



LONELY SUMMER: INTERNATIONAL STUDENTS' STRUGGLES FOLLOW IN FALL

The Lariccia Cultural Collaboratory Lab is where international students once held get-togethers and mixers such as International Coffee Hour before COVID-19. Photo by **Joseph Chapman/The Jambar**

ABIGAIL CLOUTIER

After many countries went on lockdown due to COVID-19, the majority of international students bunkered down on empty campuses. At Youngstown State University, many students chose to stay after campus shut down. The students who stayed shared their experiences and expressed uncertainties about fall.

Senior computer science major Aniket Singh stayed in Kilcawley over the summer.

"My country [Nepal] was in complete lockdown," Singh



The International Programs Office provides support for international students during the pandemic.

said. "I wasn't able to go back home, and it wasn't a safer option either."

According to Singh, other international students sparsely populated the dorms. The university arranged for food distributions in Kilcawley Center, with a supplemental food pantry available.

"It was pretty boring because nobody was there," he said.

Many of Singh's friends chose not to return in the fall.

"Some because they don't feel safe enough to come back, some because they have underlying health conditions or their parents don't feel safe," he said. While a few chose to continue online, most took a gap year.

While Singh's parents used to worry, he now worries for them as COVID-19 cases rise in Nepal. Many countries, including Nepal, locked down, making loans and money transfers inaccessible.

"As an international student, you can't really get loans in the U.S. You have to get it back home, which is not possible right now," he said.

Trang Nguyen, sophomore finance major, lived in Cafaro house but made an emergency move to the Enclave apartments for three months in July.

"I had to stay in summer, [rent is] expensive. I don't have any relatives here," Nguyen said. "I had to ask my friend to take me to get groceries because the YSU shuttle bus shut down at the end of April."

Though the pandemic has improved in Hanoi, Vietnam, she worries about getting home to renew her visa for next year.

"According to my plan, I decided to maybe go back home this summer to renew my visa, but they shut everything down," Nguyen said. "So I'm worried about whether I can [go] back in winter or next summer."

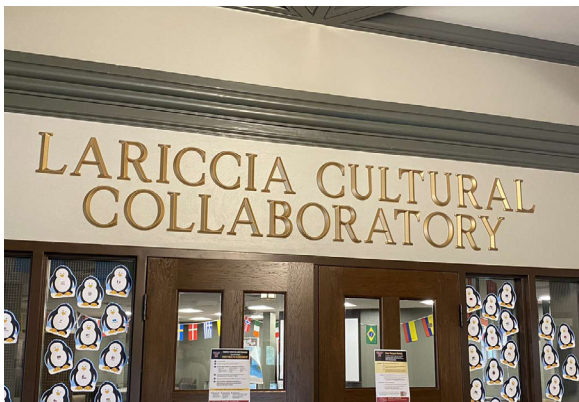
My Le, senior business administration major, flew home to Vietnam when the pandemic heightened in the U.S. in March. Since she's graduating this spring, she returned to YSU to continue her degree. However, she still has concerns about fall.

"My biggest concern is protecting my own health. We can wear masks, but what if someone else isn't that concerned? My biggest concern is whether it is safe for me at school," Le said.

With students' home countries still on lockdown and students uncertain about how long campuses will remain open, international enrollment at YSU dropped this semester.

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PENGUIN PANTRY PROVIDES GROCERIES FOR STUDENTS IN NEED

The Penguin Pantry on the second floor of Kilcawley Center allows students to make special requests and note dietary restrictions and allergens. Photo by Kelcey Norris/The Jambar

KELCEY NORRIS

During a time of crisis, two groups at Youngstown State University joined forces to help feed the campus community. The Student Government Association partnered with Student Outreach and Support to create the new and improved Penguin Pantry, located on the second floor of Kilcawley Center.

Justin Shaughnessy, SGA President, said having a food pantry has always been a primary goal for student government. With the help of Student Outreach and Support, the program can really take off.

“Because of this partnership, we’re now able to increase hours that we’re open, increase resources and accessibility for students who might need it,” Shaughnessy said. “Student Support can actually reach out to students and bring them in, give them the resources that they need.”

Shaughnessy said because of the revamp of the SGA food pantry, more YSU students are taking advantage of the program. Before the coronavirus pandemic, the pantry was previously located in a smaller space on the first floor of Kilcawley Center near Jamba Juice.

“Before it was a stop-in and shop kind of place, [and] there was a lot less concern about germs,” he said. “This year a lot of the students like the ease of just having to fill out an application and come grab it. There’s better advertising and more resources, so we’re seeing more students using it.”

Students can request canned food, non-perishables, drinks, toiletries and fresh produce for pick up through an online survey, available on SGA’s website under the resources tab.

“We are entirely donation-based. So, we get all of our food, water, hygiene supplies and stuff from donors,” Shaughnessy said. “We also have a fund at the YSU Foundation where people can donate monetary donations, online or in-person. Then we use that fund to buy shelving, food, paper towels

and different things like that.”

Students are assigned numbers to anonymously pick up their labeled groceries in Kilcawley Center. Student volunteers deliver groceries to any quarantined students on campus.

“If we can keep you at home and you don’t even have to worry about going out to Giant Eagle or Walmart — we can keep you there and bring the food to you, then we can help stop the spread on our campus,” Shaughnessy said.

Nicole Kent-Strollo, director of Student Outreach and Support, said the campus community needs resources now more than ever.

“When COVID-19 happened and all our students were suddenly off campus, including our Student Government Association, things obviously changed,” Kent-Strollo said. “But we also realized we had a lot of students on campus still.”

When businesses closed and people were laid off, students who remained on campus in the spring and summer struggled financially, Kent-Strollo said.

“All of a sudden we had students who were in need of food, but they didn’t have a means to get it,” she said. “With COVID, things like the Walmart shuttle [bus] shut down, so we had lots of situations where students were in need and we had to figure out how to help them.”

Online, students can make special requests for items not currently in the pantry’s inventory and note any dietary restrictions or allergies.

“We had a student who said they really wanted a certain type of spice, because that’s what they’d be buying at the grocery store right now,” Kent-Strollo said. “But now they couldn’t get it and it really reminded them of home.”

Susan Moorer, assistant director of Student Outreach and Support, said students are already using Penguin Pantry this semester.

“You never know when students are experiencing food

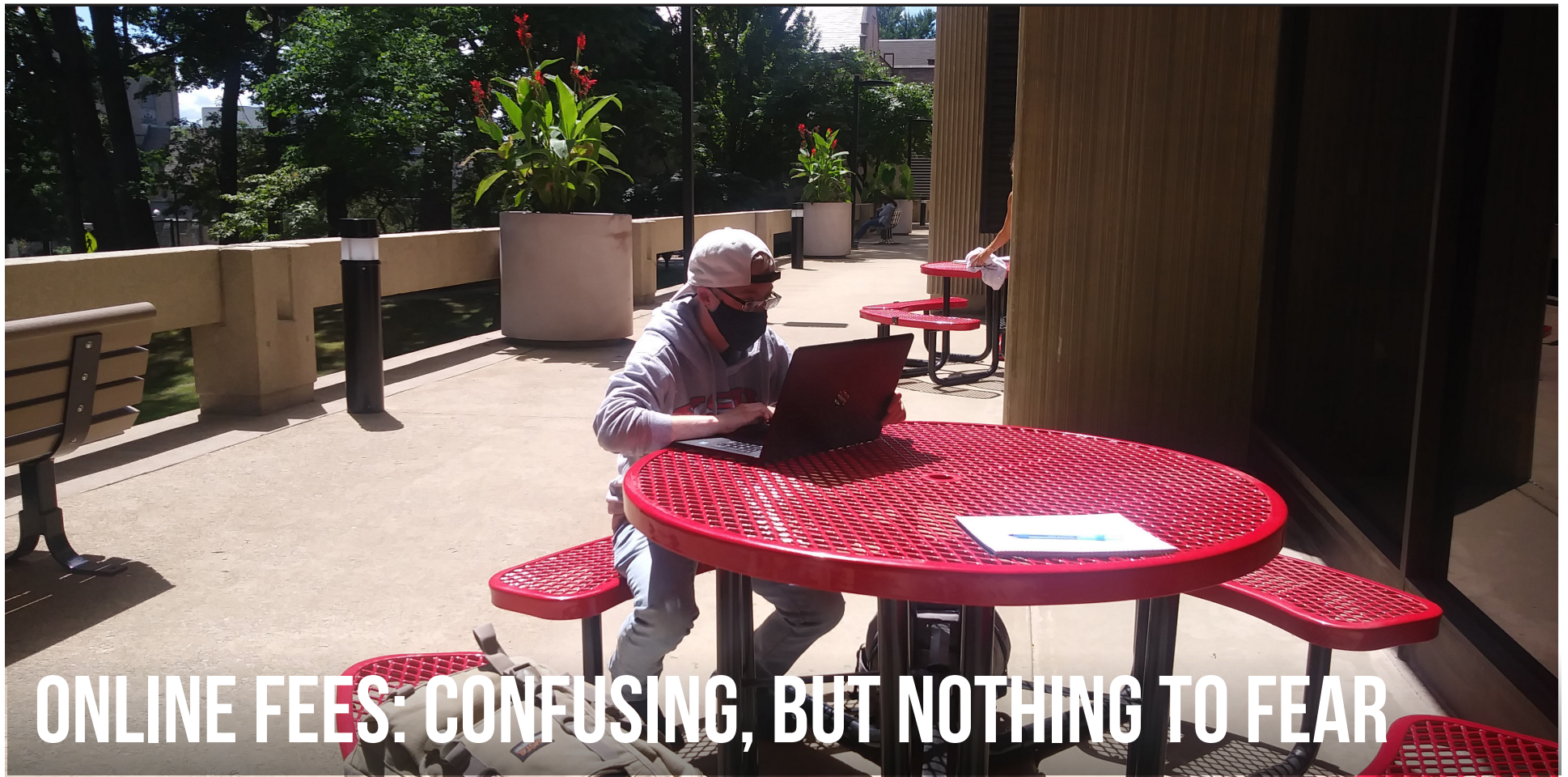


The Penguin Pantry’s shelves are stocked with hygiene products, as well as non-perishable food and drinks. For more information, visit Student Government Association’s website. Photo by Kelcey Norris/The Jambar

insecurity. We just had a big food giveaway or distribution last Thursday, and I was amazed at the number of students that actually came out,” Moorer said. “It was wonderful.”

Since she joined the department Aug. 10, Moorer was excited to see how Student Outreach and Support positively impacted students.

“There is a definite need... There’s no fee, of course, and everything is readily available for them. That’s what we’re here for,” Moorer said. “We want to assist our students.”



ONLINE FEES: CONFUSING, BUT NOTHING TO FEAR

Pre-med freshman Grayson Gruber uses his laptop on the one day a week he's required to come to campus for class. Photo by **C. Aileen Blaine/The Jambar**

C. AILEEN BLAINE

During the summer, students noticed a confusing \$100 fee added to their already-increased bill for “distance learning.” This came after Youngstown State University increased tuition for both returning and incoming students after passing its budget in July.

All five of freshman pre-med major Grayson Gruber’s classes are online to some degree. Only one requires him to come to campus one day per week. Fees for each of the five classes appeared on his billing statement. The same night the fees appeared, they were removed with little explanation.

“Honestly, I think [the fees] were unnecessary, because we’re not given the choice,” Gruber said. “Why even put it on the statement in the first place, if it’s just going to be refunded? Because that can mess people up. Why make us freak out even more during the pandemic?”

Neal McNally, vice president of finance and business operations, said “while the web-based fees were added to courses that were converted to web-based, YSU removed fees that would’ve otherwise been charged had the course not been taught in the web-based modality.”

As to why the fees appeared on billing statements, McNally said a number of billing adjustments and corrections were made due to the logistical issues the pandemic has brought.

The bursar’s office changed the billing statements to prevent

inapplicable charges.

According to Jessica Chill, director of cyberlearning, only web-based asynchronous classes require the \$100 fee, an amount that has not increased since 2017. She said departments chose from online-live, agile-hybrid, or virtual-campus modalities to keep fees at a minimum. If a student paid a fee for a web-based asynchronous class, the money defrays the cost of office operations as well as the software and technology used.

The department of cyberlearning focuses primarily on assisting students and faculty with Blackboard navigation, hosting webinars and offering guidance. It helps students stay on track even from afar with technical support and reminders about registration and withdrawal dates.

Chill said it’s important for the university to implement technology into its classes as a way to stay current and improve. She thinks it’s good for both students and faculty to have technological elements to their instruction.

According to a report released by the Board of Trustees June 4, the budget for the 2021 fiscal year was reduced by \$26.1 million. As a result, all departments took budget cuts, including the department of cyberlearning.

Despite this, Chill said neither students nor faculty will be negatively affected by the budget cuts. In March, her department partnered with the Institute for Teaching and Learning and Information Technology services to form the Academic

Continuity Team. The team ensures faculty and students get the most positive experience possible.

“Right now, we really want to focus on improving the quality of courses and keeping the students we currently have happy,” Chill said. “Despite the decrease in the budget, we’ve really managed to produce some great resources for faculty and students.”



Like the rest of YSU, the department of cyberlearning also endured budget cuts for the 2021 fiscal year. Photo by **C. Aileen Blaine/The Jambar**



YSU IMPLEMENTS BRING-YOUR-OWN-DEVICE LABS

Students can attend online classes in BYOD labs all over campus, like this one in Williamson College of Business Administration. Photo by **Gabrielle Owens/The Jambar**

GABRIELLE OWENS

Due to the COVID-19 pandemic, online classes have become the safest way for students to learn. Youngstown State University created Bring Your Own Device Labs for students who need a place to attend online-live classes.

During the 2018-2019 academic year, YSU's Student Government Association and the IT Governance committee came up with an idea to create BYOD labs for students to attend their classes, according to AVP Chief Information Officer Jim Yukech.

"We always had this idea in place for the past two years. We talked about migrating 105 computer labs and 1,905 workstations, so we always thought of converting those into BYOD labs," he said.

The pandemic pushed this idea into action for the fall semester.

"One thing that accelerated this idea was the pandemic response because in March we immediately had to switch to online classes," Yukech said.

According to Yukech, the BYOD labs can be used as a traditional face-to-face classroom and an online-live workspace for students. BYOD labs can be found at the following locations: Lincoln Building, Beeghly Hall, DeBartolo Hall, Butler Museum, Bliss Beecher lab and Maag Library.

Throughout each college, these spaces have been put in place for students that have little time to travel home between their traditional class and their online class.

"There is a real need for students who have a traditional face-to-face class from 9-10 and after they have an online-live class from 10-11, how are they going to find a place where they can participate in their class with their own device?" Yukech said.

He said students received an email on which rooms designated as BYOD spaces for them to use for their online-live class.

"Each college has created BYOD spaces for students to attend their online-live classes. There are BYOD spaces where deans have worked with their faculty ... Those [room locations] are being communicated by the deans and chairs within each college," Yukech said.

Betty Jo Licata, dean of the Williamson College of Business Administration, ensures safety procedures are being followed for each BYOD space.

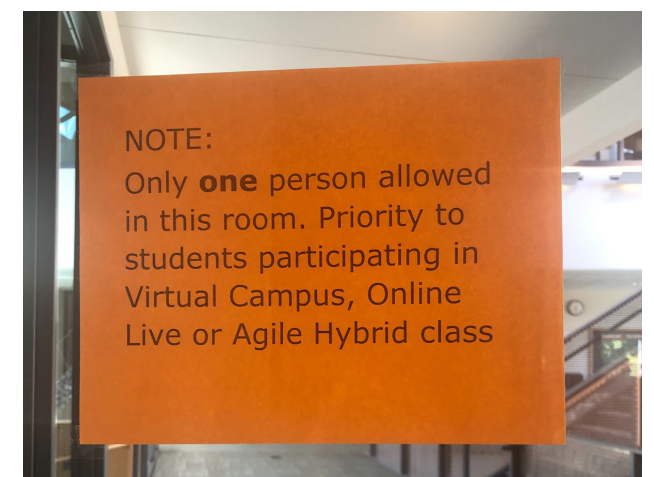
"The requirements for using the BYOD space is that each student must follow all safety procedures by wearing their mask, checking their temperature and making sure they are feeling healthy. When entering each BYOD space, students must wipe down the table they choose to work at and wipe down the same area when leaving," she said.

Licata said the WCBA has put in place social-distancing measures for each BYOD space.

"We created team rooms, which consists of one person per room. Also, many classrooms will be used as BYOD spaces, which will consist of 4-5 students," Licata said.

Marlie Applegarth, a sophomore accounting major, used the BYOD space in WCBA and enjoyed her virtual experience. She said she would enjoy in-person classes more than online.

"It was good overall, and the rooms were very quiet. It's very different; I think a lot of students would rather go to class on campus more often. Online classes do not have the same learning experience as in-person classes," Applegarth said.



Like the rest of YSU, BYOD labs adhere to social distancing guidelines. Photo by **Gabrielle Owens/The Jambar**



The men's club volleyball team's new jerseys sport the Mercy Health logo on the back. Photo courtesy of **Wee Care Daycare and Learning Centre**

SAMANTHA SMITH

Youngstown State University offers several services to students who have children. Wee Care Daycare and Learning Centre on campus offer child care for in-class students.

The day care and Learning Centre awarded the Wee Care Scholarship to two student parents enrolled at YSU who hold a minimum 3.0 GPA. The scholarship awarded free child care for one year during the students' class times. The application deadline ended Aug. 3.

Joy Polkabila Byers, executive director of Campus Recreation and Student Wellbeing, helps manage the contract with Wee Care Daycare and Learning Centre.

She said the scholarship was created to help students afford child care while still focusing on school. This is the first year the learning center started to offer the scholarship.

"One of the things that we really have been looking at is what impacts an individual to be successful at YSU and for those students that are parents," Byers said. "One of the biggest barriers for them is child care at affordable cost."

Byers said how the Learning Centre focuses on providing a safe and nurturing environment for their children, with a

professionally trained faculty. They make sure all guidelines for a child's education and needs are met based on their age and development.

"They have individuals that are trained professionally on how to provide child care, making sure that the classrooms are following the proper curriculum for that age group to help get children ready to go to school," Byers said.

The day care and Learning Centre continuously adapts to all pandemic guidelines announced by Ohio Gov. Mike DeWine.

"They work closely with the Ohio Department of Jobs and Family Services," Byers said. "They follow those guidelines to provide the best quality care possible."

The Rich Center for Autism, located at Beeghly Center at YSU, provides educational services for children diagnosed with autism spectrum disorder.

Interim Executive Director Gregory Boerio said the center helps determine what is best for the students academically.

"We seamlessly connect their behavior supports and their behavior programming speech and occupational therapy, and just kind of blend that together," Boerio said.

The Rich Center, Boerio said, provides multiple options for

working with different departments, including collaborating with research on campus and employing students from campus.

Like the Wee Care Daycare and Learning Centre, the Rich Center also follows the guidelines set by the governor, including proper sanitization, temperature screenings, and more. Boerio said the Rich Center had already been keeping everything clean since before the virus hit.

"We were already... very focused on health and safety protocols and hygiene," Boerio said. "A lot of our students have compromised immune systems."

For more information on the Rich Center for Autism, and the Wee Care Daycare and Learning Centre, visit richcenter.ysu.edu and weecareohio.com.



The Williamson College of Business Administration introduces the Student Consulting Initiative, pairing students with local businesses for intern opportunities. Photo by **Jordan Boitnott/The Jambar**

KRISTA RITZ

Juniors and seniors in Williamson College of Business Administration get hands-on experience this semester through the WCBA Student Consulting Initiative.

Betty Jo Licata, dean of WCBA, partnered with local businesses to connect students with businesses offering internships and mentorships in their field.

The initiative will help prepare students for their careers after graduation.

“Given the pandemic, we know that while there are internships out there, there aren’t as many as there usually are so we’re looking to broaden the opportunities,” Licata said.

To participate in the program, students must be a business major with a particular set of courses completed.

“There are really two primary benefits to the students,” she said.

“One is getting that additional, hands-on experience in working with businesses and secondly, is getting more formal training and how to be an effective consultant.”

Joe Angelo, director of entrepreneurship, facilitates relationships with businesses to give students experience in consulting.

“I got started because Dean Licata wanted to offer this unique experience to our students. Since I consult, and I have a consulting background as well, it seemed like a good fit,” he said.

The majority of the program involves a six- to seven-week university theoretical focus on consulting.

Students will learn how to deliver services and complete six to eight weeks of project work at the company.

Although the companies have yet to be released, a variety of businesses in the region have expressed interest.

“With all my classes in the entrepreneurship center, I attempt to simulate more real-world experiences, so I expect the students to have a great deal of autonomy and to assume a variety of roles,” Angelo said.

Angelo said he expects students to be able to perform marketing and research-oriented tasks.

Rachael Leonard, a senior business administration major,

expressed great interest in getting consulting experience.

“I thought this class would be a great way to not only gain exposure and work with an actual company, but also learn more about consulting and what a career in the consulting field would look like,” Leonard said.

She said she hopes to network with companies in the area and learn about other companies in the area.

She said she also hopes to gain hands-on experience.

Leonard said she might not work in consulting after college, but “just even having this experience can help even in finance or any other area of business I do end up in.”



NEW STORE ON THE BLOCK: UNIVERSITY NUTRITION

University Nutrition's official opening date has yet to be announced. *Photo by Douglas M. Campbell*

DOUGLAS M. CAMPBELL

Between Republic Pizzeria and DNA Studios sits a vacant property with a lone lock on the door and a few signs in the window. One reads, in bold print, "University Nutrition Coming Soon."

Marshaun Hainesworth, manager of University Nutrition, operates a similar nutrition club, 330 Nutrition, which opened one year ago at 1120 Elm Road in Warren.

"I started the business with 330 Nutrition," he said. "I was involved with Herbalife, and I opened up a store in my hometown of Warren."

Herbalife, a multi-level marketing company, sells dietary supplements including a variety of food, drink and skincare products.

"The opportunity presented itself where I could operate on campus and serve everyone healthy, nutritious drinks," Hainesworth said.

University Nutrition advertises their products on social media by posting colorful images of shakes and teas.

"Social media is the biggest thing right now with younger people, and older people have been getting hooked on Facebook," Hainesworth said. "I used Instagram to promote towards the younger crowd and Facebook to gravitate towards the older crowd."

University Nutrition will feature vegetarian and gluten-free options, healthy shakes, energizing teas, protein coffee and "good vibes."

Hainesworth said the shakes are only 300 calories, while the teas have five or fewer calories and contain no sugar. Coffees have 80-100 calories with only two grams of sugar.

"We have 70 different shakes and an abundance of teas. Some of our bestselling flavors are blueberry cheesecake, peanut butter Oreo and red velvet," Hainesworth said.

Hainesworth will release several new shake flavors when the location opens, including brown sugar Pop Tart and banana split. New specialty tea flavors include sour gummy worm, "Bikini Bottom" and "Rain Forest."

Students expressed mixed reactions to the new store. Devan Jordan, a sophomore dietetics major, is curious about the experience.

"I love the fact that a nutrition club is being built on campus. I have never been to any nutrition clubs or tried any of their drinks," Jordan said.

Abigail Crow, a high school junior and College Credit Plus student at YSU, said she went to a similar nutrition club in Poland and tried the "Bikini Bottom" flavor.

"I saw their drinks on Instagram and was like, 'There's no way that is healthy.' I got the tea and I could literally taste the vitamins. Overall it was pretty good," Crow said.

Samantha Davis, a senior marketing management major, wasn't a fan of the new business on campus.

"I'm not glad that University Nutrition is at YSU. I believe this is a way for Herbalife distributors to recruit college

students to the pyramid scheme," Davis said. "People in multi-level marketing tend to target vulnerable people who need quick cash."

University Nutrition has yet to announce an official opening date.

"We are aiming towards the first week of October and are looking at a soft opening sometime next month," Hainesworth said.



New specialty tea flavor "Bikini Bottom". *Photo courtesy of 330 Nutrition*



WEEKLY LOCAL COVID-19 UPDATE

Photo courtesy Anna Shvets/Pexels

ABIGAIL CLOUTIER

The number of cases of COVID-19 in Mahoning, Trumbull and Columbiana counties to fluctuate day by day. As of Aug. 25, Trumbull County Combined Health District reported 55 new cases since Aug. 19, with an average of nearly eight new cases a day. Columbiana County General Health District releases data

weekly and reported 46 new cases between Aug. 14-21, with an average of nearly seven new cases a day. Mahoning County Public Health District reported 109 new cases between Aug. 19-25. The seven-day average of cases was higher than Columbiana and Trumbull counties at nearly 16 a day. There have been 87

COVID-19 cases in the zip codes encompassing Youngstown State University and the surrounding Youngstown area since Mahoning County began collecting data.

EMPOWERMENT THROUGH ENTREPRENEURSHIP

JOHNATHAN FELDBOUSE

The Office of Alumni and Events at Youngstown State University promoted personal empowerment through entrepreneurship by inviting businesswoman Carmella Williams, a YSU alumnae, to speak in a virtual lecture last Thursday.

Williams was interviewed on Facebook Live by Jaietta Jackson, senior lecturer at YSU, about owning and running her own business. Williams said it not only gives her confidence, but also inspires the people around her to find empowerment in their businesses.

“Entrepreneurship-- it’s going to show you everything,” Williams said. “It’s going to be a journey for you to reveal to [yourself] who you are. Who you are is an individual with skill sets, an individual who has a passion and someone who can run a business.”

Williams started Carmella Marie Hair and Beauty, a skin and hair care company that specializes in textured and curly hair, in 2013 after being laid off from her previous job. Having grown up in an entrepreneurial household, starting a business felt natural to her, and she wanted to do something that helped others.

Black Periodt. is Williams’ most recent endeavor. The business’ goal is to bring awareness to issues faced by the Black community and raise money to give back to Youngstown’s Black community through business grants and one full-ride

scholarship for a Black YSU student.

Her skills and success with Carmella Marie Hair and Beauty helped her land a position at the Youngstown Business Incubator as the Director of Diversity and Inclusion. She counsels women and minority entrepreneurs with their startups.

“That is definitely an empowering situation right there, to be able to identify someone’s skill set and show them how valuable they are and what they bring to the table. Because if you know what’s in your tool bag, you know what you can bring to the table. You’ll know if you can sit at the table at all,” Williams said.

Jackson, who knows Williams personally, started One2One Communication Consulting, a diversity training company, over one year ago. Jackson went to Williams for advice on getting One2One moving in the right direction.

“I saw the need for diversity, inclusion and equity training in our society,” Jackson said. “And then when I started it, and I was going through the ropes, I went to Carmela and said, ‘OK, so how can I make this work? These are some of my ideas. These are the things that I’m doing.’ I gained guidance from her.”

Jackson said, in her opinion, the most impactful message in the lecture was about journaling your successes.

“I love the journaling and seeing your successes,” Jackson said. “Because sometimes ... you don’t know you’re as awesome as what you really are. When you’re ready to give up and you don’t think you can go any farther, writing down those successes makes you go, ‘I can do this,’ and then it makes you dream a little bigger.”

Heather Belgin, associate director in the Office of Alumni and Events, invited Williams to speak for their lecture series because she thought it would be a good resource for Williamson College of Business Administration students.

“Carmella is a very accomplished alum, and her message about empowerment through entrepreneurship we thought would be of interest to entrepreneurs and to students in the college of business,” Belgin said. “She provided a lot of encouragement and inspiration to entrepreneurs when she talked about the tenacity, research and time commitment needed for a successful business.”

Belgin said the Office of Alumni and Events started their virtual lecture series in April to keep students, alumni and the Youngstown community connected and engaged while apart.

“We want as many alumni as possible to find someone that interests them, so we look for a wide variety of topics from presenters that come from diverse backgrounds, professions and class years to make sure that all five YSU colleges are represented as well,” Belgin said.

The next lecture is tonight at seven, featuring Claudia Berlinski, director of the McDonough Museum of Art, and Chris McCullough, professor of art, who will talk about the Scribe Literary Collaborative and their endeavor to foster a partnership between the literary and visual arts. Follow the Office of Alumni and Events on Facebook for information on upcoming lectures.

MUSIC STUDENTS STRUGGLE WITH ENSEMBLES

JOSEPH CHAPMAN

Youngstown State University students in the Dana School of Music learn critical performance skills when playing in group ensembles. Both large and small group settings teach different but integral skills. The pandemic prohibits group gatherings, and many students feared their ensembles would be disbanded this fall, but YSU’s student ensembles will play on.

Professor Kivie Cahn-Lipman, cello instructor, said the university reduced the number of instrumentalists in order to adhere to social distancing guidelines.

“Most of the faculty at other institutions that I’m in touch with have told me that everything is canceled [at their schools],” Cahn-Lipman said. “Some have expressed surprise, even shock, that we are having any in-person ensembles.”

“The ensembles I played in when I was a student are what I remember most and best, and what I think I got the most out of throughout my music education,” Cahn-Lipman continued. “It’s hard to imagine that not being able to participate in ensembles in a normal fashion isn’t going to impact everyone who’s been affected by this.”

Currently, ensemble students rehearse outdoors to help prevent the spread of COVID-19. However, as cold weather approaches, faculty and administration are still figuring out

how music students can perform indoors without spreading germs. Wind instruments and vocalists face a particular set of challenges.

“A few months ago, we thought everyone could just be six feet apart and it would be fine. Now we’re reading more about how certain instruments like bassoon, trumpet, oboe ... are also big spreaders. We’re understanding that singers are really sort of super spreaders. It could be a long time before singers are able to work together indoors,” said Cahn-Lipman.

Brendan McEvoy, a sophomore music composition major, struggles to find the motivation to practice without the ability to play music with others.

“An integral part of the music school experience is being able to perform,” McEvoy said. “We have composer recitals where all the composition students write something and find a group of people, again collaborating, and then perform it for people. Those are some of the most popular recitals on campus.”

“That’s the great thing about the university experience is getting to hear new music that you and your peers write and perform ourselves,” McEvoy continued. “And so having that opportunity taken away is really difficult to find a reason to try to better myself so it just has to come from within that desire to get better which is there, but it’s hard.”

McEvoy said the practice room restrictions have impacted his motivation to rehearse. Students must schedule times to reserve

practice rooms and disinfect the space after they leave.

“You need that space to go and to have a keyboard, have a music stand, and have a quiet space. That’s been the biggest thing that we’ve all had complaints about: we can’t use the practice rooms like we used to. Everything has to be on a tight schedule,” McEvoy said.

Sara Bucci, a sophomore music education major, said the inability to collaborate easily with her peers is frustrating.

“Especially first years, they’re missing out on one of the greatest aspects of our music program at YSU, and that’s the great community that we have,” she said. “Everything is so split up and separated now that they’re going to miss out on that great environment.”

Bucci said smaller groups are a creative impediment this semester.

“With the smaller groups, it’s going to be a lot more difficult to have that extra element to our major, because music is so collaborative, and you need a lot of people to create an ensemble to make beautiful music. Since it’s getting split up, it’s a lot more difficult to learn about that aspect of music,” Bucci said.

Even though almost every department at the university has been affected by the pandemic, YSU’s musical penguins continue to perform.

REFLECTION ON ISOLATION

The final weekend before school began, I went camping with my sister. To be honest, I'm not really the type of person to eagerly march off into the woods, away from modern technology and luxuries. While I love nature, I also love not checking my legs every five seconds to see if they're covered in ants and mosquitoes. Despite this, I decided I needed a chance to relax before classes began again.

We had originally planned to only stay for one night, but upon arriving, it became clear we wouldn't have time after setting up to actually enjoy nature unless we stayed a second night. But, other than the occasional bug nipping at my leg, it was going surprisingly well.

Admittedly, I am not exactly up for "roughing it". I had a waterproof tent and an inflatable mattress, so I wasn't just sleeping outside on the ground. Despite the modern accommodations, lying in the tent that night, I heard something I hadn't heard in a very long time: silence. Which is ironic, considering I hear less than half of everything.

But this was a different kind of silence. It wasn't pure, but instead echoed by cicadas and rustling leaves in the background. It was genuine. There was no traffic, no worrisome thoughts to trouble me during the night. For once, I felt calm.

Taking time to relax and enjoy some peace and quiet is usually difficult. It is seen as being lazy, especially now. With people spending more and more time home by themselves, the idea of personal time has become almost a joke. Regardless, the importance of taking some time for yourself has not diminished.

This year has been hell for everyone, some more than others. Despite this, we are still human. We still get stressed and tired, and if we overwork ourselves, we will still burn out. I have written many times before on the importance of taking care of yourself; perhaps too many times, but that is how important it is.

Being home alone is not the same as taking a moment for some peace and quiet. Admittedly, even I thought it was

before that night. But as I laid there, looking up at the stars, I realized it just wasn't. I had grown so attached to constantly being on my devices these last few months, just for some form of connection to others, I hardly shut them off long enough to think.

I'm definitely not someone who feels technology is a bad thing, nor do I think it is bad to be on your devices a lot. But everything is online now: social, school, work. Many of us have found ourselves online far more than usual. That's when technology becomes an issue.

Even when alone, we don't allow our minds to be quiet. I struggled to keep my phone down as I kept checking if I needed to make any edits on my article. Eventually, my sister had to take it from me so I could focus on my surroundings instead.

Taking time for yourself is just as important now as it was before, if not more. This is a stressful time. There's nothing wrong with taking time to relax.

LIVING WITH A COVID-19 NURSE DURING A PANDEMIC

When I first read about the coronavirus quickly ambushing several nations across the world, it really didn't faze me. In my opinion, it was no different than Ebola, Zika or any other foreign virus with a previous history of making its way to the US and then eventually getting resolved. I'll be honest: I didn't think it would remotely affect my life in any way, shape or form. I had a misleading faith of this all blowing over in a few months. I assumed it would go away as quickly as it had arrived.

But I think for many of us at YSU, the severity of this situation didn't quite hit us when instruction was initially moved completely online; this was just a thrilling time for us to enjoy an extra week of spring break. Consequently, I saw further spontaneous spring break pictures on social media.

I wasn't quite sure how to perceive it when the first case hit Cleveland, but before I knew it, Mahoning County fell victim too. Yet this news alone wasn't what exactly shook me to my core.

I quickly found myself in a unique situation: my sister was assigned to be a COVID-19 nurse.

We didn't know where her position would leave her, or any

of our family, standing as we all lived under the same roof. While I didn't get to see the ugly, I got to see how the ugly had personally affected her.

I remember her choked up as she explained how the virus really did affect her patients. I remember the blatant concern written over all of our faces during such a discussion. There was a new level of desperation reached by all parties involved.

No matter what the nurses and doctors did, fevers didn't break, the hospital was filling up, patients were routinely intubated, personal protective equipment was running out and some patients never got to make it home. Some nurses around the world even made the tough decision to find alternative housing in order to avoid the risk of infecting their children.

The weight of the world was on healthcare workers' shoulders, which they were bearing without a real sense of direction.

Her carrying home the virus was a possibility I came to accept. Nurses all over the country were coming down with COVID-19. For most people, they simply knew to stay home and follow precautions, but I was in the position where staying home was not my safe haven. It very well could've been my

source of the virus.

My parents knew this. My mom disinfected the house top to bottom every single day. My sister's uniform was left in the garage in a garbage bag. We routinely took our temperatures, did what the governor asked of his fellow Ohioans and hoped for the best.

After several months of trial and error, it somehow worked out.

It may be an inconvenience to wear my mask all the time, to avoid social gatherings and to attend almost all of my classes online most of the time. But I'm okay. My family is okay. And I'm fine with the little inconveniences if it means avoiding the big ones.

All in all, my sister never contracted COVID-19. In fact, the number of cases locally dropped to the point where she was no longer assigned to treat it.

While the virus is still very prevalent today in the U.S., I think it's important to reflect and look back at what the start of the pandemic used to look like. Although we are living in a historic time, we are in a better place, even if the number of cases continue to fluctuate.

INTERNATIONAL, Cont. Page 1

"Last year, we had 475 [international students]," associate provost for international and global initiatives Nathan Myers said. "My hunch is it's going to be a little less than 400 [this semester] due to the pandemic."

Myers said some previously-enrolled students took a gap year, contributing to the decline. However, many expected freshmen and transfer students couldn't get visas, meaning they couldn't enroll.

"We were anticipating, looking at the numbers in early March, about 200 incoming [international] students this fall," he said. "When the dust settled, it turned into 30 new students. Of the 30, I think we had one incoming freshman that had never been to college before that was able to obtain a visa."

All students traveling from other countries quarantined for 14 days before returning to campus. The university canceled International Coffee Hour, cultural celebrations and international student organization meetings. These

activities played a role as community bonding for the students.

"It can be a lonely and disorienting experience to travel to a new country and to live in a new country. At this time it's even more dislocating and jarring because you can't get together and you can't interact. I know that international students have a tough time right now," Myers said. "I think that anything that we can do, any measures that we can take on a personal basis, would go a really long way."



college is great isn't it?

Aug 17 @ 9:09am 0 Likes



Kayla McMillion



we'll be online before the end of the semester 🙈🙄

Aug 17 @ 10:45am 3 Likes



Carolyn Carradero-Santiago



I'm giving it a week... a month if I'm being generous 😂

Photo courtesy Laurel Stone via YSU App

Aug 17 @ 12:05pm 3 Likes



JAMBAR EDITORIAL: PARTIES ON CAMPUS

Youngstown State University President Jim Tressel said he was confident students would wear their masks, keep their distance and follow all regulations during the day. He feared once classes ended for the day, students would struggle to follow the rules as carefully.

His prediction came true. During the first week of the fall semester, there was already a large gathering at the both University Edge and University Courtyard apartments. Social media exploded with pictures of the party. Only a handful of students spotted in the packed crowd wore masks.

The university released a public statement Aug. 17 about the party, declaring it “violates health and safety guidelines put into place by YSU to ensure the well-being of everyone at the university. Such gatherings are unacceptable and put the entire campus at risk. Only by working together and taking responsibility for ourselves and others will we be able to keep YSU safe and maintain on-campus operations. For Pete’s sake, be careful!”

It’s frustrating to see a minority of YSU students making unsafe decisions because it reflects badly on the rest of the

campus community. The large majority of students and faculty willingly embraced the changes and maintained as little contact with others as possible. We want to stay on campus as long as possible. We hope our campus community makes better decisions and resists the temptation to party.



REC CENTER ADAPTS TO COVID-19

The rec center placed restrictions due to the pandemic. Photo by Joseph Chapman/The Jambar

JOSEPH CHAPMAN

The Andrews Recreation and Wellness Center looks more than a bit different this semester. Students can still participate in group classes and use exercise equipment — with some caveats. Ryan McNicholas, the associate director of Campus Recreation, discussed some of the changes in place due to COVID-19.

“The biggest one is the face coverings. We did that basically for everyone’s safety; not only for patrons using the building but our staff as well,” McNicholas said. “Granted, it might be somewhat of a challenge for everyone to wear a face covering while they’re running or doing some exercising, right? So we ask that all patrons monitor their exercise levels, take more frequent water breaks, maybe lower their intensity, those kinds of things.”

Contact sports, including intramural sports, will not be available this semester. The basketball courts will be closed to host all group classes, with the exception of Spinning. Equipment is disinfected daily with an electrostatically charged cleaning device which disinfects surfaces quickly and efficiently.

In addition, students are unable to use locker rooms or

water fountains this semester. McNicholas said students should come to the rec center in workout clothes and use the water bottle refill stations in the strength and conditioning area to fill their bottles.

Gianna Davila, Group X student supervisor, said the rec center changed group classes to adhere to safety guidelines. Registration for each individual class is online this semester and is open until class starts, so students can sign up the same day as their desired class. Spin classes are still at a maximum capacity of 25 while other classes have had their sizes cut by as much as 50%.

“So all the instructors have been told to, you know, get extra breaks for patrons to catch their breath, extra water breaks, we’ll have staff walking around to kind of check in from different angles to make sure that everybody’s okay,” Davila said.

Cassandra Smith, head of facility operations at the rec center and a graduate student in the Department of Counseling’s Student Affairs program, said her exercise habits have been different during the pandemic.

“When you think of going to a gym, you think of going with a buddy to lift so that when you have somebody spot you and that sort of thing. If you’re coming with people you

don’t already live with, [make sure] that you’re practicing good social distancing,” she said.

Certain areas of the rec center are being restricted in regards to their capacity to ensure social distancing is possible.

“We did one person per every 150 square feet of space, so that means in that particular area of the rec you can only have 10 patrons at a time,” Smith said. “So when we have 11 people [in the dumbbell area]... we’ll say if somebody’s not using a bench, we have different places in the facility that you can take the weights and go and work out in a different area.”

Smith said the rec center has implemented policies to make exercise safe and enjoyable for everyone.

“While it’s not the most ideal situation for some people to have to wear something like a face covering while they’re working out, I think it’s a very simple and easy way to not only protect yourself but to protect your fellow penguin,” she said. “As someone who likes in-person classes, if this helps protect my ability to come to work, to go to classes, and to keep the penguin community healthy, I think it’s a step worth taking.”



CLUB SPORTS ADAPT TO COVID-19

The Ultimate Frisbee club practices Mondays and Wednesdays from 6:30 to 8 p.m. Photo by J. Harvard Feldhouse/The Jambar

J. HARVARD FELDHOUSE

Youngstown State University club sports are eager to hit the field again after COVID-19 cut their spring season short. The club sports administration implemented several new safety measures designed to minimize health risks while maximizing playing potential.

The new club sports rules go beyond simply wearing a mask and staying six feet apart. Club sports banned in-person competition and travel, and club meetings outside of practice must be conducted virtually or not at all.

Practice is still permitted by the university, but clubs need to implement certain restrictions and extra steps in advance. Domonique Sak, coordinator of club sports and summer camps, described the new rules in an email.

Most significantly, the club sports administration created practice “pods” that make contact tracing easier. If a student tests positive for COVID-19, the administration uses records to contact any teammates the infected student interacted with.

“Clubs will have sign-up sheets to determine ‘pods,’ or groups of members that will practice together at all times. In addition to pods, the clubs will have to be aware of their space and are encouraged to divide the fields or courts into sections,” Sak said. “Outside practices have a range of 11 to 15 people per pod, per section. Inside practices have a range

of six to 10 people per pod, per section. Coaches are included in this headcount.”

In addition to the pods, each club’s safety officers monitor teammates’ temperatures, overall health and adherence to the rules.

Practices must be contactless. Full-contact sports like lacrosse, rugby and soccer have to adapt their practices to have more skills-based and conditioning activities or find creative ways to keep the competition spirit alive.

Mark McKenzie, senior physics and astronomy major, is the president of the men’s lacrosse club and fundraising chair for Club Sports Council. He said contactless practices may take some time to get used to, the team will benefit in the long run.

“In lacrosse, we’re going to be doing a lot of passing drills, shooting drills and a lot of conditioning, that’s for sure. It’s just the small stuff, but all that small stuff builds up and it definitely makes a huge difference,” McKenzie said.

McKenzie believes the club sports athletes will follow any rule to get back on the field.

“I think everybody’s pretty much been cooped up inside for the past couple months,” he said. “We’re ready just to get out and at least be able to see each other in person, as well as being able to pass the ball around and being able to actually sweat on a soccer field or football field.”

Niki Spencer, junior business administration major and

president of the tennis club, does not think the rules will be hard for her club to adjust to. The tennis club, which was created right before YSU shut down last semester, worries less about contact.

“That’s not an issue at all, just like having to sanitize or spray the balls after. Everyone has their own racket,” Spencer said. “We don’t have a normal sort of way of practicing yet, so this is actually kind of good. We don’t have to transition; we’re just going in as a fresh new club, trying to do it during [the coronavirus pandemic].”

Team recruitment efforts this fall concerned many club sports teams. However, both McKenzie and Spencer were pleasantly surprised with the amount of interest and engagement at the organization fair last Tuesday.

“I actually got more people than I thought I’d get. I didn’t realize how many people are interested in playing or how many people have played before. It was interesting to see all the people that decided to scan in,” Spencer said.

Students interested in participating in a club sport this semester should reach out to club presidents or Domonique Sak to file contact and health information before joining.

“I’m excited to just see everyone playing, seeing everyone enjoy sports,” Spencer said. “It’s nice to see the amount of people that want to play and are interested, even when coronavirus is going on. It’s nice to see people still want to play sports and still be a part of it.”



The club gained in popularity after only a few years on campus. Photo by Kyle Wills/The Jambar

KYLE WILLS

ESports, a rapidly growing competitive video game niche, made its way to Youngstown State University in 2019. It's no surprise YSU's Frost Penguins eSports club gained success since officially registering as a club sport.

The team was named the Youngstown State University Club Sport of the Year for 2019-2020. Justin Jones, junior information technology major and Frost Penguins president, said the award was an honor.

"It means a lot given we're brand new basically, or at least took off two years ago. Now that we're on campus, it means people are interested in our games and our eSports in general," he said. "At the end of the day, it feels good."

Frost Penguin is the largest club sport at YSU, with the total number of members of Frost Penguins currently just under 200. The club is looking to grow even larger.

"COVID is actually bad for a lot of people, but for us I feel like it'll boost us past 200, 250, maybe 300 [members], if we're lucky," Jones said. "I feel like we can really use this experience to gather up the people who can't compete in football or basketball or whoever has this interest."

The club normally hosts several tournaments throughout the year. One of their largest is a Super Smash Bros. tournament, but with COVID-19 restrictions limiting in-person gatherings the game requires, they're unable to hold the event this year. Instead, they're working around restrictions with online games that don't require players to compete in person.

"In the fall, our League of Legends preseason will kick off and that's one of our bigger events," he said. "Smash Bros. was our biggest on campus, but that can't happen right now because people can't meet in person."

Kaitlyn Cochenour, a freshman marketing major, serves as treasurer of the club. She said this is the perfect time for

people to join.

"ESports is actually really good for [social distancing]. It's actually the best club for it because most of it is online-based and most of the tournaments, competitions and practices are all online anyway," she said. "We continue to add games. Anyone who wants to add a new game to the system, we can. We continue to be competitive."

Though the club holds tournaments, there are opportunities for more casual players to get involved.

"A lot of people like competitive games, some people don't like competitive games and we have both of them," Jones said. "We actually had our own Minecraft server. We just have a ton of possibilities to get together with people and join and have fun."

To join Frost Penguins, visit frostpenguins.org or contact club sports for more information.



YSU TENNIS TEAMS GET NEW HOME COURTS

The tennis center on Ford Avenue will host both the men's and women's teams. Photo by Jordan Boitnott/The Jambar

JORDAN BOITNOTT

Youngstown State University's men's and women's tennis teams were looking forward to their seasons prior to COVID-19. Despite the cancellation of all fall athletics, both teams are taking advantage of the newly constructed tennis center on Ford Avenue, just one block from Fifth Avenue.

Vasilis Vardakis, a senior marketing management major on the men's team, said the tennis center is one of the best facilities he's ever seen.

"The facility is amazing. They did a great job. I have traveled around the world, around Europe, and I haven't seen something like that," he said. "I can tell you that we are really close to Ohio State. Our facilities are about the same, but I like ours better."

Senior electrical engineering major and men's team member Joao Garretto said the tennis center will put YSU ahead of the curve when they recruit new players.

"In our conference, no one has a facility like that. It's a big asset for new recruits," he said. "When you have a facility like that, it's so big because players know they can play year-round and have all the necessities they need to be good."

Garretto said the tennis center is a testament to YSU's dedication to the sport.

"By investing and making a facility like this, they are investing

in tennis long-term. They really want to develop new players and take YSU tennis to the next level," Garretto said.

The center serves as a permanent home to the tennis teams who struggled with limited access to practice courts last year.

"We were traveling every day. Either traveling to Boardman or somewhere outside of Youngstown," he said. "With it being so close we will have more time to practice individually and as a team. It being an indoor facility is great, too, so we can practice year-round and not have to rely on other places."

Men's tennis head coach Ulises Hernandez said the tennis center can also be used by students for recreational activities, but there is no known date of when it will open to the public at this time. He said he's excited about this season, especially in regards to how many players are returning.

"Everyone is coming back from last year's team, except for one person. Having our exact same roster with our three new freshmen will be great with the experience we have," he said.

Hernandez also said the men's team will have an option to play in tournaments held outdoors that are still trying to be scheduled.

Mickael Sopol, women's tennis head coach, said this year's team shows immense potential.

"I think we have a very, very strong team this year. I liked where our chemistry was at the end of last year," he said. "We have a team that could contend to win the entire thing and win the Horizon League."



Among the features are eight brand-new courts for the players. Photo by Jordan Boitnott/The Jambar