



YSU INTRODUCES DOCTOR OF NURSING PRACTICE

Nursing students in the Bitonte College of Health and Human Services working in a lab. *Photo courtesy of YSU.*

GABRIELLE OWENS

A new Doctor of Nursing Practice (DNP) in the nurse anesthesia program begins the summer 2021 semester. The 36-month program will consist of advanced nursing practices which will prepare each student to become a certified registered nurse anesthetist.

Youngstown State University department of nursing is in a 19-year partnership with St. Elizabeth Health Center School for Nurse Anesthetists. They worked together to create the new DNP program, according to Nancy Wagner, professor and chair of the department of nursing.

“YSU has had a nurse anesthesia master’s program since 2001 and we partnered with St. Elizabeth Health Center School for Nurse Anesthetists, which provided all the clinicals in some of the classes. So, we have been partners for 19 years and we worked hard at creating a doctoral curriculum,” Wagner said.

Wagner said there are only seven doctor of nursing programs in the state of Ohio and she is proud of making history at YSU.

“It feels great, and we have always been proud to have a nurse anesthesia option in our master’s program,” she said.

According to Wagner, the DNP program clinicals will take place at a variety of hospitals around the Youngstown area, which includes Akron Children’s Hospital Beeghly Campus, Boardman and the following Mercy Health St. Elizabeth locations: Belmont, Boardman and Warren.

The DNP program will prepare each student to work in multiple facets of nursing, according to Patti Kostelnak, SEHC School for Nurse Anesthetists program administrator.

“They will learn to be excellent CRNA’s, excellent clinicians and they will learn how to make decisions, write, implement policy and be an educator in the field,” she said.

In order to apply for the DNP program, students must obtain a Bachelor of Science degree in nursing, have 1-2 years of critical care experience in a hospital and take the CCRN exam.

“Recent graduate nursing students need a minimum of one year of critical care experience in the adult critical setting, but we prefer students to have two years of experience. They need to take the CCRN exam, which is the critical care registered nurse exam and that would be required for the program as well,” Kostelnak said.

The first-year applications were accepted until Aug. 31, 2020.

We will consider having another round of applications until our seats are filled and if we decide to move forward with that, students can find more information on our website,” she said.

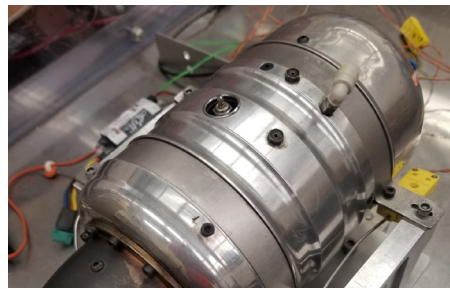
“The application process is fairly simple: prospective students can go visit our website and can simply apply by pressing the application tab on the homepage,” Kostelnak said.

Only 20 qualified students will be able to register for the new DNP program at YSU starting May 2021.

Jesse Wright, a sophomore nursing major, is excited about the new DNP program and said it’s a great asset to have on the YSU campus.

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MENTAL HEALTH SERVICES CHANGE AT YSU

Student Counseling Services have virtual short-term counseling services this semester. Photo by **Abigail Cloutier/The Jambar**

ABIGAIL CLOUTIER

Youngstown State University's mental health services have changed since last semester. Some services, like the Community Counseling Center, have decreased offerings, while Student Counseling Services has added additional support during the pandemic.

Ann Jaronski, director of Counseling Services and a licensed psychologist, is one of two clinical counselors employed in the department.

"We've been talking to students for the last couple of weeks; this has been an enormous change in a short amount of time," Jaronski said. "Yes, we are close to six months into this right now, it's not in the acute phase anymore ... but absolutely, students are experiencing and dealing with the changes in a lot of different ways."

Counseling Services reopened short-term therapy after switching to a refer-only model last semester, due to time and budget constraints.

"We never wanted to just have to assess and refer, so being able to provide therapy is important," she said. "There wasn't a lot of discussion, it [was] just 'Okay, we're coming back in

the fall and this is what we're going to do.'"

Jaronski felt it was important to assess students and offer short-term therapy this semester.

Anne Lally, assistant director of Counseling Services, said the university is starting an anxiety support group for students. Students must first be assessed by counseling services, and must be able to attend every meeting on Fridays.

"Student Counseling Services would like to invite you to join us in a supportive, confidential environment where you can learn and practice strategies," the statement said. "We will identify symptoms, discuss useful strategies for managing anxiety, practice relaxation techniques, [and] share successes."

In addition to referring to outside resources if the student needs long-term counseling, Jaronski's office partnered with Protocall, a telephone behavioral health facility, to provide an after-hours crisis line.

"So after hours or on a weekend ... the student can call Counseling Services and press one to get connected to a live mental health professional who can assess what's going on," Jaronski said.

She said the benefit of utilizing the crisis line versus a national suicide hotline is the service is an extension of YSU.

"YSU Student Counseling does get a report, so we are

able to have a better understanding of what our students are experiencing and what, if any, follow up might be needed," she said.

In the past, the Community Counseling Center offered weekly counseling with a master's student under a licensed counselor's supervision. Appointments were restricted by a number of factors, like the severity of mental health issues or the number of students enrolled in the class that can offer services.

But this semester, the clinic is only offering services to "[Course] 1587 students for Fall 2020," according to the clinic's voicemail. In Youngstown State University's course catalogue, 1587 is an introductory counseling class that examines wellness. The voicemail recommended students who needed mental health assistance should contact the Help Network of Northeast Ohio, Coleman Professional Services or Alta Counseling for child-related mental health services. Coleman offers counseling, behavioral health and psychiatric assistance for low-income or uninsured students.

See Mental Health, Page 13



QR CODES ARE FIRST STEP TOWARD CONTACT TRACING AT YSU

Lindsey Keller, a senior Spanish education major, checks in with the YSU app in an attempt to help the university effectively contact trace. Photo by **C. Aileen Blaine/The Jambar**

C. AILEEN BLAINE

Youngstown State University scattered QR codes across campus in common areas like classrooms, lobbies and study lounges this semester. Students in these areas for longer than 15 minutes are required to scan the QR code using the YSU app. Administration can then efficiently trace and alert those who may have come into contact with a person infected with COVID-19.

The Center for Disease Control and Protection defines close contact as being within six feet of an infected person for at least 15 minutes. Unfortunately, it isn't easy to know who might or might not be infected, particularly in asymptomatic cases.

Julie Gentile, the director of Environmental and Occupational Health and Safety at YSU, oversees contact tracing on campus.

"If an individual tests positive, we might not know that for three or four days," Gentile said. "In the meantime, it's going to be important that students, faculty and staff are following safety protocols that ask everyone to sanitize their work stations."

Nicole Kent-Strollo, director of Student Outreach and Support (SOS), said limiting group sizes can help slow the

spread of the virus. Administration can also quickly trace who may have come into contact with someone who tested positive.

"For the classroom settings, what we've done is ask the faculty to keep track of their seating charts and have students in assigned seating," Gentile said.

There's no direct approach to each suspected case, Kent-Strollo said, because of additional factors that must be considered before determining if a student needs to quarantine. She said the added intricacies of a college campus further complicate matters. At YSU, many people commute from several counties in Ohio and Pennsylvania. While some students may not be required to quarantine per CDC and health department guidelines, some may feel more comfortable with quarantining, she said.

Kent-Strollo said the QR codes serve multiple purposes, such as providing direction to cleaning staff on areas that may require special attention or alerting those who may need to quarantine themselves due to unknown exposure to an infected person.

"We have people who are trained on hand-held cleaning devices that are electrostatic sprayers, and they come with a disinfectant solution," Gentile said.

Kent-Strollo said Student Outreach and Support deals more

with students who are affected.

"We follow up to provide support," Kent-Strollo said, "making sure that they have food, making sure that they have resources."

Giovanni Bruno, a senior nursing student who took a course on COVID-19 contact tracing through John Hopkins University, said he thinks YSU's contact tracing system will be used in the future, even once a cure for COVID-19 is found.

"In my opinion, [YSU] has a good grasp on the whole concept of [contact tracing]," Bruno said. The QR codes are a good first step to pinpointing who may have come into contact with an infected person, he said.

Gentile said contact tracing doesn't cost the university a substantial amount because it relies heavily on student staff and resources already in place, such as the YSU app. The university also received federal funding through the Coronavirus CARES Act to cover the wages and additional expenses contact tracing may present.

A self- and student-report form can be found on the SOS website.



MAIL-IN VOTING INFORMATION AVAILABLE FOR YSU STUDENTS

This sign outside of the Student Government Association gives students quick advice for registering to vote. Photo by **Samantha Smith/The Jambar**

SAMANTHA SMITH

Ohio is offering mail-in voting as an option for those who are unable to get to the polls in the upcoming presidential election. Student Activities and Student Government Association offer assistance for completing the process.

Carolyn Jesko, assistant director of programming in the Student Activities office, said students need to first register to vote to receive an absentee ballot form.

“You can [register] online very easily. You go to voteohio.gov, which is the secretary of state’s website in Ohio,” she said. “You can check your registration status or update it there ... you just need some specific information like your last four digits of your social security number or your driver’s license number and they kind of go into detail there.”

If anyone needs to update registration information but can’t get online to do so, Jesko said Student Activities has forms for students to update their registration status via mail.

For students that request an absentee ballot because they live

on campus and away from their permanent address, Jesko said students should make sure to have the ballot mailed to campus from the county they are registered to vote in.

Jesko said the Student Activities office will have tables stationed every week leading to the election for students to ask questions, gain more knowledge on the voting process and be aware of all deadlines when voting.

“We had a table on Wednesday where we were just kind of educating students on voter registration and the deadlines and how to request their absentee ballots,” Jesko said.

Justin Shaughnessy, Student Government Association president, said SGA will also help students with voting and voter registration.

“We’re working with our vice president of public relations to do videos on how to go about that process and videos on the different options you can have as a student, as far as in-person versus mail-in versus absentee ballots,” Shaughnessy said.

He said SGA is planning to work with Student Activities, along with other resources, to help students and give them the

tools they need to vote.

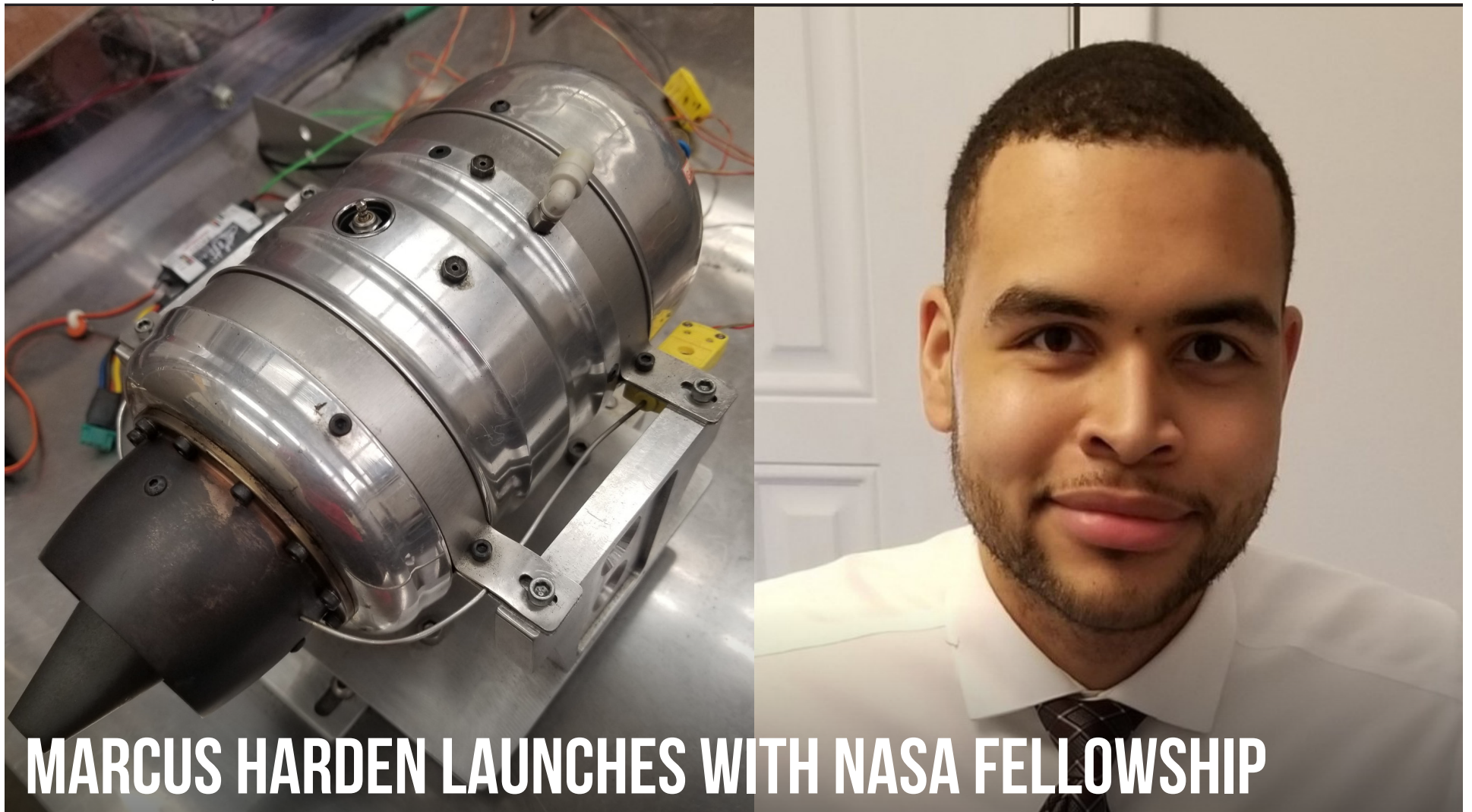
“We have a lot of students in the Student Government Association that have a lot of connections with the board of elections or different people that can help us get that information out,” Shaughnessy said.

He recommends first-time voters stay educated and research who they vote for.

“I think that, you know, a lot of times we hear word of mouth or hear things off of Twitter or Facebook and stuff, but I think it’s our duty as voters to make sure we know who we’re voting for,” he said.

For Ohio, the deadline to register to vote is Oct. 5. The deadline to request an absentee ballot is Oct. 31 and voting by absentee starts Oct. 6 and runs until Nov. 2.

For Pennsylvania, the deadline to register to vote is Oct. 19. The deadline to request an absentee ballot is Oct. 27 and voting by absentee starts Sept. 14 and runs until Oct. 27. In-person voting for all states is Nov. 3.



MARCUS HARDEN LAUNCHES WITH NASA FELLOWSHIP

Marcus Harden received a NASA Fellowship where he will convert a KJ-66 micro turbine engine into another model to operate autonomous aerial vehicles. **Photos courtesy of Marcus Harden**

DOUGLAS M. CAMPBELL

Last spring many students felt as though their world was about to be put on pause. For Marcus Harden and four other Youngstown State University students, their world was about to change.

Harden, a graduate mechanical engineering student, is the recipient of the NASA Fellowship program. The NASA Fellowship program in association with the Ohio Space Grant Consortium seeks student-led STEM projects responding to one of NASA's four mission directorates.

"I received word last semester before spring break. I was honored to be presented an opportunity to show what I can do with my research," Harden said.

These directorates are earth science, planetary science, heliophysics and astrophysics.

In the spring semester, the OSGC also awarded four students a \$7,000 scholarship for their research projects. These students are Alexis Cresanto, a junior chemical engineering major; Patrick McWhorter, a senior chemical engineering major; Timothy Chamberlain, a senior mechanical engineering major; Nathan Lin, a senior mechanical engineering major.

"I was excited and shocked that I had received it," Cresanto said. "It was a boost of confidence that helps me when doing the research. The grant provides me an opportunity that most

undergraduates do not have, which I am thankful for."

Harden's project involves the digital conversion of a KJ-66 micro turbine engine, available on campus, into a model of a TJT-3000 micro turbine engine. Their goal is to create a lab for students where they can interact and compare Harden's engine to the KJ-66 micro turbine engine.

The engines are most often used in remote-controlled airplanes and unmanned aerial vehicles.

"My project focuses on getting a working Computational Fluid Dynamics model of the engine and prioritizing maximum efficiency in the combustion chamber of the engine," Harden said.

CFD produces quantitative predictions of fluid flow based on conservation laws governing fluid motion through 3D scanning. The scan helps engineers analyze the inside of the engine and improve the efficiency of fuel flow to the engine.

Stefan Moldovan, assistant professor of mechanical engineering, is assisting Harden with the project.

"It's great working with Dr. Moldovan, he's there to help you with anything you can ask for. Anytime you need help with a theory or where to move forward, he always offered great advice," Harden said.

The pair worked together before on Harden's senior capstone design project with Vallourec Star.

"Marcus came to me and said there's a project we can do

together. We talked to Dr. Disotell and came up with the project and started working together ... we've had really good experiences," Moldovan said.

The pair faces the challenge of discovering the geometry of the engine, since there aren't pre-existing models to work off of.

"It is very complicated; some issues I'm running into is getting a sliding mesh model running as it is beneficial to turbo machinery," Harden said.

To solve the issue, Harden and Moldovan work from the ground up using CFD as a guide.

"We can't go to the library and get a 3-D model. We have a similar sized engine that Marcus will tear apart, use 3-D scanning technology to create a model, and use the simulation to find the flow and combustion process," Moldovan said.

Harden has not yet announced when he will present his final research.



CONSTRUCTION ON FIFTH AVENUE EXTENDS INTO FALL

Backhoes, bulldozers and orange cones line Fifth Avenue along Youngstown State University's campus. Photo by *Kelcey Norris/The Jambar*

JOSEPH CHAPMAN

In June, the city of Youngstown broke ground on the first phase of Smart2 Network Project beginning the transformation of Youngstown's roads. According to the city of Youngstown's website, Smart2 will provide pedestrian and bicycle facilities, autonomous transit shuttles, transit waiting environments, green infrastructure and streetscaping.

Their goal includes connecting the city with five points of interest in mind: Youngstown State University, Mercy Health St. Elizabeth, Youngstown Business Incubator, Eastern Gateway Community College and WRTA Federal Station.

Danny O'Connell, director of Support Services at Youngstown State University, explained the city received \$10.85 million in funding from the United States Department of Transportation's Better Utilizing Investments Leverage Development, or BUILD.

"Fifth Avenue currently is too wide for the need and the projected need long into the future when it was put in. Things were a lot different downtown. There was a lot heavier traffic

coming in, and really, in my opinion, it's gotten to the point where it's not as safe as it should be," O'Connell said.

The project will reduce the number of lanes on Fifth Avenue in an effort to make it proportionate to the flow of traffic. It will make the environment safer for pedestrians, O'Connell said.

Fifth Avenue is also set to receive two autonomous shuttles, which will be the first of their kind in the Valley.

The first concern of the contractors and the university is student safety. While the Fifth Avenue drain work continues, COVID-19 has actually had a positive effect in terms of this project.

"It's kind of different right now also because of COVID. ... What are the silver linings? Our traffic on campus is less than it would normally be this fall," O'Connell said. "And so that probably makes things safer for this project and also safer for the students."

The contracting company, Parella-Pannunzio Inc., is taking advantage of the great conditions.

"So much of what they do out there is based on weather.

And so they've had [great] weather, they've had light traffic. And so they're taking advantage of it. I mean, I've seen the owner out there setting up combs digging with a shovel ... it's impressive to me when you see you know the owner on a project every day," O'Connell said.

To maintain safety, O'Connell recommends students park in specific locations. He said the parking deck on Wick Avenue and the newly constructed parking lot behind the east side stand as ideal parking for students.

Although the construction will take a while, the results will be worth it, O'Connell said.

"If you look at the issues with crossing streets and dealing with traffic on streets, we're going to be much closer, it's going to be a shorter cross, which in turn makes it a safer cross and that's going to be huge for us moving forward," he said.

"We're going to have a year and a half of some headaches," he said. "But then we're going to have a lifetime of a better transportation system and safer pedestrian walkways."



COVID-19 UPDATE

Photo by Karolina Grabowska. Courtesy of Pexels

According to a story published by Mahoning Matters on Tuesday, there is one report of a person at Youngstown State University who tested positive for COVID-19 through Mahoning County Public Health. The nature of the case, whether it is a student or faculty member, and their residency in relation to campus, is not yet known.

At this time, there are nine other reports of contact with someone who tested positive for COVID-19 through YSU's contact tracing system. A post on YSU's official instagram story last weekend also reflected this

data, as shown above.

As of Wednesday, there are 56 additional cases in Mahoning county since Aug. 26, an average of eight daily cases.

Last week, there were 46 cases between Aug. 19-25, with a seven day average of nearly 16 daily cases. As of Aug. 31, there are 89 cases in the two zip codes encompassing Youngstown State.

These zip codes also encompass much of the surrounding city and suburbs of Youngstown.

At this time, the Mahoning County Public Health System, City of Youngstown, and Environmental and Occupational Health and Safety at Youngstown State University were unavailable for comment.



GET FIT WITH PREPPED WELLNESS

Meal prepping and wellness changed Gino West's life. Prepped Wellness is his way to help others change their lives, too. Photo by Kelcey Norris/The Jambar

KELCEY NORRIS

Youngstown State University alumnus Gino West created Prepped Wellness, a personalized meal preparation company delivered right to his customers' doors in 2019. The company offers personalized meal preparation that is healthy with a variety of allergen-friendly options.

West has eliminated the hassles of eating healthy by designing the recipes, picking up ingredients, preparing and delivering meals.

"We do all the shopping and cooking; you just have to eat," West said. "I use all high quality goods, fresh, nothing frozen. Everything is dairy-free, gluten-free and fresh."

Customers virtually submit their menu orders on Wednesday nights. West gathers ingredients during the week and prepares their meals on Sunday, which are delivered or picked up later in the day.

YSU students who write in the comment section stating they attend the university will receive a discount.

During his first year at YSU, West decided to make some changes concerning his weight.

"At this point, I was 350 pounds," he said. "One day, I had an internal snap. In 2009, my sister was approved for bariatric surgery. Then I got on the scale and knew that something had to change, like now."

West said this moment was the beginning of his health and wellness journey.

"I ate really clean, like chicken, salads and fruit, Monday through Friday, then gave myself the weekends to eat what I want," West said. "I lost 140 pounds in a year and a half. I wasn't even exercising, this was just strictly me moderating my food intake."

His weight loss journey inspired him to study health and nutrition at the university. He wanted to help others develop healthy eating habits, too.

"Helping people and caring for people has always been my passion. So I thought, 'What can I do to take the thought process out of maintaining and living this healthy lifestyle?'" West said. "Well, why don't I just do it for them?"

After graduating from YSU in 2015 with a dietetic degree, he began the first stage of Prepped Wellness.

With his culinary experience, West became a personal chef, preparing healthy meals for 15 customers per week at their homes.

"I did all the grocery shopping, the whole nine yards for them. I'm essentially a personal healthy lifestyle chef," he said. "I came to your house and prepared everything for you for the week. That went on for about a year and a half."

Business was booming, and West said it was more than he could handle alone. He expanded his healthy meal preparation operation in early 2019 into a small business.

"Now, I'm covering five counties, three delivery drivers and a team of eight people working under me," West said. "What I created was a very easy concept for people to be able to maintain a healthy lifestyle without having to do much. The menu is always changing; it's fun and people have just been raving about how great the food tastes."

Meal prep packages start at \$40 for five different entrées. West said the most popular package among his customers is the 5-5-5 pack for \$60, which includes breakfast, salads, fruits and entrées.

"I'm super competitive with my prices, with both my direct competitors in Youngstown and also the big-box people," West said.

Although his food is gluten-free, dairy-free and vegetable-heavy it's still flavorful, according to West.

"People think it'll be just steamed chicken and boiled broccoli. No, food is flavor. I want it to be a good experience for you but also be awesome for your body," he said. "You're eating clean, sustainable energy while also getting a high-flavor rate, so it's really the best of both worlds with this meal prep."

For more details on Prepped Wellness, visit preppedwellness.com or check out its social media.



PENGUINETTE PRIDE

The Penguinettes look forward to a chance to stand out this semester. **Photo by Kelcey Norris/The Jambar**

KRISTA RITZ

The Penguinettes and feature twirlers of the Youngstown State University Marching Pride liven the mood at every Saturday football game by performing intricate dance routines and baton twirling.

Jordan Record is starting her third year as the Penguinettes captain. Record has been dancing since she was three years old and also performs with the dance ensemble at YSU. She and the Penguinettes implement jazz, tap, lyrical and contemporary dance into each performance.

This year, however, is different for the Penguinettes. The women face new restrictions as a result of the coronavirus pandemic, including virtual auditions.

“We’ve done things a lot differently this year because of [COVID-19]. We had online auditions this year. Usually, the advisor would choreograph a baton routine and a jazz routine and then teach it to us. But this year, we all had to make up our own baton and jazz routines in order to audition,” Record said.

This year, the record said Penguinettes are required to social distance during practices and performances.

“We basically have to wear face masks all the time. We’re outside, we’re not allowed to practice inside, we social distance as much as we can, so we’re trying to follow all the guidelines while still being able to get together as a whole group,” Record said.

Although recreational activities are different on campus this year, Record feels optimistic about the Penguinettes.

“We’re seen as [an] accessory to the football team but because of the fall season getting postponed this year, I feel like this is actually our opportunity to separate ourselves from sports and be the Marching Pride,” Record said.

Francesca Byrne is a third-year Penguinette and a lifelong dancer. During her senior year at Girard high school, she was captain of the dance line and continues to practice diligently amid the pandemic.

“At this point we would’ve had a bunch of rehearsals and had a lot of our numbers done. We would’ve gone to band camp for a whole week before school started and we’re there

for hours on end each day of the week so not having that was a huge, different thing,” Byrne said.

Byrne said joining the dance line at YSU was a great decision and is appreciative of the supportive friendships she’s made as a Penguinette.

“It’s given me a really great group of friends,” Byrne said. “I started as a freshman, so it was the first group of people I really met on campus, so I have a very deep bond with a lot of those girls.”

Brittany Arcuri, a second year Penguinette, said they are still working on fun activities to get the community involved.

“We usually do ‘Penguinette for a Day,’ which includes younger kids, and we teach them a routine,” Arcuri said. As everyone must remain socially distant, the line is thinking of ways to do the activity virtually through video submissions.

Masks and social distancing won’t stop the Penguinettes from performing and sharing their YSU pride.

GET INVOLVED! STUDENT ACTIVITIES THIS WEEK

Meet The Greeks

Virtual Information Session:

Tuesday, Sept. 8 at 7 p.m.

Virtually Meet the Recruitment Counselors:

Thursday, Sept. 10 at 7 p.m.

Fall Formal Recruitment Virtual Open House Night:

Thursday Sept. 17 at 7 p.m.

Arts and Entertainment

Department of Art
Faculty Exhibition:
Enigmatic Reflections

McDonough Museum of Art

M-F 11 a.m. - 4 p.m.
(Closed Labor Day)

Andrews Wellness and Recreation

Spinning:

M-S 12:15-1:15

Total Body Workout:

W/F 12:15-1:15

Tabata:

M 3:15-4:15

Yoga:

T 7:15-8:15
TR 5:15-6:15

Zumba:

T 3:15-4:15

DON'T LET THE FEAR OF FAILURE STOP YOU

MAC POMEROY

I was born missing most of my hearing. However, I have a hearing family. My family is very talkative and loud. They speak a lot, sing a lot and rely heavily on verbal communication. As you can probably guess, this does clash a lot with my hearing loss.

I worked hard on being able to speak perfectly; I spent hours reading books aloud, trying to feel the vibration of each word. I watched the mouths of those around me very carefully, learning to lip read. Over time, I became a great speaker. I competed in Speech and Debate in high school. I never wanted my lack of hearing to get in the way of my communication.

However, that wasn't the case. While I tried so hard to conform and be of hearing, never once did I consider being a part of Deaf culture. Or, more specifically, I never learned how to use sign language.

This wasn't due to having a hearing family as much as it was due to being stubborn. My family actually encouraged me to learn and embrace the language. I was scared to do so.

I worried that learning sign language would make people view me as "the deaf kid." I felt concerned this would stop me from making friends or being valued as a member of the community I was surrounded by. However, sign language or not, this happened anyway.

Even with hearing aids, I can't hear. While I can speak perfectly, I don't know what others are saying.

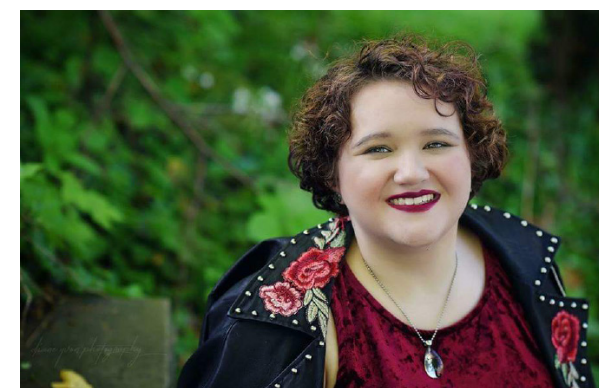
I felt stuck in a weird middle where I was not fully hearing and struggled with verbal communication, but I also could not communicate with or be a part of the Deaf community. I was just there. The only way I could communicate without being left out was by texting, but that doesn't replace regular communication.

As I got older, I wished I learned sign language. While I know what younger me was thinking, I now perceived myself as alone, and this was frustrating. I thought it was too late, and I would always be in a weird limbo between trying to talk to others, but not being able to fully hear their replies. Especially now, when I can't read lips in public due to masks, I feel like I can't talk to anyone.

Thankfully, I managed to get into the American Sign Language class this semester.

On the first day of class, just learning the alphabet, it seemed to click. I felt like I could finally understand something for once, without having to backtrack and doubt myself. It's only been two or three weeks of learning, so I am not an expert, nor have I been able to have a conversation in ASL. However, learning makes me excited to keep going.

Perhaps you are in a similar situation. Not where you can't communicate, but where you are worried you waited too long



to learn something you have always wanted to know. Maybe you have wanted to learn how to play the piano, or learn a new language or whatever else.

Often the longer you wait, people tend to refer back to the saying, "You can't teach an old dog new tricks."

It is true learning certain things, especially a language, gets increasingly difficult the older you become. But that is no reason to not try. It means you may need to work even harder, but the results will be even more rewarding.

Don't let the fear of work or failure stop you from trying.

As for me, I am going to keep trying to learn to sign. I am going to keep working on it, and not just because of my ASL class. This will be something I will need to work on the rest of my life, and that's okay. I'm excited to learn.

THE STRATEGIC ART OF MULTITASKING

LAUREL STONE

One of my biggest fears when faced with an online-only schedule was my potential inability to stay on top of all of my school work. I need to keep all of the various deadlines for five classes straight, while balancing two jobs in the mix. As a devout procrastinator for all of high school, and my first couple years of college, I feared this semester would be the end of me.

In order to preserve my mental sanity for as long as possible, I told myself this year would be different. I'd complete assignments well before their due dates and keep an organized planner.

As optimistic as I was about this new way of life, deep down I never expected it to actually stick. No one was more surprised than myself to discover I actually plan to stick with my new organizational method for at least the remainder of this semester, if not for future ones as well.

I have used a planner prior to this semester, but not to the extent to which I use it now. I include all assignments, tests, quizzes and projects for all of my class; all of which are color coded to keep my large assortment of English and writing classes straight. I admit this process takes time, but, in my

opinion, the results are well worth the extra several minutes it takes to organize my planner. It allows me to plan out my week in advance so I never miss any assignments or have an unanticipated "pop" quiz.

At the beginning of each week I make a mental note of the days I work and the days which I have assignments due. On the days I don't work, I try to dedicate them to homework. I know I won't want to work for hours in a restaurant just to return home and have to do more work. As much as I'd prefer to lounge around on my days off and do absolutely nothing, I force myself to think of the future me, and how much less I would prefer to be doing homework after working as opposed to putting on fuzzy pajamas and watching a show before being welcomed into my loving bed.

Keeping myself organized gives me peace of mind. I no longer lie in bed at night unable to sleep, sorting through the assignments filed away nowhere besides my own mind, reassuring myself that everything is completed. No longer do I have to set my alarm for an absurdly early hour of the morning to complete an assignment I didn't realize was due until after midnight the night before it must be submitted. I do not feel guilt nor pressure when I take time to relax, for I know I did



what needed done and as a result deserve a peaceful mental break.

My advice to you, fellow Penguins: do your work when it comes to mind. Don't save it until the last minute simply because you don't feel like doing it. Although you may feel the same sense of thrill and pride as I once did at achieving the impossible and completing an assignment at the very last minute, until the final moment of submission, those assignments will still reside somewhere in your mind, adding a small sense of urgency to whatever else it is you may be doing. Little puts me more at ease than knowing I can enjoy a quiet night at home with absolutely no deadlines in my near future, and I hope you can all achieve this level of peace and contentedness.



The YSU academic Senate met Sept. 2 both virtually through WebEx and on campus. The meeting focused on senate elections, the 20-21 financial situation and academic reorganization. Chair Chet Cooper gave a report on the Board of Trustees meeting. **Photo by C. Aileen Blaine/The Jambar**

JAMBAR EDITORIAL: FALLING FOR FALL

It's the first week of September. This means pumpkins and fall leaves, apples and gusty autumn days. Pumpkin pies and caramel apples and sweaters and hats. Boots and jeans and flannels. Rainy days and clear nights and leaves the color of fire. These are a few of our favorite things.

While there are a lot of things we can't do right now, not everything is cancelled. We can still go outside. We can take hikes through Mill Creek Park. We can go for scenic drives in the countryside. We can lie on our backs outside and look up at a clear sky full of stars. We're still able to smell the crispness air gets as we transition from hot, sticky summer days to cool, clear autumnal ones. We can still have bonfires, with toasty, gooey marshmallows. We can still find our favorite pumpkin patch and lose ourselves in the beauty of the warm colors of fall.

Sometimes, the things of our childhood may be forgotten, but can still bring us joy. Things like scuffling our feet through crunchy, papery leaves, or feeling the soft warmth of socks on our toes, or pressing brightly colored leaves between the pages

of a heavy book, cost us nothing but can still bring smiles to our faces. These are the things we must keep in mind when we find ourselves becoming bogged down by the utter dreariness of the world as we currently know it. A world full of things like politics, pandemics and social injustices. It's not to say these troubling things are to be forgotten, for they must never be. But sometimes, we all just need a moment to step away from the sheer grownup-ness of the world and to look back at the things that used to, and still can, make us happy.

Maybe, this fall, we should challenge ourselves to try something new: fall crafts. Create a rustic, pumpkin-shaped sign to welcome your guests and remind them to sanitize before they visit. Carve a pumpkin, put a mask on it for an added chuckle. Take up knitting and make a sweater for your cat or your neighbor's Chihuahua who barks at the slightest stirring of leaves.

Please, remember to wear your masks. Wash your hands. Stay at least six feet away from others. These small steps can help us get closer to the world we knew pre-pandemic, where

we can watch our favorite football team in the stands and participate in our usual, autumnal campus events. And please, never forget we're six feet apart, but together at heart.

Doctor of Nursing, Cont. Page 1

The first-year applications were accepted until Aug. 31, 2020.

We will consider having another round of applications until our seats are filled and if we decide to move forward with that, students can find more information on our website," she said.

"The application process is fairly simple: prospective

students can go visit our website and can simply apply by pressing the application tab on the homepage," Kostelnak said.

Only 20 qualified students will be able to register for the new DNP program at YSU starting May 2021.

Jesse Wright, a sophomore nursing major, is excited about the new DNP program and said it's a great asset to have on the YSU campus.

"I'm excited about it, this program makes the nursing school

look better. Also, it will allow us to have a higher education in nursing and it makes the bachelor's program better by having a doctoral program," he said.

Students can apply for the DNP program at www.ytowncrnaschool.com.

Mental Health, Cont. Page 13

According to Victoria Kress, director of the CCC, the clinic is offering telehealth services this semester.

In the 2018-2019 academic year, the two licensed clinicians with Counseling Services saw 359 clients — an average of 179.5 clients per staff member and a 22.5% increase from the previous year.

According to the Association for University and College Counseling Center Directors, "a single full-time staff member without major admin responsibilities can effectively work with about 100 or so clients per year."

Counseling Services' clinicians, one of whom has

administrative responsibilities as the director, were seeing nearly double the number of clients that they can work with effectively in 2018.

Anxiety, depression and family issues are the top three reasons that students seek out counseling services at YSU, according to data collected by Student Counseling Services. Due to the increase in clients, there is also an increase in wait time for an appointment — an average of just over 11 days, according to the same data. This can be a problem when 13% of those 359 clients report serious issues, such as a previous suicide attempt.

Currently, Wick Primary Care staffs a licensed psychiatrist

eight hours a week. This psychiatrist can evaluate and prescribe medications for mental health issues. However, Wick Primary Care does not currently offer any type of psychotherapy. If you are experiencing mental health issues that may require medication, Jaronski recommends setting up an evaluation with a general practitioner at Mercy Health to determine if a psychiatrist is necessary for you.

If you or anyone you know is experiencing a mental health crisis, call the Student Counseling Services' crisis line at 330-941-3737 and press one, or call 330-747-2696 for the Mahoning and Trumbull counties suicide hotline.



YSU VOLLEYBALL LOOKING FORWARD TO SPRING

Coach DiGregorio helped lead the women's basketball team to a record 320 wins at Youngstown State University from 1983-2003. *Photo courtesy of YSU Athletics.*

KYLE WILLS

The Youngstown State volleyball team will have to wait until spring to start up their season this year due to the Horizon League's postponed fall season. After finishing 8-21 last year, the team hopes to turn things around this season, whatever it may look like.

Head coach Aline Scott said she knew their fall season would be cancelled.

"We knew it was coming," Scott said. "We were operating on a lot of hope that things would change or that we would have medication or a vaccine by the time the season rolled around, but I think there was always a possibility in the back of our heads that it was going to happen. It was disappointing that unfortunately, we're just not in a place to be able to compete."

Libby Darling, junior setter and psychology major, said the

team has high hopes for next semester and hopes the spring season will be their time to play.

"We were hoping for the best, but definitely expecting the worst to happen and we were prepared for when we got the answer," said Darling. "I think that's where a lot of our teammates' heads are at, is that we're still going to keep doing the same thing."

With their sights set on a spring schedule, the team is starting their training program next week. But they are adhering to restrictions set in place by administration to keep a safe and healthy environment.

"For volleyball, we will be wearing masks all the time, including while we are competing. We have to clean equipment involved prior to and after practices," said Scott. "The kids all have to fill out health assessments before they come into the gym, get their temperatures checked, checked for all symptoms."

Scott said if any players experience any symptoms they won't be allowed inside the facility.

"Once we're in there, there are squares on the ground of tape where we have to stay the entire time while we are lifting," Darling said. "We have to wear our masks the entire time and there is one entrance and one exit. There's no shared equipment of any kind."

The team is also looking forward to competing with some of the incoming freshmen who will make an impact and help out the veterans, as nine new members will be welcomed to the team this season.

"I would expect some of the kids that had big roles last year continue to do so," said Scott. "Since we have not been training, it's hard to say which newcomers will have a big impact. We expect that at least two or three of them will be able to help the returning group once we start competing in the spring."