

# The Jambar

The student voice of Youngstown State University since 1931

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## Type Rider pedals poetry



Maya Stein, aka the "Type Rider," types the day's writing prompt ("I wonder if") on her turquoise Remington Ten Forty typewriter on the sidewalk near the Lemon Grove Cafe on Saturday. Arriving on bicycle, Stein stopped in downtown Youngstown for a few hours on her cross-country writing project. Photo by Emmalee C. Torisk/The Jambar.

**Emmalee C. Torisk**  
SENIOR COPY EDITOR

Before Saturday afternoon, Cherise Benton had never used a typewriter.

Benton, a senior general studies major at Youngstown State University, works at the Lemon Grove Cafe in downtown Youngstown. Maya Stein, also known as the "Type Rider," stopped there around 12:30 p.m. Saturday, carting a turquoise Remington Ten Forty typewriter, a folding chair and a folding table in the

trailer attached to her bicycle.

Youngstown was Stein's 22nd stop on a cross-country bicycle trip that began in Amherst, Mass., on May 5, the day she turned 40. Her final destination, which she intends to reach on June 13, is Milwaukee, the birthplace of the typewriter. When Stein reaches Milwaukee, she'll have been on the road for 40 days and covered more than 1,300 miles.

But, at the stops in between, Stein is setting up the manual typewriter, chair and table — along with a chalkboard sign

that reads, "Write Yourself Here" — and inviting anyone interested to contribute reflections and observations to a continuously evolving piece of collective writing.

"Sort of an unexpected gift is that people of all ages are doing this," Stein said. "They're connecting with each other as they're typing. They become a part of a group in a way; they become a part of a shared story."

As the Lemon Grove's special events coordinator (and an admitted admirer of collaborative poetry), Benton covered

the event for the cafe's social media. In between snapping pictures and talking to participants, Benton sat down in front of the typewriter and began to write — albeit with a few difficulties.

"I have no idea how to use a typewriter, [and] I ended up typing over the same line. I'm not as good of a typist as I thought," she said, contrasting the experience with the ease of typing on a computer. "It made me feel like Joan on 'Mad Men.'"

For each stop on her trip, Stein, who both facilitates

writing workshops and does her own writing, selects a new writing prompt. Each prompt, or jumpstart, is meant to be open to interpretation, and it can be completed in either a few words or several paragraphs, depending on how much time a participant wants to spend at the typewriter. Saturday's prompt was "I wonder if."

Benton wrote, "I wonder if I will break this typewriter."

Stein rode into Youngstown that morning from Cooper's Lake Campground in Slippery Rock, Pa., approximately 30 miles — or three hours — away. She said her scheduled stop at the Lemon Grove was a bit more deliberate than others. Typically, it's much more spontaneous; Stein shows up when she shows up, then scouts out a location and sets up her typewriter.

Jacob Harver, owner of the Lemon Grove, said he was immediately interested when a friend of Stein's contacted him about hosting the event.

"It's beautifully romantic to have someone typing on an old typewriter," he said. "Our interaction with the technology and the tools we use produces and directs our creativity."

Kim Eisenstein and Stephanie Goldfish, twin sisters who met Stein at a writing retreat in North Carolina, drove from Nashville, Tenn., to Youngstown for the event. Both had heard about it through the Internet.

"What Maya's doing [is] bringing people together through the typewriter, which is supposed to be an obsolete machine," Eisenstein said.

After eyeing the turquoise

**POETRY PAGE 2**

## Local psychiatrist, YSU psychology chair collaborate

**Lee Murray**  
REPORTER

Local psychiatrist Robert Roerich of Southwoods Counseling in Boardman presented a psychoanalytical diagnostic technique on Saturday at the Association for Psychological Science convention in Chicago.

The poster session featured a study conducted by Karen Giorgetti, chairwoman of the psychology department at Youngstown State University. Working alongside Roerich for the past year, she gathered and presented empirical statistical data for Roerich's clinical work.

Roerich has been working on the technique, named the Road Interview, since he was a 16-year-old college freshman. It's based on the work of Sigmund Freud, who pioneered psychoanalysis around the turn of the 20th century.

"Imagine yourself on a journey," said Giorgetti, describing how Roerich implements his technique. "You're walking down a road. Tell me what you see."

In a structured therapy session, Roerich asks his patients to visualize an imagined journey, in which the patient is both protagonist and narrator. He asks a series of open-ended questions that prompt the patient to describe his or her surroundings and other observations, such as the height of the grass in a field, ways around a series of obstacles and the amount of coffee in a cup.

Roerich uses a patient's responses to analyze his or her state of mind. When the patient is told to discover an animal along the way, discovering a venomous snake as opposed to a lost puppy, for example, would suggest very different emotions.

But Roerich's analysis is more nuanced than that. Giorgetti said even colors hold certain meanings, and Roerich's interpretations are based on years of research and analysis.

The interview gives Roerich access to the patient's subconscious, allowing him to diagnose and treat deep-seated underlying problems that are inaccessible through normal therapy.

"It goes back to Freud's school of thought, but not exactly as Freud envisioned it. It's several iterations later," Giorgetti said. "It's a matter of you conveying what you see."

The seemingly arbitrary answers that the patient gives are analyzed and interpreted by Roerich, giving him an understanding of what is happening in the patient's unconscious mind. There is no right or wrong answer, only interpretable responses.

Despite success in his own practice and widespread recognition in Bucharest, Romania, where his work has garnered support from psychologists, Roerich has yet to provide enough data on this theory to sway the broader scientific community. Last year, he contacted Giorgetti, who

**COLLABORATE PAGE 2**

## Former YSU student commended for heroism



Tri-State Detachment 494 of the Marine Corps League gave a rifle salute to YSU's fallen soldiers during the annual Reading of the Names ceremony on Wednesday. Photo by Chris Cotelesse/The Jambar.

**Shee Wai Wong**  
REPORTER

Youngstown State University honored former student Leslie Sabo during the annual Reading of the Names ceremony on Wednesday.

The ceremony, which honors YSU employees and students who died while on active military duty, was held at Veterans Plaza on the YSU campus.

Sabo attended YSU between September 1966 and March 1969, and he was drafted into the army one month later.

Sabo was killed in action on May 10, 1970, during the Vietnam War while saving his fellow soldiers from attack. He was 22. Survivors of the attack filed reports calling for Sabo's courage to be recognized, but the documentation was lost until 1999.

Earlier this month, Sabo posthumously received the Medal of Honor. President Barack Obama presented it to Sabo's widow, Rose Mary, during a White House ceremony. Sabo is likely the first YSU student to receive the nation's highest military honor.

Jim Olive, program man-

ager of the YSU Office of Veterans Affairs, said he is proud of what Sabo did for the nation and that he is deeply humbled by his story.

"He represents the university. We are forever linked to him through our military family and YSU family," Olive said.

David Olekshuk, a master sergeant in the U.S. Air Force Reserves and a network services technician at YSU, said it's important for Americans to remember fallen soldiers.

"It's an honor to thank them for their service and what they did for us and gave their lives for it," he said.



**NEWS BRIEFS**

*YSU to host energy forum in June*

On Monday and Tuesday, Kilcawley Center will host the fourth annual YSU Sustainable Energy Forum — an event that will likely draw more than 200 academics, energy industry leaders, government officials and entrepreneurs. The forum will primarily focus on technology that is ready for commercialization, particularly technologies that will have a near-term positive impact on commercial, industrial and residential energy savings. To register, to submit an abstract for the technical sessions or to participate in the forum, visit <http://www.yсу.edu/sef>, or contact Michael A. Hripko, director of STEM research and technology-based economic development, at 330-941-4634 or mahripko@ysu.edu.

*Students selected for language scholarship*

Two YSU students will study abroad this summer after receiving the Critical Language Scholarship from the U.S. Department of State. Rochelle Beiersdorfer, who will study at the Beijing Language and Culture University, and Jessica Valsi, who will study at the Tomer Institute in Bursa, Turkey, are the first YSU students to receive the selective scholarship; around 5 percent of applicants are chosen. Beiersdorfer and Valsi will travel to their host countries for an intensive education in Mandarin Chinese and Turkish, respectively.

**POLICE BRIEFS**

*Lights out*

After noticing a vehicle's license plate lights were out, a YSU police officer ran the number through the identification system. The check revealed that the plates were registered to a different vehicle. The officer ran the driver's license through the identification system and discovered that the driver's license was suspended. The driver was issued a summons for the light and driving under suspension.

*Student rebounds after basketball injury*

A student fell and hit his head on the gymnasium floor while playing basketball in the Andrews Student Recreation and Wellness Center on Friday. As he jumped up to catch a rebound, he was knocked down and struck his head, causing a minor nosebleed. When YSU Police arrived, the man was holding an ice pack to his neck and nose. He refused medical treatment.

**JAMBAR STAFF**

- EDITOR-IN-CHIEF:**  
Chris Cotelesse.....330-941-1991
- MANAGING EDITOR:**  
Jordan D. Uhl.....330-941-1807
- SENIOR COPY EDITOR:**  
Emmalee C. Torisk.....330-941-3758
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- DESIGN EDITOR:**  
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**COLLABORATE PAGE 1**

agreed to work with him to gather that data. Their teamwork led to this month's presentation.

Clinical trials will attempt to further prove the viability of this work. Roerich said research will "gather more data, which will show the strength and power of mental imagery."

Roerich said he hopes that his research, backed by Giorgetti's data, will lead to better mental health for his patients and, ultimately, save lives.

"One aspect of my work that hasn't been mentioned is that certain symbols appear that indicate that a person is thinking about death or suicide. So, that's something in which we have a major interest," Roerich said.

Giorgetti was eager to professionally back Roerich with statistical data, and she said her observations of his work continue to pique her interest.

"I've watched him do this, and he's often quite accurate," Giorgetti said.

**Costly convenience for credit cards**

Jordan D. Uhl  
MANAGING EDITOR

After July 1, students who pay their school bill with their credit cards will be subject to convenience fees.

The Office of Student Accounts will now charge a 2.75 percent convenience fee per transaction on credit cards. Debit cards are not subject to any additional charges.

Visa credit cards will no longer be accepted for tuition payments, as the company doesn't "participate in the fee structure." Unlike MasterCard, Discover and American Express, Visa would charge a flat rate, rather than a percentage, for its convenience fee.

Gloria Kobus, director of the Office of Student Accounts, said other state universities in Ohio do not accept Visa for this reason.

With tuition expected to increase by 3.5 percent for the next academic year, to roughly \$7,700, a 2.75 percent convenience fee would result in an additional \$106 per semester.

YSU previously paid these fees, but passing them to the students will save the university more than \$300,000 each year.

"As we have moved into an unprecedented financial situation, with the reductions we're seeing from the state, we're scrutinizing our expenses as much as possible,"

said Ron Cole, director of university communications.

A statement issued by the university stressed that "YSU does not collect or keep any part of the fee." No other campus vendors will be applying fees, and Visa will continue to be accepted elsewhere.

Kobus said the amount of students paying solely with a credit card makes up a very small percentage of the student population.

Cole said YSU administrators had been examining this possibility for the past couple of years. Upon realizing that other universities were avoiding excessive fees by changing their policies, they felt that now was the appropriate time for YSU to make a change.

**POETRY PAGE 1**

typewriter in a shop for months, Stein purchased it specifically for her trip. Although she bought it for superficial reasons — it's bright and colorful, with a springy or summery quality — she later discovered an interesting synchronicity: It was produced around the time she was born.

Although Stein largely works on the computer and occasionally writes by hand, she's begun to compose some poetry on the typewriter, and has noticed a different quality to the writing.

"It is challenging to use because the way my mind has been working on the computer is very different from how it works with a typewriter," Stein said. "It's like I'm doing less editing. I'm more aware of the choices I make in the poem itself. When I'm on the computer, it's sort of automatic."

Stein's initial inspiration for integrating a typewriter into a writing project stemmed from her childhood. When she was around 12 years old, her dad put a typewriter on a desk in what Stein refers to as "a communal space" — or, more specifically, a landing at the top of the stairs that led to the house's bedrooms.

One night, her dad inserted a sheet of paper into the machine. Then, pretty much every night before Stein and her sister went to bed, they'd each add a line to the story.

"It just became this kind

of evening ritual, and sort of our family story that we were writing," Stein said. "Everyone got to have equal say on how the story went. Nobody criticized your choices. It was my first exercise in really working collaboratively on something creative."

Subsequently, as the Type Rider, Stein delivers the "typewriting experience" she grew up with to other people.

"It all kind of made sense because I'm always thinking about how to get people to connect with their creativity, so it seemed like a perfect time," she said. "I thought, 'Wow, but what if I did that for my 40th birthday, and wouldn't that be a really great way to enter into the year?'"

A 39-foot RV, driven by her friend Grace Moore, has followed Stein through, as of her stop in Youngstown, six states. It's their home away from home, she said.

However, it is significant to the project that Stein's primary method of transportation — her bicycle — matched the old school, analog experience of writing on a typewriter. In addition, solitary time on the bicycle allows her to recharge between stops and reflect on her experiences.

Stein said she's not sure yet how the final product, which she intends to publish, will end up.

"What it is to me right now is a series of life slices. I don't really know how they're go-

ing to go together, except that they are going together every day," Stein said. "I just feel like I'm in the gathering stage. It might take on a different form when I've collected everything."

At every stop, Stein said, some bit of writing in the typewritten pages stands out — typically from a person who wasn't planning to sit down and write at all, or who wasn't planning to sit down and write for quite as long.

"It's the people who would probably not consider themselves writers, people who would not consider themselves creative," she said. "They're coming up with really the most personal, the most meaningful, reflective and uplifting stories."

Sherry Richert Belul, who lives in San Francisco and has known Stein since they met at a writing retreat in Los Angeles around 10 years ago, flew in for the event. Originally from Brookfield Township, she plans to accompany Stein for a few days of the trip.

Richert Belul said she loves the way Stein brings writing to the level where everybody can participate.

"I love that. It's not, 'I'm a writer. You're not a writer,'" Richert Belul said. "Everybody's a writer. All you need to do is sit down and write, and you can join in."

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## Equality matters

The Jambar  
EDITORIAL BOARD

Ohioans may have the opportunity to vote on same-sex marriage in the state, should the Freedom to Marry Coalition successfully get an initiative on ballots in 2013.

The proposed amendment would repeal a 2004 amendment that banned same-sex marriages and civil unions, while giving religious institutions the freedom to choose which couples it marries.

Opponents of same-sex unions argue that same-sex marriage violates the sanctity of the marriage institution.

The Ohio Constitution protects individuals' rights of free speech and free conscience, and we support their exercise.

But state government has no business legislating righteousness.

America is a mosaic made of many colors, cultures and creeds. Individual liberties must be guaranteed for all — or liberty and justice are just hollow words.

Among the inalienable rights guaranteed to Ohioans is the right to seek and obtain happiness.

Apparently, homosexuals are limited in their pursuit.

Without the benefits of marriage, a homosexual may not be able to visit his or her partner in the hospital because he or she is not legally defined as next of kin.

In states that don't recognize homosexual unions, only one partner can legally adopt a child. The other parent, who may love the child just as much, has no rights to make decisions for that child. Worse, if the parents split up, one would have no rights of visitation, and the other would have no rights to child support.

People in unrecognized unions can't jointly file their taxes. They can't be added to their partners' insurance policies. They can't inherit property without paying large sums in taxes.

Most people take for granted a myriad of other benefits without which could seriously hinder one's ability to seek and obtain happiness.

Wedding days are often described as the happiest days of someone's life. Depriving homosexuals of that same experience denies them of constitutionally guaranteed rights.

Judges and politicians should never hold the fate of another person's love life in their hands. Ideally, voters in Ohio shouldn't even get to decide; it should just be.

However, this appears to be the only way to allow homosexual couples to express their love.

Before all else, marriages in the U.S. are legal unions between couples. They exist between the people who make them.

Religious and morally charged opinions belong in the public square, not in public policy.

### 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 senior copy 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. Submissions are welcome at thejambar@gmail.com or by following the "Submit a Letter" link on 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, along with the writer's city of residence for printing. The Jambar does not withhold the names of guest commentators. Letters are subject to editing for spelling, grammar and clarity. Letters will not be rejected based on the views expressed in them. The editorial board reserves the right to reject commentaries and letters if they are not relevant to our readers, seek free publicity, fail to defend opinion with facts from reliable sources or if the editorial staff decides that the subject has been sufficiently aired. The editorial board will request a rewrite from the submitting writer based on these requirements. The Jambar will not print letters that are libelous, threatening, obscene or indecent. The views and opinions expressed in letters and commentaries on the opinion page do not necessarily reflect those of The Jambar staff. Editorials do not necessarily reflect the opinions of the faculty, staff or administration of YSU.



The views of this artist do not necessarily agree with those of The Jambar.

## College grads, 30 isn't the new 20

Meg Jay

Los Angeles Times  
(MCT)

It's graduation time again, and according to the National Center for Education Statistics, about 1.78 million students will walk across a stage and pick up a college diploma. Then they will face terrifying statistics about employment, pressure to make their 20s the best years of their lives, and slogans that suggest that what you do right after college may not matter anyway. What not enough graduates are hearing, however, is that — recession or not — our 20s are life's developmental sweet spot. They matter. A lot.

Katherine came to my office just before graduation. She filled her mind with day-to-day drama to distract herself from her anxiety about the future, and she seemed to want the same for her therapy hour. She kicked off her Toms, hiked up her jeans and caught me up on her weekends. Things went multimedia as she pulled up texts and photos to share, and tweets chirped into our sessions with late-breaking news.

Somewhere between updates, I found out this: She hoped to figure out what she wanted to do by age 30. By then, she joked, the economy might improve. "30 is the new 20," she said, sounding unconvinced.

Katherine didn't invent this idea. Some researchers say the 20s are an extended adolescence; others call them "emerging adulthood." This "changing timetable" for adulthood demotes young adults to the ranks of kids, just when they need to engage the most.

It doesn't help that today's students are graduating into a global financial downturn. Research shows that those who start their adult lives in hard times are inclined to believe that luck, not their own efforts, determines success.

Yet even as we dismiss — or

just give up on — the twentysomething years, we fetishize them. Child celebrities and everyday kids spend their youth acting 20, while mature adults and the "Real Housewives" try to look 29, collapsing the life span into one long twentysomething ride.

These are contradictory and dangerous messages. We are led to believe that the 20s don't matter, yet there is little to remind us that anything else ever will. Twentysomethings like Katherine have been caught in a swirl of hype and misunderstanding, much of which has trivialized what is actually the most defining decade of our adult lives.

Consider this: About two-thirds of lifetime wage growth happens during the first 10 years of a career, with the biggest gains coming from job-hopping or earning advanced degrees before marriage, family and mortgages take hold. Even the underemployed can take heart in knowing that wage losses disappear by about age 30, if they move through post-college jobs and degrees strategically.

Personality changes for the better during our 20s more than at any other time in life, if we engage with adult roles and, as researchers say, "get along and get ahead." Good jobs may seem elusive, but even some workplace success — even just goal-setting — in our 20s is associated with greater confidence and well-being in our 20s and 30s.

More than half of Americans are married, or are dating or living with their future partner, by age 30. Along the way, committed relationships in our 20s make us more secure and responsible — and less depressed and anxious — whether these relationships last or not.

Female fertility peaks at about age 28. And the brain caps off its last growth spurt in our 20s, making these years our best chance to learn to manage emotions and wire ourselves to be the adults we want to be.

Far from being an irrelevant in-between time, the 20s are a cru-

cial period that comes only once. I know this because even more compelling than my sessions with overwhelmed twentysomethings are my sessions with those in their 30s and 40s. I have witnessed the true heartache that accompanies the realization that life is not going to add up quite as they'd like.

When a lot has been left to do, the pressure is enormous to make money, get married, buy a house, go to graduate school, start a business, save for college and retirement, and have children in a much shorter period of time. Many of these things are incompatible and, as research on postponing work and family is just starting to show, harder to do all at the same time in our 30s. When it comes to love, jobs and babies, 40 is definitely not the new 30.

The new midlife crisis isn't buying a red sports car. It's smart, well-meaning 40-year-olds grieving a little as they look at themselves — and at me sitting across the room — and say about their 20s, "What was I doing? What was I thinking?"

Newly minted college graduates like Katherine are living with a staggering, unprecedented amount of uncertainty. Uncertainty makes people anxious, and distraction is the 21st century opiate of the masses. It's easy to stay distracted and wait for deliverance at 30. It's almost a relief to imagine that twentysomething jobs and relationships don't count.

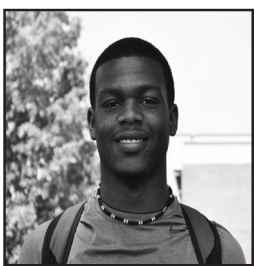
But a career spent studying adult development tells me this isn't true. And a decade of listening to young adults tells me that, deep down, they want to take their lives seriously. The 30-year-olds who feel betrayed by their 20s almost always ask, "Why didn't someone tell me this sooner — like when I graduated from college?"

So here goes. I'll say what I said to Katherine. I'll even make it short enough to tweet:

"30 is not the new 20. Don't be defined by what you didn't know or do. You're deciding your life right now."

## Campus Connection

### What are your plans for this summer?



"My plans for the summer are to take the first semester of classes. I'm also trying to work and just have some fun in between all that."

-Martin Solomon, junior



"I'm studying the history of motion pictures, and during the summer, too, I'll visit my family."

-Ahmed Alhoribi, freshman



"I plan to accumulate at least 12 hours of credits."

-Lester Bell, freshman



"I'm taking classes for the first semester, and then I'll go home for a month. In August, I start camp for soccer."

-Alison Viola, junior



# Student owns farm in Youngstown



Nick Avila, owner of North Quarter Farm on Youngstown's North Side, inspects his first batch of arugula crops. Photo by Chris Cotelesse/The Jambar.

Shee Wai Wong  
REPORTER

Last year, Nick Avila transformed his lawn into North Quarter Farm on the North Side of Youngstown.

Avila first became interested in Grow Youngstown's Community Supported Agriculture program last year and has invested \$5,000 to lease a farmland from it. He is growing different kinds of vegetables and hoping to sell his

crops to CSA this year.

Grow Youngstown is a nonprofit organization that aims to create a healthful, economical and environmentally friendly local food system in the area.

Elayne Bozick, CSA manager of Grow Youngstown,

said that more than 90 percent of crops in Ohio are not grown for human consumption, but for livestock instead.

"We want to provide the healthiest food in Youngstown without adding any fertilizers or other chemical substances,

[and] also to reduce the use of fuel by traveling the crops," Bozick said.

The goal of the urban farm program is to help address the area's food problems. CSA also helps local farmers plan the growing seasons, and it guarantees a stable market.

In addition, fresh and locally produced food is provided to members.

However, Avila said that managing the farm by himself is not an easy task. Sometimes, though, his friends volunteer to help out.

"Some of the difficulties, like physical labor and informal structures of the farm, are some of the challenges of running the farm," Avila said.

Examples of the farm's informal structures include a loose chicken wire flap instead of a gate and a fence made of chicken wire attached to posts.

Avila hopes to provide more healthful food and beautify lands in the area by putting a great deal of effort into his farm.

"I want to show others how much one person can do," he said.

Avila wants to make his farm as efficient as it can be. He said he believes that running a bigger business or acquiring a bigger parcel of land isn't as important as enjoying his work.

## YSU baseball concludes record-low season on high note

Joe Catullo Jr.  
MULTIMEDIA EDITOR

The 2012 Youngstown State University baseball regular season slated a 9-42 record, the most losses in school history. The Penguins also had 12- and 13-game losing streaks on two separate occasions.

The Penguins were the sixth seed, the lowest rank, in the Horizon League tournament, but they're poised to revamp the season, winning two out of four.

"No matter what your record is, you're starting out 0-0," head baseball coach Rich Pasquale said. "That week, every pitch, every inning, that's the most important thing that we have to focus on."

The Penguins began the tournament with an 8-4 victory over the University of Wisconsin-Milwaukee on May 23. They fell to the 2012 tournament champion Valparaiso University, 16-3, the following day.

Facing elimination, the Penguins took on Wright State University, a team that went 6-0 against YSU in the regular season and outscored the Penguins 84-17, including a 32-4 victory on April 5.

"Not only was it an elimination game, but against a team like that, the focus [and] the excitement were there," said sophomore infielder Drew Dosch. "Once we started scoring a few runs, we knew we had a chance with one of the best teams year in and year out in the league."

The Penguins trailed, 4-0, after the second inning. Starting pitcher Blake Aquadro allowed one earned run out of the four. The Penguins held the Raiders' offense for the rest of the game.

"I was able to keep the confidence to shut them down,"



Sophomore infielder Phil Lipari throws the ball to first against the University of Wisconsin-Milwaukee at Eastwood Field on March 17. Lipari finished this season with a .250 batting average, 43 hits, eight doubles, one home run and 14 RBIs. Photo by Dustin Livesay/The Jambar.

Aquadro said. "The offense came around in the next few innings to get the runs and put us in the lead."

The Penguins scored three runs in the third inning, and

one each in the fifth and sixth, pulling away with a 5-4 victory. Aquadro was taken out of the game with one out left in the ninth inning. He allowed 10 hits, walked two, struck out

a pair and earned all-tournament honors.

"A lot of motivation went into that game," Aquadro said. "We wanted to stay alive in the tournament, and we also

wanted to get them back for humiliating us in the first series we played them."

YSU was one of three teams remaining before falling to the University of Illinois at Chicago, 5-0, on Saturday. The Penguins finished 11-44 this season.

"We had a lot of ups and downs, mainly some downs, and not feeling good about an outcome, but the next day is a new day," Pasquale said. "That was the approach every day."

Pasquale said the most disappointing aspect this season was the .956 fielding percentage, which ranked last in the conference. YSU ranked first in that category last year.

"You name it, we did it wrong. That definitely has to change as we go into next year," Pasquale said.

Heading into next season, the Penguins will be without senior Jeremy Banks, who missed 14 games due to a shoulder injury.

Pasquale said Banks finished out his career on a high note, and added that he hopes Banks will be taken in the MLB draft, which begins Monday.

Banks led the conference with a .385 batting average and placed seventh with 44 RBIs. He was voted first-team all-HL by the league's coaches along with Dosch, who said he wants to play a larger role in the team's leadership next year.

Dosch, part of the College Sports Madness all-league team, finished fifth in the conference with a .353 batting average, third in home runs (eight), tied eighth in RBIs (42) and fourth in hits (79).

"We've asked so much from Drew this season," Pasquale said. "We came up short in the wins column, but he came up with many big hits."

## Nutritionist advises on healthful campus dining

Alexis Burger  
REPORTER

Senior Kacey Kurtz must sometimes trade healthful eating for convenience.

"As a commuter, I always ate at Arby's," she said. "Every day, I would get an order of curly fries, Loaded Potato Bites and a milkshake."

According to the Arby's website, Kurtz's order consisted of 1,300 calories and 66

grams of fat, and it cost around \$6.50.

"It's just hard now because I don't ever have time to, like, pack a lunch, and I'm there all day. I wish we had more options," Kurtz said.

While Arby's does offer several salads, they still contain high amounts of fat. A Crispy Chopped Farmhouse Salad boasts 24 grams of fat, and that's without the addition of any dressing.

YSU nutritionist/dietitian

Chrystyna Zellers offered tips about making healthful choices on campus.

"It's difficult for everyone to get so many food choices in general," Zellers said. "What I can say about fast food places is that they all have websites. You need to educate yourself on what is healthful. It is up to you on how to use that information."

A lesser-known provision in the Patient Protection and Affordable Care Act requires

all restaurants to post calorie information on their menus and websites, making it easier to ascertain nutritional value.

Zellers emphasized the importance of planning meals ahead of time.

"McDonald's is a business, not your mom. Plan ahead with both your time and budget," she said.

Zellers suggested bringing something from home — like grilled chicken — and putting it on a fresh salad purchased on campus.

"Have a few things that you know are healthy and easy to get. Almost every place has some healthier options," she said. "If you like coffee at Dunkin' Donuts, get a latte with non-fat milk and no sugar."

She encouraged letting the restaurants know that their more healthful options are valued.

"Fast food places are offering healthier choices because people have been demanding it," Zellers said.