

AMBAR -

The student voice of Youngstown State University since 1931.



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yo* calendar

Brought to you by [the yo* magazine] a special twice-a-year publication of The Jambar

broaden yo* horizons

Youngstown Citywide Cleanup Neighborhood Trash and Litter Removal

- Saturday, May 31. 8:30 a.m.-1 p.m.
- The Chevy Center
- Trash bags will be distributed

plan yo* night

Open Mic Night at UPIE

- Thursday, May 29, at 9 p.m. University Pizzeria Latin Food Fest
- Saturday May 31, 3 p.m.- 9 p.m.
- Organizacion Civica y Cultural Hispana Americana, 3660 Shirely Rd.
- \$8-\$10 JonesFest
- Featuring: The Zou, 5 Elements, Captain Braskey, The Devotees, Mystic Wip Hustler, Twelve Bucks, Braille, Winslow, Melva, The Youngstownians, The Jahman Brahman Family Band, Wild Trees, Zach Paxon and Jones for Revival.
- Comedy acts include performances from Mike Berlon and Murad Shorrab.
- Saturday, May 31, 2 p.m.- 1 a.m.
- Federal Plaza
- All ages free admission

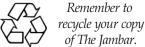
WEATHER



74° 53° Sunday

80° 55° Monday

Tuesday Wednesday 💭 81° 64°



Rising gas prices squeeze students

J. Breen Mitchell

News Editor

The average price of gas in Ohio rising steadily, and it is having a major impact on the lives of Youngstown State University stu-

According to the Energy Information Association, the price of gasoline in the state of Ohio is an average of \$3.97 as of May 26. On May 19, the average was \$3.86, and on May 12 was \$3.75. Since last week, gas prices have risen \$0.11, and they have risen \$0.63

to the EIA website.

The feelings of YSU students can best be summed up by junior Christine Shehadi.

"They suck", Shehadi said.

Shehadi said that she drives a Lumina and it cost her \$45 to fill her tank the last time she purchased gas. She said that she works for Clemente Ambulance and that drivers are instructed to turn their engines off when they are stopped to save diesel fuel.

Kree Franklin, sophomore, said that gas prices have affected her

"I usually go somewhere every summer and I'm not this year. We own a condo in Myrtle Beach and we figured it would be \$200 in gas," Franklin said.

"I budget a whole lot, but I may have to get a second part time job," said junior Andre Mason, who drives a 2001 Lincoln LS with a V8 engine. He said that the last time he filled up his tank, it cost him \$57.

Mason said that the prices were going to have an impact on his education, because he has to put off

"I should have taken summer classes, but driving back and forth from Boardman, uh uh," he said.

Julie Felix, an advisor in the college of liberal arts and sciences, said that for the most part, she has not been affected by the increase in gas prices, but she lives in Poland and no longer goes home for lunch.

She said that she has noticed a change in students who come to her for scheduling.

'Students, if they commute, only want to come to campus two or three days a week," Felix said.

WORLD

Medical personnel walk over rubble May 19, 2008 in Beichuan, China. Photo and art by MCT Campus.

Angry parents protest poor construction YSU prof saw of schools destroyed in China quake

By Tim Johnson

McClatchy Newspapers

JUYUAN, China - Parents seething over the earthquake-triggered collapse of school buildings that killed their children are starting to take action.

The incipient protests, if they grow, could prove embarrassing for officials worried that a spotlight may be placed on shoddy construction of schools that led to the deaths of thousands of students in a May 12 earthquake.

At a small stand near the Juyuan Middle School, where some 400 students were crushed in the collapse of a building, the only building to crumble in the vicinity, angry parents Wednesday gathered signatures on a petition and contemplated filing a lawsuit.

"We want compensation," said Zhang Xianqin, who lost his 15year-old son at the school. "I want justice. Why did just schools collapse in this whole area?"

Parents milled about the small desk on a sidewalk, where a volunteer opened up the petition, in which more than 100 parents had affixed their signatures and red thumb prints. The petition demands punishment for officials in the local education bureau.

"We want to find out who is responsible," said Xiao Xuanyong, a 38-year-old farmer, adding that the four-story school should not have completely crumbled in the 7.9-magnitude quake.

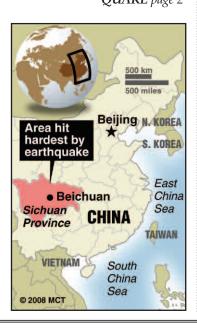
China hasn't said how many school children died in thousands of collapsed classrooms.

Relief for the earthquake-hit region of Sichuan Province has turned into an event of national unity and solidarity, leading to donation drives that have captured \$1.8 billion and drawn steady streams of volunteer workers into the quake zone. Beijing Monday declared three days of "national grief," closing movie theaters, banning other recreational activity and organizing vigils in city squares that have turned into patriotic rallies.

Parents of perished school children, though, said their tragedy had been largely overlooked.

"Nobody comes to show any concern. The government never came. Only the journalists come," said Feng Lixia, whose 14-year-old daughter, He Yu, died at the middle

QUAKE page 2



devastation while in China for conference

Sarah Sole

Editor-in-Chief

When the earthquake hit in Sichuan Province, Ying Wang, assistant professor of marketing at Youngstown State University, was taking a nap in Beijing.

A friend called and asked her if she felt anything. Wang said no and turned on the TV.

In Shenzen, China for a business conference, Wang had just arrived in Beijing a day earlier for a college reunion. It was the first time she had returned to her native country in seven years.

At first, people assumed the damage wasn't serious, Wang said, since Sichuan is a rural area with a low population.

PROF page 2

ACADEMICS

Master's degrees master job market

Sarah Sole Editor-in-Chief

Students who graduated with a master's degree during spring commencement may be on the right track to good money.

According to a March 15, 2007 press release from the U.S. Census Bureau, adults 18 and over with a master's, professional or doctoral degree earned an average of \$79,946, while adults with a bachelor's degree earned an average of \$54,689 in 2005.

Joseph Kasvinsky, dean of the College of Graduate Studies and Research, said there is data that shows very significant increases in average family income as each degree is earned. He also said that he is not sure that a master's degree is absolutely necessary for career success.

Kasvinsky said that while teachers are required in Ohio to have a master's degree, professionals in other careers can benefit by getting a master's degree depending on the nature of their careers. Police, for example, can get a

master's in criminal justice, which can possibly help them move up the ranks, he said, adding that this is probably true of individuals in any Additionally, a master's degree

helps ensure that an individual has a paycheck. "The higher the degree, the less

likely you are to be unemployed," Kasvinsky said. Apart from benefiting individu-

als, a master's degree can also help out an entire region. Kasvinsky said in this region a higher level of education can be

related to an improved economic development. Despite these benefits, Kasvinsky said sometimes it's bet-

ter for graduating students to get business experience before returning to school for a master's degree. Sometimes, it is cheaper for businesses in some areas to hire people

MASTER'S page 2

"The higher the degree, the less likely you are to be unemployed."

Joseph Kasvinsky, dean of the college of graduate studies

YOUNGSTOWN

Business Incubator provides job opportunity for Youngstown grads

J. Breen Mitchell

News Editor

Youngstown State University grads may someday be able to enter the workforce of a city on the cutting edge of the technology.

At least that's part of the vision of the Youngstown Business Incubator, which works to attract technological entrepreneurs to downtown Youngstown.

Julie Smith, Chief Development Officer for YBI, said that the Incubator has several working relationships with Youngstown State University, and is looking to continue to expand that relationship.

"We are constantly seeking ways to encourage student entrepreneurship and innovation," said Smith, adding that YBI is interested in supporting a proposed "innovation space" at the new Williamson College of Business Administration.

YBI's expansion involves businesses "graduating" from the Incubator and helping in the development of newer businesses, as well as increasing collaboration with YSU.

The Incubator, classified as a charitable nonprofit organization, began in the late '80s and has since switched its focus from the manufacturing sector to more modern technology

"As YBI incubates companies at its main facility, it is our goal that as those companies accelerate, that they will graduate from our facility to another commercial facility located in close proximity to YBI," said Smith.

Smith said that this will allow

for a "managed cluster" of businesses which can aid in the development of new businesses. She said that an example of this is Turning Technologies, a newly "graduated" company, which she said would be able to help in the development of newer businesses located within the Incubator, such as Eris Medical Technologies and Visual Impact

The Incubator is focused on developing a block of downtown Youngstown, which they call Tech Block. Smith said that the first phase of this development was the main facility, followed by the Taft Technology Center. The next phase will be the revitalization of the Semple and Wells buildings and the demolition of the Armed Forces and State Theater buildings.

YSU and Zethus Software, a

YBI-based company, are collaborating on the establishment of the Center of Excellence in Industrial Metrology and 3D imaging, for which YSU received a \$1.5 million appropriation from the Department of Defense.

"We see the futures of YBI and YSU intertwined and wholly supportive of each other," Smith said.

By creating and assisting technology-based business, it creates employment opportunities for YSU graduates," she said.

Martin Abraham, Dean of the college of Science, Technology, Engineering, and Mathematics, said that he strongly supports YBI's efforts to revitalize the downtown area.

"I believe very strongly in this partnership and believe that our continuing positive relationship can lead to many future opportunities for Youngstown and the Mahoning Valley," said Abraham, who is a member of the YBI Board.

Abraham said that YBI represents a great opportunity for students, citing an example of a 2000 YSU graduate who left and took a job in Cleveland, but came back to Youngstown to work for Turning Technologies.

"Without the support of YBI, Turning would not be in downtown Youngstown, and this YSU grad would not have been able to find employment in our community," said Abraham.

It is my opinion that the continued positive relationship between YSU and YBI ... represents one of the best hopes for the future of Youngstown and the Mahoning

THURSDAY, MAY 29, 2008 THEJAMBAR.COM

News Briefs

Cookbook to benefit infant safety program

The YSU Human Services Development needs recipes in order to publish a cookbook benefiting a Mahoning County infant safety program. The proceeds will provide the economically disadvantaged new parents with a safe sleep kit including a portable crib and safe sleeping instructions. The cookbook will sell for \$5 per copy. Please submit recipes via e-mail to rsgeorge@ysu.edu or by campus mail to the Center for Human Services Development, 214 Phelps Building. Submissions require a name and telephone number.

Student receives \$5,000 fellowship

Chad Miller of Poland, Ohio, received a fellowship from the Honorary Society of Phi Kappa Phi for the fourth consecutive academic school year. Only 60 students nationwide are selected as recipients for the fellowship. Miller graduated summa cum laude from Youngstown State University in December with a bachelor's degree and is pursuing a master's degree in chemistry

Retired prof receives award

Sandra Stephan, a retired YSU professor since 2006, received the College English Association of Ohio's John Hollow Award in recognition for her dedication and memorable service to the organi-

Fashion coordinator receives statewide award

Virginia Bendel Draa, coordinator of Merchandising: Fashion and Interiors in the Department of Human Ecology, received the Outstanding Professional of the Year award from the Ohio Association of Family and Consumer Sciences, District B.

Police Briefs

Drivers permit found

An anonymous citizen turned in a driver's permit they found in the M-24 parking lot on May 25 during a swim meet. The license was tagged and placed in the YSU police property room.

Report of possible suicide attempt

Youngstown Police notified the YSU police dispatcher that they were looking for a person who wanted to commit suicide on May 23. YSU police found the subject in a car in the parking lot of the VA outpatient clinic on Belmont Ave. The subject admitted to having a gun, which was left at a friends house. After being passively restrained, subject was transported by Rural Metro to Northside Hospital.

Trespass warning issued

YSU police observed someone on a bicycle looking in a trash can and around an doorway at the north east door of Ward Beecher on May 20. The subject moved to a secluded doorway and was seated picking up cigarette butts. The subject identified themselves as an artist, and was rolling their own cigarettes to save money. YSU police issued a trespass warning.

Stolen bike

A student reported that a bike stolen from outside of Maag library on May 20. A short time later, YSU police saw someone riding a bike that fit the same description on Wick Ave. The subject was stopped in front of Bliss Hall and confessed to taking the bike after the victim positively identified it. The suspect was taken into custody on the theft charge, as well as issued a verbal **ACADEMICS**

Wake Forest joins schools dropping SAT, ACT requirement

Jane Stancill

McClatchy Newspapers

In a groundbreaking move, Wake Forest University will no longer require applicants to submit SAT or ACT test scores for admission, school officials will announce Tuesday.

Wake Forest will become the only top 30 national university in the U.S. News & World Report ranking to make the standardized tests optional. The policy change takes effect with the freshman class starting in 2009.

University officials say they changed their policy after reviewing extensive research that shows the tests favor wealthy students and aren't the best predictors of college

"We think it's the fair and right thing for us to do," said Martha Allman, director of admissions. "We're concerned that (the SAT) is a barrier to some students we very

much want to bring to Wake Forest University."

Students can still choose to submit their test scores for consideration, and Allman expects many to do so. But admissions decisions will be based on high school curriculum and grades, combined with written essays, extracurricular activities and evidence of character and talent.

And the university will now encourage students to do a personal interview with admissions staff, either by face-to-face meeting or virtually using a computer.

In education circles, the debate has long simmered about the value of the SAT — a key factor used by elite universities to weed out applicants. Studies have shown that standardized tests tend to have built-in racial and socioeconomic

There is a growing movement of colleges and universities that deemphasize the test. FairTest, a Cambridge, Mass.-based watchdog organization that monitors standardized testing and advocates for alternatives, counts about 760 schools that don't require the SAT or ACT. In recent years, highly regarded liberal arts colleges in the Northeast have joined the trend.

But Wake Forest's decision is significant because of its reputation and its location in the Southeast, where fewer colleges have dropped the test requirement, said Robert Schaeffer, public education director at FairTest.

"This extends the test optional movement to a very competitive national university," Schaeffer said. "It's very big news. Wake Forest is to be commended for adopting the policy. It sends a message that this is a policy that can be pursued not just at smaller, intimate colleges but at larger colleges where more applications have to be reviewed."

This year, Wake Forest received more than 9,000 applications and

expects 1,200 freshmen to enroll this fall. Allman said the 12-person admissions staff would work to interview more prospective students during summer college tours and during visits to high schools. Trained alumni may also help conduct interviews.

The policy may come as a relief to talented students with good grades but lackluster test scores. "There are some students who are very strong in other ways that don't test well," Allman said. Colleges that have made the

tests optional have seen a spike in applications and a more racially and economically diverse applicant pool, said Joseph Soares, associate professor of sociology at Wake Forest and author of "The Power of Privilege: Yale and America's Elite Colleges.'

The bottom line is that the SAT has never been a measure that correlates to success in college, Soares said. "It's a rotten predictor of college grades," he said. "It's a very reliable predictor of family income. If you are picking students from the higher end of the SAT bell curve, you are overwhelmingly picking students from economically privileged backgrounds."

Wake Forest may gain a leg up on its competitors, said Steven Roy Goodman, a Washington-based consultant who advises high school students on college admissions.

"I think what's probably driving this is the desire to generate more applications," Goodman said. "This will help Wake Forest attract some of the students who would've looked at the SAT-optional schools up North. It does change the dynamic for the competition."

If more elite schools follow Wake Forest's lead, said Schaeffer of FairTest, the trend could alleviate stress among high schoolers. "It's a way to help stall the incredible test prep frenzy that has overtaken our high schools," he said.

QUAKE page 2

In Beijing, a senior official reiterated a variation on a pledge first made by Premier Wen Jiabao that those responsible for substandard buildings would be punished.

Li Rongrong, head of China's Supervision Assets and Commission, Administration which oversees state companies, promised to punish any stateowned companies found to have built schools that collapsed in the quake.

"If these buildings (that collapsed) were built by major stateowned firms, we will take severe measures," Li said.

In another rural district near Dujiangyan, named Xiang'e, a middle school and an elementary school both collapsed, killing some

A disgruntled resident, Ma Fucui, who said she lost a nephew in the collapse, held up a brick taken from the rubble of the middle school and rubbing off faux cement, citing it as an example of illicit cost-cutting in school con-

"Look, it's just sand. It's not cement. Normally, cement wouldn't crumble like this," she said, picking off chunks.

She said local residents "are angry. They are trying to search for the principal. The principal has run away. Nobody has seen him since (the earthquake)."

Asked why the principal had left the village of 15,000 residents, she said: "He couldn't face the parents."

Chinese journalists, some of them blogging under pseudonyms, are joining the campaign to seek redress for shoddy school construction. Some have set up a website to list the schools that collapsed.

So far, the list includes 175 schools, with a total of 8,365 classrooms and dormitories. Last week, the state Xinhua news agency filed a report listing the schools destroyed as more than 6,800, mistaking classrooms destroyed for schools in an English-language report. McClatchy Newspapers carried the erroneous report.

PROF page 2

After they saw the premier of China fly to Sichuan, however, everyone realized the quake was a national disaster.

The TV was constantly on, and everyone checked the Internet for news updates. While at her reunion, former classmates talked about the earthquake rather than themselves.

While most news reports were still positive, Wang said she thought the Chinese government took action well compared to previous incidents, because they opened up about the death toll.

They also ran photos of the aftermath, showing photos of arms and legs of children that shocked people, Wang said.

"In order for them to leave, the doctors had to cut off their legs," Wang said of some survivors.

MASTER'S page 2

with bachelor's degrees rather than master's degrees, he added. Some students, however, feel

additional schooling is necessary. Melissa Kirby, a recent YSU master's graduate, said she hopes her degree in counseling will make her far more success-

just a bachelor's. While some schools will take counselors with a bachelor's degree and a couple of years of experience, most will say that bachelor's is required, but master's is preferred.

ful than she would've been with

Kirby, who will be working at Pacific Lutheran University in Tacoma, Wash., said that initially she had gone for her master's to avoid getting a job. Now, she thinks the degree is necessary component for most people in her field. "In order to move up, it's highly recommended," Kirby said.

Danielle Frabutt said she feels pressured by family, friends and professors to further her education.

Working the last six months as a personal assistant to the director of the American Wind Symphony Orchestra, Frabutt will attend graduate school in the fall for music performance, continuing as an assistant.

"In music performance there is huge pressure to continue on to graduate school," Frabutt said, "As you further your education in performance you gain the 'right knowledge' to teach on a collegiate

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THEJAMBAR.COM **THURSDAY, MAY 29, 2008**

OUR SIDE

Students feel gas pains at pump more than ever

RELATED STORY

GAS PRICES, page 1

The rising price of gasoline makes attending college far more expensive than the up front cost of

Additionally, it makes actually attending classes much more diffi-

At a university such as Youngstown State, which is considered to be primarily a commuter school, gas is a major expense in students' budgets. The continued rise makes it more and more likely that students will attend class less often than they do now.

Gas prices have risen \$0.63 in the past year, and \$0.11 in the past week alone.

Something must be done. Gas prices are determined by the price of oil, which is nearly \$130 dollars per barrel.

The factors which go into this are numerous, including lack of domestic refinery capacity, reliance on foreign oil, and prices set by the Organization of Petroleum Exporting Countries, a foreign monopoly created to subvert the free market in a misguided effort to control prices.

The interests of the U.S. are sorely ill-served in this arrangement.

Those of us who are charged with becoming the next generation of leaders, provided we can afford to educate ourselves in order to keep this charge, are left with the

Some argue that our best option is to move away from the use of fossil fuels, which will help to solve the problem, but it will not be enough.

Others will argue that caps should be placed on prices. This will do more harm than good, however, because it will drive many out of business, creating large scale unemployment when gas station owners are no longer able to cover their overhead expenses.

Regardless of one's political eanings, we can all agree that the situation cannot remain as it is.

It will be on this generation to provide the innovation to move beyond the problem of gas prices. Provided, that is, that we can afford to keep driving to school.

POLICIES

Editorials in The Jambar reflect the opinions of the editorial staff, including the Editor in Chief, News Editor, Managing Editor and Copy

The Jambar encourages letters to the editor. E-mail submissions are welcome at thejambar@gmail.com.

Letters should concern campus issues, must be typed and must not exceed 400 words. Submissions must include name and telephone number for verification, and letters are subject to editing for spelling, grammar and clarity. Items submitted become the property of The Jambar and will not be returned.

Letters will not be rejected based on the views expressed in them. Letters may be rejected if they are not relevant to Jambar readers, if they seek free publicity or if the editorial staff decides the subject has been sufficiently aired. The Jambar will not print letters that are libelous,

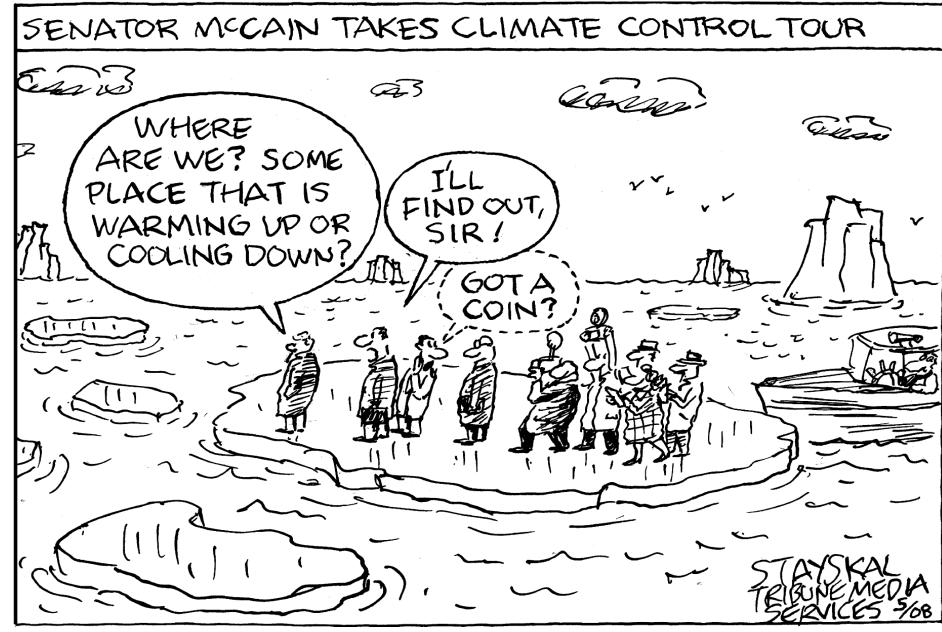
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ABOUT THE JAMBAR

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COMMENTARY

AmeriCorps the beautiful

Megha Satyanarayana

McClatchy Newspapers

Ten years ago, when I was in college, the United States had a glorious economy, gas was pretty cheap, and because the American dollar stomped the Canadian dollar, we'd go shopping north of the border.

I ran with civic-minded kids, both conservative and liberal, with plans to solve poverty, homelessness, sexism, racism, and every other -ism. America was in great shape, we thought, so we dreamt of jobs in the Peace Corps, or at some big, bad non-profit. We ran on the endless fuel of youth, hope, and the can-do attitude that suffused everything in the mid-to-late 1990s.

I wish I was 18 again. For the last two days, I've been with volunteers at the Biloxi Habitat for Humanity Jimmy and Rosalynn Carter Work Project site. On my work site are a half-dozen kids from AmeriCorps, whose accolades

"they never complain about anything," "they are the hardest working volunteers," and my favorite. "they're young, they have good knees.

When I was in college, AmeriCorps was a fledging program, the five-year-old domestic answer to the Peace Corps. Now, through a partnership with Habitat, every swing of their hammers solves the global issues of poverty and homelessness for a family, giving them the stronghold to fight their own battles against the -isms.

AmeriCorps, they tell me, is a way to solve our domestic problems. Why leave? We have so many. These are MTV-generation kids, who'd rather the producers of the Amazing Race cover their reality than Tila Tequila.

That argument is really convincing, especially when I look around me. We have so many young people here who could fill so many gaps in rebuilding this community, even if they are exhausted from rebuilding their own lives. I see them everywhere. At the mall. At the movies. At the skate park.

Maybe they aren't ready for college. Maybe they will never be. Maybe they are, but want a different experience before they go. Maybe they are done, and don't know what to do next.

This is where groups like AmeriCorps could burst through the pack. This is where our local kids could have the kind of life experiences they might bring back to the Coast in their "adult" lives. This is a small way that the Coast could build capacity, a way for the area to grow and heal. It's a way to build communities, one house at a time, one day at a time, one life at a time. Go to the mall, the movies and the skate park. But spend your days

being part of the solution. In Israel, most kids are required to serve in the military after high school. Can you imagine a country where kids who don't do military service have to do civic service? I get giddy at all the problems we could solve. I turn 18 again.

from the other volunteers include,

COMMENTARY

Childhood today: No work, all play

Karen Heller

The Philadelphia Inquirer

Childhood is an elastic concept, fashioned by parents, fostered by societies, mined by the marketplace, and protected by governments. Well, occasionally and then only by some.

For centuries, childhood barely existed. If a child could walk, he could work. A daughter was to be bartered. Today, this remains true in many of the world's poorest countries and Schleicher County, Texas.

Historically, wealth — for the few who possessed it — translated into spending as little time with their progeny as possible. This guaranteed that their lives would be emotionally miserable despite being swaddled in comfort, giving rise to boarding schools, psychotherapy, divorce lawyers and cosmetic surgeons.

Today, American children are a mixed breed. They're culturally sophisticated —— if by culture, you mean "Grand Theft Auto IV" and "Gossip Girl" - and transportationally challenged. They text at the speed of sound, spout fluent IMese, yet can't follow a transit

They're brilliant and stupid.

Just like their parents, who subsidize the flotsam and, as designated Sherpas, drive them everywhere.

For nine months every year, children study hard, some very hard so they can apply to the same 27 colleges and have their young souls crushed like beetles for no apparent reason other than unrealistic expectations and pack men-

Then, for three endless months of summer, adhering to an antiquated agrarian schedule dating back to Little House on the Prairie, they're released into the wider world, where they're equipped to do absolutely nothing other than master "Grand Theft Auto IV" or deconstruct "Gossip Girl" because — let's face it — their greatest skill is hanging while spending other people's money.

Which is brilliant for them, perhaps they can grow up to be lobbyists or state senators, and stupid for

Parents expect the same moppets who can't be bothered to fluff and fold to get into Yale. Our children want to save the Earth, castigating the very same parents who Sherpa them everywhere for not being ecosmart, yet won't weed.

They're growing up too fast and, then again, too slow.

A few weeks ago, for a few hours, the citizenry was troubled by "backless" photos of Miley Cyrus Shirley Temple wore less — a manufactured crisis where Disney and Conde Nast profited, when the

truly troubling images were of the Fundamentalist Latter Day Saints' underage brides.

Our concern shouldn't be confined to them, but for pregnant teenagers anywhere, cast away by society, girls confusing motherhood for maturity and some semblance of affection instead of a one-way ticket to poverty and dependence.

Our children are more sophisticated, certainly about consumption, yet profoundly naive about responsibility.

Libraries are published on parenting, but less on the children. Apparently, parenting is now a

There are books on how to be a cool mother or a hot mother, which seems like a lot of work while upping the ick factor for the kids. I saw one book about "slacker moms," an oxymoron if I've ever heard one.

In the end, the advice remains the same. Spend more time with the children. Listen more. Be patient. Hold your breath and try to get through adolescence.

You can worry. And then you can worry more. It won't work as well as spending time with them and listening.

It might help if we all drove less, either separately or together. And guided them to be as responsible as they are culturally sophisticated. Weeding would be a good start.

COMMENTARY

The next vice president

McClatchy-Tribune News Service

On the morning of Sept. 11, 2001, after planes had crashed into the World Trade Center and the Pentagon, Vice President Dick Cheney was in the White House bunker and had to make a momentous recommendation to President Bush, who was in flight aboard Air Force One: that Bush authorize the military to shoot down any civilian airliners that might be hijacked and headed for other targets.

Bush concurred — and soon after, the moment of truth arrived. A military aide approached Cheney: 'There is a plane 80 miles out," he said. "There is a fighter in the area. Should we engage?" Cheney had thought through the complex implications of that question, had discussed it with his boss, and didn't hesitate to answer: "Yes." That plane was United Flight 93, which crashed in Pennsylvania before fighter jets could reach it.

On most days, the job of the vice president of the United States is not, on its face, critically important. Aside from breaking tie votes in the Senate, a rare occurrence, the job is often one of sitting in meetings, cutting ribbons and attending funerals. But history can put sud-

den heavy responsibility on the occupant of the office. The vice president may be called on to make critical, urgent decisions when the president is unable to. Not to mention that he or she becomes president if the president dies in office. So the choice of a running mate is one that should not be made without a sober appreciation of its importance.

Often, lesser considerations have taken precedence. Richard Nixon picked Gov. Spiro Agnew of Maryland because he was from a border state and had talked tough about law and order. George McGovern settled on Sen. Thomas Eagleton of Missouri in desperation, after several other people had turned him down. George H.W. Bush chose Sen. Dan Quayle of Indiana to make the ticket younger and more conservative. None of

those choices worked out well. Other presidents, however, have looked more to substance and seasoning. Jimmy Carter chose Walter Mondale, Ronald Reagan went with Bush, Bill Clinton opted for Al Gore and George W. Bush selected Cheney. Each had his critics, but they had in common the most important attribute: being plausible presidents. When the prospective Democratic and Republican nominees of 2008 weigh their decisions, that quality should be first among

The decision is particularly important for the 71-year-old John McCain, because he would be the oldest person ever to enter the presidency. Given his age and medical history, his vice president would have a higher-than-average statistical likelihood of ascending. But even the youthful Barack Obama should keep in mind that life offers no guarantees of longevity: Eight presidents have failed to live out

Familiarity with national securitv matters is important — now more than ever — and executive experience counts for something too. Fortunately, there are more candidates than we can list who would be reasonably prepared to take over if necessary. On the Republican side, some of the stronger ones include Secretary of State Condoleezza Rice and former homeland security secretary Tom Ridge. Among the GOP senators warranting serious consideration are former education secretary Lamar Alexander of Tennessee and Lindsey Graham of South Carolina not to mention Joe Lieberman of Connecticut, a Democrat who often breaks with his party on issues such as Iraq.

Obama or Clinton should consider each other as a potential veep candidate. The list of logical Democrats includes Gov. Bill Richardson of New Mexico, who was ambassador to the United Nations and energy secretary, as well as Senate Foreign Relations Committee Chairman Joe Biden of Delaware. Other highly qualified prospects: California's Sen. Dianne Feinstein, the No. 2 Democrat on the Intelligence Committee; former governor and senator Bob Kerrey of Nebraska, a member of the 9/11 commission; and former Sen. Max Cleland of Georgia, who headed the Veterans Administration under President Carter.

Pay less attention to these individuals and their ideologies than to their attributes: Every name here exemplifies the qualities of experience, substance and seriousness that are indispensable in a vice presi-

When this year's nominees make their choices, matters like political appeal and personal chemistry are bound to enter into their thinking. But they should start the winnowing process with the most important question: Would you trust this person with life-and-death decisions in a moment of crisis? Because at some point the next president — and the rest of us may have to.



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HEALTH

RUNNING RAGGED

Rec Center works to prevent exercise bulimia

Sarah Sole

Editor in Chief

Exercise is healthy, unless your body starts to eat itself. That's what could happen when working out becomes an addictive habit.

The Andrews Wellness and

Recreation Center hopes to prevent addiction through clinics, workshops and posted information, said Brandy Fagnano, fitness and wellness coordinator and personal trainer. If necessary, she would try to establish a relationship with someone who exhibits warning signs to try to curb unhealthy behavior.



PHOTOS BY SARAH SOLE / THE JAMBAF

Exercise Bulimia, the unhealthy addiction to exercise, is characterized by training excessively and not allowing enough rest between workouts, said Fagnano.

While common literature claims exercise bulimia is found more in females, research-based literature says the disorder is found equally in both genders, said Jennifer Pintar, associate professor of human performance and exercise science.

Pintar said the disease only occurs in about four percent of Americans.

"We're not talking huge numbers here," she said.

Therapy is necessary to help individuals overcome the disorder, which is similar to other eating disorders, Pintar said.

"Self image is the cornerstone of the problem," she said. The more a person compulsively exercises, the more they increase risk for heart problems and osteoporosis.

While the disorder is a "touchy subject," Fagnano said she can identify individuals that exhibit

ABOVE: Erich Diedrich, recent graduate, runs on the treadmill. Diedrich said he works out three to four times a week.

LEFT: Senior Julie Cancelliere works out on the elliptical. Cancelliere says though she works out once a week during school, she works out more frequently durng the summer.

signs of addiction.

"You can kind of guess," she

Warning signs include rapid weight loss and excessive workouts of two to three hours of cardiovascular activity and weights, Fagnano said. A more social person can become isolated during workouts, or come to the gym with a brace, a sign of chronic injury. Pale skin and dark circles under a person's eyes are also

Those suffering from exercise bulimia lose muscle mass, since they don't leave themselves enough time to recover or enough nutrients, she said. Extreme cases involve significant muscle and hair loss.

"Your body actually starts to eat itself as a fuel," Fagnano said.

Fagnano said food and exercise are two factors one can control.

"I think a lot of times they go hand in hand," Fagnano said.

Additionally, since exercise is supposed to be good for the body, individuals can see it as a benefit to their health, which can lead them to work out too much, Fagnano said.

To make working out part of a healthy routine, building in days of rest is important, Fagnano said. An overworked nervous system can contribute to sprains, fractures, shin splints, carpal tunnel and other injuries.

While Fagnano said healthy workout routines depend on the individual, she said her own routine involves training for five to six days a week while allowing one to two days



How to exercise in a healthy way

Healthy adults under 65 should work out for 30 minutes a day five days a week doing moderately intense cardio or work out for 20 minutes a day, three days a week doing vigorously intense cardio. Individuals should also do eight to 10 strength-training exercises, doing eight to 12 repetitions of each exercise twice.

Source: American College of Sports Medicine Web site, http://www.acsm.org

a week for rest. Days off can still Zach does, but she is under medical involve low to moderate activity lev-

Sophomore Laina Zach said she works out five days a week for 45 minutes per day. While she incorporates pilates, the elliptical and stair climbing into her routine, Zach said she tries to keep her exercise time under an hour.

"It really depends on my mood,"

Additionally, Zach said she exercises enough to maintain weight but not lose it.

Senior Jessika Evich works out for the same days and time that supervision to lose weight while

"I have to push myself because I don't want to do it all the time," Evich said of exercising. While a challenging workout

can be rewarding, junior Sean Simon knows that this should be done in moderation.

The more people exercise, the more they get to know their limits, Simon said.

Though it is good to push past this limit sometimes, if people go too far, they will end up hurting themselves, he said.

Summer travel estinations

Plan your summer in the Valley

Natalie Scala

Reporter

The Jambar has found five places to spend a few hours of summer leisure time without breaking the bank or leaving the Mahoning Valley. With Ohio gas prices jumping 40 cents in May, you might need it.



Pro wrestlers and Pavlik bobbleheads — oh, and baseball

Eastwood Field

12.1 miles or about 23 minutes

Eastwood Field in Niles is home to the Mahoning Valley Scrappers, the Class A affiliate of the Cleveland Indians. Two people can attend a game for under \$20, and the cost of refreshments is fair. Cafaro Field provides many promotions this summer as the field celebrates its 10th anniversary, such as post-game fireworks, Kelly Pavlik bobblehead giveaway night and a salute to wrestling featuring an appearance by professional wrestler Jerry "The King" Lawler.

"There's a lot of entertainment going on," says Jordan Taylor, assistant general manager, "It's very affordable."

The Yo's backyard

Mill Creek Park

2 miles or about 5 minutes

Mill Creek Park encompasses about 2,600 acres of foot trails, gardens, streams, lakes, woodlands and meadows. Visitors can rent kayaks, pedal boats and row boats. Almost daily there are special events that occur throughout the park at free or affordable prices such as golf seminars, group hikes and yoga classes.



At open air market, the sky's the limit

Rogers Community Auction 26 miles or about 43 minutes

From vegetables to flea market finds, this open air market is open every Friday throughout the year. Parking and admission is free. Vendors offer items like homemade Amish cookies, used books for summer reading pleasures and rare housewares. Also, visitors can stock up on fresh produce such as cucumbers, peppers and watermelon.

Students scour Web for summer vacation discounts

Ashley Commings

Reporter

In planning summer vacations, the Web has become a popular travel agent.

Fifty-three percent of vacationers younger than 35 used the Internet in 2004, up from 27 percent in 2000, according to a survey predicting travel trends conducted by TNS Global, a market research firm. The survey also looked at travelers older than 55 and found Internet booking increased to 33 percent, up from 14 percent in 2000.

Tracy Innocent is a travel agent with Pan Atlas Travel Service located in Kilcawley Center.

She recommends that students "book in advance as early as possible because it will be cheaper." The charge for booking an airline ticket at Pan Atlas is \$19.50.

Students who are planning to travel abroad can also purchase a \$22 International Student Travel Confederation card. These cards offer discounts on airfare, accommodation, sightseeing and food.

Junior Randi Rotz said that she has never received a discount on vacations she looks for "deals, not discounts." The business major added that she shopped exclusively online for her summer vaca-

"If there is a really good discount on a vacation then there is usually fine print and it's not really a discount. You always have to be aware of a scam," Rotz said.

Senior Christine Powell said she used a combination of the Internet and a travel agency when booking her ticket. "There was no discount paid for our

\$700 all inclusive vacation package to the Oasis Resort in Cancun," Powell said. Powell's boyfriend found the resort's

official Web site and then booked with a travel agent. Youngmoney.com offers money-sav-

ing tips for students and a breakdown of what each of the travel agencies offer the students, as well as a sample comparison of prices.

Money-saving tips for students:

- Consider flying into a nearby city and arranging ground transportation - Check for flights that leave a day ear-

lier or come back a day later - Book trips with a Saturday overnight stay since they will often be the least

expensive - Connect through another city — lay-

overs mean two cities to see instead of

Happy trails to do

Western Reserve Greenway 19.9 miles or about 30 minutes

The Western Reserve Greenway is over 14-miles of trail that starts in Champion and part of over 40-miles of trail that extends to Ashtabula. The scenic path is blacktopped and is ideal for bicycling, in-line skating, walking or jogging. The only cost is the gas it takes to get to the Educational Highway in Champion, which is where you park to reach the trail.

Safari not so far

Wagon Trails Animal Park 8.5 miles or about 17 minute

"Young or old, people love animals," says Diane Fleminuteg of Wagon Trails Animal Park in Vienna. The family-operated business allows patrons to ride through the park "safari style," and feeding the animals is encouraged since a feed bag is included with the admission. Zebras, camels, wildebeest and a plethora of over 300 other ani-

mals are on the 60-acre park. Fleminuteg notes, "We get a lot of college age kids; they have a

A printable coupon is available at http://www.wagontrails.com and with that, two adults can purchase admission and buy extra animal feed for under \$30.