

RISING COVID-19 CASES SEND STUDENTS HOME FOR FALL



YSU students and faculty line up in Kilcawley Center to get tested for COVID-19. Photo by **Abigail Cloutier/**
The Jambar

ABIGAIL CLOUTIER

Increasing COVID-19 cases on Youngstown State University's campus are sending students home for the remainder of the fall semester after Nov. 24. Many universities adopted the same policy earlier in their fall semesters to mitigate travel-related spread of the virus.

"The travel for Thanksgiving probably doesn't touch us as much as it does a lot of universities. I'd say 80-85% of our students are from right around here. So really, the Thanksgiving travel didn't have as much to do with us moving primarily remote," university president James Tressel said. "So, as the numbers really spiked, we were sitting in October with a handful of positives, and we get to a dozen, and all of a sudden we get to 30 plus."

After Thanksgiving break from Nov. 25-27, the last week of classes and finals week will be primarily online, according to an email sent to YSU students Thursday. Campus will remain open for the last two weeks of fall semester and facilities like residence halls, the library and meal services will still be available.

Last week, YSU reported 37 new cases, and Monday the dashboard showed 43 cases. Most of these cases are classified as students living off-campus, which includes university apartments such as the Courtyards, University Edge and the Enclave. Only a handful of these cases were staff members. YSU does not include unconfirmed cases in its total, such as students who quarantine for possible exposure to the virus.

It's an increase reflected throughout the state. Ohio Gov. Mike DeWine implemented a curfew, going into effect today, from 10 p.m. to 5 a.m., lasting 21 days. The majority of Ohio counties are in the 'red' alert level of COVID-19 spread.

Yesterday, YSU offered free BinaxNOW Rapid Antigen Testing to students, faculty and staff before Thanksgiving break. The university has not yet decided if they will change the academic calendar for the spring 2021 semester.

"Spring breaks were invented because people needed breaks. And not just the students, but the faculty," Tressel said. "So we're going to be talking about that quite a bit here, but in the next month, we don't really need to make that decision real quickly, keeping an eye on how things are going from a COVID standpoint, and also weighing in the whole mental health part of it."

Yesterday, Pfizer and BioNTech concluded their phase-3 study of their COVID-19 vaccine candidate. According to Pfizer, the vaccine has 95% efficacy. However, the data is not yet peer reviewed by independent researchers. Another vaccine candidate from Moderna shows similar efficacy rates. Both vaccine candidates must receive government approval before distribution and manufacturing. According to NPR and Dr. Anthony Fauci, director of National Institute of Allergy and Infectious Diseases, vaccinations could begin in December, but the vaccine is not expected to be widely available until 2021.

CAFARO CAR THEFT

KELCEY NORRIS

Penguin Alerts notified the campus community of an armed robbery across from Cafaro House in the M90 parking lot on Elm Street. Two suspects took a male student's possessions and vehicle at gunpoint. The investigation and search for the vehicle is ongoing.

Youngstown State University police chief Shawn Varso said the carjacking took place shortly before midnight Saturday as the resident returned to the residence hall.

"One of the individuals produced a gun, asked him to hand over his money and whatever article he had. They took his car keys, got into the car and took off out of the lot," Varso said.

The vehicle then headed south before entering the Eastbound Service Road.

"Right now we're trying to find the vehicle — it was entered stolen. [Youngstown Police Department] advised all its units to be on the lookout for it. We're actively searching for the vehicle right now," Varso said.

Descriptions of the suspects and the stolen vehicle were sent to YSU students and staff. Luckily, the student was not injured in the carjacking.

"They were wearing masks, hoodies, and the student was unhurt. I spoke to him this morning and let him know he did what he should have done. He didn't try to argue or fight with them. I gave him credit for his actions that night," Varso said.

In a follow-up crime prevention email to students, the police department advised the community to not leave personal items or valuable electronics unattended in cars, dorms

or apartments.

"If you are returning from somewhere at night, be aware of your surroundings. Don't take it for granted. If someone is sitting there in their car, don't assume they're college students," Varso said. "Just be wary, especially at that time of night, of people who are around you. The lot was well-lit, but sometimes that doesn't even deter a person from doing something like this."

Varso said his officers strive to provide safety and prevent major criminal acts like this from happening on campus.

"It's been quite a few years since we've had a robbery of this magnitude that happened on campus, but even if we have one of them, that's one too many. I take it to heart when a situation like this happens. I don't want any of our students in any danger," he said.

A second Penguin Alert for the weekend came the next day, describing an unrelated incident where two detainees escaped from the Juvenile Justice Center (JJC).

"The JJC is actually located on Scott Street down below Wick Avenue, below Ursuline High School, so it is very close to campus," Varso said. "Two of the individuals walked away from the center, I don't know how they got out ... In the interest of safety, we put that alert out to the campus community to make sure people were aware that these individuals did walk away."

As of Monday morning, one of the escapees was found and taken into custody again. The detainees' escape from the JJC was not related to the car theft at Cafaro.

FEATURES



INSIDE THIS ISSUE

NEWS

- 3 Telehealth
- 4 Labor Strike History
- 5 Student Social Work
- 6 Newman Center
- 7 Become an RA

STUDENT LIFE / OPINION

- 8 Live Music Returns to Suzie's
- 9 Honors Storytime
- 10 Fencing / Stambaugh Story
- 11 Pete's Pride
- 12 Faculty Feature: Gary Walker/ Letter to the Editor
- 13 Editorial: No Place Like Home / Column

SPORTS

- 14 This Week In: YSU Sports History
- 15 Men's and Women's Basketball schedules
- 16 XC Time Trials

JAMBAR STAFF

EDITOR-IN-CHIEF

Kelcey Norris

MANAGING EDITOR

Abigail Cloutier

NEWS EDITOR

C. Aileen Blaine

ASSISTANT NEWS EDITOR

Jordan Boitnott

ARTS EDITOR

Zach Mosca

COPY EDITOR

Laurel Stone

ASSISTANT COPY EDITORS

Brianna Bell

Sydney Stalneckner

GENERAL ASSIGNMENT REPORTERS

Douglas M. Campbell

Joseph Chapman

Gabby Owens

Krista Ritz

Samantha Smith

Kyle Wills

COLUMNISTS

Mac Pomeroy

Ben Luli

PHOTOGRAPHER

Kamron Meyers

HEAD DESIGNER

Douglas M. Campbell

ASSISTANT DESIGNER

J. Harvard Feldhouse

HEAD OF VIDEO PRODUCTION

Dominique Stevenson

ASSISTANT VIDEO PRODUCTION

Thomas Ellsworth

SOCIAL MEDIA CURATOR

James Potts

WEB MANAGER

John Galvin

ASSISTANT WEB MANAGER

Jenna DeLuca

CONTACT US



thejambar@gmail.com



330.941.1991



330.941.2322

SOCIAL MEDIA

 THEJAMBARYSU

 JAMBARVIDEO

 THEJAMBAR



NURSING DEPARTMENT ADOPTS TELEMEDICINE

Due to COVID-19 restrictions, NEOMED limited the number of health care professionals and YSU nursing students allowed in the facility. As an alternative, students have simulated experiences through telemedicine. *Photo courtesy of NEOMED.*

ETHAN J. SNYDER
JAMBAR CONTRIBUTOR

The medical field is hands-on, and students in the Youngstown State University Department of Nursing are experiencing issues with being able to do their work due to the pandemic.

Since the emergence of COVID-19, practices in the medical field have changed considerably. As essential workers, medical professionals implement new ways to accommodate and care for patients, such as telemedicine.

Dr. Patricia Hoyson is the director of the family nurse practitioners program at YSU, and also a practicing medical professional.

“Nurses are totally hands-on with patients,” Hoyson said. “And that’s what nurses will continue to do — that’s just what we do.”

Still, Hoyson said the department is adopting telemedicine. Telemedicine allows health care professionals to evaluate, diagnose and treat patients at a distance using technology. Medical professionals can conduct patient appointments by phone call or even video meetings. This ensures the safety of the physicians as well as the patients.

Not only does this promote safety, there is also an increase

in office efficiency due to better patient follow-through, such as fewer missed appointments and cancellations, according to Allison Hydzik, a media relations staff member at University of Pittsburgh Medical Center (UPMC).

According to Dr. Khaldoun Tarakji of the Cleveland Clinic, telemedicine is used for follow-up doctor visits, remote chronic disease management, remote post-hospitalization care, preventive care support and assisted living center support in more than 3,500 facilities throughout the United States.

According to Hoyson, YSU’s graduate level nursing students are required to perform 500 hands-on clinical hours throughout the course of their program. Students gain hours by working at various medical facilities throughout their program. These range from physician practices to long-term care facilities to acute care facilities.

Hoyson explained the issues with students being able to meet the 500-hour requirement.

“In trying to keep themselves and their patients safe, they really limited the number of people that they allowed in,” Hoyson said, referring to the various medical facilities YSU partners with. “We had students back in spring and early summer that weren’t able to do any of their clinical hours”

Hoyson said a major activity undergoing change in the

nursing department due to COVID-19 is the simulated nursing experience. Every semester, the graduate students go to Northeast Ohio Medical University (NEOMED) in Rootstown for an exercise. NEOMED hires multiple people to act as imitation patients, and the graduate students must interview, assess and diagnose them.

According to the NEOMED health and wellness report of 2020, due to COVID-19, the university is limiting the number of people at its facilities. This year, their graduate students will have a simulated experience using telemedicine. Through a video call, students will meet with a patient and go through the exercise while gaining first person experience with telemedicine services.

Hoyson had prior experience using telemedicine before the pandemic.

“I see this becoming more popular as time goes on. We did this in my practice with an older population and they were very receptive to it,” Hoyson said. “They were nervous about COVID and they preferred not to go out.”

According to staff members from the Cleveland Clinic, UPMC and NEOMED, each organization already adopted telemedicine practices.



LABOR STRIKES: A HISTORICAL TREND IN THE VALLEY

The Youngstown Historical Center of Industry and Labor honors the city's perseverance through strikes. Photo by **Taylor Fronk**

TAYLOR FRONK **JAMBAR CONTRIBUTOR**

The recent strike at Youngstown State University is not an unusual event for the Mahoning Valley. For decades, the working class in the area has often been at odds with employers.

During the Little Steel Strike of 1937, workers for Youngstown Sheet and Tube and Republic Steel went on strike to fight for fair wages and better conditions. At the time, the companies didn't recognize unions.

H. William Lawson, director of the Mahoning Valley Historical Society, said the strike was unprecedented.

"It was difficult for people in this area. Families struggled. The economy struggled. The negative impacts of the strike echoed throughout the Valley," he said.

According to a Tribune Chronicle article published in 2017, 18 people died, 300 people were injured and nearly 20,000 workers stayed away from their jobs

during the Little Steel Strike.

Although the strike ended in 1937, the companies did not recognize the unions until 1941.

"Historically, strikes happen because two parties won't listen to one another," Lawson said. "The teachers in Boardman went on strike when I was in high school. It was sad and had a real impact on myself and other students, but also on our community as a whole."

Paul Grilli comes from a family of millworkers and created TheRustJungle.com, where he uses photography and worker accounts to preserve the history of the mills. He believes it's important for people to remember the strikes.

"One of the reasons for the strikes is people are living in squalor. They're working [them] to death. They're hardly paying [them]," he said.

He said he wants people to know their history, and learning about the strikes is one way to gain perspective.

"Personally, it's taught me a lot about the power of one versus the power of a group as a whole," he said. "I

hope people don't lose sight of that, because if you give in and bow down to the company or the government, you know, if you band together then you really have a voice."

According to coverage by The Vindicator, 1974 was a big year for strikes. The United Auto Workers union went on strike against General Motors for a better workplace experience. Independent truck drivers went on strike against steel hauling companies, which required the National Guard to step in to break up the violence.

Donna DeBlasio, former site manager of the Youngstown Historical Center of Industry and Labor, is versed in the history of strikes in the area. DeBlasio said strikes are a part of Youngstown history.

"Whether it's steel workers, auto workers, teachers — these people have something to say," she said. "It's a big part of who we are. We have this rich history of industry and people who wouldn't let their voices not be heard."



STUDENTS FOCUS ON HEALTH CARE TO BRING SOCIAL JUSTICE

Lauren Dean, president, and Malini Rajasekaran, vice president of the Student Social Work Association, promote social justice and access to health care within their organization. *Photo by Jessica Stamp*

JESSICA STAMP JAMBAR CONTRIBUTOR

Youngstown State University's Student Social Work Association (SSWA) aims to bring awareness and promote social justice both on campus and in the community through hands-on actions.

Lauren Dean, a senior social work major and president of SSWA, wants to concentrate on the wellness of students because of COVID-19.

"Along with the health care, we're just going to remind students that they can go to Wick and get all their medical things," Dean said. "A lot of people don't realize that the health care is free and [students] have access to it."

Usually, SSWA partakes in activities like the

NAMIWalks, an event hosted by the National Alliance on Mental Illness to bring awareness to mental health, and Guinathon. Because of social distancing and disinfecting procedures this year, the group decided to focus on health care for social justice.

Dean works on projects with Malini Rajasekaran, a senior social work major and vice president of SSWA. Both women said it's important for students to become involved with social justice activities.

"[Students] are kind of directly impacted with the social justice issues we're trying to tackle," Rajasekaran said. "We're trying to get their input ... and see how they can help out as well."

The group has five members and wants to expand its membership. Rajasekaran said SSWA welcomes input on social justice issues from students.

"Because even though we are an executive board, we really want the students to be involved and help us with these things," Rajasekaran said.

SSWA members face troubles with meeting together and participating in activities they normally do.

"We can't meet in person and do the things that we usually do like give direct donations, meeting up with the student body," Rajasekaran said. "The only thing we can do is find virtual alternatives and work with the students."

Dean and Rajasekaran said they're excited to see what kind of impact the social work department will make on the student body.



NEWMAN CENTER PROVIDES THANKSGIVING MEALS DESPITE PANDEMIC

The Newman Center invites YSU students for a carry-out Thanksgiving meal and virtual fellowship Nov. 24. Photo by C. Aileen Blaine/The Jambar

C. AILEEN BLAINE JAMBAR CONTRIBUTOR

Offering fellowship, guidance and outreach opportunities, Youngstown State University's Newman Center provides support to all students, faculty and staff, regardless of religious beliefs. Despite the pandemic, the center still plans to host its annual Thanksgiving dinner.

Joe Frangos, campus minister, has led the center since August. He said the center assists the spiritual, intellectual and social formations of students with a Catholic worldview, but its doors are open for all.

"We are here to support the students spiritually in whatever way," Frangos said. "We just want to be a part of helping them."

The Newman Center is located on Madison Avenue across from Cafaro House. Before the pandemic, the center offered many in-person volunteer service programs, Bible studies and meals for students.

This year, the annual Thanksgiving meal will be served Tuesday, Nov. 24 in already-prepared containers for pickup

to reduce possible contamination. A virtual meeting will be available for students to join to share fellowship and Thanksgiving together.

Past events hosted included Midnight Pancakes during finals week and weekly Wednesday dinners for students. These events are on pause due to the pandemic, but those involved hope to hold them again once normalcy returns.

"Because of our space, we are able to social distance in multiple rooms, which means students can still come to the Newman Center and study, just to hang out, as long as it is within the small numbers," Frangos said.

The Newman Center offers Mass services when holy days fall within the calendar of the academic year, but these are now streamed virtually. The center recently began hosting movie nights on Fridays and will show "The Lord of the Rings" trilogy until December. An advent speaker series will take place throughout December.

Scott Schulick, board adviser of the Newman Center, is responsible for working with the center to create ideas for programs.

"The Newman Center is a great way to engage with the

community," Schulick said. "It goes beyond any one religious denomination."

He said he and the other board members are working toward more virtual methods of outreach until the pandemic is over. This includes more engagement through social media.

Joe Stanford, junior music education, first became involved in the center and its programs in the beginning of the spring semester, but has become heavily engaged since the beginning of the fall semester.

He said it's been difficult getting students to become involved due to the pandemic and new leadership, but the center is working toward encouraging student participation.

"It's kind of like having a second family there," Stanford said. "It's people who are just nice to be around, and it's all for a good purpose."

For more information, students can visit the Newman Center's Facebook page. For inquiries about the Thanksgiving meal, call the center at 330-747-9202.

BE A RESIDENT ASSISTANT



JOIN THE HUDDLE AND BECOME A RESIDENT ASSISTANT

Resident assistants at YSU live rent-free in a single room while enforcing housing procedures and working on-call in the residence halls. Youngstown State University Office of Residence Life hosts virtual information sessions to become a resident assistant. *Photo courtesy of ysu.edu*

GABRIELLE OWENS

For students looking for an opportunity to apply for an on-campus job that includes free room and board, Youngstown State University Office of Residence Life hosts virtual information sessions detailing how to become a resident assistant.

Jacob Haskins, housing coordinator of Lyden House, created the virtual information sessions for students to attend, which will explain the job requirements to become an RA.

“A resident assistant is a student-level, residence life employee who lives in one of the halls. They will walk around and monitor students in the building,” he said. “I describe it as a triage because they are the first person to go to if students are having trouble with their classes, life and living situation. The RA will provide each student with advice and can help them find the right person to contact for their needs.”

In order for students to apply for an RA position, they must attend one virtual mandatory informational session,

obtain a 2.3 GPA, complete one year of college as a full-time student and receive a reference letter from a current YSU employee.

“The last slide of the presentation that I give is a form that students have to fill out their name and email address. They will receive a follow-up email thanking them for attending the information session, which will inform them of the deadline for the application and will provide them with a link to apply for the position,” Haskins said.

According to Haskins, although becoming an RA is a competitive process, the job comes with many perks, such as 20 hours per week, a free single room and a bronze meal plan. It will also allow students to gain both professional and personal experiences to build their resume.

Veronica Erjavec, a senior communication studies major, has been an RA in the Kilcawley House for three years and has enjoyed her experience.

“I really enjoy my job — I actually plan to apply for graduate school and go into student affairs because of my

position here,” she said.

Erjavec said as an RA, her job is to build a community and to provide a safe and fun environment for the residents. She also enforces policies and works in an on-call capacity, in case anyone needs anything in the evenings.

Erjavec said she encourages students to attend the Webex information session and to apply for the RA position.

“If a student is interested in becoming an RA, I think it’s a great opportunity. I learn a lot about myself and others just from being in this position,” she said.

The deadline to apply for the position will be open until 11:59 p.m. Nov. 30.

Students interested in becoming a resident assistant or have questions about the upcoming Webex information session, can visit the Student Experience Calendar or email Jacob Haskins at jehaskins@ysu.edu



LIVE MUSIC RETURNS TO SUZIE'S

The Locals return to the stage after a 6-month music hiatus to perform Halloween night at Suzie's Dogs & Drafts. Photo by Zach Mosca/The Jambar

ZACH MOSCA

After a lengthy absence due to COVID-19, live music returns to Suzie's Dogs & Drafts in Boardman. On Halloween night, the restaurant hosted a Halloween party featuring Youngstown band, The Locals.

The Locals is a cover band who performs covers of various rock artists such as The Red Hot Chili Peppers, The Police and Van Morrison.

Lead singer Garth Vocature said the band had to cancel shows after the pandemic hit. The band was scheduled to play shows for St. Patrick's Day and Westside Bowl featuring musicians from Nashville, Tennessee. Vocature said he is happy to be able to play shows again.

"We were on a pretty nice streak with shows before COVID happened. We had lined up about six or seven shows that we were really looking forward to ... [canceling the shows] stunk, but we're just glad that we're able to be playing again, even if

it's not under normal circumstances," Vocature said.

Unable to perform live for six months, Vocature said he and his bandmates couldn't practice together during the beginning of the pandemic. Unlike other bands who transitioned to live-streamed or drive-in concerts, The Locals decided to hit pause.

"For about six months, we didn't even practice. We actually booked our first show here at Suzie's in Boardman a few weeks back, and a couple weeks before that we had our first practices, so we were without any music for six solid months," Vocature said.

Vocature and his band aren't the only ones itching to be back. Fans of live entertainment are thrilled to be able to go out and see bands in bar settings again. Attendee Joey Vitello said before the pandemic, he went to concerts regularly.

"Even if we have to get slowly back to normal, I guess it's better than to just not get back to normal at all," Vitello said.

Vitello also said he noticed Suzie's doesn't get the amount of customers it usually did before the pandemic. The restaurant

noticed the hit too, and manager Michelle Packer said Suzie's hasn't had nearly as many customers as before.

With reduced indoor dining capacities, patio dining became more popular. Packer noted that the majority of customers sat at the outdoor dining area ever since Suzie's reopened. Yet as the weather gets colder, patios get less use.

"I enlarged the patio. I literally stretched it out as far as I possibly could during the nice weather, but now that it's colder out, we've lost all this, and probably during the nice weather, 80% of our customers were outdoor diners," Packer said.

Inside, tables were moved 6 feet apart to comply with social distancing guidelines. Though the bar area remains open, seating is limited.

Fans of live entertainment can check out Suzie's Dogs & Drafts Facebook page for updates on upcoming concerts and events.



HONORS STORYTIME

Grace Strodtbeck, a freshman language arts major, participates in the “Honors Storytime” service, reading children’s books virtually. **Photo by Douglas Campbell/The Jambar**

DOUGLAS M. CAMPBELL

Grace Strodtbeck, a freshman language arts major, sat in a comfy chair next to a fireplace in Fok Hall with a book in her hand and a smile on her face. She opened her book, stared into a camera on a smartboard and began to read to future viewers.

Strodtbeck is a part of a program coordinated by Mollie Hartup, coordinator of student development and retention, called “Storytime.”

“Part of the Honors College experience is service. ‘Storytime’ was developed as an idea that would allow our students to read books to children in the community,” Hartup said.

She said this program’s main focus is helping children, but it could also help with busy families.

“People in the community could benefit. Parents with young children can listen to a story on Monday evening while they are getting dinner ready or cleaning up from dinner. It’s just an additional way students can serve people in the community,” she said.

Students can sign up for the program through the Honors College newsletter “Weekly PHil,” where they can schedule a designated time to read.

“It really piqued my interests as a volunteer opportunity because I think it’s really important to be involved and educate children,” Strodtbeck said.

Books can be chosen by the students or from a selection pre-selected by the Honors College. Strodtbeck selected Dr. Seuss’ “The Lorax” as her story to read.

“I selected ‘The Lorax’ because I remember one of my teachers reading it in the first grade and it always stuck with me. Even though it’s a kid’s book, it really speaks to some real-world issues,” Strodtbeck said.

To avoid spreading the coronavirus, the Honors College created the program with student safety in mind.

“We created a scenario where our students can bring a book or choose from our selection. They sit in a comfy chair by the fireplace by themselves. Thanks to CISCO’s ‘classroom of the future,’ we start a meeting on Webex and leave the room, so that they can create the story,” Hartup said.

Students also have the option to record their session at home, which alumni took advantage of, to get involved with the program.

The videos recorded are then uploaded onto the Honors College’s YouTube channel as a part of their “Storytime” series. Each episode runs between 20-30 minutes.

The first episode was uploaded Monday, Oct. 26, at 6 p.m. Annabelle Himes, a freshman business and speech pathology major, was the first student to read. She read Disney’s “Frozen” and two Halloween stories.

“I have always enjoyed working with children. Since a lot of the opportunities for honors this year weren’t available, I thought this would be a great opportunity to connect with the children,” Himes said.

When it came to reading, Himes wasn’t nervous about being on camera.

“I’ve been involved with theater since I was 5 or 6 years old. It was a little different, but I didn’t feel self-conscious,” she said.

There are possible plans for a special holiday episode, set for Dec. 21.

“Our goal is to incorporate as much information and maybe showcase some different cultures and some different ways that different people around the world celebrate different winter holidays. But it is a work in process,” Hartup said.

New episodes will be uploaded Mondays at 6 p.m. and will continue until the end of the academic year in May 2021.



SWING A SWORD WITH YOUNGSTOWN HISTORICAL FENCING

Youngstown Historical Fencing teaches monthly classes on 13th and 14th century fencing techniques to get an alternative workout. **Photo courtesy of Adam Severa**

C. AILEEN BLAINE

Those looking for a unique hobby can take lessons in swordsmanship. Youngstown Historical Fencing offers an alternative activity to keep fitness levels in check. The sword fighting study group offers an opportunity to fight with swords through lessons tailored to fit various skill levels.

Five years ago, Adam Severa became interested in historical European martial arts, or HEMA. Though he'd been involved in Olympic-style fencing while in college, a video about Medieval-era sword fighting inspired him to find an outlet for the interest. Though the nearest training facilities were in Pittsburgh, he traveled and trained for four years to master his skills.

"I was hooked after my very first class," Severa said. "I love the community, I love the weapons, I love the history aspect of it."

When one of his instructors suggested he start a HEMA club closer to home, Severa was initially hesitant, but decided to start a study group. He posted flyers around the Youngstown area and made announcements on Facebook to spread awareness. The first session was held in May 2019, at a pavilion in Mill Creek Metroparks.

"It's just me in a park — very informal. If other people want to come in and swing a sword at me, I'm all right with it," he said.

The study group held sessions at pavilions, tennis courts and indoor basketball courts. Now, sessions are held at the Apex Strength and Training on Mahoning Avenue. Participants are encouraged to bring their own equipment, but there are spare swords for novices to use.

Once a month, Youngstown Historical Fencing offers an introductory series teaching the common fencing of the 13th and 14th centuries. From there, the levels of difficulty increase. Sessions are \$10 and can be found on the group's Meetup site.

"We've got 15 or 20 regulars now, which are

absolutely phenomenal people, some of the best people I've trained with," Severa said. "They have a real love for what we do."

Severa said HEMA is an excellent form of exercise. The steel swords weigh 4 pounds and are held with two hands. Combined with 40 pounds of protective equipment and fast-paced sparring, sword fighting makes for a cardio-intensive exercise.

"We train directly from 600-year-old combat manuals. There's no middle man. This is not an art form passed down from century to century like most modern martial arts," Severa said.

In the past, the study group has sparred with other members of historical fencing clubs from across Ohio, participating in events in Columbus, Cleveland and Pittsburgh. However, the pandemic brought this to a halt.

During the March lockdown, Youngstown Historical Fencing didn't meet. Instead, members kept in contact through online chats and virtual happy hours until gyms and exercise facilities were allowed to open again.

When it comes to COVID-19 safety, the study group works to keep equipment sanitized. Participants are spaced apart and wear masks, and there are no one-on-one sparring matches.

"It's very easy to stay 6-foot apart from somebody when you have a sword in your hand. We have a very historical way to enforce social distancing," Severa said. "A plague is not something that is unknown to martial arts practitioners in the Middle Ages."

For those interested in learning more or attending a session, information is available at youngstownhf.com

STAMBAUGH AUDITORIUM ADAPTS VIRTUALLY

EMILY MCCARTHY
JAMBAR CONTRIBUTOR

Stambaugh Auditorium has been a major part of the Mahoning Valley since it opened in 1926. The spacious auditorium has been the venue for public events for decades. This year, due to COVID-19, the auditorium made adjustments to the entertainment experience, like introducing a new dating app.

H. William "Bill" Lawson, executive director of the Mahoning Valley Historical Society, said the auditorium has been a staple in the area since it opened.

"It was a gift to the area. When Henry H. Stambaugh opened it in the 1920s, he intended for the building to be used for education and entertainment," he said. "The auditorium has perfect acoustics ... the way the sound bounces off the walls reflects the sounds almost perfectly."

Lawson said while the auditorium hosted many performances open to the Valley over the years, entertainment isn't the only contribution it makes to the area.

"They have done a lot of weddings and high school graduations. There is a ballroom and a concert hall, which seats over 2,000 people," he said. "They do a lot with students ... like [holding concerts for] the Dana School of Music."

Jamie Marshall, the marketing and design manager at Stambaugh Auditorium, said the chandeliers in the concert hall are original and were the inspiration for the icon on the venue's new app. "The Digital Concert Hall" is an app Marshall was directly involved in launching as an alternative to in-person entertainment this year.

Marshall said while the majority of events are virtual, some are hybrid as well. For example, it showed the silent film, "The Phantom of the Opera." The live-stream featured the film accompanied by live music from

organist Todd Wilson.

Due to state mandates, the auditorium's capacity of 2,500 people is limited to 300 seats. While certain events allow some in-person tickets, most shows have moved to online viewing.

"Most of [the app's content] is free," she said. "We are going to be adding some more highlights of past performances that we had. The 100th anniversary of our first board meeting was actually held on Aug. 3. We had something here very small and we made a commemorative video of that."

Video content is not all that's available on the app, Marshall said. A variety of podcasts are available as well.

"It works very similar to a podcast app like Apple Podcasts or even Netflix ... it's bringing such an older building into new technology," she said. "We do different themes. One is performances, so we'll do, like, a performance preview. We do interviews with people that have performed here or interact in performing arts. We did one actually with a music therapist ... it's our top episode."

Though the auditorium moved to virtual initiatives before COVID-19, they wanted their content to be accessible to more people.

"We were doing some streaming prior to COVID, but we wanted to make it more accessible," she said. "It also gives us the opportunity to branch out into a larger audience."

Marshall said they typically have an older audience that attended their events for years, but the app gives them the ability to draw in a younger audience.

"We basically have to get a younger audience to come in the doors and experience something before they're hooked," she said. "So, this was an easier way to literally get into the palms of their hands."



Pete's Pride volunteers pose with YSU President Jim Tressel at the "Bloomin' Arts!" Festival in 2015. Photo courtesy of Pete's Pride

KIERSTON RICHARDSON JAMBAR CONTRIBUTOR

Pete's Pride is a chance for alumni to stay connected to Youngstown State University and give back. It's an on-campus volunteer organization assisting students in enrollment, career development and community outreach efforts.

Brittany Defibaugh, alumni engagement coordinator, helps with these efforts. She said Pete's Pride started in 2014, and anyone who loves YSU is eligible to join.

"It gives our alumni, students and friends an opportunity to give back to the university," Defibaugh said.

Jackie LeViseur, director of Alumni and Events, said it's simple to join Pete's Pride.

"You can go online to YSU's website on the alumni page, and there's a link that takes you to the Pete's Pride application or you can call their office," LeViseur said.

LeViseur said there aren't any virtual events planned for Pete's Pride, but there are virtual events through the Alumni

and Events office.

"We have an alumni election series where we have different alumni speak every other Thursday on Facebook," LeViseur said.

Alumna Mary Mathews-Bebech graduated from YSU in 1986. She said students and alumni should join Pete's Pride.

"Pete's Pride is a great opportunity for students to get to know people of all ages and majors. It's what college is all about," Mathews-Bebech said. "So, that exposure to other people's lifestyles, interests and perspectives just helps you stay connected with people as well [as] the university."

Alumna Patricia Miller, class of 1976, said Pete's Pride and YSU are still big parts of her life.

"When I was living at home with my parents, girls didn't go to college, girls didn't drive a car," Miller said. "Girls had two choices — to get married, or if they did go to school, it was to be a teacher. I didn't have somebody who could pay my way through college. I had no support system whatsoever.

YSU accepted me, and then I got a scholarship that paid for the first year."

Miller said Pete's Pride is her way of giving back to YSU.

"I have a lot of experience that I can give back. It's so much fun to go back on campus and visit with my peers and see what they're doing with their life," Miller said. "We all have the same commonality to make YSU succeed."

FACULTY FEATURE: GARY WALKER, PROFESSOR OF BIOLOGICAL SCIENCES

GABRIELLE OWENS JAMBAR CONTRIBUTOR

A biology class is likely the last place students expect to see a dancing professor, but not at Youngstown State University.

Gary Walker, professor of biological sciences, has taught at YSU for 26 years and specializes in scientific research, which allows him to offer students deeper insight into the study of biology.

Walker said being a part of his high school theater program gave him skills he incorporates in the classroom to help students be engaged during his lectures.

“Every once in a while I include performance art in my lectures. When I discuss thermal motion of molecules, I do my molecular motions dance,” he said. “So things like that and my research today and the courses that I teach at YSU — all are rooted in my undergrad and graduate educational experiences.”

While attending Jefferson High School, Walker said he loved math, science and pottery. He was also involved in the theater program, which made him want to consider a career in acting.

“I was going to major in theater. My brother was older than me, and he was a double major in engineering and biology. He said, ‘I could see you as a biologist, I think you should try it out.’ I decided when I was a freshman in college to major in biology, and the rest is history,” he said.

Walker said he grew up in Denver and attended the University of Colorado at Boulder to receive his bachelor’s degree in molecular, cellular and developmental biology. For his doctorate in cell biology, he attended Wayne State University.

Walker said he is working on publishing a research article on muscle stem cells.

“These are cells that are capable of cell division, and under certain circumstances, these cells can transform into functional muscle cells,” he said.

Throughout his research as a molecular cell biologist, Walker hopes to create functional muscles through cell culture.

“The stem cells are called C2C12 cells, they are mouse cells and they are well characterized in culture,” he said. “The cells start to divide and proliferate, then they will perform a monolayer of cells and as soon as there is no space between

any of the cells, they will stop dividing, which will turn on all electrical programs [and] turn genes on and off. This leads to the development of functional muscle cells.”

Due to COVID-19 protocols, Walker said his research lab ground to a halt, which made it harder for students to conduct research for their curriculum.

“Science is one of the most social activities. It involves people working together in a laboratory, and that is very hard to do in this environment,” he said.

Over Walker’s teaching career, he participated in many presentations around the country and has been a part of published research articles. Also, he recently wrote a book and plans to revise it when he retires.

For students who are interested in becoming a professor or molecular cell biologist, Walker recommends they both learn their field of study as well as acquire various skills outside of science to be successful in their career.

“Learn your field thoroughly and acquire as many skills — not just specifically in your field, but other skills, such as people skills and organizational skills — because those are all the basis of success in any career field,” he said.

LETTER TO THE EDITOR

TO THE EDITOR:

There are many misconceptions surrounding the concept of “death with dignity.” Many people are under the assumption that in states with legal aid-in-dying, anyone will be able to use these procedures if they ask. This is simply untrue. There are criteria that must be met to be eligible for this end of life option, and the physician prescribing the treatment must be on board with this decision as well. This criteria includes: being a resident of a state in which it is legal, being 18 years or older, the individual must be deemed mentally competent, and must be diagnosed with a terminal illness that will, within reasonable medical judgement, lead to death within six months. The patient must also be able to ingest and self-administer the prescribed medication. These criteria are non-negotiable and must be approved by two physicians. According to an October 2018 survey by Public Policy Polling, they found 87% of Ohioans support the right to “die in as humane and dignified a manner as they see fit,” while 75% support death with dignity legislation. Ohio will likely introduce an aid-in-dying bill in 2021, and the population should consider the benefits of approving this bill. Legalizing this bill would be a move in the right direction for allowing the patients to have autonomy in their own death. They would be able to decide what medical interventions to allow or forgo. This bill would also allow for relief of suffering. We believe in relief of suffering for our beloved pets: why would we not want the same for our beloved family members? Finally, aid-in-dying would allow doctors to provide a safe, peaceful death for their patients in away that suicide cannot. There would be many safeguards in place with legal physician aid-in-dying to prevent abuse of the system and coercion from outside persons.

With the introduction and passing of this bill, many people would be provided a means of death that would satisfy their wishes, on their own terms and with their dignity intact.

Sincerely,

A SENIOR YSU NURSING STUDENT

THE JAMBAR

— EDITORIAL —

THERE'S NO PLACE LIKE HOME

It's that time of year again — Thanksgiving break is almost upon us. Turkey, mashed potatoes, stuffing, macaroni and cheese, green bean casserole, cranberry sauce, pumpkin pie — what's not to love about the holiday season?

But with this much going on in the world, it's hard to know whether to embrace the season or to isolate ourselves.

The election is still prominent in our minds, and as COVID-19 cases skyrocket and send everyone home, it's only natural to find ourselves questioning what the right move to make is.

To go home or not go home, that is the question.

On one hand, it's been a hell of a year. There's no better way to decompress and recharge for the last few weeks of the semester than to be surrounded by our friends and family around a table full of good food. Party conversation, board games, football. Whatever your family's tradition might be, it might be the perfect antidote to the negativity of these

past few months. Though some of us live at home with our immediate families, others haven't seen them since departing for the fall semester in August.

For some, the university's decision to make all classes remote after Thanksgiving takes the dilemma away, but for others, it only makes it harder to know what to do. Going home can be more stressful than anything encountered on campus. Political disagreements are bound to take place around some dinner tables, and some worry about putting vulnerable family members at risk. For others, going home means a chance to recoup from the events of this year.

It's hard to know if going home is the answer. The Centers for Disease Control and Prevention says small gatherings are causing a surge in COVID-19 cases, and though it's released suggestions for holidays, it would be bold to assume many people will follow these guidelines. If families choose to have large gatherings or we know our families aren't following

mask guidelines, we don't want to put them, or ourselves, at risk.

Overall, the past two semesters have been a roller-coaster ride with the amount of new information continuing to be uncovered about COVID-19, as well as the ways of life we were getting used to changing at the drop of a hat. One week, we're all on campus trying to practice social distancing, and the next week, we're told to go back home for the semester. This now begs the question of what next semester is going to be like. Will we be back on campus or will we need to stay home again? These questions will be answered in time, but for now, all we can do is grin and bear it.

We have a choice to make. Is it better to stay away rather than risking arguments and coronavirus cases? Or is there no place like home for the holidays?

THE NEXT SEMESTER

MAC POMEROY

On Monday, Nov. 2, Youngstown State University announced plans for students to continue with the same delivery method as this semester. Upon hearing the news, I know I wasn't the only one who groaned.

Of course, during these uncertain times, we must take precautions. I understand why the university felt jamming a dozen or more students into a classroom is not a good idea currently, because it isn't. There are very few spaces on campus able to host 10 students and allow for proper social distancing measures.

While I do understand, I am not enthusiastic. I have said it in a prior article, and I will say it again. In my junior and senior year of high school, I attended an online academy. I struggled and I did not enjoy my experience. I vowed to never do that again, but dear COVID-19 had other plans.

Just as I suspected, I did not enjoy this semester either. I felt

like most of what I liked about college was now gone. Prior, I loved attending YSU. I loved coming to campus every day, meeting new people, gaining new opportunities.

At college, I felt as though my life was making a bit more sense.

Now, however, it feels impersonal. Even during Zoom classes, I am staring at a screen that has now become a sanctuary for my mind. All of my classmates are there, all of my work is there. Life has gone from a daily routine of running about campus to simply pulling over a laptop and working.

It is absolutely bitter.

However, I also need to remember that in the grand scheme of everything going on, another semester online isn't that big of a deal. I won't get into a lot of detail about what all is happening— that is not the purpose of my column, nor do I wish to accidentally put out a misinformed opinion. Even with my own personal life, I have bigger issues than another semester online.

But that doesn't make it any less awful. Many of my friends are deciding how they intend to continue forth with pursuing their education. Some of my friends found they did better online, and are just fine. Some are struggling, but will keep going, while a few are taking next semester off, and one has dropped out entirely.

It is up to us to decide what is best. No one can answer that question but ourselves.

As the semester approaches its end, it is becoming time to close the book of fall 2020 and focus on what tomorrow has to offer. The good and the bad. Thankfully, it still isn't over, so we have time to wrap it all up.

Keep going strong, Penguins. We will get through this semester!



THIS WEEK IN YSU HISTORY: 2019-2020 MEN'S BASKETBALL IN REVIEW

This week, look back at the success of the 2019-2020 men's basketball team, led by then-sophomore Darius Quisenberry and his legendary career-high 41 points against Wright State. **Photo courtesy of YSU Sports**

BEN LULI

Youngstown State University men's basketball had a season to remember after the 2019-2020 campaign. The Penguins finished the season with an overall record of 18-15, their most wins since 2012-2013, and tied for fourth most in YSU's Division I history. They also compiled a Horizon League record of 10-8, tying a program record.

Beeghly Center provided a great home-court advantage for the Penguins all season long. YSU went 13-3 at home and set a Division I mark for most wins at home. Youngstown State averaged 76.9 points and 14.6 assists per game at Beeghly Center, up from 68.9 points and 10.5 assists per game when playing away from home.

The Penguins ranked fifth in the country with 13.8 offensive rebounds per game, and their 1,288 total rebounds were the most in YSU's Division I history. YSU's 39 rebounds per game is also the fourth most by a team since 1981-82.

Defense also played a big role during the Penguins' season. In wins, YSU held opposing teams to 65.1 points per game while in losses they surrendered 78.5 points per game. YSU posted a record of 15-5 when holding opponents under 73 points and 14-3 when opponents scored 70 or fewer points.

As a sophomore, junior Darius Quisenberry was named to the All-Horizon League First Team. As a sophomore in the last season, he averaged 16.6 points, 3.6 rebounds, 4.2 assists and 1.5 steals per game. Quisenberry also finished fifth in the Horizon League in scoring and assists per game, fourth in assist-turnover ratio and sixth in field-goal and free throw percentage. He became the fourth YSU Division I player to score at least 40 points in a game. His career-high 41 points against Wright State on Feb. 20, is the sixth-highest single-game total in program history.

Quisenberry was not the only Penguin to gain recognition. Junior Garrett Covington was a Horizon League All-Defensive Selection for the second straight season. He is the third YSU

player to earn consecutive all-defensive honors. Offensively, Covington finished with 8.5 points and 4.0 rebounds per game.

YSU hopes to build on their strong 2019-2020 campaign. YSU is projected to finish second in the Horizon League according to a preseason poll conducted by the conference.

Individually, YSU has two Penguins on the preseason All-Horizon League teams. Quisenberry is a first team selection, while senior Naz Bohannon was named to the second team. Bohannon looks to continue his growth as a double-double machine after posting a career best 11.2 points and 8.6 rebounds per game last season. YSU is the only squad to have more than one player on the preseason All-Horizon League teams.

YSU has a non-conference game scheduled against No. 15 West Virginia in Morgantown on Dec. 2 before they begin their conference slate of games at Northern Kentucky on Dec. 19.



The men's basketball team feels a lot of pressure to stay healthy for the sake of the season. Photo courtesy of YSU Sports

JORDAN BOITNOTT

After a long wait, the Horizon League announced the league schedule for the Youngstown State men's basketball team Nov. 4. The season was initially planned to start Nov. 27 at home against Southern Illinois University Edwardsville, until a positive COVID-19 test derailed plans Monday.

According to YSUSports, "a member of the men's basketball inner bubble tested positive for COVID-19."

Jerrod Calhoun, YSU men's basketball head coach, said the team needs to focus on staying healthy during the pandemic.

"The bottom line is, you have to be healthy. It is very, very challenging to play right now. With one positive coronavirus test, our entire group is out for two weeks. We could miss up to four games at a time," he said. "We've got to do everything in our power to stay safe and make sure we are following the state guidelines. I'm just hoping and praying we have a season this year."

The team was already preparing for a tough start, but now the start is delayed even further, and it will have to push through even more adversity. Calhoun said the way the schedule is set will make things very tough starting out.

This led to all team activities being shut down until after Nov. 29. Due to the current circumstances, it's more than likely the men will have to open up their season on the road against 15th-ranked West Virginia University.

"Our league schedule is very difficult. We start eight of our first 10 games on the road. The biggest thing we are going to have to do is understand that we're going to be traveling in the midst of this pandemic," he said. "We're going to have to do an unbelievable job with sanitizing, fogging and wearing our masks."

In a Horizon League press release, the league announced

the special format of the season.

"Teams will play one league opponent twice each week with games taking place on consecutive days at the same location. Schools will have five home weekends and five road weekends and will play 10 of 11 league opponents," the league said.

Despite the added difficulty, Calhoun has high hopes for the season.

"This has been a three-year process. We envisioned that we would just continue to take steps up the ladder. We've certainly done that in the Horizon League. You saw that last year," he said. "We're excited about this year. I think it is only fitting for our seniors that have endured so much over the last three years. You know, I told them the other day this is something they can handle. They are ready for it. This group will adapt."

It helps having two All-Horizon League players on the roster. Junior guard and sports broadcasting major, Darius Quisenberry, was named to the preseason first team, along with senior forward and business major, Naz Bohannon, who was named to the second team.

Calhoun said Bohannon developed on and off the court.

"Naz came in the first year I got hired — part of our first recruiting class. A local guy from Cleveland. He's just gotten better and better," he said. "He's developed not only on the floor, but off the floor he's become a great young man."

Calhoun also praised Quisenberry's ability to get buckets.

"He's just a dynamic point guard that can really score. He has a knack for scoring the ball," he said.

Once the team is healthy, they will have to play a lot of games in a short amount of time.

TENTATIVE MEN'S BASKETBALL SCHEDULE:

DECEMBER 2 @ 15 WEST VIRGINIA

DECEMBER 19 @ NORTHERN KENTUCKY

DECEMBER 20 @ NORTHERN KENTUCKY

DECEMBER 26 @ CLEVELAND STATE

DECEMBER 27 @ CLEVELAND STATE

JANUARY 1 VS. GREEN BAY

JANUARY 2 VS. GREEN BAY

JANUARY 8 @ WRIGHT STATE

JANUARY 9 @ WRIGHT STATE

JANUARY 15 @ OAKLAND

JANUARY 16 @ OAKLAND

JANUARY 22 VS. UIC

JANUARY 23 VS. UIC

JANUARY 29 VS. DETROIT MERCY

JANUARY 30 VS. DETROIT MERCY

FEBRUARY 5 @ ROBERT MORRIS

FEBRUARY 6 @ ROBERT MORRIS

FEBRUARY 12 VS. PURDUE FORT WAYNE

FEBRUARY 13 VS. PURDUE FORT WAYNE

FEBRUARY 19 VS. IUPUI

FEBRUARY 20 VS. IUPUI



CROSS COUNTRY STAYS FOCUSED FROM TEAM TRIALS

Despite a cancelled season, the cross country team has maintained the same level of dedication. Photo courtesy of YSU Sports

KYLE WILLS

The Youngstown State University cross country team is one of many whose season was canceled due to the pandemic. The team has been holding team trials in an effort to keep them focused.

Over the course of the last few months, the team's times have consistently improved. Teammate Maggie Sebest, a junior exercise science major, said these trials helped bring a competitive edge to the team.

"They've kept us showing up at practice and competing, just because we've made it into a little friendly competition, not just being at practice and easy running it," she said. "It's helped us compete against each other and try to get those [practice repetitions] still."

Junior business major Sean Peterson, who has been on the team since his freshman year, also agrees it helps keep the team focused.

"It's definitely very helpful because it gives us a short term goal to look forward to. When you have no races inbound for maybe the next six months, it can be hard to keep looking ahead. To be able to keep training linearly and keep everyone in the same head space has definitely helped a lot," Peterson said.

Peterson said he is impressed by the way the team handled the situation.

"[I've been impressed] ... with how smoothly everyone has handled everything," he said. "We have 12 newcomers this year, so there could have been a lot of weird things going on with team chemistry, but everyone came to work everyday. All the freshmen have done a fantastic job staying on top of their training and everything."

Sophomore exercise science major Julia Magliocca was also impressed with the way the team handled themselves during the pandemic.

"Having to deal with most of the team having COVID. Having to deal with that and having to deal with injuries," she said. "Everyone still ended up doing their best, giving 100% and coming back everyday."

In the latest team trial held Oct. 23, sophomore exercise science major Chase Easterling led the way for the men's side after finishing the 8K event, running a time of 24:40. This is Easterling's new personal best by 40 seconds. Freshman environmental science major Hunter Christopher was second with a time of 25:10, which was a personal best by 37 seconds. Ten of the men posted a personal-best time highlighted by a 1:32 improvement by Ryan Meadows, telecommunications major.

On the women's side, sophomore nursing major Morgan Cole ran away for a victory in the 6K event. She finished with a time of 21:53. Five other Penguins clocked times below 24 minutes. Magliocca led the way with a time of 23:04.