

The Jambar

The student voice of Youngstown State University since 1931

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Profs vs. pros

More pros tend to head YSU classrooms

Marissa McIntyre
ASSISTANT NEWS EDITOR

Throughout the classrooms on campus, someone without a teaching degree may be teaching Youngstown State University students.

They're business professionals, instead.

Martin Abraham, dean of the YSU College of Science, Technology, Engineering and Mathematics, said most of his faculty members do not have teaching degrees.

"In the STEM college, we mostly hire faculty who have Ph.D.s in their academic disciplines," Abraham said. "They are content experts, with very deep knowledge of their field."

Abraham said he thinks the blend of professors and professionals is beneficial to students.

"Having a mix of these types of faculty allows the student to understand the breadth of opportunities needed to succeed," Abraham said.

He added that the mix of faculty also allows students to get a good sense of jobs in theory, and how they are applied

in the job setting.

Most professionals teaching on campus are part-time faculty who are employed full time in their fields.

Abraham said they're brought onto staff mainly because the university is hoping to prepare students to work in their prospective field.

"Who knows the work environment better than the people who are actually in it every day?" Abraham said.

Shearle Furnish, dean of the YSU College of Liberal Arts and Social Sci-

PROS PAGE 3



The YSU Board of Trustees reviewed preliminary plans for the Natural Gas and Water Resources Institute in its December meeting. On Tuesday, the board carried the motion for the plan's formal approval at its meeting on March 14. Students can begin registering for the minor as early as fall. Jambar file photo.

Shale means new minor for YSU students

Jordan D. Uhl
NEWS EDITOR

Every month, there's an Ohio Higher Education Oil and Gas conference call.

Martin Abraham, dean of the College of Science, Technology, Engineering and Mathematics, phones in to see how other universities, community colleges and trade schools are capitalizing on Ohio's oil and gas industry.

From those discussions, Abraham has discerned that no four-year university offers a fracking-specific program.

So, to prepare students who seek jobs in the shale industry, the board of trustees approved a proposal for a new Natural Gas and Water Resources Institute.

Youngstown State University President Cynthia Anderson recommended the approval

of the proposal at Tuesday's Academic Quality and Student Success committee meeting.

"This provides us with the opportunity in our strategic plan to work toward economic development and to serve our students well by being on the cutting edge of new technology," Anderson said.

In October, the board first discussed the institute, which will begin accepting students for a potential minor in the fall. An initial, formal presentation of the proposal was given in December's meeting.

Abraham said the program could see graduates as early as next spring semester. Abraham was astounded by how fast the board has acted to implement the program.

"We don't do things at universities fast," Abraham said. "The reaction of the board is really unprecedented."

The board is expected to formally approve the institute at its March 14 meeting.

No prerequisites will be required for the proposed minor, and students from all majors can register.

Abraham doesn't envision the program evolving into a full major because he's skeptical about the longevity of the natural gas industry.

"[It's] to prepare them for a 40- to 50-year career," Abraham said. "Natural gas is a really significant opportunity, but is it going to continue to be? I'm not 100 percent convinced."

The program requests \$24,425 per year over the next three years. The low cost is attributable to the pulling together of faculty and resources, utilizing courses already available for the minor's electives.

The 20-credit-hour minor will require eight hours of new-

ly created instruction that will "provide a fundamental understanding of Utica and Marcellus Shale natural gas and liquids exploration," the proposal reads.

While there won't be a huge demand for technical jobs, Abraham said graduates with the minor would have a leg up on their competition.

"Those companies want to hire the best chemist and geologists they can find. These students, I will expect, will be looked at very favorably," Abraham said.

Geographically, academically and strategically, YSU stands alone.

"We're in a unique position," Abraham said. "We have strong capability in connectivity with the industry. There's a clear indication, to me at least, the board fully understands the unique situation."

Parking cost to be mandated

Jordan D. Uhl
NEWS EDITOR

Freshman George Passas commutes to campus daily. He parks on a side street near Taco Bell to avoid what he finds to be an excessively priced parking pass.

But in lieu of a parking pass, students like Passas may see a mandatory \$100 transportation fee on their bills in the fall.

"I'm pretty upset," Passas said. "I guess there's really nothing we can do about it."

Gene Grilli, vice president for finance and administra-

tion, said the mandate for students enrolled in six or more credit hours will be discussed at the June 5 board of trustees meeting for integration into the fiscal year 2013 budget.

"It would enhance the services a great deal," Grilli said. "But I think it needs to be fleshed out more."

This is similar to a plan discussed in spring 2011, which was subject to the Ohio Board of Regents' exemption from an increase in tuition cap, delaying its implementation.

"We went through that process, and we were notified it would be exempt from the

tuition cap," said Ron Cole, director of university communications.

Students won't be subject to additional costs, as parking passes are already \$100 after this year's increase.

Deterring that cost by parking off campus will no longer be possible, though, and Grilli sees this as a good thing, as many students who park off campus then hop on a shuttle to transport them to the campus core.

"There's a lot of safety concerns," Grilli said about students parking in seedy neighborhoods and walking to campus. "This will pull stu-

dents into safe parking areas."

Passas has never used a Penguin Shuttle.

"I feel like there's so many YSU police and cops everywhere. I don't feel like I'm in any danger," Passas said.

Grilli admitted it may be slightly unfair to dorm residents and other non-commuters, but with the six-hour minimum, he said it would apply only to students who are on campus a fair amount.

"It's hard to single out students that didn't take the shuttle," Grilli said. "Students enrolled in under five credits will have the option of purchasing a parking permit."



Frank Zappa lives on

FEATURES 6



New supplement company

SPORTS 8



Youngstown tries to lose 1,000 pounds

VIDEO ONLINE

MORE STORIES ONLINE

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Upgrades strengthen Internet at the Flats

Kevin Alquist
NEWS REPORTER

Katie Petrosky, a senior at Youngstown State University and resident of the Flats at Wick, said she experienced problems with the Internet there in the fall.

"They told us last semester that because the building was so big, the router was not reaching the far wing of the building," Petrosky said.

This spring, however, Petrosky said she has seen improvements in signal strength.

Dominic Marchionda, president of US Campus Suites, the company that owns the Flats, said the problems residents had been experiencing was the result of a wiring issue.

"The issue was addressed over winter break," Marchionda said. "Fiber optic cable was added to the building. ... We spent tens of thousands of dollars fixing the problem that existed, and any complaints were immediately addressed."

Crissa Palowitz, account executive at Data Recovery Services, the company that upgraded the Internet system at the Flats, said

INTERNET PAGE 4



As a part of Christie Sindledecker's photography project, Cathie Pesa and her daughter, Kirsten Pesa, each chose opposite sides of the table to depict their relationship. Photo courtesy of Christie Sindledecker.

A picture's worth a thousand apologies

Chelsea Telega
ARTS & ENTERTAINMENT EDITOR

Roughly four times a year, Christie Sindledecker said her mother experiences anger spurts. These are times when the whole house ends up in shambles. Christie Sindledecker's first thought? "I wish I had my camera."

Christie Sindledecker said she and her mother, Tina Sindledecker, have always had adversities within their relationship.

For nearly a year and a half, Christie Sindledecker has privately documented her relationship with her mother through photography, re-creating certain debacles, and catching some in the act.

She would show her work to professionals and fine art photographers at multiple photography conferences. They all seemed to react the same, telling her not to take the photos for school, but as an emotional outlet.

Now, Christie Sindledecker has decided to make her photos public.

Christie Sindledecker is in the process of taking photos of 15 mother-daughter teams for an art exhibit that will be displayed in the McDonough Museum of Art starting on April 27.

The photos, she said, will show mothers and daughters in a part of their home that is meaningful to them. A written statement by the daughters will accompany the photos, explaining why their maternal bond is so strong.

Beneath each of the 5-by-5 grids

of photos, there will be a picture of a similar environment nostalgic to Christie Sindledecker, but it will be empty of her and her mother.

"I've been surrounded by people who have really strong bonds with their moms my whole life, and I've always compared and contrasted them. And instead of moping about it, I started taking time to investigate them," Christie Sindledecker said.

Tina Sindledecker said she was dismayed at the thought of her relationship with her daughter being put on public display, and said she can't help but be nervous.

However, she said there are two sides to every story, and this is simply her daughter's way of expressing her side.

"It's like we're two peas in a pod — so much the same but so different," Tina Sindledecker said. "Everyone deals with anger differently, and usually you just react without thinking. And I'm working on it, as I hope she is."

Christie Sindledecker said she was inspired by the relationship between her best friend and Warren native, Amie Holko, and her mother. She said Holko's mother stepped in as a mother figure for her on a friendly level.

"I find it so amazing that she has instilled so much in Amie, not only as her mother, but as her best friend," Christie Sindledecker said.

Holko is the youngest of four children and the only girl. She said that made her bond with her mother strong.

GALLERY PAGE 7

Campus chef spreads word

Nicole Novotny
REPORTER

Edward Krol has seen diabetes at its worst.

"As a son who lost his mother in 2003 due to complication of diabetes, it has exposed me to firsthand knowledge of this disease," Krol said.

Krol has been the on-campus director of resident dining since summer 2008. As an executive chef with more than 30 years of experience, he is required to take continuing education classes to keep his knowledge "current on nutrition, food allergies, food safety, as well as new information on medical trends in the population, such as people with diabetes, celiac disease, Crohn's disease and many more."

According to the 2011 National Diabetes Fact Sheet, about 8.3 percent of children and adults in the U.S. have diabetes. About 25.6 million people over 19 were diagnosed.

According to the American Diabetes Association website, diabetes is "characterized by high blood glucose levels that result from defects in the body's ability to produce and/or use insulin."

Three types of diabetes exist: type 1, type 2 and gestational diabetes.

According to the American Dia-

betes Association, type 1 diabetes, formerly known as juvenile diabetes, is "usually diagnosed in children and young adults." Type 1 is when the body doesn't create enough insulin, which means the person must take daily insulin injections. The cause of type 1 is thought to be a combination of genetics and environmental factors, which are still unknown.

The A.D.A.M. Medical Encyclopedia states that type 2 diabetes is diagnosed more in adults — but that is beginning to change. Teens and young adults are beginning to be diagnosed with type 2 because of obesity rates, though not everyone with type 2 diabetes is overweight. In fact, many people don't even know they may have type 2 diabetes.

According to Web MD, gestational diabetes "is a condition characterized by high blood sugar that is first recognized during pregnancy." Approximately 4 percent of pregnancies are found to have this condition.

Although one doesn't need to follow a specific diet when he is diagnosed with diabetes, he should monitor what he is eating. Carbohydrates, fat and protein intake influences blood sugar levels and must be watched carefully.

Krol has many options for the students on campus. He said the options

are there, but that students "have to take responsibility to make sure they are eating the right things."

The National Library of Medicine states that carbohydrates have the most influence on blood sugar levels because the body takes the sugar from the carbohydrates and turns it into glucose. Insulin, a hormone produced by the pancreas, then takes the glucose and either uses it to fuel the cells in the body or stores it for future use.

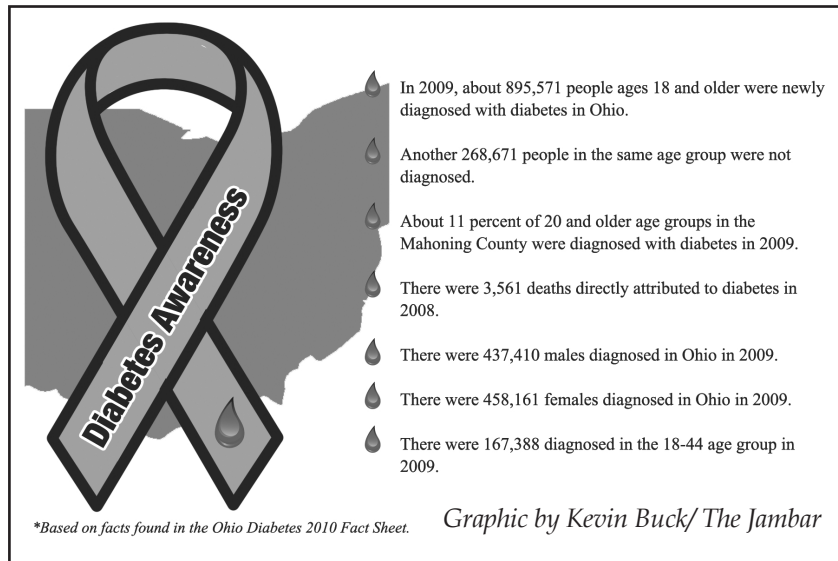
If the body can't create insulin, the glucose produced by the breaking down of these foods will not be used or

stored properly, which causes build up in the bloodstream, which causes high blood sugar.

Krol provides not only food from local farms, but will also take the time to help students that may need a specific diet. Though people with diabetes don't have to give up the foods they enjoy, they may want to keep track of what they are eating. Krol said he will help them do this.

"People with diabetes don't have to be restricted to boring, bland foods,"

DIABETES PAGE 7



Caught 'green-handed' for RecycleMania



RecycleMania comes to an end on March 31. The national program has 6.2 million participants. Photo by Jordan D. Uhl/The Jambar.

Sarah Perrine
NEWS REPORTER

Nearly one month into RecycleMania, several members of the Youngstown State University community are getting caught "green-handed," which is this year's campaign to increase recycling on campus.

RecycleMania is a national recycling competition that YSU has competed in since 2005. The 2012 tournament has 605 colleges and universities competing — with about 6.2 million students and staff involved.

Dan Kuzma, manager of YSU's recycling program since 2005, said the campaign tactic is based on chain reaction.

Kuzma has placed spotters around several recycling bins on campus, looking for students who recycle into the proper bins. When spotted, the students will be slipped a random prize from the recycling team.

"The chain reaction, where one person in a crowded room gets caught recycling and then slipped a prize very quickly and

quietly, works because that person gets excited and draws in the others around them," Kuzma said.

So far, a handful of these prizes have been given to recyclers, with more to come as the competition continues.

YSU generally does well in the competition, and is now in 40th place. YSU's recycling rate is around 60 percent, which Kuzma called an "ideal rate," with 80 percent being his goal.

YSU has been participating in RecycleMania for the past eight years, but the tactics change each year.

"It might seem like we're doing the bare minimum, but we're doing what's effective for us," Kuzma said.

Next year, campaigning for the competition may be different, thanks to the addition of the University of Akron and Kent State University.

Kuzma said these schools will be used to foster local competition, creating banners and signs and possibly even a recycling scoreboard.

The competition ends March 31.

PROS PAGE 1

ences, said a Ph.D. or an education degree shouldn't necessarily be thought of as a teaching degree.

"Ph.D. programs do not innately or directly prepare teachers," Furnish said.

Furnish added, however, that knowing how to do a job and knowing how to teach can present issues.

Senior Stephanie Rozzo said she thinks it's wonderful to have professors who have worked in the field at the head of the classroom, but believes it would benefit students and the instructor equally to have a level of prior training.

"As a music education major, I think

there should be some sort of educational psychology class for them to take first," Rozzo said.

She said learning the psychology of teaching is imperative to being an educator.

"I think there is a very big difference between knowing the content and

teaching it," Rozzo said.

Furnish said teacher development happens as teachers gain experience in the classroom.

"Nothing limits a practitioner's ability to develop as a teacher, even if the pace of development may or may not be different," Furnish said.

'Hyper-connectivity' among young adults a mixed messenger, study finds

Chicago Tribune
MCT

CHICAGO — David Macias has five personal electronic devices: a laptop, smart phone, e-reader and not one but two iPods— one for his car; one for workouts at the gym.

"I have trouble sleeping sometimes," the 19-year-old college freshman said while taking a break from watching a movie on his laptop in the College Of DuPage cafeteria. Macias said he sleeps with his cellphone, which wakes him when he receives a text.

"It's crazy," said Macias of Aurora, Ill. "I've got to turn it off."

Macias and others his age and younger are a growing concern because of their "hyper-connectivity." The word describes the constant connection to electronic devices as practiced by many of the so-called millennials, the generation born from 1981 to 2000 who came of age in the new millennium.

But a Pew Research Center survey released Wednesday shows that 55 percent of Internet experts and scholars believe that electronically connected youth "will be nimble analysts and decision makers" who benefit from the practice. Slightly more than 40 percent of those same experts had

the opposite perception, contending that hyper-connected young people cannot retain information, are too distracted, and lack "deep-thinking capabilities" and "face-to-face social skills."

Of course, both sides are hedging their predictions, saying that a combination of the scenarios is a more likely outcome.

Which is how Macias sees it.

"It could be positive because life becomes easier," Macias said, "but negative because it makes you do less work."

The survey, taken Aug. 28 through Oct. 31, asked 1,021 "technology stakeholders and critics" to chose one of two scenarios for the year 2020 — generally positive or generally negative outcomes from hyperconnectivity. Respondents were asked to explain their choices.

Some of the highlights:

Optimists say data will be retrieved almost effortlessly for young and old.

Pessimists argue that entertainment will trump knowledge and education; that the "compulsive nature of modern media" is similar to substance addiction.

Optimists contend that widespread connectivity has produced "supertaskers" capable of handling several complicated tasks well.

Pessimists believe that multi-tasking actually de-

creases productivity and that "shallow choices," impatience, sleep deprivation and "stagnation in innovation" could be common outcomes of a hyper-connected future.

"Each side is right to a certain extent," said co-author Janna Quitney Anderson, an associate professor of communications and director of the Imagining the Internet Center at Elon University in Elon, N.C. "We hope that the optimists end up being more right than the pessimists."

Suze Weinstein would count herself among the optimists.

Weinstein, 23, from Naperville, Ill., owns a smart phone, e-reader, laptop and iPod. She had a second iPod until it was stolen. At home, she exercises with the direction of her Apple Wii and plays video games on an Xbox.

"I'm a big believer," Weinstein said before entering class at College of DuPage in Glen Ellyn, Ill, where she's studying in the medical assistant program. "I'm connected all the time."

Weinstein estimated that 60 percent of her connected time is spent texting or talking on the cell phone to communicate with employees — one of her three jobs is manager of a jewelry store — friends or family. Another 30 percent of her time is spent on Facebook and Twitter, again mostly related to her jobs, she said.

And 10 percent of her

time on electronic devices is "personal, chit-chatting with friends," or shopping online, Weinstein added.

Her electronic connections help her keep up with old friends, said Weinstein, who has moved eight times.

Whether it's good for the brain "depends on how long you're staring at the computer," Weinstein said. "If you're playing 6 hours of video games, that's ridiculous."

Children definitely can benefit from electronic connectedness, said Weinstein, who is working as a nanny to 3, 4 and 5-year-old girls.

The children have access to the e-world, which has taught the three-year-old how to add, point out colors and patterns and solve problems, she said. The child also knows her ABC's, Weinstein said, and can speak a few words of Spanish.

For people Weinstein's age, she said, hyperconnectivity allows them easily to access and act on news and information from across the world. As an example, Weinstein noted how quickly vast resources arrived in Haiti after the catastrophic earthquake in 2010.

At least two respondents in the survey shared Weinstein's perspective.

Frank Odasz, a consultant from Dillon, Mont., said the digital tools are accelerating intelligence, which should lead to a dramatic increase in "expansive thinking and public problem solving."

Perry Hewitt, director of digital communications and communications services at Harvard University, said the technological evolution has taken young people "out of the business of memorizing facts and rules, and into the business of applying those facts and rules to complex problems."

But one anonymous respondent to the survey noted that accelerated intelligence might yield hyper-connected millennials who would be "missing the sheer joy of play, of conversation, or quiet, contemplative moments."

Weinstein's friend, Brittany Hyman was raised with strict limits on her screen time and she said she appreciates it today.

Hyman, 21, of West Chicago, ditched her Facebook page about two weeks ago. She joked that she "was spending too much useless time not getting updates."

And even though she bought a laptop and iPod about six months ago, she declines to use an e-reader she received for Christmas. Hyman said people who spend too much time staring at screens miss "so many other things you could be doing" and could hurt their social skills.

Hyperconnectivity "definitely helps in terms of sharing information farther and faster than you normally would," she said. "But for the most part, if you can't keep it under control, then it controls you."

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NEWS BRIEFS

Applications being accepted for pre-law scholarship

Applications for the Judge Sidney Rigelhaupt and Bert Rigelhaupt Pre-Law Scholarship will be accepted through March 15. The scholarship is available to YSU students from Mahoning and Trumbull counties who plan to attend law school. Each year, the scholarship awards a full ride to four to seven students in the pre-law program at YSU. Applications for the scholarship are available in the political science department, located on the fourth floor of DeBartolo Hall, or on the department's website. Along with an application, students must include FAFSA information and an essay describing reasons for wanting to attend law school.

Pamela Gay to speak on Saturday

Pamela Gay, an astronomer, writer and producer, will give the inaugural E.W. Powers Lecture Series on Saturday at 4 p.m. in the Ohio Room of Kilcawley Center. It is free and open to the public. Gay is an assistant research professor of graduate studies and research at Southern Illinois University at Edwardsville, as well as executive director of the Astrophysics New Media Association. The lecture series is part of the 15th annual Women in Science and Engineering Career Day. The event exposes young women in grades 6-12 to career opportunities and female role models.

WCBA schedules seminars

The Williamson College of Business Administration's Center for Nonprofit Leadership will host three seminars as part of the "Strategic Management of Human Resources" series. The seminars are as follows: "Selecting Energetic Staff," March 23 at 9 a.m.; "Managing and Retaining Talent," April 27 at 9 a.m.; and "Human Capital as an Investment," May 25 at 9 a.m. All seminars will be held in the WCBA Conference Center, which is on the third floor of Williamson Hall. The cost is \$50 per session, or \$135 in advance for all three.

POLICE BRIEFS

Girl arrested for underage possession of alcohol

While YSU Police were conducting a routine check of the University Courtyard Apartments on Saturday, an officer noticed a woman — who had just spotted the officers — attempt to hand a can of Four Loko to another woman walking next to her. The officer told the woman to stop, took the can and asked the woman for ID. She told the officer she didn't have an ID, but provided her name and date of birth, thus revealing her age: 19. YSU Police told the woman she was under arrest, and she was cited for underage possession of an alcoholic beverage.

Student's car window broken by bottle

On Sunday morning, a Kilcawley House resident was woken up by a call from YSU Police about damage done to his car. He discovered that a bottle of alcohol had been thrown at his rear window, thus shattering it. He said he didn't know of anyone who would have done that. YSU Police told him to notify his insurance about the damage.

Police make arrest after pulling over car

On Monday, YSU Police pulled over a vehicle with a shredded rear tire. After a routine check through YSU Police Dispatch, officers discovered that the car was entered as stolen. The driver did not have a valid driver's license and has an outstanding theft warrant through the YSU Police Department. He was placed into custody.

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INTERNET PAGE 1

problems also stemmed from ceiling interference, specifically in rooms on the ends of the building.

To counter the interference, Palowitz said the bandwidth in the building was increased, external antennas were added and wireless access points were updated.

The upgrade included replacement routers on both wings of each floor. Eight routers were replaced.

Jessica Vivo Morgione, property manager for the Flats, said that after the installation of the new access points, management was reassured they are working.

On Feb. 23, Vivo Morgione sent an email to all Flats residents asking them to report any problems they may be experiencing with the Internet.

"We've taken every single step to be on top of this issue," Vivo Morgione said. "Students sometimes assume [the problem] is an Internet issue, when sometimes it is their equipment having problems."

Vivo Morgione added that all equipment installed over winter break is top of the line.

The Flats upgraded to Cisco routers with a 100 MB fiber circuit and 40 MB of Internet access for the entire building.

"The Flats started with residential routers and has upgraded to commercial routers," Palowitz said.

Another issue that had added to Internet problems in the past was students installing personal routers in their rooms to try and increase wireless speeds.

"We've addressed that with the residents," Vivo Morgione said. "We can't monitor everything the residents do, but we think they have cooperated with us."

Senior electrical engineering major Audria Grubbs says she hasn't been able to access the Internet anywhere in the building since September.

"It's frustrating," Grubbs said. "I've seen no improvement since coming this semester."

Vivo Morgione said the Flats staff is willing to look at Grubbs' computer to figure out the problem, but thinks that Grubbs is having an equipment malfunction.

"If the people on her floor have access to the Internet, it's probably an issue with her computer," Vivo Morgione said.

Additional reporting by Andrea Wilfong



Dormant, Pilgrim Collegiate Church sits adjacent to Jones Hall. On Tuesday, the board of trustees decided to demolish the church, which YSU acquired in 2008. "We understand the emotions involved in decisions to demolish a building on campus; those emotions are particularly difficult when the building is a church," Gene Grilli, vice president for finance and administration, wrote in a memo. Grilli explained how various uses for the building were explored, yet all required excessive renovation costs which were unjustifiable. No official date is set for the demolition. Photo by Jordan D. Uhl/The Jambar.

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IN-MEMORY Tom Howard Martindale was born Aug. 14, 1938, as John Alexander Lyle in Youngstown, son of Virginia Lyle and Dominic Bertolini. Later, he was adopted by Anna Marie and Howard Johnson Martindale. He was a graduate of Boardman High School and later earned a bachelor's degree in business administration from Youngstown College, where he was a member of the Sigma Phi Epsilon fraternity. Martindale served in the U.S. Army during the Vietnam War, where he was stationed in both DaNang and Pleiku. Upon his return, he married Carolyn Lee Cox. Martindale served as bursar of Youngstown State University for 32 years, from 1963 to 1995. Not only did he work full time at YSU, but he also managed his own peach farm, which boasted more than 500 fruit trees featuring Martindale's Peaches. He was an active member of Zion Lutheran Church in New Middletown and was an avid gardener and an honorary member of the Holborn Herb Growers Guild. He was also a member of the Association for Research and Enlightenment for more than 20 years and an active participant in weekly ARE study groups. Upon retirement, Martindale and his wife moved to Tucson, Ariz., where he volunteered his time at the Tucson Botanical Gardens and St. Joseph Hospital. He is survived by his wife of 48 years, Carolyn; his son, Tom Howard Martindale II; his daughter, Holly Martindale; and sister, Corie Sedgewick. The family requests that material tributes take the form of contributions to Samaritan Hands Paraguay School at 2508 Old Niles Ferry Road, Maryville, Tenn., 37803.

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Mandating parking isn't the answer

The Jambar EDITORIAL BOARD

PARKING PAGE 1

We've praised YSU's relatively low parking rates in the past. And we generally commend the university's police department for consistently patrolling parking lots and the streets surrounding campus.

But we will never endorse a mandatory parking fee.

And that's what the proposed transportation fee is: mandatory.

By mandating a fee, we strip students' right to choose not to park on campus. And it's an easy choice for some students who take online classes or spend only one or two days a week on campus.

Sadly, convenient parking spots are often not available in the decks, and students are forced to park in lots that put them farther from their classes than a spot on the street would.

Parking fees are a necessity, but they should be mandated only for those who utilize parking lots and bus services. Not everyone should afford those passengerless buses and dilapidated parking decks.

There is an inadequate amount of parking space on campus as is. If parking were mandated, a lot more students would be sifting through campus each week looking for a parking spot.

Because of that, more parking would need to be made available, and the university better make sure there is.

But more parking lots and decks on campus equal money and a decrease in the YSUPD's patrol time in each of the lots or decks on campus.

University officials argue that mandating parking would ensure student safety and convenience.

"This would pull students into safe parking areas," Grilli said.

We think it's safer to park off campus than in a decrepit parking deck.

To be fair, students should be charged simultaneously for parking and bus passes.

Each time a student uses the bus, he or she would present his or her parking pass card. Then, the university could raise the rates for these students who use services — and not for those who can't afford it.

The university and board of trustees better rethink this one. A much fairer way exists to approach this problem.

The administration is talking out of both sides of its mouth. Campus can't be a safe place and too dangerous to park at the same time.

This is just another poorly disguised attempt to have the students carry more of the financial burden.

JAMBAR POLICY

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

OUR SIDE POLICY

The editorial board that writes Our Side editorials consists of the editor-in-chief, the managing editor and the news editor. These opinion pieces are written separately from news articles and do not reflect the opinions of any individual staff member. The Jambar's business manager and non-writing staff do not contribute to editorials, and the adviser does not have final approval.

YOUR SIDE POLICY

The Jambar encourages letters to the editor. Email submissions are welcome at editor@thejambar.com. Letters should concern campus issues, must be typed and must not exceed 400 words. Submissions must include the writer's name and telephone number for verification and the writer's city of residence for printing. Letters are subject to editing for spelling, grammar and clarity. The editorial board reserves the right to reject commentaries that are libelous or that don't defend opinion with facts from reliable sources. The editorial board will request a rewrite from the submitting writer based on these requirements.

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THE Jambar cartoon



Cartoon by Paris Chrisopoulos/The Jambar.

LETTER TO THE EDITOR

Newt's attack on the courts

Newt Gingrich apparently thinks the Founding Fathers made a terrible mistake when they established an independent court system.

Under his proposals, judges would please the president, Congress and the public — or suffer the consequences. Presidents could ignore court decisions they dislike. Congress could haul judges before it to explain their decisions and jail non-compliant judges, and unpopular judges could be fired and their courts abolished. Even some very conservative judicial critics have expressed outrage at

Gingrich's proposals. One of George W. Bush's attorney generals, Michael Mukasey, called them "outrageous and dangerous." Another, Alberto Gonzalez, condemned "bringing judges before Congress, like a schoolchild being brought before the principal." Columnist George Will wrote that Gingrich would replace legal reasoning with "raw political power." The Gingrich plan is not totally untested. Joseph Goebbels, Hitler's propaganda minister, argued that German judges tended to rely too much on legal reasoning, too little on public opinion and Hitler's

wishes. For this offense, judges should be fired and their courts abolished. Like Gingrich, Goebbels said these "reforms" would protect "the people" against oppressive courts. They became law, the last remnants of freedom vanished, and we learned an invaluable lesson. Or did we?

GEORGE KISER
BLOOMINGTON, ILL.

(Kiser is a recently retired professor from Illinois State University, where he taught politics and government for 35 years.)

Toward one America on climate change

MCT FORUM (MCT)

Recent revelations are highlighting the corrosive nature of our national dialogue about climate change.

Last week, bloggers published what appear to be internal documents from the Heartland Institute, a group that has long sought to undermine public understanding of climate science. The documents detail the organization's plan to introduce misleading climate change information to science classrooms as part of a larger campaign to constrain the American response to climate change. And this week, a highly regarded climate scientist revealed that his frustration over the ongoing attacks on climate science and scientists led him to trick the group into sending him their internal documents.

Sadly, stolen documents and emails, opaque corporate financing of interest groups, and a simple lack of civility have come to define the public discourse on climate change.

There is a better way. The truth is that the scientific community has reached a consensus on climate change.

The buildup of heat-trapping emissions from burning fossil fuels and clearing forests is changing the climate, posing significant risks to our well-being. Reducing emissions and preparing for unavoidable changes would greatly reduce those risks.

That is the conclusion of the U.S. National Academy of Sciences, the world's leading scientific societies, and the overwhelming majority of practicing climate scientists.

But many people don't accept the facts. Social scientists — psychologists, sociologists and other researchers — can help us under-

stand why.

When social scientists examine climate change, they see what Yale and George Mason University researchers identify as Six Americas. They range from "Dismissives" who are hostile to the science to the "Alarmed" who worry that we are running out of time to reduce emissions.

How can a divided America come together and address climate change?

To help answer that question, our institutions convened social scientists, climate scientists, business leaders, politicians, and faith leaders to consider the challenge.

According to social scientists, when people hear scientific evidence about societal risks — whether on climate change, disposal of nuclear waste, or vaccines — they actively filter it. They accept evidence they find consistent with deeply held cultural values and reject evidence they feel challenges those values.

A powerful way to break through is for respected leaders to speak out and bring shared values to bear on climate risks and choices. Many people who spoke at the conference are doing just that and helping to build a respectful, fact-based dialogue around climate change.

For businesses, climate change can be framed as a risk and an opportunity. Steve Percy, the former head of BP America, said "the train has left the station" when it comes to businesses dealing with climate change. Many major corporations accept the science and have already begun to integrate considerations about climate change into their products and business plans.

For people of faith, the Rev. Sally Bingham invokes the second commandment. If we love our neighbors as we love ourselves, she said, it is wrong to pollute our shared atmosphere. Richard Cizik,

the president of New Evangelical Partnership for the Common Good, says speaking to other evangelicals about stewardship and respecting creation makes it so that "they cannot walk away from this issue."

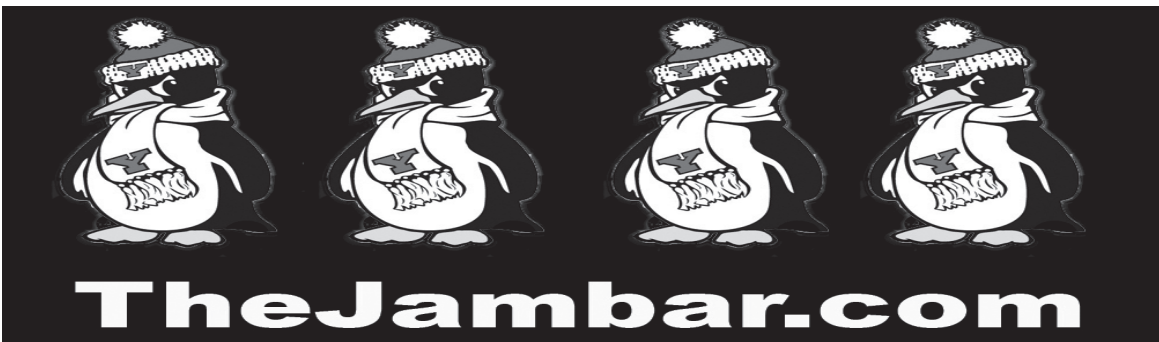
For conservatives, climate change action is about accountability, said Bob Inglis, a former Republican congressman from South Carolina who enjoys an A rating from the National Rifle Association and a score of 93 from the American Conservative Union. He supports axing taxpayer subsidies for fuels because "we don't want the government picking winners and losers." He also supports building the cost of pollution — from public health and environmental impacts — into the cost of fuels so the marketplace can properly judge them.

There's no straight line between scientists identifying a major risk and society agreeing on how to address it. The surgeon general's 1964 report on the dangers of smoking was followed by decades of industry attempts to discredit science. Building social consensus that smoking is harmful required public health campaigns that raised awareness and generated support for legislative action.

The climate challenge is now largely a social one. Meeting it will mean continued coalition-building and expanding the community of people who care about climate change to include unions, religious groups, taxpayer groups, and businesses from Wall Street to Main Street. That means engaging on this issue at the local level, in face-to-face conversations at Kiwanis clubs, church groups, bowling leagues and town halls.

The task before us is nothing short of monumental. But the path forward is becoming clearer.

And we must take it — together.



Frank Zappa lives on

Shannon Watson
REPORTER

Frank Zappa's music, which blends jazz, blues, rock and classical, is often difficult to classify.

John Anthony became intrigued with Zappa's music in the spring of 2011, after he started a research paper exploring Igor Stravinsky's influences on Zappa's music.

"I started transcribing some of his pieces for fun," Anthony said.

Zappa fliers smother Anthony's office door, further displaying his personal connection.

After comparing Zappa's work to others, Anthony decided to start an ensemble that played Zappa's music.

The group became known as Penguins in Bondage, named after an original song by Zappa.

"It's an interesting title, and it's YSU's mascot," Anthony said. "It just worked for us."

Drummer Ed Davis referred to the group as Anthony's baby.

"I've taken a lot of pride in it," Anthony said.

Anthony did a lot of the legwork to get the ensemble up and running, such as finding the right people.

Getting the right people in the group was not easy.

"We wanted people that had an ear to hear what it's about," Anthony said. "We looked for people that not only had an interest, but could understand where the music comes from."

The group felt most comfortable halfway through the fall semester, after Zach Connolly took over the previous singer's position.

"There are a lot of hard musical things, but you need the right guy that leads the group that has the right sense of theatrics and humors," Anthony said.

Connolly fits the job pretty well, Anthony said.

Connolly grew up listening to Zappa, and his interest built up in his high school years.

"I already knew a lot of his songs, and for the ones I didn't know, they



Penguins in Bondage works during rehearsals for its upcoming performance at the Lemon Grove Cafe. Photo by Shannon Watson/The Jambar.

were pretty easy to figure out," Connolly said. "It was more difficult picking up the half-narrating and getting into that type of character."

Penguins in Bondage said it doesn't have a particular audience it wants to entertain, but knows to whom it wants to appeal.

"We are wanting to find a bunch of different target audiences," Anthony said. "There is a very cult-like following; a true Zappa fan will have an extensive knowledge. ... They are going to know if it's right or wrong. ... We also try to get the music students involved."

Penguins in Bondage said it wants its music to be heard in order for students to see the prolific and influential type of composer Zappa was.

"We just want to get his name out

there," Anthony said.

Penguins in Bondage practices for an hour every Monday, Wednesday and Friday. Students can join for class credit.

Anthony said he expects being in the group will be beneficial for his future.

Connolly agreed.

"It's definitely improved my singing abilities and helps prepare me for when I want to play with other bands," Connolly said.

The group already has a couple of performances under its belt. Its biggest was at Cedars Lounge, where it performed for an audience of about 300 people.

The group tries to keep its performances similar to ones Zappa would have done.

"His performance would never be the same as it was the night before," Anthony said. "We are trying to add our own changes in our performances so that they are different."

The group said its biggest highlight was the approval and support given when it contacted Dweezil Zappa, Frank Zappa's son.

"We sent him a recording of what he had done, and he really seemed to like it," Anthony said.

Penguins in Bondage plans to carry over into the summer and keep performing. Four performances are scheduled for this spring. It will be playing March 9 at the Lemon Grove Cafe at 10 p.m., April 1 at Bliss Hall in Room 2222 at 7 p.m., April 16 at Kilcawley Center at 8 p.m. and May 18 at Cedars Lounge at 10 p.m.

Piecing the picture

Faculty member retraces crime scenes in artwork

Chad Travers
ARTS & ENTERTAINMENT
REPORTER

Stephen Chalmers, assistant professor of art at Youngstown State University, draws on his experiences from years spent working with emotionally disturbed children to create art that deals with loss and emotional hardship.

Chalmers, a photographer with a background in psychology, worked as a therapist for emotionally disturbed children in Portland, Ore., for three years before leaving to earn his Master of Fine Arts in cinema and photography from Southern Illinois University.

Now, his work is being shown at the McDonough Museum of Art as a part of its biennial faculty exhibition, which features works of art in various media by members of the art department at Youngstown State University.

The exhibition highlights works by the newest members of the art department. This year's exhibition includes selected works by Chalmers, Charmaine Banach and Richard Helfrich.

The series of Chalmers' photography on display at the McDonough documents sites where serial killers have disposed of bodies. The images were created over the summer, and the project was partially sponsored by a grant from the University Research Council.

"Even before I worked with emotionally disturbed children, most of my art dealt with psychologically charged issues," Chalmers said.

Chalmers used Freedom of Information Act requests and searched police archives and newspapers to pinpoint vari-



Stephen Chalmers, assistant professor of photography and recent addition to YSU's art department, stands in front of three of his pieces on display at the McDonough Museum of Art. Photo by Chad Travers/The Jambar.

ous locations across the United States where killers have left their victims.

He then traveled to the sites to photograph them as they appear today, long after the bodies have been removed and the surroundings have returned to their natural state.

He began taking pictures of sites on the West Coast during the decade he lived in Washington before coming to Youngstown last year. Sites in Oregon, Washington and California were documented first.

The collection has since expanded to cover sites in other parts of the country. The work now includes images from Iowa, Atlanta and sites near Yellowstone National Park in Wyoming.

"A lot of my work plays with questions like, 'Is photography really factual?' or 'Is there such thing as truth with a capital T?'" Chalmers said.

The work on display explores photography as factual documentation and its interpretation through the eye of the photographer and the viewer.

"If you think of a site where a body was disposed of, you immediately picture the whole CSI scene with the police tape and the squad cars, but these are just places. They existed before the gruesome things that happened, and they exist after. I'm kind of playing with the beauty of these sites, juxtaposed with the traumatic things that happened there," Chalmers said.

Although the subject matter may seem gruesome, Chalmers said he has not met any resistance from law enforcement or victims' families.

He does not go out of his way to contact the families because all the information he needs is available through FOIA requests and law en-

forcement reports, but sometimes the families reach out to him.

"One of the largest referrers to my website is actually the sister of one of the victims who was found in [Spokane, Washington]. She has become an advocate for victims of abuse and murder, and her website links to my image of where her sister was found. That drives an enormous amount of traffic to my website," Chalmers said.

His website is located at <http://www.askew-view.com>.

Chalmers created the high-resolution images by taking multiple overlapping photographs and using software to seamlessly stitch them together into one large image.

Even an image taken with an expensive professional camera can only be enlarged to a certain point before it becomes blurry and grainy. The composite image created from

many slightly overlapping images allows for much higher resolution and level of detail in Chalmers' work.

"There's a picture in the gallery of a tree trunk taken somewhere in Washington. You can see a little bug crawling along the trunk in ridiculously high resolution," Chalmers said.

The technique allows the artist to explore tiny details in a photograph that would not be possible with a single enlarged image.

Chalmers said he enjoys exhibits that provide the viewer with a perspective that is somehow changed as they move through the installation.

"I like when people walk into a venue and first say, 'Oh, what's up with all these pretty landscape photos?'" Chalmers said.

Viewers will notice that the name of each victim is printed underneath each picture as they move from piece to piece. When they finally make their way around to the artist's statement and discover what the images represent, their perspectives are suddenly altered.

"There's that shock of recognition when people find out what these images are all about," Chalmers said.

Robyn Maas, exhibition designer at the McDonough, selected the photographs on display. She said Chalmers originally submitted seven, but space restrictions, more than artistic concerns, limited the number to five.

Chalmers has participated in group and solo exhibitions across the United States and as far away as China, South Africa and Australia. He has pieces on display in Thailand, and his work will soon be featured in an upcoming National Public Radio photography blog.

GALLERY PAGE 2

She added that she wanted nothing more than to be like her mom when she was younger.

"She was always there to talk to if I needed anything," Holko said. "She never got mad at me for something that most people wouldn't dare go to their mom about, and she was very motivating."

Christie Sindledecker will take photos of Holko and her mother as a part of the project. Holko said she anticipates the photos being taken in her mother's bedroom, where

they have regular in-depth conversations.

Holko said the project would be motivating to those who see it. She said she is proud that her relationship with her mother can be used as a positive example.

"Maybe after seeing the photos, someone will be motivated to call their mom," Holko said. "Even for people who have close relationships with their mom, I think it will remind them how important the bond is."

Christie Sindledecker said

she was initially hoping that her and her mother would learn from the project and take away the words used by the daughters to build a stronger relationship.

However, she said her mother has essentially distanced herself from the project, so it's more for her piece of mind.

Tina Sindledecker said she doesn't know what stage the project is at now, but she remains proud of all that her daughter has accomplished.

"She's my daughter, and

blood is thicker than water. I don't care how bad things are, we are always going to be family," Tina Sindledecker said. "As far as her creativity, I just don't know how she does it. When she pulls it all together, it's like, 'Wow, where did this come from?'"

Tina Sindledecker said she hopes to learn something from the project and hopes other people can learn from it as well. She said she and her daughter don't have a close relationship, but she knows they both want that to change.

Christie Sindledecker said she agrees and is also nervous about what people will think of her exhibit. She said she saw a lot of her relationship with her mother in the photos she has taken.

"I see similar stuff in my relationship; it's just how it's handled," she said. "I am learning that I need to interact with my mom. Everything about this project is a learning experience, and from every photo I learn how to communicate better with my mom."

THE JAMBAR

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DIABETES PAGE 2

he said. "Instead, they will need plenty of fruits, vegetables and whole grains — foods that are high in nutrition and low in fat and calories — and fewer animal products and sweets. In fact, it's the best eating plan for anyone."

Dining services has made it easier for students that may need to plan their meals because of diabetes. On the dining services website, there are many different ways to find out the nutrition values of the meals being offered. Each dining location also provides its nutritional information, or has a barcode

that can be scanned so one can look at the information on a cell phone.

Krol also helps students get in contact with dietitians, who will work with the students to come up with a meal plan best suited for them. If there is something they specifically need, Krol will try to incorporate it into the meals being offered.

Healthful food is not the only thing that will help someone with diabetes; insulin injections or oral medications are usually prescribed. Diabetes, if not monitored and cared for properly, can lead to other

medical problems. For example, the 2011 National Diabetes fact sheet says that "diabetes is the leading cause of kidney failure, nontraumatic lower-limb amputations and new cases of blindness among adults in the United States."

Krol said that while the rates of diabetes continue to rise, it is important to get the information out to the public. He continues to try to add more healthful options for people and publicize the information to students so they can make informed decisions.

CIVIL SERVICE COMMISSION OF YOUNGSTOWN – ASSISTANT CHIEF ENFORCEMENT OFFICER – BUILDING & HOUSING – PUBLIC WORKS DEPARTMENT – SALARY:

\$48,234.55. Current Ohio Board of Building Standards (OBBS) certifications, or interim certification, as a Building Inspector and as a Residential Building Inspector. The Assistant Chief Enforcement Officer must obtain and maintain full certifications within 2 years of employment. Extensive knowledge of the Ohio Building Code and Residential Code of Ohio; possess extensive computer skills required; ability to remain informed on current building technologies and materials; ability to enforce codes and ordinances firmly, tactfully and impartially; and to maintain effective professional relationships at project sites and with the general public in general; and must possess and maintain a valid Ohio Driver's license. The following OBBS certifications desired: Mechanical Inspector; Plumbing Inspector; Electrical Safety Inspector; Residential Building Official; and Residential Plans Examiner. All candidates for employment with the City of Youngstown must be a resident of Mahoning County or an Ohio County that is adjacent to Mahoning County at time of hire. Applicant's applying for City Resident Bonus Credit must show proof of residency by providing the following: Driver's License, Bank Statements, Utility Bills, Mortgage Release/Lease, and/or Insurance Statements. In order to be considered applicants must submit four (4) different proofs of residency from one (1) year ago and four (4) current proofs of residency. Applications accepted at the Youngstown Civil Service Commission Office, 7th floor, City Hall, Youngstown, Ohio, from February 27, 2012, through March 8, 2012. Hours: 8:00 a.m. to 4:00 p.m. Monday through Friday. Examination will be given on Saturday, March 10, 2012, starting at 10:00 a.m., at the Choffin Career and Technical Center. To qualify for Veteran's Bonus, submit a copy of DD-214 when application is filed. For further information, call (330) 742-8798.

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YSU basketball fans flourish with wins

Steve Wilaj
REPORTER

Mike Allard watched from the Beeghly Center bleachers as the Youngstown State University men's basketball team played the University of Detroit Mercy on Senior Day. Wearing a black YSU baseball hat and red Penguins hoodie, Allard cheered as guard Blake Allen knocked down a 3-pointer.

"I try to come out to the games, especially this season," Allard said. "I've been to a good amount. The team is fun to watch."

Allard is not the only fan who enjoys watching. Attendance has been up for the YSU men's and women's home basketball games this season.

"If we have more bodies in the Beeghly Center, from a marketing standpoint, it's a successful season," said Rick Love, associate director of athletics.

Attendance is not the only increase the basketball teams have noticed. Wins have also risen. This correlation is not a coincidence, said Love, who oversees the marketing and promotions department, as well as ticket office operations.

"There was a buzz in the community," Love said about the teams' success. "When a team is playing well, people want to come see them. I think it dawned on people, 'Hey, the Penguins are playing pretty good.'"

The men's team has collected 16 wins, the most since the 2000-2001 season, when it recorded 19. The men's team has averaged 2,485 fans per home game, the most since averaging 2,498 in the 2009-2010 season.

The timing of the games helped draw fans, Love said.

"Once the football bowl games were over, and the kids came back to class, it was like, 'It's basketball season now,'" Love said. "We had three great games in January



Beeghly Center was filled with fans on Saturday as the men's basketball team took on the University of Detroit Mercy. Photo by Dustin Livesay/The Jambar.

and a sellout against Cleveland State. Then we had 4,000 for Butler and almost 4,000 for Valparaiso [in February]. It was a timing thing."

The game against Cleveland State University on Jan. 28 attracted 6,313 fans, the fourth-largest crowd in school history. Joel Davis, a junior at YSU, attended the game.

"I know a lot of players on the team, and I go there to support them and YSU as a whole," Davis said. "I feel like if you're part of the school, that's a good way to get out and be involved."

The women's team also

saw more fans in the stands, averaging 1,110 attendees per home game. This is the most since averaging 1,298 during the 2007-2008 season.

The team has already compiled 10 wins in the 2011-2012 regular season, and Love said that fans were excited to cheer for a winner again. The Penguins earned just nine wins in the past three seasons.

"This was a team two years ago that didn't win a game," Love said. "Now, they were playing good. The fans were getting pretty excited and came out to watch."

YSU junior Mike Panormitis agreed with Love's assessment.

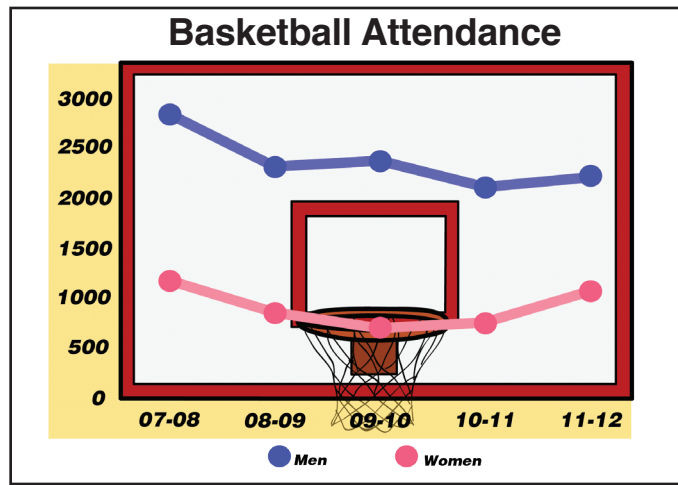
"I like to watch good college basketball and show school spirit," Panormitis said. "The games are exciting, and it's a fun atmosphere to be in."

The largest crowd of the season for the women came on Jan. 28. The game against Wright State University, which was the opener to the men's game, drew an afternoon crowd of 2,417 fans.

Kids Day, marketed to bring children to Beeghly Center, was the promotion for the doubleheader. Love said this promotion was helpful in drawing the season-high crowds. He added that the marketing team always works hard to attract fans.

"I think we do a good job of getting out there and letting fans know about our promotions," Love said.

Still, Davis said the best promotion is a winning team. "The community of Youngstown likes their teams, and they're here to support them no matter what," Davis said. "But winning's just more enjoyable."



GRAPHIC BY PARIS CHRISPOLOUS

New supplement company begins in blue-collar town

Joe Catullo Jr.
SPORTS EDITOR

Brent Styer had a dream that he would one day help athletes exercise healthier and longer.

In January, his dream became a reality.

With \$4,000, Brent Styer, 26, created Cyborg Supplements, an online distributor of sports supplements.

"When I graduated, I couldn't find a job, so ... why not create a company and start my dream?" said Brent Styer, the company's CEO.

Brent Styer said he'd thought about the idea for a while. He began researching last year, after graduating from Youngstown State University with a degree in nutrition.

"I was 15 when I first started working out and first started getting into fitness nutrition," he said. "That's what spurred me into wanting to do nutrition as a major."

Brent Styer brought his younger brother, Justin Styer, and friend, David Ross, on board.

Justin Styer, the chief operating officer, is enrolled at YSU and is slated to graduate in May with a chemical engineering degree. Ross, the chief financial officer, is a pharmacist and a graduate of Ohio Northern University. He has known both brothers for six years.

Brent Styer chose the company's name because it is "unique" and incorporates muscle.

"It applies well to working out ... [and] translates well to

someone who is into business," he said.

On the company's website, <http://www.cyborgsupplements.com>, a cyborg is defined as a being with both biological and artificial components that allow for the increasing and enhancing of normal capabilities.

The website offers two products: Wired, used for an advanced pre-workout delivery system, and Alloy, used for protein.

"We want to give a pre-workout that could give you that pump to give you that good workout in, but not give you that crash after or the jitters of caffeine," Justin Styer said.

Nutricap Labs, based in New York, makes Cyborg's products and also manufactures tablets, capsules and powders.

Brent Styer said Nutricap Labs' protein is a standard high quality, and it is different because it does not contain a high dose of caffeine.

"The protein is the best tasting protein I've ever tasted," Brent Styer said. "I'm not just saying that because it's our product."

The pre-workout supplement is based mostly with vitamins B6 and B12 for longer workouts, and it is healthful.

"We've tried almost every pre-workout product out on the market, so we knew what we liked and what we didn't like," Brent Styer said.

Brent Styer also said the company is working to create a testosterone booster.

Brent and Justin Styer said they wanted to incorporate a more healthful supplement.



YSU senior Justin Styer, left, and his brother, graduate student Brent Styer, show their products for Cyborg Supplements. The supplements are Wired, used for pre-workouts, and Alloy, used for protein. Photo by Joe Catullo Jr./The Jambar.

They grew up as vegetarians, learning from their father, Jim Styer, who is a vegetarian and a second-degree black belt.

"We've been around healthy lifestyles our whole life," Justin Styer said.

Brent and Justin Styer are no longer vegetarians, but they still keep an eye on what they eat.

"As weight lifters, it's hard to get the protein intake as vegetarians," Brent Styer said. "We eat healthy, though. We eat lean protein."

Kevin Cox, a junior at YSU and a friend of the Styers, has used the product since it was invented. He said the pre-workout supplement is different from other products, and added that the protein is the best he's

ever tasted.

"One thing I noticed with the pre-workout is I focus [and] I don't crash," Cox said. "It didn't upset my stomach at all. I feel like I increase energy more throughout my workout."

Brent and Justin Styer said they want to distribute their product all around — and not just to their friends. They'll get the opportunity at the Arnold Classic in Columbus, which runs Thursday through Sunday.

The Arnold Classic is an annual bodybuilding competition named after Arnold Schwarzenegger. Brent Styer said he waited too long to get a booth, but that he'll distribute nevertheless.

"Any athlete could use our supplements," Brent Styer said.

Sports Briefs

Perry and Eargle garner awards

Kendrick Perry was named to the All-Horizon League first team by the league's head coaches on Monday. Perry is the second Penguin to be named to the team, and he is the first since Quin Humphrey in the 2006-2007 season. He is also the first sophomore in school history to be named to the team. Additionally, Damian Eargle was voted to the Horizon League all-defensive team. Eargle ranks third in the nation, with 3.9 blocks per game.

Track and field teams place at HL Indoor Championships

The YSU women's track and field team placed second, and the men's team placed third, at the Horizon League Indoor Championships, held at the Watson and Tressel Training Site over the weekend. Michael Davis (60-meter dash), Kaitlyn Griffith (shot put), Ciara Jarrett (200-meter dash), Katrina Rettburg (high jump) and John Seaver (shot put) won individual events.

Penguin Spotlight



Damian Eargle

Year: Junior
Weight: 215 pounds
Height: 6' 7"
Hometown: Youngstown
High School: Warren
Position: Forward

Junior forward Damian Eargle scored 17 points and collected nine rebounds against the University of Wisconsin-Green Bay on Tuesday. The Penguins won, 77-60, and advanced to the second round of the Horizon League tournament. Eargle, who was named to the HL All-Defensive team on Monday, is third on the team with 319 points this season. He also leads the conference with 115 blocks, breaking the HL record for a single season.

Horizon League

Men's Tournament Schedule

Second Round Friday

Game 5
(3)Detroit vs. (6)YSU
6 p.m.

Game 6
(4)Milwaukee vs. (5)Butler
8:30 p.m.

Semifinals Saturday

Game 7
(2)CSU vs. Game 5 Winner
6 p.m.

Game 8
(1)Valparaiso vs. Game 6 Winner
8:30 p.m.