

The Jambar

The student voice of Youngstown State University since 1931

PAGE 8

SOFTBALL COACH WINS GAME NO. 300

FOUR PLAYERS LEAVE MEN'S BASKETBALL TEAM, SOURCES REPORT

Josh Stipanovich
NEWS EDITOR

According to an article in The Vindicator, four players from the Youngstown State University men's basketball team notified its coaching staff last week they would not be returning next season.

Juniors Tom Parks and Vance Cooksey and freshmen Lamar McKnight and Eddie D'Haiti are among the players who will not be returning.

According to a story on WYTV, D'Haiti and McKnight "have already filed paperwork and left the program."

Sports Information Director Trevor Parks and Assistant Sports Information Director Jamie Hall refused to comment because of department policy, but Hall said he has been answering "a lot of phone calls regarding basketball."

"I can't confirm any of those [allegations] ... It's in our policy not to comment on these situations," Hall said.

This comes six weeks before spring commencement, which will be thinning the men's roster from 15 players to 10, as five players will be graduating. With their departure, the men's roster will be down to six players, leaving prospective seniors Dan Boudler and Vytas Sulskis and prospective junior Ashen Ward as the only players remaining on the roster with college experience.

D'Haiti played in 28 games and started five as a freshman, averaging 2.5 points and 2.9 rebounds per game.

Cooksey played in all 30 games at point guard this season, starting 10, averaging five points and two rebounds per game.

BASKETBALL PAGE 3

PRETRIAL RESET

Clad in a Pete the Penguin tie, former president of the Youngstown State University Association of Classified Employees Ivan Maldonado waived his right to a speedy trial during a hearing at the Mahoning County Court of Common Pleas Monday morning. Ron Granger, administrative assistant in Payroll, and Maldonado's nephew, Anthony J. Maldonado, also waived their right to a speedy trial, yielding a second pretrial hearing to be scheduled for May 10. The men are all named on a 24-count indictment, which includes charges of theft, tampering with records and falsification.



VIDEO STILL BY JOSH STIPANOVICH / THE JAMBAR.

Partnership may stem doctorate programs

Dan Pompili
ASSIST. NEWS EDITOR

Youngstown State University's College of Science, Technology, Engineering and Mathematics is taking another step in its research partnership with M7 Technologies.

M7 President Michael Garvey and STEM Dean Martin Abraham confirmed that YSU is submitting a proposal to include a branch of the Wright Center for Sensor Systems Engineering at YSU through the Ohio Third Frontier Internship Program.

The Wright program already exists at Cleveland State University through a \$24 million grant from the Third Frontier program.

The existence of the program requires an academic application with a strong commercial partner. YSU has submitted the application and M7 is providing the commercial support.

CSU is presently acting as an agent for the Ohio Department of Development, which will ultimately approve or deny YSU's application.

The new program, being spearheaded by Dr. Allen Hunter of the YSU Chemistry Department, is intended to train students in the field of "3-D volumetric characterization of materials," Garvey said.

Garvey added that the research will specifically concern materials used in advanced energy design.

Hunter, who was unavailable for comment by

"The Ph.D. gives us another opportunity to train a different kind of student."

-Martin Abraham

the time of publication, received \$1.3 million of \$2.2 million in federal research grants obtained for STEM by Rep. Tim Ryan in 2009. The grants came from the U.S. Department of Defense to fund the National Center of Excellence in Industrial Metrology and 3-D Imaging at YSU, a program headed by Hunter.

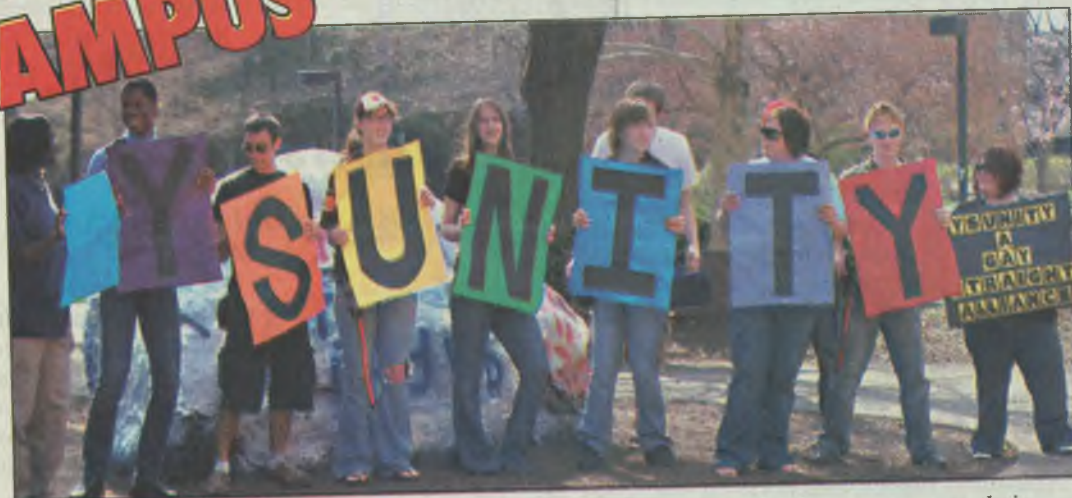
The Wright program runs congruent to YSU's research affiliation with M7's Ohio Clean Technologies Group, which will develop clean environmental technology among businesses emerging from the new Warren Incubator.

Just like the OCTG project, M7 will rely upon YSU for academic research, which they will use to develop new businesses in the Mahoning Valley that specialize in materials engineering. YSU students, in turn, will become experts in the specified fields, and M7 affiliates will look to those graduates to staff the new businesses.

The objective, Garvey said, is "to bring a capa-

STEM PAGE 3

AROUND CAMPUS



ABOVE: Students and YSUnity took part in the filming of a music video to promote their Project Lipdub, which entails lip-synching to a song to advocate the meaning of diversity on campus. "It's basically to have fun and bring the campus together," said sophomore project leader Nick Iacobucci. Nearly 160 students signed up to take part in the project, but 20 were present for the filming. Freshman project leader Bryan Lawson said he hopes it would show the YSU community, faculty and staff what YSUnity represents. "[It's] to bring more students together as a whole and to see that we are actually a creative group because some people kind of stereotype us as just being the gay group who doesn't have fun, but we want to show that we're actually kind of fun," Lawson said.

RIGHT: The Dana Concert Series played host to the Leonard Legacy Concert featuring guest artist Rufus Reid. Reid played string bass and piano with the YSU Jazz Ensemble 1 and showcased why he is considered "The Evolving Bassist." The ensemble played numbers including "Take the A Train" and "If You Could See Me Now."



PHOTO BY SAM WARRUK / THE JAMBAR.

Career and Counseling Services to host job expo

Andrea DeMart
REPORTER

The Career and Counseling Services department at Youngstown State University will be hosting a job expo on Wednesday. The expo will be held from 10 a.m. to 2 p.m. in the Chestnut Room of Kilcawley Center. The event is free and open to YSU students and alumni.

The expo is designed to promote networking between employers and students and alumni seeking employment.

"Both students and alumni will be able to meet with over 50 employers regarding employment and also internship opportunities and collect resumes," said Leigh Ann Waring, coordinator of Career and Counseling Services.

Waring explained some of the advantages for students and alumni to attend this event.

"[The expo] is a centralized event where [students and alumni] can meet with a group of employers without leaving campus, networking to learn about employment opportunities currently being hired for," Waring said.

Michael Gallagher, marketing director for Hill, Barth and King, a gold sponsor of the job expo, indicated what his company looks for at the expo.

Gallagher said his firm looks for "talented, entry-level accountants and intern candidates."

Gallagher also provided advice for those looking for employment or internship opportunities.

"This is something I have carried through my whole career: maintain professionalism. Be professionally groomed, carry on in-depth discussions regarding the industry and what they are seeking. Sometimes conversation can be a little too casual. We expect them to play part of who they aspire to be," he said.

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NEWS BRIEFS

Performing Arts Series presents comic opera

For two consecutive week-ends, the YSU Performing Arts Series will stage "The Mikado," a comic opera by Gilbert and Sullivan. The performances, which run from April 9-18, will be held in Bliss Hall's Ford Theater and will feature the Girard City Schools Children's Chorus. Tickets are available through the University Theater Box Office.

Goodall set to speak at Stambaugh Auditorium

A free lecture by world-renowned primatologist Jane Goodall will be held on April 20 at 7:30 p.m. at Stambaugh Auditorium. Her presentation is part of the Skeggs Lecture Series. Goodall is expected to speak on both her personal and professional accomplishments in the past five decades. Goodall will host a book signing after the lecture and merchandise will be available for purchase.

POLICE BRIEFS

Student engages in fraudulent use of credit card

On Thursday, a student used a friend's credit card number to pay her cell phone bill. This is the second fraudulent charge the student made on this account. On March 26, the student used the account to buy an airline ticket. The victim's account was refunded.

Supervisor reports gas card stolen from Smith Hall

On Wednesday, a parking supervisor from Parking Services in Smith Hall reported that a vehicle gasoline credit card had been stolen from the supervisor's office between March 23 and March 30.

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Web cheating accessible, not advisable

Christine Keeling
REPORTER

A new service is available. Send a syllabus, grade level and get a quote. If a price is negotiated, then send the textbooks. Someone with an "A" average from a four-year university will pass that class for you, a company on Craigslist advertises.

"Blackboard virtual classroom makes it possible to do so." Youngstown State University freshman Elizabeth Lude wasn't aware there were companies offering this service, but said she would use it under special circumstances.

"If it was a class I really needed toward my major and I didn't have time with work, I'd pay if I needed it," she said.

Amidst the growth of Web-based education, several Internet companies hope to capitalize on the sentiments of busy or struggling students by promoting the idea that grades can be bought. But buyers beware: the purchase may come with unforeseen consequences.

In the fall, YSU had 45 Web-based courses with 648 students. This number increased to 55 online courses with 1,042 students in the spring.

"Up till now, no there wasn't [a way for teachers to tell if students were taking courses themselves], but now there is a distance education office and an interim distance director. We now have an approved distance education course template that all DE courses will be using at YSU," said Annette Burden, associate professor of mathematics and statistics and interim director of distance education.

Burden said new policies under consideration include calling students at various times to answer questions or using classroom projects where students would have to interact with other students.

Sal Sanders, assistant professor and director of distance learning for the Bitonte College of Health and Human Services said he believes teachers are always concerned with academic hon-

esty from students and that there are a lot of ways to authenticate students in a class, such as writing styles.

"I have a lot of communication one-on-one with students in my online classes," Sanders said.

Burden said students in her class turn in homework and take tests, but also have to participate in theory discussion.

"A student would have to pay a company a significant amount of money for that company to make a profit," Burden said. "It is a very egregious offense, a violation of academic honesty. If a student gets caught, they will no longer be a student at YSU."

Dan Pelton, a technical support representative from Blackboard, said if a teacher suspects dishonesty, the company can verify the IP address and location of the computer used.

"The student would have to give away their user name and password for someone to be able to take a course for them," Pelton said.

All new and existing Web-based courses at YSU will be on the Blackboard 9 platform by fall semester.

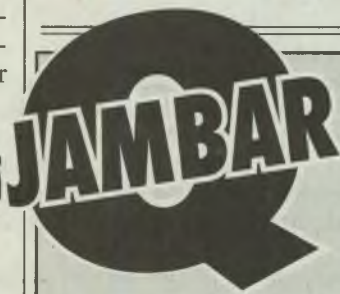
"Once the student gives out their YSU user name and password, [the person they give it to] can get into pretty much anything," Burden said.

By sharing a YSU account password, a student would be revealing his or her Social Security number, address and phone number, but also giving someone access to redirect student loan payments.

"You're giving someone your identity," Sanders said. "Same thing like if you give someone your pin to your bank account, they can get in."

Burden said she believes companies are targeting students in non-quality courses. She is co-chairwoman of a 38-member team working with Ohio Board of Regents Chancellor Eric D. Fingerhut to create a distance education strategic plan. The three- to five-year plan will address issues regarding quality, academic honesty and authentication of students.

"Companies like that will look at Ohio and say forget this," Burden said.



Whats on your mind?



"I'm thinking that it's Monday morning and I don't want to be here."

Nikke Faychack, freshman



"Where are my keys? I lost my keys Saturday night."

Tyler Amendola, sophomore

SGA proposes Pollock cleanup

Andrea DeMart
REPORTER

The University Affairs Committee of Youngstown State University's Student Government Association hosted speaker Larry Tooker in its meeting Monday.

Tooker is a retired groundskeeper and oversees the Pollock House garden cleanup. Tooker shared background information with the committee regarding SGA's involvement in this project and also provided pictures of before and after previous cleanups.

The committee feels this project would be beneficial because it will be the future residence of President-elect Cynthia Anderson. Tooker also expressed that many students use the garden as a lunch area. The committee plans to hold the cleanup event on April 25 beginning at 10 a.m.

Also addressed during the meeting was a concern posed by a student regarding the policy of skateboards on campus. The committee, though nearing the end of the semester, plans to look into the policies and possibly submit a revision to policies currently in place.

Tax breaks, assistance available to students

George Yanchick
REPORTER

It's that time of year again: tax time. Many working college students, including those at Youngstown State University, despise this time as much as they do finals week.

"It's always such a pain," said freshman education major Amanda Harmon. "As if I don't have enough to do between school here and work. I just hope I beat the deadline."

That deadline is April 15. "[Filing taxes] can be a very daunting task, especially for college students and many first-time filers," said Pat Irvin of Pat's Taxes. "I get many young people who come in a couple weeks before that deadline. They're often confused and frustrated, so I try to help them out."

Irvin, a longtime accountant who now works out of her New Middletown home, said tax breaks are available for college students who often overlook opportunities to save money.

The Lifetime Learning Credit is a credit available to students who take at least one class from an accredited school like YSU. Some students get 20 percent off the first \$10,000 they spend on education expenses, resulting in a \$2,000 credit. In order to

qualify for this, single filers must earn less than \$57,000 per year.

The American Opportunity Credit, formerly known as the Hope Scholarship Tax Credit, is available to all freshmen and sophomores who are considered at least half-time students.

"This can be claimed to partially offset tuition expenses and certain fees that you pay for the cost of higher education in the 2009 and 2010 tax years," Irvin said.

This is a tax credit of up to \$2,500 of the cost of qualified tuition and related expenses, which is an increase of \$700 from the previous Hope Scholarship Tax Credit. The American Opportunity Credit can also be used for other expenses like books and materials required for courses.

Additionally, if your adjusted gross income is less than \$70,000 and you're paying back student loans, then you can qualify for the Student Loan Interest Deduction.

"You can reduce the amount of your income subject to taxes by \$2,500. Similar to the Tuition and Fees Deduction, you can claim this deduction even if you do not itemize deductions on Schedule A of the 1040 form," Irvin said.

Still confused? Try the Internal Revenue Service's Web site, which has an entire section devoted to working students.

Don't wait for help, advisers say

Lindsay Shaffer
REPORTER

Although spring semester may be winding down, Youngstown State University students have already begun thinking about summer semester classes and beyond. However, course registration is not only stressful for students, but for advisers who often face booked advising schedules and unprepared students.

Registration times depending on credit status can be found on the YSU Web site. Advisers on campus urge students to make appointments as soon as possible for help with scheduling.

"If you need to schedule an appointment with an adviser, don't wait," said adviser Mary Eckard from the Beeghly College of Education. "If you need to be released for registration because you have under 32 hours, or if you need some help scheduling and you wait until the day of your registration, you may not get the classes you need at the times you want them."

Kellie Mills-Dobozi, adviser from the Bitonte College of Health and Human Services, said she always encourages students to schedule advising appointments as soon as possible and to be proactive and organized when choosing classes.

"Registration is just around the corner and our schedules will be filling up quickly," Mills-Dobozi said. "If a student waits until the day before their registration date and time to call us for an advising appointment, there is no guarantee we will be able to fit them into our schedules. By doing this, a student has a better chance of building a schedule that suits their needs and major requirements."

Adviser Mary Lou Weingart from the College of Fine and Performing Arts said her best advice is to "be prepared and follow through."

She said students should know what courses they have taken, and what courses they still need to take for their major.

"Make advising appointments early, keep the appointments and get registered ASAP," Weingart said.

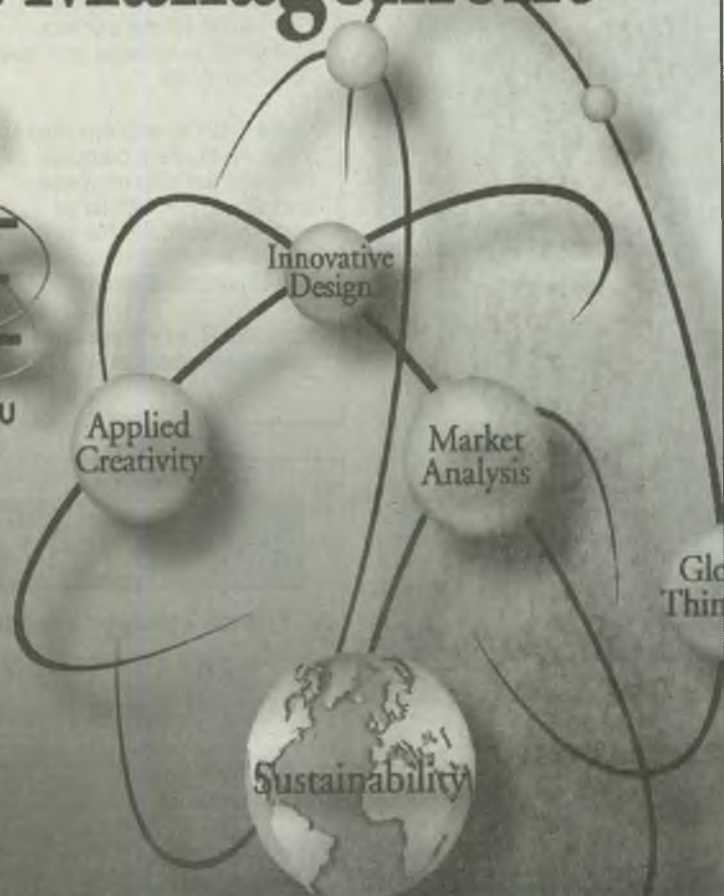
Summer registration is available this week, while fall registration begins on Monday.

WHAT DO YOU THINK?

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BASKETBALL PAGE 1

Parks, a Wyoming native was out with a broken foot in December. However, he managed to play in 11 games.

McKnight was recruited out of Bedford, Ohio from St. Peter Chanel High School last year. During his tenure there, he was named team captain as a senior, was a four-year letter winner, named Third-Team All-Ohio as a junior and senior and averaged 17 points and 10 rebounds per game as a junior.

However, McKnight red-shirted last season.

Two incoming recruits

have already been signed to the Penguins squad for next season — point guard Kendrick Perry of Edgewater, Fla. and forward Fletcher Larson of Jamestown, N.Y.

Editor's note: The Jambar has attempted to contact each of the players allegedly leaving, head basketball coach Jerry Slocum and Executive Director of Athletics Ron Strollo, but all have yet to respond. Slocum and Strollo were in Indianapolis for the 2010 men's NCAA Final Four at the time of publication.

STEM PAGE 1

The objective, Garvey said, is "to bring a capability to the market that does not currently exist."

In hopes of strengthening its identity as an emerging authority in this field, STEM is awaiting state approval of a research-based doctoral program in Materials Science and Materials Engineering.

"The Ph.D. gives us another opportunity to train a differ-

ent kind of student," Abraham said.

Abraham concurred with the analogy that YSU will hopefully become an authority in materials sciences much like University of California, Los Angeles is an authority in medical research.

"In the end," he said, "we have a capability, a knowledge and a place for students to work."

EXPO PAGE 1

Waring shared the same advice, providing tips on how to stand out to employers.

"First, dress appropriately," she said. "Professional dress in a suit creates a positive first impression. Come prepared with professional resumes, printed on resume paper. Do research to find out who will be there and to find companies they are most interested in."

Waring also suggests that students prepare a 30 second "commercial" about themselves, highlighting their skills and talents to the employers.

Previous job expos have proved to be successful. Waring said that employers are pleased with the quality talent that is found at the expo and continue to come back each year.

"YSU is one of the best breeding grounds/sources for talent", explained Gallagher. "We have been in the area for over 60 years and also have offices in Pennsylvania and Florida. YSU is at top of where en-

try level talent comes from."

Preparing for a job expo where you have to showcase your talents to many employers can be intimidating. That is why the Career and Counseling Services Department hosts an hour-long workshop before the expo so that students and alumni can brush up on their interviewing skills.

"How to network, what to say when meeting with employers, help candidates feel more comfortable, and lead them on right path on how to work job fair in the most effective manner," detailed Waring.

The pre-expo workshop will be held at 9 a.m. in the Jones Room in Kilcawley Center. Gary Boley, Director of Career and Counseling Services, will be conducting the event.

"Treat this [expo] like an interview," Waring recommended. "The biggest thing is for candidates to speak on their own behalf."

Skeggs Lecture Series

JANE GOODALL

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Established in 1966, the *Skeggs Lecture Series* continues in recognition of Leonard T. Skeggs, Sr., and the vital role he played in the formation of Youngstown State University.

Goodall's lecture is free and open to the public, but tickets are required. Tickets must be picked up in person from 8 a.m. to 8 p.m. April 12-14 at the Information and PC Lab in Kilcawley Center on the YSU campus. Tickets will be limited to four per person.

For more information call
YSU Alumni and Events Management,
330.941.3497

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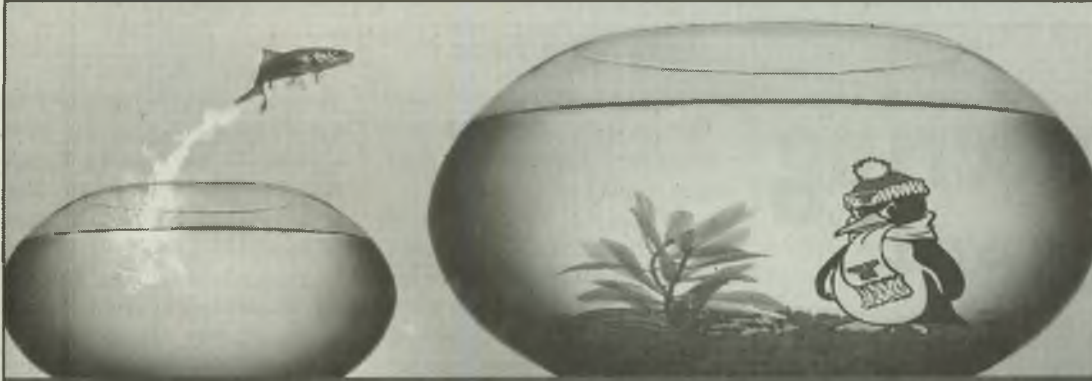


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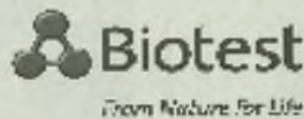
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RELATED STORY

Basketball, page 1

Butler University's Cinderella story could very well equate to a Cinderella story for the Youngstown State University men's basketball team.

Butler has represented the Horizon League well over the last few years, but this year is different. The team has silenced every college basketball critic and proved that any school can achieve something great.

Although Butler only has a total enrollment of roughly 5,000 students, nearly three times smaller than YSU, it is representing a league not known for its basketball achievements, the Horizon League.

That's right: The same league the YSU men's basketball program plays in.

What does that mean?

Recruiting, of course. With Butler's triumph will come YSU's heyday, as long as head basketball coach Jerry Sloum takes advantage of it.

Butler has created a recruitment tool for YSU and every other team in the Horizon League.

What high school prospect wouldn't want to be a part of a program that competes against nationally recognized and ranked programs? While Butler will, most likely, have the edge in recruiting for as long as it is king of the hill, Sloum should be asking prospective players one question: Who wants to defeat the Horizon League kings, possibly twice in one season, and take over the hill?

Everyone loves to hate the team that consistently does well at setting goals and achieving them, but who doesn't love proving everybody wrong like Butler did this season?

It's safe to say our program hasn't played elitist basketball since the days of legendary coach Dom Rosselli, but who's to say it can't happen again?

While some circumstances may have been different in Rosselli's day, every team has the capability of writing its own Cinderella story, and YSU is no different. Let's be known as the next belittled school that climbed the mountain of guts to accomplish new goals.

ABOUT THE JAMBAR

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 summer sessions. Mail subscriptions are \$25 per academic year. Additional copies of The Jambar are \$1 each.

OUR SIDE POLICY

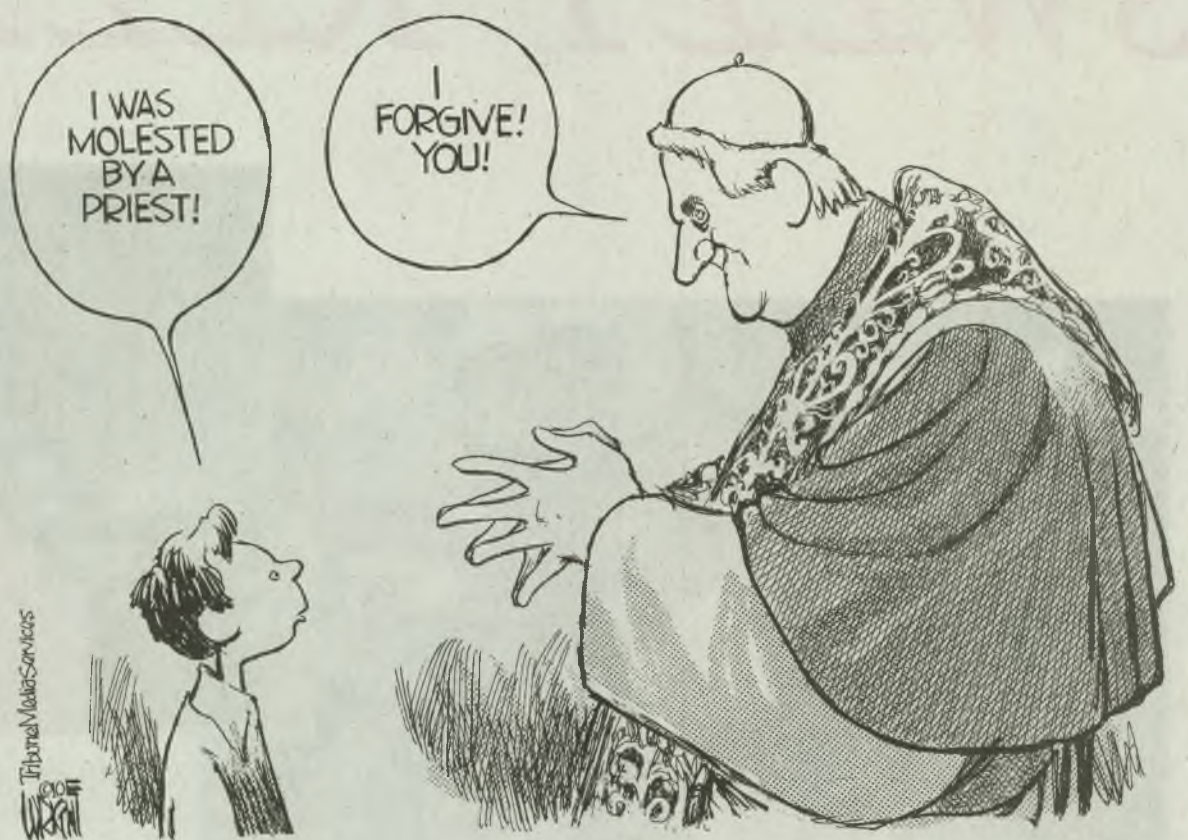
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The Jambar encourages letters to the editor. E-mail submissions are welcome at editor@thejambar.com. Letters should concern campus issues, must be typed and must not exceed 400 words. Submissions must include the writer's name and telephone number 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.

Letters will not be rejected based on the view expressed in them. Letters may be rejected if they are not relevant to Jambar readers, seek free publicity or if the editorial staff decides the subject has been sufficiently aired. The Jambar will not print letters that libelous, threatening, obscene or indecent. The Jambar does not withhold the names of writers of letters or guest commentaries.

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

Rush Limbaugh, health care and idle threats

L.A. Times
MCT

As the battle over "Obamacare" was reaching fever pitch, Rush Limbaugh threatened to leave the United States if the health care bill passed. Well, the bill did pass, and he's still here.

This reminded me of the time one of my friends vowed to change his citizenship and move to Ireland if George W. Bush got re-elected. Bush did get re-elected, but my friend never left New Jersey. Neither did my friend who said she'd move to France if Bush won a second term. Bush got his second term, but my friend never once budged from her New York apartment.

Her vow to scoop up her marbles and pack it in, just like Limbaugh's histrionic vow to become an expatriate, fell into the broad, general category of the idle threat.

Ever since I was a child, I have abhorred idle threats. Real threats, like "I'll knock your teeth down your throat if you tell Sister John Laurentia who put the softball through the stained-glass image of St. Anthony of Padua," didn't bother me because they were graphic and implacable and let you know exactly where you stood.

Nor did I get all that upset when my mother would warn us that Dad would beat us when he got home. What upset us was when Dad didn't beat us when he got home. Now we had no way of knowing whether he had merely forgotten, or if he was using this delaying tactic as an additional measure in the reign of domestic terror he mistook for parenting. Either way, it added a level of uncertainty to our lives that we did not need.

If you were going to make a threat, you were honor-bound to go through with it. Otherwise, you were merely confusing the issue.

Throughout my life, I have tried hard to avoid issuing idle threats. For the most part, I have done a pretty good job. I once told a local pharmacist who charged me twice to send the same fax that if he didn't give me my money back, I would never come into his store again. He thought it was an idle threat. Twenty years later, I was still snubbing him, right up until the day he went to prison for Medicaid fraud. Ha!

I also told the guy in the 7-Eleven that I would stop coming into his store, and I'd forbid my children to patronize the establishment, unless he stopped calling me Boss. For two years I honored that threat and kept a close lookout to make sure that my kids did the

same. One day he got so fed up he quit. Or so I like to believe.

Then, after a typically crummy, phoned-in Buddy Guy concert, I said that I would never again set foot in New York's tourist trap B.B. King Blues Club, a promise I have kept. I also avoided Shea Stadium for the last seven years of its existence, declaring that I would never attend another Mets game until they tore down that hideous rat trap out in Queens and replaced it with an upscale, plastic replica of Camden Yards, which they have. And three years ago I told everyone I knew that I would stop patronizing Starbucks if they didn't stop disrupting my Starbucks client experience by stacking the counter to overflowing with lame Paul McCartney CDs and touchy-feely twaddle like "The Kite Runner." They never altered their policy. Neither have I.

Serious, non-idle threats have been a major component of my daily life for as long as I can remember. A few years ago, I threatened to boycott all future Kate Hudson movies until she finally made a good one, and thus far I have honored that commitment. Admittedly, honoring it wasn't that hard, nor was going through with my threat to abstain from cauliflower for the next 50 years.

And my son is about to find out the hard way that when I drew that mythical line in the sand, vowing that I would never pay a nickel toward either of my children's graduate school education, this was no idle threat. He can go to law school on his own dime.

Last week I read about a new poll indicating that if the health care bill passed, 46 percent of primary-care physicians would close up shop. Well, it's passed, so now it's time to put your money where your mouth is, physicians of the republic. The same goes for you, Rush. First you threatened to leave New York City if a new tax on the rich got passed. The legislation is now law, but it took you a year to put your Manhattan apartment on the market. Then came the Costa Rica threat, but two weeks after Obamacare passed, you're not there.

This is unmanly and unconscionable. If you tell everybody that you're so fed up with the direction the country is headed that you're going to leave, then you are morally obligated to leave, or at least give your fellow Americans a timetable for your departure. Otherwise, the rest of us find ourselves in a Boy Who Cried Wolf scenario, wondering what whopper you'll tell next. But unlike the boy, who only told a fib, you committed a truly unforgivable crime. You got people's hopes up.

Congress should update electronic privacy laws

McClatchy-Tribune
MCT

In 1986, cell phones were an expensive novelty, GPS tracking was only a dream, texting had yet to be invented and only 30 million computers were in use in the United States. That's the year Congress passed the Electronic Communications Privacy Act, establishing the standards in effect to this day for government access to e-mail and other electronic communications in criminal investigations.

The law has been changed only slightly over those 24 years and desperately needs an overhaul. The only people defending the status quo are those still using their Apple Mac Plus, which also was introduced in 1986.

Congress at long last is taking this on at the urging of a broad coalition of technology companies and advocacy groups. They can help lawmakers

set a clear standard that balances the right to privacy with law enforcement's need to protect the public. The law now is a muddle of inconsistencies that befuddle service providers and law enforcement alike.

For example, today police and other agencies need a search warrant to access e-mails less than 180 days old, but e-mails older than that or stored on an Internet "cloud" service do not. A court order should be required for all e-mails, GPS tracking information, monitoring of text messages and any similar activity. These proposals should not affect government investigations involving national security or terrorism, which are guided by a different set of laws. But for routine criminal investigations, Congress should give private electronic information and communications the same level of protection as paper ones, regardless of the platform in which they were created or the time that's elapsed since they were sent.

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SWEET RELIEVER



Candy delights like the ones pictured are featured creations from Philadelphia Candies. Photos by Gary S. Angelo/The Jambar

Gary S. Angelo
FEATURES REPORTER

With the end of the Easter holiday and the nearing conclusion of spring semester, relying on chocolate to relieve stress might be the ultimate answer. Whether you prefer milk, white or dark chocolate, its texture and taste has enough strength to relieve the pains of a devilishly intense day.

Diane Demetrios, manager of Philadelphia Candies located on 1449 Boardman-Canfield Road in Boardman, said the antioxidants contained in dark chocolate are pivotal in lowering blood pressure. Demetrios said Philadelphia Candies' dark chocolate treats are becoming popular among customers, partially for their health benefits.

"Chocolate is the type of food where people do not need a lot to be satisfied," Demetrios said.

Christopher Kapsal of Giannios Candy, located on 430 Youngstown-Poland Road in Struthers, said dark chocolate is increasing in sales and popularity.

"Dark chocolate stimulates the free radicals in the bloodstream, which is helpful in

lowering blood pressure. This in turn gives people a sense of euphoria going to the pleasure senses of the brain. However, the more cocoa content is added to chocolate, the more caffeine it contains," Kapsal said.

Kapsal said dark chocolate contains two types of beneficial fats: mono-unsaturated and polyunsaturated fats.

"Dark chocolate eaten in smaller amounts is good any day. It decreases blood pressure and cuts down on cholesterol levels. Dark chocolate is 60-65 percent cocoa," Kapsal said.

Even though dark chocolate has health benefits and is low in calories, Kapsal said milk chocolate outsells dark chocolate by about 80 percent.

"Dark chocolate is not everyone's favorite. People either love dark chocolate or they hate it and feel that it's a sophisticated food. Milk chocolate with nuts and raisins is still beneficial because of the fiber," Kapsal said.

Kapsal said that due to its hard texture and bittersweet flavor, dark chocolate needs to be fused with other flavors such as mint, fruit and nuts.

"Our operation is up to seven items in dark chocolate. We started out mainly selling milk

and lactitol.

"Maltitol, a corn-based sweetener replacement, is mostly used in sugar free chocolate. Lactitol is a compound that serves as a low-calorie bulk sweetener," Kapsal said.

Kapsal said white chocolate is a popular misnomer. He said that white chocolate and milk chocolate are about equal in health effects.

"White chocolate is comprised of sugar, milk and a light cocoa butter that does not have the equal flavor of the cocoa bean," Kapsal said.

Steve Ellyson, Youngstown State University psychology professor, said both genders gravitate toward chocolate because it's a comfort food. In addition to being a comfortable escape, chocolate can help stimulate brainpower.

"Chocolate releases endorphins, which help humans relieve pain and have more positive energy," Ellyson said.

Zara Rowlands, assistant professor of YSU's Food and Nutrition Program, said chocolate contains phenolic compounds that affect the brain.

"Phenolic compounds have an effect on the brain similar to that of marijuana. It's a very calming affect and it has much to do with the neurotransmit-

ters in our brain. It makes you feel good," Rowland said.

Rowland mentioned that a few chocolate studies were conducted on women and the effects of premenstrual syndrome. The University of Pennsylvania's psychology department conducted one of these studies.

"Chocolate contains magnesium. Studies have shown that women who had PMS, who had enough magnesium in their diets, had less drastic PMS effects," Rowland said.

Rowland said chocolate has health benefits. It is an antioxidant, which repairs oxidative damage in the body. Antioxidants help individuals protect their immune systems from various illnesses. However, dark chocolate embodies chocolate's full antioxidant effects.

"With dark chocolate, consumers receive more of chocolate's natural ingredients, whereas milk chocolate is watered down with milk and sugar, which increases the fat content," Rowland said.

The problem is that consumers forget chocolate contains caffeine, which can lead to sleeping problems. Rowland said that part of this has to do with diet, especially chocolate intake. However, other, more nutritious dark chocolate snack alternatives exist.

"Phenolic compounds have an effect on the brain similar to that of marijuana. It's a very calming affect and it has much to do with the neurotransmitters in our brain. It makes you feel good,"

Zara Rowlands, assistant professor of Food and Nutrition Program

chocolate. The most popular dark chocolate product we sell are our dark chocolate covered marshmallows, pretzels and peanut clusters," Kapsal said.

He mentioned that some consumers favor sugar free chocolate for health reasons and concerns. Most sugar free chocolates contain the sweetener replacements of maltitol

Experts give tips for surviving the stock market

Lamar Salter
ARTS & ENTERTAINMENT
EDITOR

When it comes to the stock market, an image of well-dressed men with thick glasses running around on the littered trading floors of the New York Stock Exchange screaming "Buy, buy, buy!" and "Sell, sell, sell!" usually comes to mind.

The stock market is a highly complex financial entity. It is the bread and butter of company success and a metaphorical mood ring for the world economy. When it's up, society flourishes and when it's down society falls into depression.

While the market can be incredibly intimidating, if you play your cards right, engaging with company shares can hand out a profitable hand, even for the average college student.

Some students like Youngstown State University junior Mariana Banish have inherited stock from their parents.

"My parents got it for me to have money saved when I graduate," Banish said. Al-

though Branish didn't know the name of the stock her parents bought for her, she said once she graduated, she planned to start paying more attention to the market patterns.

YSU alumni Hanna Kassis is known throughout the university community for his financial advice to college students and residents. Kassis, who recently graduated with a master's in Financial Accounting, shared some basic knowledge for the student looking for a simple and safe investment.

Kassis compared the stock market to a lottery but unlike the lottery, which consists of "uninformed decision making," Kassis said investing requires attention.

"You have to do your homework," Kassis said. "Save about 10 percent of whatever earnings you make and set it aside in a brokerage account."

He referred to Web sites such as Infopedia.com, which has an extensive finance section, and Smartmoney.com, which features a graphic map of the stock market, as good sources of knowledge.

When it comes to the market, investing in common and

heavy consumer-based companies usually keeps profits afloat.

Senior Brian Munnell said he is looking at buying shares in companies such as Apple, Microsoft and General Motors in the future.

Kassis advised students to follow a formula when looking at potential shares.

"If you can buy it, drink it, eat it, smoke it, buy it," Kassis said suggesting companies like Coca-Cola and General Electric as smart choices to start off.

Economics professor Dennis Petruska suggested in investing in small forms.

"You know the old saying: Don't put all your eggs in one basket," Petruska said.

He also said to watch out for the price-to-earnings ratio, which is the measure used to calculate the cost of the share in accordance to the actual income earned.

Kassis said never be afraid to cut your losses when the market starts to teeter away from your favor.

"I find that the easier I keep my strategy, the better I do in the long run," Kassis said. "Just keep it simple."

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• 10:00am—2:00 pm

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Senior Alisha Anthony fiercely runs toward the long jump sand pit at the YSU outdoor track on Monday afternoon.

HORIZON LEAGUE BASEBALL

1. WRIGHT STATE
2. **YOUNGSTOWN STATE**
3. MILWAUKEE
4. UIC
5. BUTLER
6. VALPARAISO
7. CLEVELAND STATE

HORIZON LEAGUE SOFTBALL

1. VALPARAISO
2. BUTLER
3. CLEVELAND STATE
4. WRIGHT STATE
5. LOYOLA
6. UIC
7. **YOUNGSTOWN STATE**
8. GREEN BAY
9. DETROIT

PENGUIN SPOTLIGHT



KRISTEN PHILEN

POSITION: Infield
YEAR: Senior
HOMETOWN: Tallmadge, Ohio
AVG: .333
OB%: .367
HIT: 25
HR: 1

SCHEDULES

BASEBALL

- April 7 **DUQUESNE**
- April 9 **VALPARAISO**
- April 10 **VALPARAISO**
- April 10 **VALPARAISO**
- April 13 @ Niagara
- April 14 **AKRON**
- April 17 **LeMOYNE**
- April 17 **LeMOYNE**
- April 18 **LeMOYNE**
- April 21 **PITTSBURGH**
- April 23 **MILWAUKEE**
- April 23 **MILWAUKEE**
- April 25 **BUTLER**
- April 25 **BUTLER**
- April 27 **KENT STATE**
- April 28 @ Akron
- April 30 **WRIGHT STATE**
- May 1 **WRIGHT STATE**

SOFTBALL

- April 7 @ Toledo
- April 10 @ Loyola
- April 11 @ Loyola
- April 14 @ Detroit
- April 15 @ Detroit
- April 17 **WRIGHT STATE**
- April 18 **WRIGHT STATE**
- April 20 **CLEVELAND STATE**
- April 21 **CLEVELAND STATE**
- April 24 **UIC**
- April 25 **UIC**
- April 28 **NIAGARA**
- May 1 @ Valparaiso
- May 2 @ Valparaiso
- May 8 @ Green Bay

WOMEN'S TENNIS

- April 10 **BUTLER**
- April 11 **WRIGHT STATE**
- April 13 **DUQUESNE**
- April 18 @ Detroit
- April 23-25 Horizon League Championships

MEN'S TENNIS

- April 2 @ Valparaiso
- April 3 @ UIC
- April 10 **BUTLER**
- April 11 **WRIGHT STATE**
- April 18 @ Detroit
- April 22-25 Horizon League Championships

Keith Langford Jr.
SPORTS EDITOR

Record-high temperatures on Monday brought a great opportunity for the men's and women's track and field teams to continue to progress in the right direction as they prepare for the Sea Ray Relays and the Northeast Ohio Quad meet this weekend.

Head coach Brian Gorby said the Sea Ray Relays are for individuals who currently hold school records and are in the top 50 to top 100 rankings in the Midwest Region, while the Northeast Ohio Quad meet is geared more toward the performances of the team as a whole.

"One side, you are focused

on the individual [Sea Ray Relays], and the other aspect, it's a team aspect [Northeast Ohio Quad]," Gorby said.

Only 10 to 12 athletes are going to the Sea Relays while the rest of team will go to the Northeast Ohio Quad.

Two athletes who are going to the Sea Ray Relays are senior Adam Kagarise and senior Alisha Anthony. Kagarise holds the school record in the indoor and outdoor 400-meter and Anthony holds the long jump record. Kagarise's indoor record currently stands at 47.62 seconds and his outdoor record currently stands at 47.53 seconds. Anthony's long jump record currently stands at 5.85 meters.

Anthony's excited about the opportunity to compete after sitting out the indoor season.

"I've spent the indoor season redshirting ... and now I'm trying go out and break some more school records," Anthony said.

Kagarise said the team's ultimate goal is to peak during the Horizon League Outdoor Championships and to continue to improve moving toward the conference meet.

Some other athletes who will make the trip to Knoxville, Tenn. for the Sea Ray Relays are sophomore Kiplan-gat Tisia, senior Lauren Blasé, and senior Aaron Merrill.

Tisia will compete in the 3,000-meter steeplechase. He currently holds the school record with a time of 8:49.25. He also holds school record in the indoor 3,000-meter at 8:18.59 and the 5,000-meter at 14:15.10.

Blasé currently holds four school records but stands second in the outdoor 3,000-meter. Blasé will have the opportunity to take a run at the top spot this weekend. She currently holds school records in the indoor one-mile, 3,000-meter, and 5,000-meter and in the outdoor 5,000-meter.

Merril currently holds the outdoor shot put record at 17.70 meters and the indoor shot put record at 17.55 meters.

As the teams practice outdoors at the YSU outdoor track or at Mill Creek Park, the weather is cooperating and it's only improving the already strong men's and women's track and field teams.

"The weather has been incredible here and we're excited about the possibilities going into this weekend," Gorby said.

Campbell wins 300th game

Chelsea Miller
SPORTS REPORTER

Head softball coach Brian Campbell picked up his 300th career win Sunday after defeating Butler University, 4-2.

It was also the first Horizon League win for the Youngstown State University softball team this season.

"I'm very proud of it because it makes [me] reflect back to my first year ten years ago, the first time I was able to coach in college as a head coach ... It's a big accomplishment because it brings back a lot of memories," Campbell said.

The Penguins, who lost their first two games Saturday 6-0 and 9-0, managed to pull off a comeback in the series finale, which improved their record to 7-19 overall and 1-2 in the Horizon League.

Campbell contributed the turnaround to working hard as a team and capitalizing on Butler's mistakes.

"I think when they were going through Saturday's games, the young ladies knew that they could play better as a team," he said. "Coming in on Sunday they did a fantastic job just regrouping themselves and ... putting the ball in play hard and Butler made some mistakes and we were able to capitalize on them."

Senior Cheryl Cale had a strong game striking out five batters and giving up only two earned runs in a complete-game. YSU excelled at the plate as well, cranking out 10 hits, with junior Kim Klonowski leading the team. Klonowski had three hits, an RBI and a run for the Penguins as she continued a successful season thus far.

With a batting average of .351, four homeruns and 25 RBIs this year, Campbell said Klonowski has proven herself a team leader.

"Kim is one of our leaders ... She has done a great job of coming through in a lot of key situations for us," Campbell said.

Also contributing to the team's effort Sunday was freshman Vicky Rumph who had a run and an RBI, and Haley Thomas and Kristina Rendle with a run each.

YSU's next match will be held Tuesday at Akron University. After playing Akron and the University of Toledo on Wednesday, the Penguins will begin a 15-game Horizon League road trip before the Horizon League tournament in May.

Campbell said that a win this week would be crucial for the team.

"I think it's very important to us to go over to Akron on Tuesday and Toledo on Wednesday and compete and put it together until we go into the 15-straight conference games," Campbell said.

INTRAMURAL PLAYER OF THE WEEK



Courtney Madden

Courtney Madden, a junior biology major, was nominated for Intramural Player of the Week by director of intramural sports Joe Conroy. Conroy said that Madden led her 3-on-3 volleyball team, the Glebanators, to the team championships.