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METRO digest

LOCAL & STATE

WEDNESDAY
APRIL 6, 2011
THE VINDICATOR | A3

YMCA offers swimming lessons

YOUNGSTOWN

The YMCA of Youngstown is offering swimming lessons to children in the community for age 3 to 12 and 6 months to 36 months. Parent participation is required for the course for infants.

Classes run through April 15, Tuesday through Friday, and are offered at both branches. Registration is \$35. Membership is not required.

Classes at the Davis Branch, 45 McClurg Road in Boardman are 6 to 7 p.m. and 7 to 8 p.m. for age 3-12; 6 to 6:30 p.m. for age 6-36 months. Classes at the Central Branch, 17 N. Champion St., Youngstown, are 4:30 to 5:30 p.m. and 6:30 to 7:30 p.m. for age 3-12; 6:30 to 7 p.m. for age 6-36 months.

Registration is available in person at both locations. Call Chris Hughes at 330-480-5655.

Pinwheel event

WARREN

The Trumbull County Children Services Board will have a Pinwheels for Prevention event at 1 p.m. today on the lawn of the National Packard Museum, 1899 Mahoning Ave. NW.

The event is in conjunction with the Akron Children's Hospital Mahoning Valley Child Advocacy Center. The display of 1,924 pinwheels represents one pinwheel for every report of child maltreatment in the county in 2010.

Park meeting

YOUNGSTOWN

Crandall Park community meeting will be hosted by Parkside Neighbors, city of Youngstown, Youngstown Neighborhood Development Corp. and other community organizations at 6 p.m. Tuesday at the Jewish Community Center, 505 Gypsy Lane.

The meeting will provide an opportunity for residents to offer input on neighborhood issues, challenges and opportunities and to begin the development of a collaborative neighborhood-change strategy.

Representatives from the Parkside Neighbors, the city YNDC and other organizations will provide brief presentations.

Man sentenced

WARREN

Brian D. Turner, 41, of state Route 305 in Bazetta Township, has been sentenced to four years in prison for his sixth conviction of driving under the influence of alcohol or drugs.

Turner, who was convicted the most recent time for an arrest in Champion on June 3, 2010, previously was convicted in 2009, 2008, 2003, 2001 and 1998.

Turner received his sentence Monday in the courtroom of Judge Peter Kontos of Trumbull County Common Pleas Court. Judge Kontos also suspended Turner's driver's license for 10 years and approved for forfeiture of Turner's 2001 Pontiac automobile.

Agenda Thursday

♦ **Public Library of Youngstown and Mahoning County trustees**, special meeting, 4 p.m., Poland Library meeting room, 311 S. Main St.

♦ **Eastgate Regional Council of Governments Technical Advisory Committee**, 10 a.m., City Centre One, 100 E. Federal St., Suite 1000, Youngstown.

♦ **Eastgate Regional Council of Governments Citizens Advisory Board**, 7 p.m., City Centre One, 100 E. Federal St., Suite 1000, Youngstown.

♦ **Eastgate Regional Council of Governments Finance/Executive committee**, 9 a.m., City Centre One, 100 E. Federal St., Suite 1000.

AGENDA runs daily. Items for the column should be sent to The Vindicator Regional Desk at least two days in advance.

Conversion plans move forward for building

By DAVID SKOLNICK
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YOUNGSTOWN

Even though he doesn't own the Erie Terminal yet, Dominic Marchionda received approval from a city downtown committee for his plans to turn the vacant structure into a 65-bed apartment complex.

Marchionda, a Poland property developer, said Tuesday that he expects the

purchase of the downtown structure for \$740,000 to be finalized in a few days.

He hasn't started the work, but Marchionda said that by August he expects to be finished converting the vacant six-story building into a 65-bed apartment complex for Youngstown State University graduate students and upper classmen as well as young professionals. The work will begin next month, he said.

The apartments would be on the upper five floors.

The first floor would be for a coffee shop, a deli and a pub, Marchionda said. The first-floor work should be done by early next year, he said.

The entire project will cost about \$9 million. The West Commerce Street building is to receive \$3.22 million in

See ERIE, A5



ROBERT K. YOSAY | THE VINDICATOR

Property developer Dominic Marchionda expects to finalize his purchase of the Erie Terminal in downtown Youngstown in a few days. He is planning a \$9 million project to turn the vacant building into a 65-bed apartment complex by August.



ROBERT K. YOSAY | THE VINDICATOR

Eve Bevilacqua, Mahoning Valley fitness instructor and personal trainer, leads a "Well of Body" program at the Ursuline Center in Canfield. She advised participants Tuesday to keep moving and maintain a positive attitude.

Seniors keep on the move

By LINDA M. LINONIS
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CANFIELD

Eve Bevilacqua encouraged participants in a "Well of Body" program at the Ursuline Center here to "keep moving" and "have a positive attitude."

"No matter what your age, keep moving. It will make a difference in your life," she told the 20 or so participants in the program designed for those 50 and older.

As for an outlook, the fitness enthusiast said Tuesday that it's whether you wake up and say, "Good Morning, God" or "Good God!"

Bevilacqua, who most recently retired as wellness director at Copeland Oaks, has devoted 40 years to fitness. She's known in the Mahoning Valley as the former owner of Body Works, was on local TV with fitness segments and continues as a personal trainer.

Bevilacqua said food choices play into our fitness status. Eat four small meals daily and make better food choices, she urged. Her breakfast choices are eggs, Canadian bacon, yogurt, dried cherries and walnuts or pecans. "The nuts have good Omega-3 fat," she said.

"If you're hungry after 6 p.m., you're not getting enough protein," she added.

Many people opt for a sugar-laden afternoon snack. "It's a nice sugar high, but then you drop again," she said. Try five to seven almonds to stave off hunger pangs.

Before a meal, drink two glasses of water. She noted Americans tend to keep eating until they feel full, which is past the time they are full. "When you feel 80 percent full, stop eating," she advised.

Bevilacqua suggested a breathing exercise to do three times in the morn-



Bevilacqua, in the background, told participants that as people age, balance declines. To improve balance, class participants George Guju of Canfield and Martha Guzaliak of North Jackson stand next to their chairs, but with their hands off. They had to lift one knee up to their waists and hold that position for 15 seconds.

ing and then throughout the day. Put your hand on your navel and breathe in, hold it for four counts then breathe out slowly through the nose. "It will help you

breathe deeper," she said. Before you get out of bed in the morning, start ex-

See EXERCISE, A9

Death is ruled homicide by heart attack

By ED RUNYAN
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WARREN

The death of Kevin Gadley, 36, of Newton Falls has been ruled homicide by heart attack, leaving police and prosecutors to determine whether anyone should face criminal charges.

Dr. Humphrey Germaniuk, Trumbull County coroner, said homicide by heart attack is a diagnosis that means the patient suffered a heart attack as a result of stress placed on a damaged heart by a confrontation with another person.

Gadley, of East Broad Street, was about 5 feet 9 inches tall, weighed about 280 pounds and was "moderately obese," Dr. Germaniuk said.



Gadley

Gadley was found unresponsive in the Paradise Bar, 2261 N. Park Ave., late Feb. 3 after a fight with the bar's bouncer and another man.

Gadley had some swelling and a small cut above one eye and blood on his knuckles, police said. He was pronounced dead later at Trumbull Memorial Hospital.

Gadley's heart was enlarged, it had an enlarged left chamber, and Gadley had severe coronary heart disease involving one of the major coronary arteries, Dr. Germaniuk said.

There was no record that Gadley knew he had these heart conditions, even though they were serious enough to possibly indicate the need for a heart transplant, the coroner said.

Dr. Germaniuk confirmed that Gadley had contusions and bruises on his face but

See HOMICIDE, A7

Quest shows students' work

By DENISE DICK
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YOUNGSTOWN

From Bob Dylan and Baroque music to gangsters and the effect of high debt on government, Youngstown State University students demonstrated their research.

Quest, conducted Tuesday in Kilcawley Center, celebrated scholarly achievements of students, providing a forum for them to present their research, work and creations to the university community.



Youngstown State University student Meena Thatikunta gives a presentation titled "Sustaining the Relevance of Bharata Natyam in Contemporary Society" during a Quest event at the university. Bharata Natyam is a form of Indian dancing. See video of the event at Vindy.com.

WILLIAM D. LEWIS
THE VINDICATOR

Jeffrey T. Coldren, a professor in YSU's psychology department and director of undergraduate research, said Quest allows students, most of whom are undergraduates, the opportunity to present their research before professors and others.

"They have the opportunity to do things I wasn't able to do until grad school," Coldren said.

Peter J. Kasvinsky, associate provost for research and dean of the school of graduate studies and research,

See QUEST, A5

Charges pending against two accused in assaults

By JOHN W. GOODWIN JR.
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YOUNGSTOWN

Charges are pending against two people charged with felonious assault in two separate incidents — one involving a gun and the other a knife.

Police took a 20-year-old South Side man into custody for questioning after he reportedly assaulted a man and forced the mother of his child and the child into his car Tuesday. The man was said to have fired a gun during the incident.

Officers were sent to apartments on Kendis Circle on the East Side at 10:42 p.m. for a fight with weapons, but before officers could arrive they learned the suspect was being followed by the victims near the Center Street bridge. Officers pulled the vehicles

over along Center Street.

The victims reportedly told officers the 20-year-old suspect approached them in a parking lot on Kendis and forced the 29-year-old East Side woman out of one car and into his car along with their child. The victims said the suspect punched another man in the face and then fired a gun as he was leaving the parking lot.

Officers returned to the parking lot and recovered a spent shell casing in the parking lot. Officers also performed a gunshot-residue test on the hands of the suspected shooter. He was accused of felonious assault, but formal charges have not been filed in court.

Police also responded to a home in the 100 block of Bassett Lane on the East

See ARRESTS, A7