

A guide to healthy eating
from YSU athletes
see page 6

THE Jambar

THE STUDENT VOICE OF YOUNGSTOWN STATE UNIVERSITY

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IN TODAY'S Jambar ▶



Ludacris causes Chevy
Centre audience
to "Stand Up."
see page 6

Headlines

PAGE 4 ▶

YSU students hit
the runway

Pages

- ▶ Opinion | 3
- ▶ Features | 4
- ▶ Classifieds | 5
- ▶ Sports | 6

Weather

today ▶ cloudy

45 | 28

weds.: rain 47 / 38

thurs.: rain 48 / 33

YSU News

Music at Noon

The Butler Institute of American Art will feature "Piano, Piano, Piano!" as a part of the Music at Noon series, Wednesday at 12:15 p.m.

Panel discussion on genocide

A panel discussion, "Combating Genocide," sponsored by the Youngstown State University Judaic and Holocaust Studies program will be at 7:30 p.m. Wednesday topic of panel discussion in the Ohio Room in Kilcawley Center

The panel features a keynote presentation from Michael Bergman, director of Congressional Relations and Senior Policy Analyst for the Center for Middle East Peace and Economic Cooperation in Washington, D.C.

thejambar.com EXCLUSIVES

For an inside look at the Penguin baseball team's double-header against Cleveland State today, check us out on the web.



SGA

Old building gets new lease on life

Jeanette DiRubba
NEWS REPORTER

In an effort to make Youngstown's downtown area more student-friendly, Student Government Association is working with a Cleveland developer to repurpose an off-campus building on Federal Plaza West.

Here, Youngstown State University students will soon be able to study, work on computers and participate in group discussions.

SGA Executive Vice President Sarah Vansuch said developer Lou Frangos, of USA Parking Systems Inc. in Cleveland, recently purchased the downtown area Phar-Mor building in hopes of getting students to become more involved with the downtown area.

Vansuch said Frangos told her he was in the process of remodeling the building's first-floor space so students could utilize the area. The layout will consist of two conference rooms, chairs, couches, and desks, and should be completed within the next couple of weeks.

"It's going to be really nice," Vansuch said. "I know I would utilize it because it's going to be much quieter, and there will be less hustle and bustle and not as much noise that takes place in Kilcawley Center."

Hunter Morrison, director for the Center of Urban and Regional Studies, said that this area is an ideal place for students to go and become more involved with the downtown area.



Courtesy of Chad Miller

The Erie Terminal Building in downtown Youngstown will be a place for students to study, work on computers and participate in groups discussions.

However, Morrison said his main concern is what students really want.

"This building is well-positioned to serve the student population and would greatly serve as a central meeting spot for students to go and study, but also discuss ideas of what they really want to see happening in Youngstown," he said.

The Erie Terminal Building on Commerce Street is, according to Morrison, a building perfect for YSU to use as off-campus student residency.

Vansuch said the first floor of the building is not zoned for residency, therefore another establishment, such as a possible café area, would need to be built.

"We entertained the idea of possibly

working with Frangos because of the quality of this building and the development market definitely exist," Morrison said.

Morrison also said all of these ideas essentially coexist with the Youngstown 2010 Plan of action.

The Phar-Mor building is in the process of being painted and carpeted, but Vansuch wants to set up a tour date so SGA can view the proposed layout. Vansuch also said that

Frangos is asking YSU students to come up with a name for the renovated Phar-Mor building. According to Vansuch, Frangos proposed "The Situation Room," but SGA is open to other suggestions from the student body.

YSU

Students comment on trustees' support

Maysoon Abdelrasul
EDITOR IN CHIEF

Youngstown State University Board of Trustees response to the Academic Senate's no-confidence resolution eases the minds of many students.

Last Thursday the board released a statement showing its support for Provost Robert Herbert and the entire administration. According to the statement, "The administration has taken real steps to improve communication and labor relations on campus."

Board of Trustees Chairperson John Pogue said that it was not inappropriate for the Academic Senate to express its thoughts, but the fact that the issue was tabled proves that there were not enough votes to pass the resolution.

At last Wednesday's Academic Senate meeting, Engineering Professor Jeanette Garr introduced a resolution saying the Academic Senate has no confidence in Provost Herbert

The resolution was tabled after heated debates between academic senators and YSU President David Sweet, who expressed his full support for the provost and the entire administration.

Pogue said the leadership at YSU thinks about the students when making decisions.

"The administrators have the students' best interest at heart," he said.

Many students have faith in Pogue's statement and the YSU administration.

Sophomore Laura Musilli said the Academic Senate should trust that the Board of Trustees is making the right decision and will continue making the right decisions for the university.

"If the senate has a problem with the provost, then they should do something and not put it on the board. If the board feels everything is fine, then the senate should just back off," she said.

The board believes the administration, including Herbert and Sweet, is demonstrating many leadership skills that have not only benefited YSU, but the community as well.

The statement of support said, "... the entire executive and administration staff at YSU has advanced the University academically and developed partnerships that have benefited both the University and Youngstown metropolitan area through highly effective leadership and sound management in a difficult fiscal and political environment."

Sophomore Jenna Narducci puts her trust in the board.

"I think our campus is fine, and the president and the provost are doing a good job, and since the Board of Trustees thinks everything is fine, then it must be," she said.

Student Trustee Erienne Raib said it was beneficial that the Board of Trustees

please see **SUPPORT**, Page 1

YSU

YSU names CLASS dean

Adrienne Sabo
NEWS EDITOR



Furnish

Youngstown State University named Shearle Furnish as the founding dean of the College of Liberal Arts and Social Sciences.

Furnish was one of four candidates who visited the university and met with administration, faculty, staff and students.

During his open forum Furnish said, "I bring energy and a voice to the college."

In a press release from the university, Robert Herbert, provost and vice president of academic affairs, commented on Furnish as the new CLASS dean.

"I look forward to Dr. Furnish's tenure at YSU," Herbert said.

Herbert said the support from the campus through responses and meetings with students, faculty and staff for Furnish influenced his own decision.

"During his campus visit, he made clear his dedication

to liberal arts and social sciences. He especially finds great reward in recruitment and development of new faculty," Herbert said.

Furnish is currently the head of the Department of English, Philosophy and Modern Language at West Texas A&M University.

"To be named founding dean of CLASS is a significant honor and a high calling," Furnish said in the press release. "I am eager to know better and engage with the first-class faculty, staff and students of the university. Together, we will create opportunities in the lives of citizens in the Mahoning Valley," he said.

Furnish will begin his position as dean on July 1.

FINANCIAL

Tight budget measures for the upcoming fiscal year

Adrienne Sabo
NEWS EDITOR

Youngstown State University has implemented new strategies to combat the university's budget challenges.

A memo sent by Neal McNally, director of Budget Planning and Resource Analysis, outlined cautionary budget measures effective until June 30.

The budget constraints are a response to the tight budget for the 2007 fiscal year and in anticipation of the 2008 fiscal year.

Ikram Khawaja, interim dean of the College of Arts and Sciences, said that the cautionary budget measures are the "most logical thing to do."

The budget measures include: filling vacant positions on a case-by-case basis, earlier year-end financial processing deadlines, pur-

"The more money we can save now, the more it will help next year."

Neal McNally,
Budget Director

chase orders of \$5,000 or more from the current general or designated funds – which must have the approval of the respective area officers – and financial managers stopping all non-essential expenditures as much as possible.

Khawaja said it would prompt deans and department chairs to pause before making purchases, and would make them only spend money where it needs to be spent.

"As a dean I think this is good for me," he said.

McNally said that for the

please see **BUDGET**, Page 2

HEALTH

Spring allergies attack

Jenny Boyce
ASSIST. NEWS EDITOR

Spring has sprung, and with it, the allergies caused by pollen. Between the months of March and June, students across the campus of Youngstown State University will have to fend off allergies, with what experts refer to as one of the worst allergy seasons in years.

"Any time the weather conditions permit plant life later in the season, those plants contribute to higher incidents of allergy and asthma attacks," said Randall

Benner, a Youngstown State University instructor of health professions and mobile intensive care paramedic.

Benner explained that the weather is finally allowing for plant life in the area, which will lead many to experience allergy symptoms as spring kicks into gear.

Michelle Marry of the Ohio Valley ENT and Allergy clinic said that allergens such as pollen and humidity are also becoming trapped in the nearby river basin. Other allergy onsets are budding trees and mold

please see **ALLERGIES**, Page 2

Ways to treat and avoid allergies

Avoidance: Staying indoors in the morning hours when pollen levels are highest and on sunny, windy days can be less troublesome to allergy sufferers.

Dehumidifier: Using a dehumidifier in damp areas around the house, such as the basement, can reduce mold.

House-proofing: Dusting regularly, not using down-filled blankets and feather pillows, and using shades over Venetian blinds will avoid trapping dust.

Avoiding chemicals: Avoiding certain chemicals such as insect sprays, tobacco smoke, and fresh tar or paint.

Air conditioners: Air conditioners can be used inside the home or in a car to help prevent pollen and mold allergens from entering.

Filters: Air-filtering devices with fiberglass or electrically charged plates can also reduce allergens.

Antihistamines: These drugs counter the effects of histamine, relieving sneezing, itching in the nose, throat and eyes, and reduces nasal drainage.

Decongestants: These reduce congestion by re-establishing drainage of the nasal passages, which will relieve symptoms such as discomfort in the sinus areas.

(by Allergy One)

ALLERGIES, continued from page 1

that come with the change in weather, which Youngstown has seen a lot of just in the last week.

"I have horrible allergies, mostly in the fall and spring," said sophomore Andy Turner, with a fistful of balled up tissues in his hand. "It's gotten worse since I have to walk out in the cold weather lately and go to class."

In the southeast, the pollen count is hitting record levels, according to the Atlanta Allergy and Asthma Clinic. Doctors from the clinic also report that the previous mild win-

ter across the nation — despite the belated snowfall in the months of February and March — and the lack of cold weather have failed to "kill off" many of the plants and molds that produce allergens.

"I usually don't have trouble until the later part of spring, but this spring [my allergies] have hit me earlier," senior Meg Thomas said.

Dr. Krishna Urval, an allergist from the Ohio Valley Medical Center, said that trees in the region are pollinating early due to the

overall tame winter weather. Urval said allergens start with the trees in early spring, then grass, and then mold with rainfall, which Youngstown has seen a lack of so far this season.

Urval advises allergy sufferers to limit their outdoor activity between 5 and 10 a.m., which might be particularly hard for students and faculty. Urval also advises sufferers to keep their windows closed, wear a mask when mowing grass and use medication before symptoms get worse.

visit us online

**SUPPORT**, continued from page 1

address the situation. "In a way it lets students know that they are not just sitting in a room," Raib said. She said it shows students that the board does know what's going on at YSU and what decisions are being made.

Mathew Smith, graduate assistant in the Criminal Justice Department, agrees with Pogue.

"... it was the proper

way for the Senate to show its displeasure for the current administration," he said.

Smith added that the board's support of the administration "is irrelevant."

They are responsible for the current leadership at YSU," he said.

Additional reporting by Krystle Hively

BUDGET, continued from page 1

next year the budget would be extremely tight based on the governor's proposal for higher education funding.

McNally said that many people were expecting the budget measures, and that so far, there has been little reaction to it from faculty and staff.

"The more money we can save now, the more it will help next year," McNally said.

McNally also said that with a new governor this year, the budget was introduced later than usual and that is why the university is farther behind than it should be with preparing it. As for now, McNally said that he and the university should monitor what happens with the governor's compact and gain a better understanding of it.

Marilyn Ward, assistant to the provost for academic budgeting, said that the whole campus is feeling the budget crunch. She said this happens frequently and a natural reaction from most is to feel nervous.

"Everyone is a little on edge with the budget as a whole," Ward said.

Ward also attributed the cautionary budget measures to the Governor's new plan, which includes a cap on tuition and less state support for YSU.

The governor's compact for higher education includes increasing the percentage of money allotted to colleges, but once the money is put through the formula, YSU ends up with less state funding than usual.

YSU SPRING JOB EXPO 2007

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How to Enter:

It's Easy! Enter the YSU Cedar Point Road Trip Contest by purchasing in Kilcawley Center ONE 20oz bottle of your choice of any Coke product and receive an Official Road Trip Contest Entry Card Contest runs March 26—April 20th, 2007. Enter as often as you like! Six lucky winners will be pulled from a random drawing. Students, faculty, staff, and visitors to campus can enter.

Contest Details:

Complete rules and participating Kilcawley Center retail areas are available on the Kilcawley Center web site. Official rules also posted at each Kilcawley Coke retail location. The Cedar Point Road Trip Contest is sponsored by Coke-Cola and Kilcawley Center—a proud supporter of Greek Sing 2007.



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www.kc.ysu.edu -
CONTEST DETAILS

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Jambar Editorial & Opinion

Tuesday, April 10, 2007

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Page 3

THE Jambar

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OUR SIDE

It's your decision to make

Your future at Youngstown State University may depend on Wednesday's and Thursday's events. The Student Government Association elections for the 2007-2008 academic year are this week, and you'd be well-advised to fill out a ballot in Kilcawley Center from 9 a.m. to 7 p.m. both days.

This year, The Jambar is not endorsing any SGA candidates because we feel that we've been objective on both sides.

YSU students should vote without any influence from their student newspaper's editorial board. They should instead vote based on which candidates' platform will work for them.

If you haven't been following the campaign, it's not too late to learn about candidates Erienne Raib, Keith Logan and Dave Spatholt, Erica Cross. Gather information from Jambar articles that include coverage of last week's SGA candidate debates, complete with platforms and goals for next year, which can also be found on the candidates' Web sites: <http://raibandlogan.com> and <http://spatholtcross.com>.

Totaling 629 students, last year's voter turnout at SGA elections was way under par. If this year's voter turnout is anything like last year, or the year before, or the year before that, or ... well, you get the point. Just vote. More than 13,000 students attend YSU, and last year not even half of YSU's students voted. That means all year, less than half of us were represented.

So the next time you want to complain about something at YSU (because we know you do), ask yourself two things: Does SGA govern this matter? Did you vote in the last SGA election?

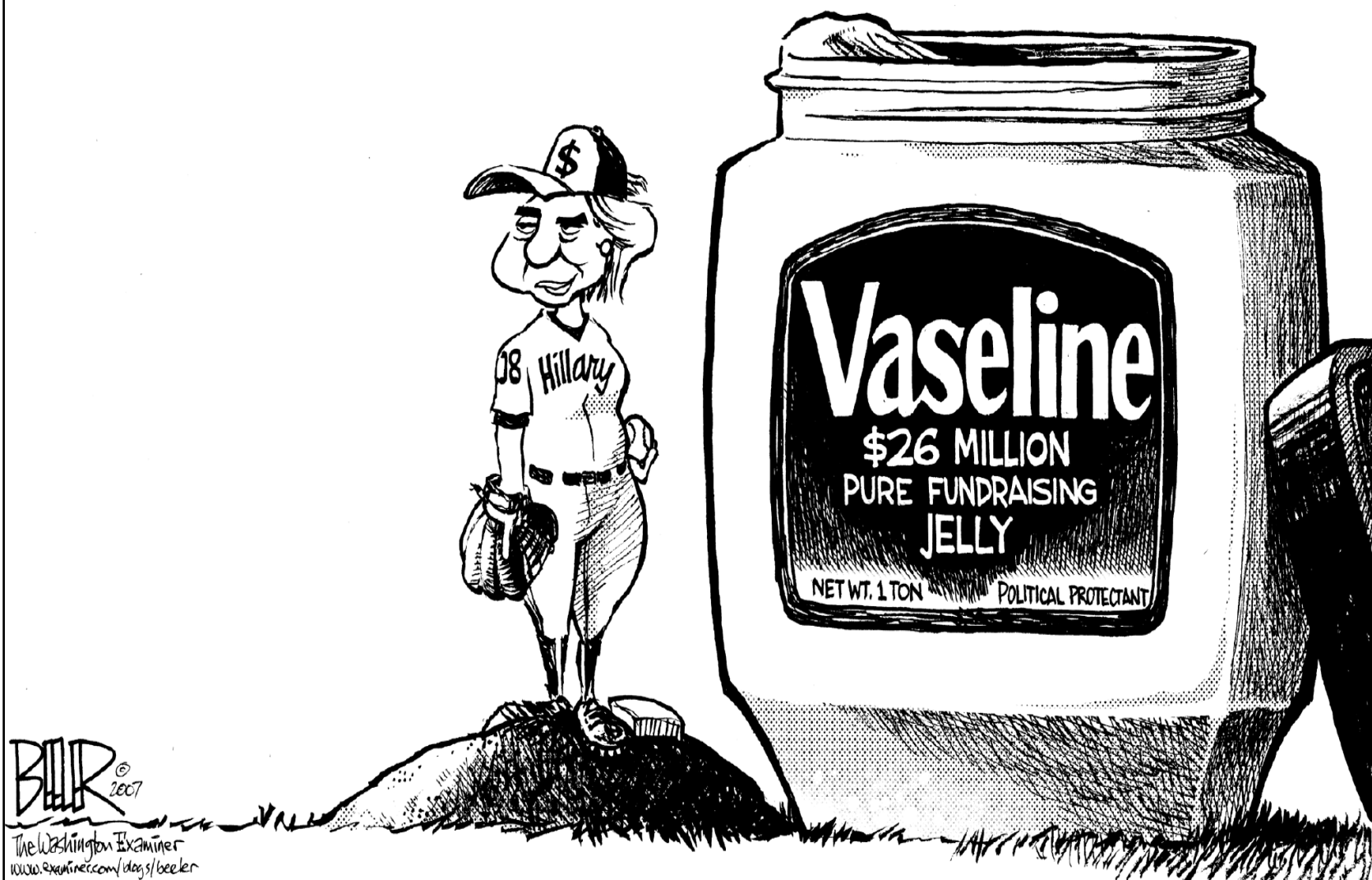
If you didn't, quit complaining and take your second chance Wednesday and Thursday.

With recent SGA-related controversies involving write-in candidacy and one candidate's secession from the race, the only thing left to make headlines is a huge voter turnout in the SGA elections for 2007-2008.

The individuals elected as president and executive vice president should make decisions in the upcoming academic year that affect the lives of students.

The Jambar editorials reflect the opinions of The Jambar and its Editorial Board members. Those wishing to schedule meetings with the Editorial Board should call the editor in chief.

The FIRST PITCH of the SEASON



LETTERS TO THE EDITOR

Enough is enough

Editor,

Last Wednesday, the Academic Senate was presented with a motion of "no confidence" in Provost R. Herbert, a motion that was long overdue in the minds of most faculty members. In order to preclude debate on this issue, President Sweet sent to members of the Senate a letter Tuesday both questioning the fairness of the process and threatening dire consequences if the no confidence vote passed. There are good reasons why the faculty opposes Herbert: The problems he has caused with tenure, promotions, and his autocratic, acerbic personality are legion and are extremely similar to the ones for which he was castigated for at his last place of employment, Stephen F. Austin State University, where he was required to "undertake immediate and protracted professional development." We see

no evidence that he actually completed such a program.

The main point of Sweet's memo is found in his last paragraph. In it he makes the same plea to ignore the incompetence, mediocrity, and brutishness of his administration as every sleazy politician has made throughout time: "If you criticize me, you are playing into the hands of our enemies!" (The US president and vice president have used this tactic to such an extent that the majority of Americans ignore anything they say.) Sweet states that any criticism of him or his boys will lead to (1) inadequate state funding of YSU, (2) the inability to communicate our needs to the new governor and chancellor, (3) the destruction of YSU's identity, and (4) will negatively impact our ability to recruit and retain students. I'm surprised he didn't mention a loss of accreditation and/or the wrath of God, a drop in the stock market, and a plague of locusts!

All his rhetoric is, of course, bullshit. YSU is in the state we are in because of the arrogance of this administration, its refusal to deal with its faculty and staff in a fair and decent manner. There are more outstanding grievances today than at any time in the history of this institution. Sweet is taking to court an arbitrator's sane ruling that states the obvious, that Ohio law must take precedence over a collective bargaining agreement. Hundreds of thousands of dollars of public monies are wasted each year on outside attorneys' fees when we have an in-house lawyer. Of course, the ultimate responsibility belongs to the Board of Trustees, a pathetic group of nine political appointees who has hired the clowns running YSU. Once again, I call for their immediate resignations. Enough is enough!

Ronald G. Tabak
Professor of Physics & Astronomy

Don't take write-in candidacy lightly

Editor,

We heard that they call election time the silly season. Now we know why. We have sat back and observed with amusement the flurry of commentary in your Letters to the Editor. Perhaps we should remain above this particular fray, but the need of response to numerous falsehoods seems necessary. We stand accused of immaturity and a lack of responsibility. We find these near slanderous comments akin to calling the kettle black. Therefore, it is incumbent upon us to clarify these scurrilous and unfounded accusations.

While Ms. Neal was still a member of the Elections Board, she found a need to publicly denounce our maturity, and continues on to accuse us of our inability to follow rules, and

thus cites this as the reason we are unable to appear on the ballot. As far as we were made aware by the Elections Board, we followed all rules to be placed on the ballot, as well as to become write-in candidates.

Ms. Schullo accused us of irresponsibility by implying that we obtained less than the minimum requirement of signatures, when in fact, our petitions contained more than 150 signatures, with an overage of 5-10% (much like overestimating the cost of a house before purchase), were turned in on time, and in good faith. We find it interesting that everyone has overlooked this fact while criticizing us. To our dismay, some signatures were found to be invalid, thus we were two signatures shy. If we had not taken responsibility for our petitions, we would not be running legitimately as write-in candidates now. We have not argued this decision of the Elections Board since it has

been finalized. A statement of fact in a Facebook group does not show a lack of responsibility. If we were so irresponsible, we would still be complaining to get ourselves on the ballot. Instead, we have utilized fresh and creative ways of campaigning, which brings us to our next point.

Another assumption that Ms. Neal verbalized was our apparent detriment to the environment through our immature campaigning on the rock. Please allow us to set the record straight. No type of glue was used in decorating the rock. Had Ms. Neal shown us a mutual maturity in approaching the subject, she would have been informed of this. She would also have known that we discussed the forecast, which contained a minimal chance of rain, and our accountability in any litter that surrounded the area. In no way did our campaigning efforts through the rock lack maturity and fore-

sight. It was recognized by the Elections Board as a legitimate and rule-abiding effort.

The implication through this is that we are somehow lesser candidates for an honest mistake and an inventive campaign. Write-in candidacy is a time-honored tradition, and a fundamental constitutional right, and is therefore not a disgrace, as implied by so many people. We hope to continue our campaign efforts, and wish the best of luck to our opponents, as they would do their sought out positions justice.

Please, as stressed by Ms. Schullo, make an informed decision, as both candidates information is on the web. The responsibility and opportunity to run as write-in candidates is not taken lightly on our parts, and should not be done so by others.

Erienne R. Raib and 2fly
Keith Logan

got an opinion?

Send letters to:
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JAMBAR Feature

Tuesday, April 10, 2007

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Page 4

FASHION

YSU students hit the runway

Rudi Whitmore
FEATURES REPORTER

Spring is wedding season, and Students in Fashion and Interiors, a student organization through the Merchandising Program at Youngstown State University, knows how to make you look good.

Monday at noon in Kilcawley Center's Chestnut Room, the organization held "Reception Chic" — a fashion show that centered on stylish, smart ways for men and women to dress

when attending wedding receptions.

Models walked the runway in dresses and suits courtesy of S&K Menswear, Kegelles and E.J. Hannah, makeup by Estee Lauder, and hair by Beauty First Salon.

Serving as the event's master of ceremonies was news station WFMJ's Mike Case. Coordinating the event for the second year in a row, senior Jennifer Griffing said her work, along with her crew's hard work, paid off. As President of Students in Fashion and Interiors, Griffing thinks there is something to learn every year.

"You learn from your mistakes, every year," Griffing said.

"I've been planning since early last semester."

Griffing said she hoped her organization's hard work paid off and attracted all kinds of students.

Junior Lindsey Faith was one of those students.

"Excellent show! I would come again if they had another one," Faith said.

Ashley Himes, a senior, agreed.

"The show was awesome, and I really liked the music," Himes said.

Since Griffing works at S&K Menswear, she said finding sponsors was easy,

and she was proud of her team.

"I think it was great watching everything pull together," she said. "Last year, it was at Peaberry's, so yeah, this year it's much larger, and more fun."

Students watching the show agreed as well. Senior Dina Federico said, "The show was fabulous. I did get some ideas because I have some summer weddings to go to."

This is the third year that the Students in Fashion and Interiors have put on the wedding reception fashion show.



Jambar/ Rudi Whitmore



Jambar/ Rudi Whitmore



Jambar/ Rudi Whitmore

CONCERT

Ludacris causes Chevy Centre audience to "Stand Up"

Britta Snowberger
FEATURES REPORTER

Ticket office lines stretched halfway around the outside of the Chevrolet Centre Thursday. Devoted fans ranging in age from eight to 80 waited in the mid-20-degree weather, teeth chattering, hands trembling, toes numbing, cursing their flawed decisions not to pre-order tickets for hip-hop icon Ludacris's first-ever Youngstown performance.

Upon entering the entertainment facility, attendees of Spring Thang 2007 were treated to more-than-friends-style security searches before they could approach their seats or floor spots. By 6:30 p.m., the floor audience was 15 rows deep, excitement building with every row.

True to superstar fashion, the concert began a few minutes after the scheduled 7:30 p.m. show time. Local artists We Famous, CeeNiAL and Luck Penny stormed the stage — dancers, entourages, pimp cups galore — and gave the growing audience a three-part taste of the Youngstown hip-hop scene, transitioning flawlessly among the groups' sets.

New York-based trio Tiffany Affair was next to the T-shaped stage, followed not-so-closely by 17-year-old Tiffany DeAnda from Texas. Lengthy breaks between the singers' sets left fans antsy and irritable.

The high anxiety levels dissipated as three-time Grammy Award-winner Ludacris stepped foot on the Chevrolet Centre stage to near-deafening chants of "Luda!" Performing a pair of his many radio-friendly hits, the rapper encouraged the frenzied crowd's zeal.

Using the enthusiasm as a springboard, Ludacris leapt into a crowd-participation scheme complete with foul language, raised middle fingers and competing audience sections. Nearly



Jambar/ Britta Snowberger

Ludacris rolled into the Chevy Centre on Thursday and performed in front of an energetic Youngstown crowd.

every attendee, including mothers who had attended the show merely as chaperones, participated in the otherwise light-hearted chant.

Between his more popular songs, the artist performed a number of rare tracks, insisting that they were for his "true fans" in the Youngstown audience. Testing the crowd's loyalty during a few of the lesser-heard tracks, Ludacris pointed the microphone at the audience, only to hear his lyrics loudly and clearly in return.

Thick clouds of smoke beginning to emerge from the audience, the Atlanta rapper said he heard that "Ohio has some of the best weed" and encouraged all self-proclaimed pot smokers to get out their lighters or cell phones. Although stage crews dimmed the spotlights, the Chevrolet Centre glowed just as brightly with tiny flames and LCD screens.

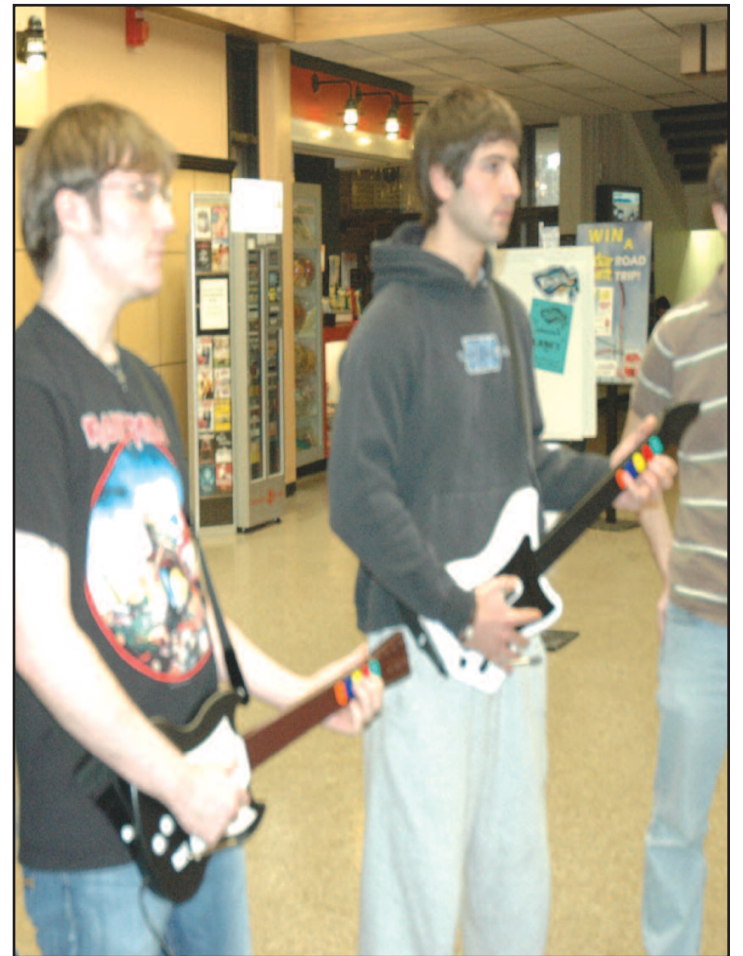
Having established a familiar repertoire with the crowd, Ludacris focused on crowd interaction, prompting the

audience with a question to which he got little response — "Who's a ho?" However, his next question, which dealt with the cleanliness of female anatomy, blasted the crowd's energy to a new level.

Completing his set with two recognizable tracks (during which he was flashed by an all-too-enthusiastic-or-intoxicated fan), Ludacris left the stage abruptly, admitting that he would not be attending the after party. Attendees filed out the facility's doors to their snow-covered vehicles, many of which did not leave the parking lots until around midnight.

Although not filled to capacity, The Chevrolet Centre boasted a mighty audience for the national act's performance. Brought to the area by Eric Ryan Productions and YSU's own Penguin Productions, the show demonstrated the possibility for successful Youngstown concerts and the capability of a student organization to bring fulfilling events to campus.

AROUND CAMPUS



Jambar/ Laura Neely

Andy Lockso and Kevin Kitt, both freshman at YSU, play the game Guitar Hero in Kilcawley Center on Monday.



Jambar/ Laura Neely

Looking for the Best Student Job on Campus?

Are you looking for real experience to help land that real job?

Then look at the Jambar or Penguin Review. Applications are now being accepted for the upcoming 2007 summer and 2007-08 academic year [August-May] student positions. All positions receive a paid stipend. Applicants will be interviewed by the Student Publication Committee in mid-April.

Who should apply?

Current students in good standing who are registered for twelve (12) or more hours. Seeking students who are self-motivated with a passion for writing, advertising, design, sales, or photography.

- Editor and reporter positions require the successful completion of initial journalism and/or professional writing and editing courses.

- Advertising and sales positions require the completion of initial business classes in these fields.

- Design and photography positions seek students having successfully completed initial design or related photography courses.

Penguin Review Literary Magazine

- Editor-in-chief also earns part of his/her tuition.

Applications Now Being Accepted

Where to pick up an application:

Applications are available from Lynn Haug in the Kilcawley Staff Office located on the upper level of Kilcawley Center. One application applies for both publications—simply check the position(s) you are most interested in. Application Deadline: 1pm, Wednesday, April 11, 2007

APPLICATION DEADLINE:

1 p.m. Wednesday, April 11, 2007.

Interviews will be scheduled for mid-April.

Classified

Help Wanted

Bartenders wanted! Up to \$300 a day, no experience necessary, training provided. 800-965-6520, ext. 287.

WANTED: Students to assist with the YSU Spring Job Expo on Thursday, April 19, 2007 in Kilcawley Center Chestnut Room. Employers will need help transporting their display materials and equipment. Must be able to lift 50 pounds. Hours: 8:00 – 10:00 a.m. and 1:30 – 3:00 p.m. Stipend \$50. Interested: Apply in person in the Office of Career and Counseling Services, 1034 Jones Hall.

DATA ENTRY: Part-time. Hours flexible; can include evening/Saturday hours. Computer experience preferred. Contact Mary Beth Hayer at PsyCare. (330)759-2310.

Housing

A Home 4 U

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2 BR apartment. Everything is brand new! Located at 244 Madison Ave., right behind the Cafaro House dorms. \$220 per bedroom. Call 330-506-0104.

Campbell apartments 3 miles from YSU. Two entrances, very private, clean, secure. Quiet for studying, 1 large bedroom, full basement. \$235 plus utilities. Call (330)755-2077.

Want a private room in a house with your friend(s) from YSU? Two to six bedrooms with private door locks in secure 3-story Brick house. All utilities, Cable TV, internet, groundskeeping, and off-street parking are included in rent. Security system available. Starting at \$275 per month. Call 330-506-0104.

Tired of Roommates? Walk to YSU from your own 1-bedroom apartment! Large living room, equipped kitchen. \$375 per month plus electric. 330-506-0104.

A beautiful apartment building by YSU. Large one and two bedrooms. Laundry, parking, many units includes FREE utilities. Month-to-month tenancy. Call (330) 747-1205.

New 2 bedroom apartments, 1 block from YSU. Available now! Rent starting at \$375 per student. Includes all utilities and cable/internet. Call 330-720-0964 or 330-770-4472

Beautiful 3 Bedroom house. Well maintained, close to YSU. \$300.00 plus utilities. For more information call 330-743-3887.

WHAT DO YOU THINK?

SEND US AN E-MAIL

THEJAMBAR@GMAIL.COM

HELP WANTED!

Summer & Fall Kilcawley Center Student Jobs

Visit www.kc.ysu.edu for details on student employment and position descriptions in Kilcawley Center. Stop in the Kilcawley Staff office for an application. You must be in good standing to apply. Open positions are not known at this time. Applications will be kept on file through October 1st.

www.kc.ysu.edu

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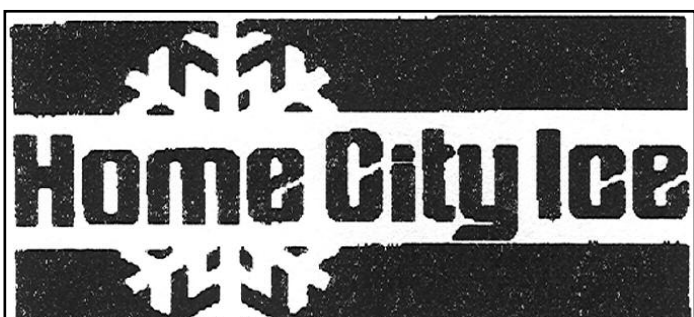


visit us online thejambar.com

The Home City Ice Co., based in Cleveland, Ohio, is opening a delivery driver terminal in Austintown, Ohio.

Looking to hire students to work during school and summer break. Excellent pay and flexible scheduling for delivery driver positions.

Average \$9.00 to \$14.00 per hour. Please call 1-800-376-5388 or visit homecityice.com to submit information online.





For an inside look at the Penguin baseball team's double-header against Cleveland State today, check us out on the web.

Tuesday, April 10, 2007

www.thejambar.com/thejambar@gmail.com/330-941-3758

Page 6

FEATURE

How to look like a Penguin: A guide to healthy eating from YSU athletes



Source: MCT Direct

Emily Thayer

JAMBAR CONTRIBUTOR

Everyone wants to look good. But how do you do it? What's the secret?

For most college students keeping a fit body means finding time to exercise between class, studying and lunch breaks.

It takes more than just pumping a little iron though.

With the combination of a healthy diet and exercise, everyone should be able to maintain their weight or at best shed off the dreaded freshman 15.

But for one group on campus this is all second nature.

We're talking about college athletes.

They have an advantage over the average student because they have to exercise, unlike the regular Joe Six Pack.

For these super machines of collegiate athletic prowess staying healthy goes beyond pumping iron in the weight room and right into preparing food in the kitchen.

For these select few it's all about being healthy everyday, all day.

So if you've been wanting to look more like your favorite football player and less like the team mascot look no further than the eating habits of your own Penguin athletes.

Who knows you might just get the ripped, toned body that you've

always wanted.

Doing it right

According to YSU strength and conditioning coach Todd Burkey, an average person eats two to three meals a day.

He believes that athletes, as well as their fellow students, should be eating four to six small meals a day, with a special emphasis on breakfast.

"The worst thing you can do is skip a meal," Burkey said. "Most people don't eat breakfast because they simply don't have time. Breakfast is the most important meal of the day and is where you should be eating a majority of your daily caloric intake."

“Realize your eating patterns should not be a punishment.”

Todd Burkey/YSU Strength and Conditioning Coach

Brittany Senn, a YSU swimmer, tries to balance her diet by eating grilled foods and lots of fruits and vegetables with her meals.

"Sometimes it's hard to find the time to cook healthy meals and I have to eat fast food," Senn said.

According to Burkey, a problem with eating fast food is that you can get your total sodium intake for a week in one meal at McDonalds.

Senn keeps a busy schedule and tends to eat a greater amount of food when she competes.

"I definitely eat more during season and honestly you could never tell because we swim so much that I never gain weight," Senn said.

Senn works out more than Burkey's recommendation of 30 minutes a day but the essential part of her keeping the weight off is having a healthy diet.

YSU football athlete James Terry tries to keep his diet as low maintenance as possible because he struggles to find extra time in the day to make meals.

"I keep a simple diet and eat the same thing almost everyday except sometimes I switch up my dinners," he said.

Terry also adds three protein shakes a day into his diet to help keep his rock solid physic.

According to Burkey, "Protein shakes are okay as long as you aren't using it to replace your three main meals per day."

Pinpointing your problems

YSU junior, Andrew Holmes, is not an athlete but he shares the same problem of trying to find the time to eat healthy meals.

"I tend to eat out when I'm at work because it's easier," Holmes said.

Although Burkey said all three of the students' diets were well-balanced, he also stressed the fact that they need to have at least four meals a day.

"Diets should be the way that you eat, not a way to lose weight," he said.

If you're trying to shed weight, Burkey recommends that you don't keep jumping on the scale to look for results.

Instead try to check your weight-loss by measuring your waist and thighs for more realistic results since your weight can fluctuate.

Eating right and living healthy involves more than just your body because being healthy is a state of mind.

"Realize your eating patterns should not be a punishment," Burkey said.

As much as we love our brews and greasy foods you don't have to stop eating them, but cutting back could greatly benefit your health and help you get ready for summer.

The Penguin Diet

Brittany Senn

Day 1

Breakfast: 4 egg yolks & 2 egg whites, 2 pieces of toast, and juice

Snack: Piece of fruit and some crackers

Lunch: Turkey sandwich on wheat bread with mayo and mustard, pasta, and a piece of fruit

Dinner: Grilled chicken, veggies (broccoli, cauliflower, carrots), pasta, and chocolate milk

Snack: Crackers and a fruit cup

Day 2

Breakfast: 1 bagel with cream cheese, piece of fruit, and milk

Snack: Granola bar

Lunch: Chicken salad with Italian dressing, chips, and a piece of fruit

Dinner: Grilled fish, baked potato with cheese and sour cream, peas, bread, and milk

Snack: Jello and crackers

James Terry

Day 1

Breakfast: 2 packets of oatmeal

Snack: Protein Shake

Lunch: Club sandwich, Fun Chips, PowerAid

Snack: Protein Shake

Dinner: Whole wheat spaghetti with ground turkey meat sauce

Snack: Protein Shake

Day 2

Breakfast: 2 packets of oatmeal

Snack: Protein Shake

Lunch: Club sandwich, Fun Chips, PowerAid

Snack: Protein Shake

Dinner: Chicken, macaroni & cheese, and corn

Snack: Protein Shake

Andrew Holmes

Day 1

Breakfast: Bowl of Cheerios with whole milk

Lunch: Chicken Sandwich, potato chips, coleslaw, and iced tea

Dinner: Spaghetti with meat sauce and meatballs, garlic toast, and milk

Snack: Pretzels and a pop

Day 2

Breakfast: Bagel with butter, banana, and juice

Lunch: Bowl of chili and potato chips

Dinner: Steak, baked potato, milk

Snack: Popcorn and a pop



YSU SPORTS IN BRIEF

Baseball Team Drops Doubleheader

The Youngstown State baseball team fell victim to a come-from-behind win from Wright State in the first game of a doubleheader on Sunday, then was swept in game two.

The Penguins gave up five runs in the final two innings en route to a 7-5 loss in game one. Lucas Engle pitched well for six innings before running into trouble late. Engle finished the game by giving up five runs.

Anthony Munoz had two hits and scored twice, and Josh Page hit a two-run single. Erich Diedrich was held to two sacrifice flies, ending his 19-game hitting streak.

In game two, the Penguins' offense never got going and the team lost a 9-0 decision.

The squad's next game will be today, 3 p.m. at Cene Park against Cleveland State. For more information about the Penguin baseball team on this match-up visit us on the web.

Nine Athletes Recognized As Part of National STUDENT-Athlete Day

The Youngstown State Athletic Department recognized nine student-athletes as part of the nationwide STUDENT-Athlete Day on Friday, April 6.

The student-athletes were chosen by the coaching staffs of their respective sports to be honored for work they do during competition, in the classroom and throughout the community.

The Penguins honored were Greg Mayes (men's basketball), Madelyn McGhee (track and field), Justin Dickman (men's cross country), Bonnie Sherman (women's golf), Carrie Wack (soccer), Becky Bertuzzi (swimming), Emily Wollet (track and field), Adam Kagarise (track and field) and Dana Leslie (volleyball).

National STUDENT-Athlete Day is a day to celebrate outstanding student-athletes who have achieved excellence in academics and athletics while also contributing in the community. This was the 20th STUDENT-Athlete Day. The honorees will be acknowledged during the 2007 YSU Scholar-Athlete Banquet on May 3.

Anderson Qualifies for Regionals at Duke Invitational

Youngstown State junior thrower Bethany Anderson broke the school record in the hammer throw and automatically qualified for the NCAA Mideast Regional at the Duke Invitational, the track and field team's first meet of the outdoor season.

Anderson, the Horizon League Indoor Track and Field Athlete of the Year, is the first female thrower in Penguin history to hit the automatic qualifying mark. Her distance of 178'6" was the top among collegiate athletes at the meet.

Sophomore Dan Nemergut also had a strong performance, breaking the school's record in the 3,000m with a time of 9:03:08.

Alisha Anthony placed third in the long jump with a distance of 18'1/2", which ranks fourth in school history. Aaliyah Gillespie finished third in the prelims of the 100m hurdles in her first meet in nearly two years but did not run in the finals.

The Penguins will compete at the Sea Ray Relays at the University of Tennessee Friday.