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THE Jambar

THE STUDENT VOICE OF YOUNGSTOWN STATE UNIVERSITY

Tuesday, March 27, 2007

www.thejambar.com

VOL. 89 NO. 45

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YSU News

Music at Noon

The Music at Noon concert series continues Wednesday at the Butler Institute of American Art featuring a tuba/euphonium performance.

SMARTS

Youngstown State University program, Students Motivated by the Arts, presented Campbell Memorial High School's Art Club with a plaque for Artistic Excellence today. The plaque was awarded to the club for their holiday decorations at the SMARTS Open House Decorating Contest.



SGA write-ins get motivated

Iesue secedes from SGA race, Raib remains as write-in candidate

Jeanette DiRubba
NEWS REPORTER

The elections for Youngstown State University's Student Government Association have become controversial and uncertain.

Joe Iesue, executive president of the Student Diversity Council, will officially renounce his candidacy for SGA president today.

Iesue said many reasons confirm his decision to decline candidacy, but he is certainly "questioning the ethics of the Election Board and how partial they have become in this whole

process."

Election Board Commissioner Carol Ann Pitcairn said the Election Board is, in fact, an impartial body that is unbiased.

"We are treating everyone fairly because we have to. We are the unbiased body to govern elections," she said.

Disagreeing with Pitcairn, Iesue stated that too many people in this election process are playing politics rather than focusing on the student body, which is what SGA is supposed to be all about.

"Some people are making this a mud-slinging event to scare people away,

SGA



Jambar / Adrienne Sabo Students Jarrod Garcia and Zack Rebillot read headlines pasted onto The Rock by write-in SGA candidates Raib and Logan, who want to get their names out.



and I don't want to be part of something privy and partake in something that is detrimental to the students," Iesue said.

Without any declared candidates for Student Diversity Council president, Iesue decided he will run for re-election as the

council's president.

"I want to devote my time solely to serving the student body, which is why I'm continuing as president for the Student Diversity Council and pulling out of the SGA elections."

please see SGA, Page 2

YSU

Internal dean candidate talks about plans

Sarah Sole
JAMBAR REPORTER

Tod Porter, a prospective dean candidate for Youngstown State University's College of Liberal Arts and Social Sciences (CLASS), met with faculty and students in an open forum Friday afternoon in Todd Hall, where he discussed plans for the new college.

As chair of the economics department at YSU, Porter is the only candidate currently employed on YSU's campus.

Porter said that because he works at YSU, he already knows how the institution works and how to commu-

nicate with chairpersons.

"I have long-term experience," he said during the open forum. "I think serving as a communicator is the main way to contribute to trying to reduce some of the tension."

"People understand where you're coming from and why you're doing it," Porter said.

Porter also emphasized communication with the student body. There should be a student sounding board, Porter told the forum, so that students' ideas can be recognized.

Porter said his primary goal is to provide high quality education for students. Stressing the importance of a strong first-year student experience, he said that he wanted to implement a liberal arts scholar program.

Porter also talked to the forum about the opportunities that would come from the division of the current College of Arts and

Sciences.

"I think what we need to do is to build a joint philosophy," said Porter. The existing programs in CLASS are strong, and these programs have the largest volume of students, he told the forum.

"We are a force to be reckoned with," Porter said.

Porter said that since the new college would be smaller, it would more feasible to talk to the different departments.

"You clearly have to pay some attention to what's happening with enrollment," said Porter of the departments. "Are you having it for the sake of having it, or are you having it because people are really using it?"

Porter explained that he would subsidize departments with low enrollment, if it meant that students would have additional opportunities. "The dollars wouldn't necessarily be the only criteria," he said.

Porter also mentioned dropping the oral intensive course from the list of general education requirements, which each student must complete.

"I think the system we have is too bureaucratic," he said.

please see DEAN, Page 5



Todd Porter

Vital Stats

Current job:
Chair, Economics Department

Education:
A.B., Monroe Community College
B.A., Syracuse University
Ph.D., Economics, Syracuse University

Employment history:
Instructor, Economics Department, Youngstown State University
Chair, Economics Department, Youngstown State University

HEALTH

Study shows sleep improves memory

Jenny Boyce
ASSIST. NEWS EDITOR

According to the National Sleep Foundation, 18- to 29-year-olds obtain an average of six hours and 48 minutes of sleep a night. On the campus of Youngstown State University, students are using alternative means in a struggle to keep awake during the day and fall asleep at night.

Freshman Julie Sabo has trouble waking up for her morning classes and on many occasions finds herself sleeping through, or even during, classes.

"I drink Mountain Dew or take caffeine pills if I have an important test or something like that," Sabo said.

"Another thing I tend to do is all-nighters," Sabo said. "[My friends and I] will stay up all night and then go to class, then [we] crash in the afternoon."



Jambar / Brian Cetina These classroom snoozers could benefit from the results of a study revealing that students retain more information when studying and test taking are intersected with a full night's sleep. The study was done at Harvard University in 2006.

In a 2006 study done at Harvard University, and presented at the Society for Neuroscience Conference in Atlanta, scientists studied nearly 100 college students to find out whether sleep could improve memory and affect their ability to learn.

Dividing the students into two groups, scientists instructed each group to memorize a list of words as they were read aloud. The first group received the list at 9 a.m., stayed

awake all day and, 12 hours later, at 9 p.m. took the memory test. The second group received the list at 9 p.m., got a full night's sleep and, 12 hours later, at 9 a.m. took the test.

The second group — which heard the words, slept, then took the test first thing in the morning — remembered more words than the first group — which took the test after remaining awake the whole day.

please see SLEEP, Page 2

YSU

YSU plans to overturn ruling on personal days for ACE

Adrienne Sabo
NEWS EDITOR

Youngstown State University did not accept the arbitrator's ruling in favor of the Association of Classified Employees' personal days. The university will file a motion with the Mahoning Common Pleas Court to overturn the ruling.

YSU President David Sweet said that this is the first time in his experience that the arbitrator's ruling was challenged.

"We don't make this decision unless we believe the arbitrator made an error," Sweet said.

ACE President Christine Domhoff said that she has not known the university to challenge arbitration and that this is not something that the union has done.

Domhoff said the purpose of an arbitrator is to have a separate, third party examine all of the facts and come to a decision.

When YSU enters into a legal matter, it costs money. Ron Chordas, interim executive director of Human Resources, said, "The university and our students should not be asked to pay the price for what we believe is an erroneous decision."

Domhoff agreed with Chordas that students are inconvenienced by these decisions.

"If they [YSU] get an unfavorable decision when is enough enough? This will now be the fourth decision on the issue. They've already had three losses, all at the students' expense," she said.

Domhoff said she does not believe the university will be successful with its case, saying, "The court system rarely over turns it."

"If I were a betting person, which I am not, but if I were, I would have my money on the union," she said.

Sweet said the university consulted with the President's Cabinet and the Attorney General's office before coming to the decision to file the motion.

"One does not enter into this decision without a great deal of consultation. And we are confident that there was an error," Sweet said. He described the arbitrator's error as a mistake based on a flawed process, not the decision itself.

The arbitrator ruled in favor of ACE, granting the union the four additional personal days. Domhoff said this matter was defined in the Ohio Revised Code.

"We [YSU] might be the only institution in the state that doesn't recognize it [personal days]," she said.

SGA, continued from page 1

Iesue also said that because of this debatable partiality from the Election Board, those who are still in the running for presidency need to work together with their running mates.

"They need to consolidate forces when working with a partial system. They must work as collectively as possible," Iesue said.

After failing to accrue the 150 signatures necessary for valid candidacy, student trustee Erianne Raib and running mate Keith Logan decided to remain the running for SGA president and vice president. The pair will run as write-in candidates, though they will not appear on official ballots and cannot participate in debates.

Yesterday, many students took a second look at The Rock outside of Kilcawley Center. It was plastered with March 22 Jambar issues used as paper maché and painted with the phrase "Write in Raib and Logan."

Following the advice in Thursday's Jambar editorial "to put in the extra effort," Raib and Logan said they spent over four hours cutting out headlines and photos of themselves from The

Jambar to post on The Rock. The news and editorial headlines read "SGA candidates left off ballot" and "Student leadership requires perseverance."

Raib and Logan said they planned the endeavor carefully in order to stick with SGA's strict campaigning guidelines.

"I don't think they can be upset about this," Raib said, "because the campaigning rules we had to sign stated we could use The Rock as a way to voice our campaign."

Logan said they need to be above and beyond what's expected of candidates to be unique and catch the interest of the student body.

"This shows we are different, thus we can be different about how we lead SGA," he said.

Raib said "different is good" because a change in SGA's leadership is necessary in order to see a transformation of SGA itself.

"Hopefully this platform really expresses that we want to bring SGA out of its office. By being on SGA, you're assuming a position that you're representing the students. That is what we plan to do through and through," she said.

SLEEPING, continued from page 1

Researchers concluded that the morning test takers were able to memorize more due to a full night's sleep before their test.

"People who study and then sleep recall things better than people who stay up all night studying," Dr. Lawrence Epstein, past president of the American Academy of Sleep Medicine and medical director of Sleep Health Centers in Boston, said of the study.

Even though a good night's rest may better students' concentration for those early morning classes, many students find it impossible to settle down enough during the night to enter into sleep.

"I've had trouble sleeping since I started college," said Greg Miller, a sophomore at YSU.

"With [my] class schedule and a conflicting social life, I have a lot less time to sleep than I used to."

Though Miller spends most nights awake and awaiting the drowsiness of sleep to take effect, he said he has noticed that a

good night at a bar will put him right to sleep.

Organizations such as the NSF and the American Insomnia Association have found that the root to many sleepless peoples' problems lies in their anxieties. The AIA lists persistent stress, learned insomnia and the use of stimulants as just a few of the major factors that can weigh against the mind's need for sleep.

Learned insomnia, or psychophysiological insomnia, occurs when a person worries about not being able to sleep, and how this will affect their ability to function during the day. The harder the person tries to sleep, the more difficult it will become for them to actually succeed in doing so.

"My trouble sleeping is just that I can't turn my head off when I try to sleep," said freshman Kylene Clickner.

"I think about everything I need to do and the things I forgot to do during the day, and I worry about the things I have complete-

ly forgotten about," said Clickner, who relies on prescribed Ambien when she really needs a good night's sleep.

Dr. Helene Emsellem, medical director of the Center for Sleep and Wake Disorders, said that after a stressful day, it may not only be hard to unwind mentally, but may also be difficult to unwind physically to initiate sleep by the end of the night.

"One of the biggest problems I see with patients having difficulty falling asleep is the fact that we have very busy lives and we don't always allow a wind-down time," Emsellem said during a 2005 WebMD University session entitled "Letting Go."

Emsellem advised students to set aside at least a half an hour of "relaxing activity" during the evening such as listening to music, reading a book or doing slow stretches or yoga.

Avoiding stress before going to bed allows a better transition from a busy day into a relaxing night, Emsellem said.

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Thursday, March 29

11:45 a.m. Buffet Lunch/12:30 p.m. Program-Reservation required.
Chestnut Room/Kilcawley Center

9:30 a.m. and 2:00 p.m. Public Session
Ohio Room in Kilcawley Center

Mike Jackson, vice president of marketing and advertising for GM North America, will be visiting YSU as part of the Williamson Symposium Series. Jackson is known for introducing a number of innovative programs, including the use of Web-based technologies, that helped boost GM car sales in the critical state of California. He also had GM a visible partner in numerous cause-related marketing programs that targeted ethnic markets.

Jackson joined GM in 2000 as executive director of sales and marketing support, following a series of leadership positions in sales and marketing at Coca-Cola, Pepsi-Co and Coors Brewing Co. He has a bachelor's degree in journalism from Kent State University and a master's degree in communications from the Annenberg School at the University of Southern California.

If you would like more information, please call Christine Shelton, Coordinator of External Affairs, at 330-941-3068 or email cgshelton@ysu.edu.



Twenty Fifth
Anniversary

**Spring 2007
Internship Interview
Day**

Friday, April 13
8:30 a.m. - 4:30 p.m.
Chestnut Room

Our Internship Interview Day is scheduled for **April 13**. The deadline for employers to register is **Friday, March 16, 2007**.

If you are interested in hiring interns majoring in accounting, finance, advertising/public relations, business economics, general administration, human resource management, international business, management information systems, or marketing, call Gwenn Clark in the Office of Professional Practice in the Williamson College of Business Administration at 330-941-1405 or gvclark@ysu.edu.

**Youngstown
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Jambar Editorial & Opinion

Tuesday, March 27, 2007

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The Jambar is published twice weekly during the fall and spring semesters and weekly during the summer sessions. The first copy of The Jambar is free; each additional copy is five cents. Mail subscriptions are \$25 per academic year. Since being founded by Burke Lyden in 1931, The Jambar has won nine Associated Collegiate Press Honors.

OUR SIDE

Students deserve say in decisions

You're shopping for a suit for a really important meeting. You step out of the dressing room, first in a black suit, then in a white one, and ask your friend which she likes better. She likes the black one because it's more practical. You go with the white one.

Seeking practical advice on important decisions that affect your future only to dismiss it is a recent trend on Youngstown State University's campus.

Committees and panels, designated by YSU administration and faculty, are supposed to solve problems among themselves. They're designed to provide solutions for their members, yet YSU's current administration seems to defeat the purpose of these committees and panels.

Last year the search committee for a new dean of the College of Arts and Sciences recommended two internal candidates: Economics Professor and Chair Tod Porter and English Department Chair Gary Salvner. The administration disregarded the recommendations for both candidates.

A more recent example is the appeals panel that was formed regarding Eric See, criminal justice professor. The panel was formed after Provost Robert Herbert denied the recommendations of the chair and faculty members of the Criminal Justice Department.

The panel voted in favor of See, and Sweet denied the appeal's panel.

Overruling the recommendations of search committees and appeals panels is a waste of time and purpose.

We're hoping this trend doesn't continue with the search committee for the College of Liberal Arts and Social Sciences dean.

We suggest that instead of having panels and search committees filled with administrators and faculty members, students make up part of these committees.

Student members of committees and panels would eliminate biases. More importantly, as long as we are paying tuition dollars, we deserve a say in what goes on at the university.

If YSU administration overturns the rulings of search committees, chances are students on committees would be overruled as well. But you never know until you try.

Over and over, our administrative leaders have said their purpose is to serve the students —because it is. But how about coming through for us once in a while? Allowing students to form or be part of committees that recommend rulings on important university decisions would be a chance for administration to fulfill their proverbial duty to students. Whatta ya say, Mr. President?

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.

LETTER TO THE EDITOR

Democrats add a side of pork to Iraq bill

Editor,

Recently, the Democratic Party has invested heavily in the pork industry. As tax payers, people have a right to know that over \$9 billion dollars of the new bill to fund the Iraq war is being spent domestically. Quite honestly, I never would have believed the Democratic Party would sink that low.

\$120 million dollars is going to the shrimp industry. \$100 million to citrus. \$283 million is going to dairy farmers. \$25 million is going to spinach subsidies. \$5 million is going to transporting fish. \$74 million is going to peanut storage. \$60.4 million is going to commercial fishing failure. \$40 million is going to the Secure Rural Schools Act (which deals heavily with the decrease in timber sales due to the EPA). \$50 million for a power plant. \$400 million to the Low Income Home Energy Assistance Program. There is a lot more, but you get the general idea.

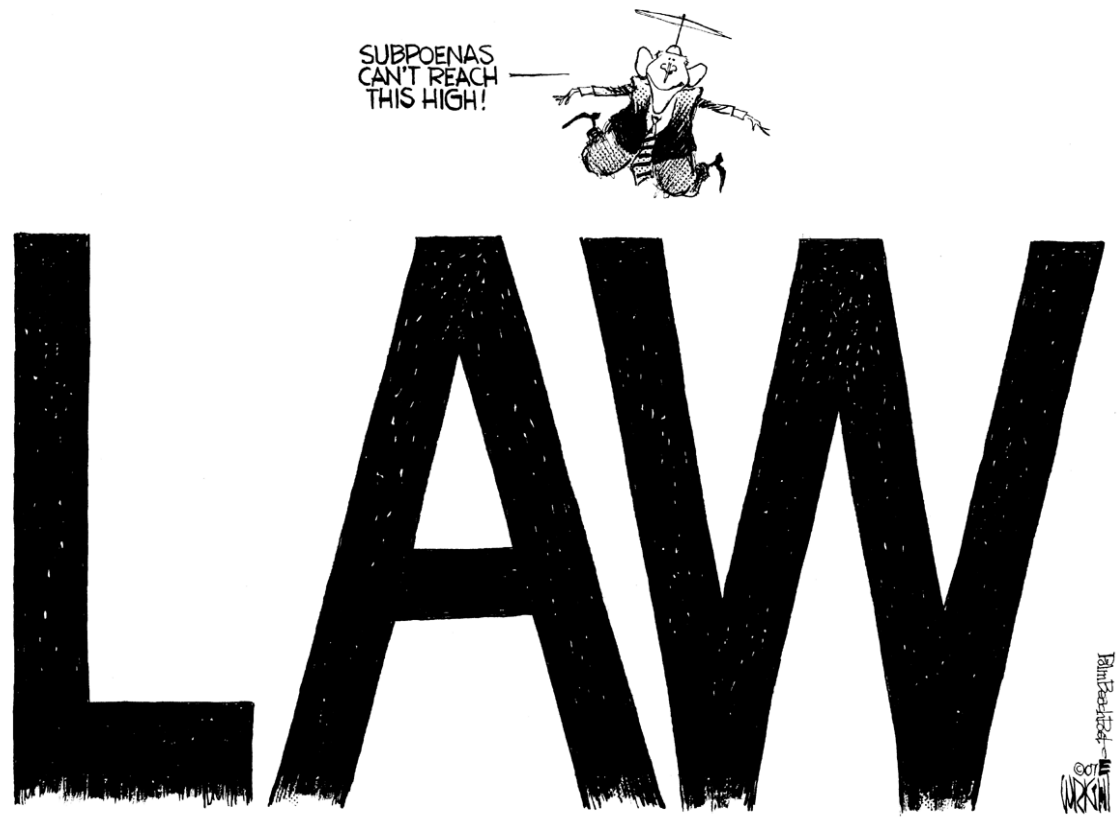
These are worthy causes, but why would they be attached to a military appropriations bill? In a nutshell, certain Congressmen were made offers they couldn't refuse. For example, if passing a

bill on the Iraq timetable would get a Congressman \$60 million to help provide relief for a fishery disaster that happened in his state, would that person vote for it even if he disagreed? It is a question between doing what is right and what is easy. Who knows, if he votes against it, that money MIGHT be there next year...and then again, it might not (wink-wink).

Some call this bribery and some call this extortion. Either way, it does not apply to this new, ethical Congress. Nancy Pelosi decreed that Congress will be held to the

highest ethical standard and openness would persevere. I don't know, but something about spending nine billion dollars on domestic issues that ought to be going to American soldiers does not seem ethical. It was a dirty, calculating move to gain votes. Even if you are strongly against this war, you must admit that this was wrong. This was self-serving 100%, and these wolves in sheep clothing have an agenda that should be watched carefully.

Alex Mangie



COMMENTARY

Financial tips: Identity theft resources

Mark Olesen
MCT

MU Office for Financial Identity theft is an issue that is regularly in the news _ over the past couple of years, I've written multiple financial tips on the potentially devastating effects of identity theft. It is frightening to think that 25,000 Americans are victimized daily (that equates to nearly 5 percent of all Americans last year alone!). I'd like to review the general strategies available to consumers to help minimize ID theft that have been shared prior and then discuss a new FDIC resource I recently came across.

Personally viewing your credit report. Every 12 months you can order a credit report from each reporting agency for

free. Most experts suggest staggering your reports (ordering one every four months). Use the government site: <http://www.annualcreditreport.com> (NOT www.freecreditreport.com).

Opt out. One way to reduce the risk of ID theft is to reduce the number of solicitations you receive. You can opt out of credit card solicitations (<http://financialsuccess.missouri.edu/tipoftheweek/optoutcc.pdf>) and phone solicitations (<http://financialsuccess.missouri.edu/tipoftheweek/optout.pdf>).

Fraud alert. This is a "flag" you can place on your credit report after being victimized. Alerts potential creditors that you are a potential fraud victim. Unfortunately, creditors aren't required to abide by (or even check) the alert.

Credit monitoring service. A service where an annual fee (average of \$75) is assessed to tell you when people are viewing your file. Most services don't add much of a benefit beyond what you can do for free (see above).

Credit freeze (<http://financialsuccess.missouri.edu/tipoftheweek/creditfreeze.pdf>). This is a very intriguing option and the only viable option that allows you to "stop" ID theft before it happens rather than reacting to issues that surface. Several problems exist _ laws have been established in some states, but not others; some states require you to be a victim prior to being able to use the freeze. For a list of state freeze laws, go to http://www.consumerunion.org/campaigns/learn_more/0034844indiv.html.

FDIC: "Don't Be an On-line Victim" (free CD-ROM). Nice, free resource on guarding yourself against Internet thieves and electronic scams. The free disc can be ordered at the FDIC Web site: <http://www2.fdic.gov/guard/>. Or check out the online version: <http://anon.vodium.com.edgesuite.net/anon.vodium/fdic/identitytheft/index.html>. The ID theft resource has seven sections:

- Introduction to identity theft
- Introduction to electronic scams
- Protecting your information
- Protecting your computer
- What to do if you are a victim
- Help for identity theft victims Resources

COMMENTARY

Anna Nicole Smith's death ruled accidental overdose

Robert Santiago
McCLATCHY NEWSPAPERS

Almost seven weeks after her death, the world finally learned how reality TV star and TrimSpa spokeswoman Anna Nicole Smith died: an accidental drug overdose.

Broward County Medical Examiner Joshua Perper and Seminole Police Chief Charlie Tiger announced the autopsy results Monday morning at a news conference.

Smith died from an "accidental overdose with no criminal elements present," Tiger said.

Perper said that Smith had been taking anti-depressant and anti-anxiety medication, weight-loss drugs, methadone, and injected human growth hormone and vitamin B-12 in her thigh.

Prior to her death she had taken antibiotics, over-the-counter flu medication and chloral hydrate, a sleeping medication.

Chloral hydrate, combined with her other medications, caused her death, Perper said.

Perper said that despite Smith's depression, there was no evidence she had committed suicide. There was also no evidence of homicide.

Smith, 39, a former plus-size super model, died Feb. 8 at the Seminole Hard Rock Hotel & Casino on Seminole Indian reservation property near Hollywood, Fla.

The February autopsy found that Smith had not taken illegal drugs or alcohol and had not died as a result of blunt trauma. Her liver and her heart were slightly enlarged.

The actress had been suffering from stomach flu days before her death. She was said to have a high fever, diarrhea, and was vomiting.

At the time of Smith's death, Perper said she likely died of natural causes, from a reaction to prescription medication or a combination of the two.

The amount and variety of

prescription medications the actress took prior to her death have been the topic of worldwide speculation. Prescription medications were found in her hotel room, but Perper refused to identify what they were.

Revelations of Smith's prescription drug use were revealed last month during proceedings in a Broward courtroom about who had the right to bury Smith's corpse.

Howard K. Stern, her longtime companion and lawyer; Virgie Arthur, Smith's estranged mother; and Larry Birkhead, Smith's former lover who claims to be the father of her baby daughter, all testified that Smith took a variety of prescription medications.

Both Perper and the Seminole Police Department, the law enforcement agency that oversees the Seminole Indian property, said Smith was not the victim of foul play.

Yet earlier this month, both the Seminole police and Bahamian law enforcement

officials traveled back and forth from South Florida to the Bahamas working on this complex case.

Seminole police were seeking the legal right to access information found in Smith's computer files, files that were taken from her Bahamian home.

Meanwhile, Bahamian law enforcement officials were said to be investigating the circumstances surrounding the death last September of Smith's son, Daniel, from a drug overdose.

Perper was expected to announce his toxicology findings earlier this month, but the announcement was delayed when the Seminole police said they had two new pieces of evidence in the case that they wanted to explore.

"The reason Dr. Perper wanted to wait was not that he would change his ruling, but the new information would reinforce his ruling," Seminole Police Capt. Robert McDaniel said.

JAMBAR Feature

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Tuesday, March 27, 2007

MUSIC

INDIE ARTISTS TAKE CONTROL

Britta Snowberger
FEATURES REPORTER

They attend classes of all disciplines. They park in the dreaded campus parking decks. They hang out in Peaberry's Café. Look around: YSU students who write, record and produce their own music are everywhere.

These true "indie" (independent) artists are not usually looking for fame or fortune; they are simply expressing themselves in the way they have the most influence.

"Recording for me is definitely a hobby," said junior nursing major Mark Darby. "Indie music is nice because it offers lots of control, and I don't want lots of money or fame, so why pursue something more serious?"

Darby, an acoustic guitarist, keyboardist and vocalist, is influenced by artists such as Chris Carrabba, John Mayer, The Beach Boys and Daft Punk. Inspired by personal interaction, Darby writes about his life and then puts it to music.

"I draw most of my inspiration from past and present relationships, both romantic and otherwise," he said. "I've had a broken heart a time or two, so I channel those memories into a really sick tune."

For Darby, the writing and recording processes coincide,

ently varies.

"There is no time frame, really," he said. "I have made an entire track in four hours, and I have spent months on a single song."

McCreary — who sculpts speed garage and Chicago house tracks using Technics Turntables, a synthesizer and a library of audio samples — writes music for therapeutic and existential purposes.

"Writing for me can only take place when I am in a certain mood," he said. "My music as a whole has a certain spiritu-

"I draw most of my inspiration from past and present relationships, both romantic and otherwise."

Junior, Mark Darby

but the effort, combined with a heavy class schedule, is far from brief. Using a microphone, a computer and recording software, the acoustic performer crafts his songs carefully and critically.

"I basically record as I write in most cases. Music comes first, then lyrics, then editing when it's all there," he said. "If I was to sit down and put a song together, it would take a week of off and on work. This is due to my schedule and the experience of knowing what sounds good and what I can add or subtract from a recording to make it sound better."

Darby's girlfriend, Jaclyn Lucas, a junior middle childhood education major and indie musician herself, agreed that writing and recording a song takes a great deal of planning and patience.

"You have to take the time to actually write the lyrics and think up melodies and harmonies. Then there's the recording process, which is frustrating, even with programs that make it easy, like ACID Pro," Lucas said. "Going back and editing songs isn't very difficult, but doing all the work is just tiresome. The end product is always worth it, though."

Ryan McCreary, a sophomore criminal justice major and deejay, said that the time required to write, record and produce a song independ-

entally varies. "There is no time frame, really," he said. "I have made an entire track in four hours, and I have spent months on a single song."

McCreary — who sculpts speed garage and Chicago house tracks using Technics Turntables, a synthesizer and a library of audio samples — writes music for therapeutic and existential purposes.

"Writing for me can only take place when I am in a certain mood," he said. "My music as a whole has a certain spiritu-

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Jambar/ Britta Snowberger

money he has invested in his home studio, including his turntables, mixer, vinyl records and synthesizer, to be nearly \$7,000. Darby, on the other hand, has spent approximately \$1,500 on his guitar, computer, software and microphone.

Although recording independently can be costly, these college artists gladly choke down ramen noodles at every meal in exchange for fully expressing themselves through music.

"I can't see myself ever not recording independently. Even if I had a deal on a label, I would still want to largely produce my own recordings," said Darby. "The most rewarding part about it is that I am in control, and that it is a work from my own two hands."

"I think he's happy doing everything independently, because even though he's not a perfectionist, he does have this idea in his head of exactly how he wants his songs to sound," said Lucas of Darby's home recording. "Someone else might not be able to give him that."

Valuing the time, money and hard work they put into their music, the student musicians recommend the independent recording process to everyone hoping to express themselves through song.

"If you want to self-produce, then do it for yourself. Don't write music for other people," said Darby. "If other people like your music, go somewhere with it. If not, you still have music that you want to hear."

"Go for broke and don't let anyone ever tell you that you cannot do it," McCreary agreed, adding that the indie music scene is open to musicians of all backgrounds, styles and abilities. "With today's technology, anyone can make music."

Design by Adam Rogers

Upcoming events

Today

Alexis Antes, Pop/Folk
at Peaberry's Café,
11 a.m.



Wednesday

Denny Gallo, Keyboardist
at Peaberry's Café,
11 a.m.

Eric Ryan Productions Presents Kill
Hannah, Strata and Asleep
at The Cellar,
doors open at 6 p.m.,
show begins at 7 p.m.,
18 and over, tickets \$13 in advance.



Thursday



Rockstar Karaoke
at The Wedge,
10 p.m., 18 and over, \$2
cover.

Chili Challis, Comedian
at Peaberry's Café,
11 a.m.

Friday

Todd Kayden
at Barley's, 10 p.m.,
tickets \$7 at the door, \$6 in
advance

Skull'RZ Bane and Metalourd
at Cedars, 10 p.m.



Audion, Greydealer and
Erin's Vineyard
at Mojo's in Austintown, 10 p.m.

Red Wanting Blue, Jones 4 Revival
and The Zou
at Plush Nightclub, 10 p.m.

Saturday

Motorpsychos and
Turbo Lovers
at The Royal Oaks,
10 p.m.

Sunday

Classics on Ice
at The Chevrolet Centre,
3 p.m.,
tickets available online at
www.gettix.net



DEAN, continued from page 1

Porter said that students have a tough time graduating, since there are challenges in scheduling all of the required courses. Porter used other nearby colleges as examples, saying that places like Kent State University had some version of a writing course, but no oral intensive or critical thinking courses. He said that since revising the general education requirements was probably going to be a two or three year process, it would be easier to leave the rough structure in place. He also stressed matching YSU's categories with those of transfer students.

Porter further discussed the possibility of creating a new communi-

ty college in Youngstown, saying that YSU would lose volume if there ends up being a separate community college.

"Whichever way it goes, there will be some interesting opportunities," Porter said.

The Youngstown Early College was also a point of discussion during the forum.


"Clearly the GPA's and success rates are lower than we would have hoped," Porter said of the YEC. "If the success rate's low, it's not really working for anybody."

The next open forum for dean candidates is Tuesday at 4 p.m. in the Board of Trustees Meeting Room, located in Todd Hall.



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 When: 9 a.m. - 5 p.m.
 Who: SFC Kenneth Abruzzini

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— Albert Murry
 Transfer Student
 West Liberty State College,
 West Liberty, West Virginia

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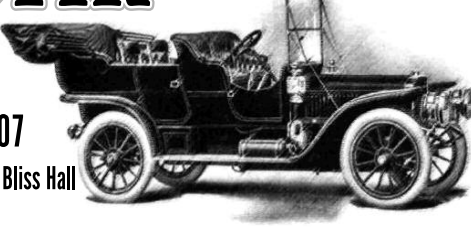
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Contest Details:
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www.kc.ysu.edu - CONTEST DETAILS

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Looking for the Best Student Job on Campus?

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

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- 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.

How old was Mike Tyson when he won his first WBC title?

- A. 25
B. 18
C. 20
D. 22

07 °C

Tuesday, March 27, 2007

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Page 6

SOFTBALL

Softball finishes strong at Miami Invitational

Penguins look to carry momentum into their first home game of the season against Robert Morris

Andrew Berry
SPORTS REPORTER

After nine games on the road to open the regular season, the Youngstown State University softball team is preparing for its first home appearance of the season with a double-header against Robert Morris University Wednesday.

The Penguins have compiled a 5-4 record following a recent two game sweep of the Miami (Ohio) Redhawks to conclude their play in the Miami (Ohio) Invitational.

Head coach Christy Cameron said the team performed impressively despite the beginning the tournament with three straight losses.

"This is the time of the year we're looking at more than just wins and losses," Cameron said.

Cameron was quick to point out that the team was able to hang tough with squads that have played twice as many games this season. Facing strong opponents is what Cameron believes will help the girls improve as the season goes on.

"We had a good weekend and faced good pitching. I was very proud of our kids

and pleased with their performance and we got more games under our belt," she said.

The Penguins battled with an offensive juggernaut in Purdue University to open to the weekend invitational but four untimely fielding errors allowed the Boilermakers to score the only run of the game for the win.

For the Penguins to have success,

Cameron stressed that the defensive play would have to improve on the road back to the championship game.

good, the statics don't tell the whole story as it is still so early in the season.

"It's the little things that you do offensively that are crucial, but it all comes down to pitching and defense," Cameron said.

Even with two close losses and a hard 14-0 defeat at the hands of Michigan State University over the weekend, Cameron said the team maintained a positive mentality that will carry over to their first home game of the season.

"The attitude was there and we never gave up," she said.

"We had a good weekend and faced good pitching. I was very proud of our kids and pleased with their performance and we got more games under our belt."



Christy Cameron, YSU
Women's Head Coach

"It's key for the defense to get those routine outs," she said. "Good teams will do things consistently and we can't make excuses for ourselves."

One aspect of the game the Penguins having been performing consistently well has been at the plate.

Six players have posted batting averages of .300 or better through the first nine games of the season.

While Cameron said the numbers are



Photo courtesy YSU Sports Information

Senior pitcher Karlie Burnell stares in for the sign from the catcher. If the defense holds behind Burnell and the rest of the Penguin pitching staff, the team will have no problem finding success.

FEATURE

Keeping your backyard body in shape How to prevent nagging and serious injuries

Jake Glavies
SPORTS EDITOR

It happens every Spring.

The weather gets warmer and students take to the fields and courts to mimic their favorite athletes, usually with disastrous results.

Poor play can be expected but along with these lower standards of greatness come injuries that most non-athletes don't know how to handle.

According to Youngstown State University athletic trainer Todd Burkey, injuries vary by sport, which can make the Saturday afternoon warrior look more like a member of the walking-wounded than someone out to have a good time.

"In basketball you get more ankle and knee injuries but in backyard football it's more shoulder injuries," he said.

But across the board various sprains cause pick-up game heroes to drop off like flies.

Too often though these "athletes" try and play through the pain, inflicting even more damage.

"Ankle sprains are the most common because it's an unstable joint but knee sprains are more serious," he said. "It's best to visit a physician if you have nagging pain but you can manage some of these injuries with general range of motion exercises."

For more information on how to diagnose and treat a potential injury before it sidelines your game see our prevention illustration.

Personal Trainer

Signs of serious trouble

"Triage" is a process in which doctors and nurses decide how serious a person's condition is; these are the major warning signs in sports:

Weakness

Numbness or tingling; may be from a pinched nerve

Reduced range of motion

Joint can not move freely in comparison to same joint on other side

Focused tenderness

Pressing a specific point on bone, muscle or joint causes pain

Swelling

May just be a stiff feeling or clicking in a joint

Joint pain

Especially in knee, ankle, elbow or wrist

If a warning sign appears

- Stop exercising
- Wrap with compression bandage
- Apply ice 15 min. at a time
- Elevate injured part of body
- Consult a physician if recovery is not prompt

Source: Anybody's Sports Medicine Book by James Garrick and Peter Radetsky; Your Guide to Sports Medicine by Elizabeth Quinn Graphic: Helen Lee McComas, Paul Trap © 2007 MCT



YSU
SPORTS
IN BRIEF

Penguin Baseball Wins First in League

Youngstown State's offense exploded for 17 hits and Lucas Engle struck out 10 hitters in an 8-4 complete game victory over Butler Saturday.

Sean Lucas, Erich Diedrich and Josh Page had three hits apiece for the Penguins, who improved to 5-11 overall and 1-0 in the Horizon League. Lucas and Diedrich each drove in two runs.

Engle threw the first complete game of the season for YSU and his 10 strikeouts were a career high. He gave up three earned runs on six hits and three walks.

The team's next game will be today against the 10-9 Ohio University Bobcats. This will be the 17th road game of the season for YSU, a streak that will be snapped Wednesday when the team takes on Malone at Cene Park, the Penguins home field.

Softball Team Beats Miami at Tournament

The Youngstown State softball team beat Miami at the Miami (Ohio) Softball Invitational 7-6, bouncing back from close losses to Purdue and Toledo earlier in the tournament.

McKenzie Bedra went 2-for-3 with a home run and four runs batted in and Karlie Burnell pitched 4.2 scoreless innings of relief in the Miami game.

Despite solid pitching performances from senior Burnell and freshman Danielle Chase, the Youngstown State softball team dropped games to Purdue, 1-0, and Toledo, 2-1, at the Miami (Ohio) Softball Invitational Friday.

Burnell threw a complete-game, five-hitter against Purdue but allowed an unearned run in the sixth inning to take the loss.

Jamie Fornal recorded three of YSU's five hits, none of which were good enough to get the Penguins on the board against the Boilermakers.

Against Toledo gave up just five hits but the Penguins couldn't consistently put people on base and scored their only point of the game on a solo homerun by McKenzie Bedra.

The Youngstown softball team is now 5-4 on the season and will face Robert Morris March 28 at McCune Park in the squad's first home game of the season.