English from YSU in 1972.

His most recent Playhouse role was Charlie Davenport in *Annie Get Your Gun*. Moore sees advantages and disadvantages in the two types of theatre. "YSU's theatre has more financial resources," he said.

These five artisans will bring their varied backgrounds, along with the rest of the cast, to the stage on two consecutive weekends, July 20 and 21, July 27 and 28.

On those evenings at 6:30 p.m., YSU's Spotlight theatre and Kilcawley Center will jointly present *Design for Living* as a dinner theatre. (See Campus Short p. 2)

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A FAMILY IN JAPAN

The search for spiritual meaning in their lives twice led Bill and Gwen Vendley to the land of the Rising Sun. With their 10-year-old son Jesse and 3-year-old daughter Michelle, they are the first Maryknoll Lay Missioner family in Japan. Their initial stay in Japan lasted three and a half years under the tutelage of a Zen master. This time they have renewed a three-year commitment as Maryknoll Lay Missioners who give themselves and their services to apostolic work overseas.

Bill and Gwen first met at Purdue University while he was an undergraduate student in molecular biology and she was a master's degree candidate in psychology. At the university they began studying Zen under the direction of a Japanese professor. The couple followed their Zen master to Japan where they continued their studies in the Zen way of meditation, until meeting Fr. George Hirschboeck, a Maryknoller and director of

a catechetical center in Kyoto. Through Fr. Hirschboeck's encouragement, the Vendleys began studying theology and living at Maryknoll Seminary, near New York City as part of Maryknoll's Lay Missioner training program. After finishing the required courses, Bill and Gwen returned to Japan with another child, Michelle.

"Maryknoll gave us the background and helped us contextualize our faith," says Gwen, a native of San Diego, Calif.

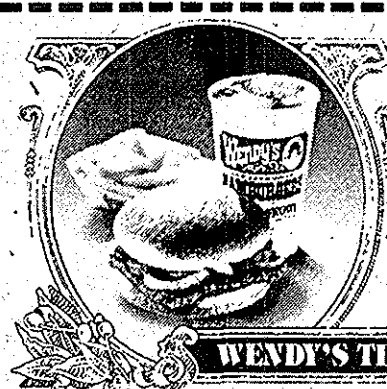
She explains that in general, Japanese society like the United States is undergoing a real breakdown in the family structure. "Fathers spend very little time with their families," says Gwen. "They leave their homes at seven a.m. and return at 10 p.m. After working a six-day week, the men socialize with their co-workers. The women, in the absence of their husbands, are the principal identification persons for their growing sons."

Thirty-one-year-old Bill from Lafayette, Ind., believes the Japanese are open to the witness of Christian love and marriage. "Although fathers are often distant from their families, they observe us living together, freely committing ourselves to each other and to our children on a level of human completeness they find very attractive."

"When we lived in Kamakura, a suburb of Tokyo," says Gwen, "neighbors often visited our home and felt free to talk to us about important things." "They invariably would comment on our family relationship, which we have found is our strongest witness."

I'm Fr. Ron Saucii.

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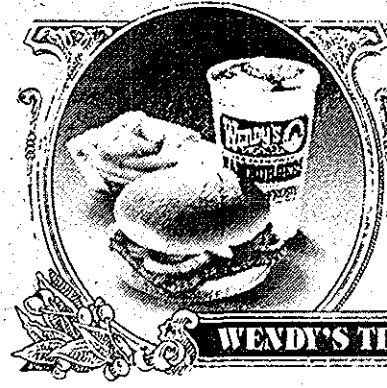


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