



NEXT STAGE OF SMART2 CONSTRUCTION TO BEGIN

YSU students will notice more construction changes on and around campus through the SMART2 revitalization program. Photo by **Kamron Meyers / The Jambar**

JOSEPH CHAPMAN

In June of 2020, the city of Youngstown broke ground on the first phase of the Smart2 Network Project, beginning the transformation of Youngstown's roads. Since then, the project has made huge strides towards completion with the first phase expected to be completed in July of this year.

Last week, Phase II, which covers much of downtown Youngstown, was greenlit. According to the Youngstown Board of Control, the \$15.8 million construction contract was given to Marucci and Gaffney Excavating Company.

Phase II of construction is expected to last until 2023. The remainder of 2021 will see continued work on Fifth Avenue as it connects to Park Avenue, which will pave the way for an autonomous shuttle to unite Youngstown State University and Mercy Health St. Elizabeth.

Other goals of Phase II include enhanced streetscaping and wider sidewalks on Phelps Street as a connector between the Amphitheater and the Federal Street restaurant strip. Danny

O'Connell, director of Support Services at Youngstown State University, said Phelps Street will be a "grand entrance" into downtown.

"I think as we get beyond COVID ... we're going to see that area really take some nice shape," O'Connell said. "You're going to see things start to open on Phelps. And I think they want that feeling. Just like how nice it's going to be with Fifth Avenue and Wick Avenue that are tied into downtown."

Expanding further, O'Connell said the city will take advantage of the event zone on Federal Street, allowing patrons to walk between businesses carrying open containers of alcohol.

O'Connell also spoke about eliminating the step-up curbs from sidewalks to make them more easily accessible. The expansions of sidewalks should allow for more comfortable pedestrian travel to the new 3D printing area and the Youngstown Business Incubator.

"We get a lot of pedestrian traffic going downtown, and as you fix up those streets, and the sidewalks are better, it's going to make it safer," O'Connell said. "We're going to notice this

lighting, the sidewalks are going to be well lit ... And I think that that's the biggest benefit."

O'Connell said the project is likely to cause issues with traffic, but he believes it will be worth it in the end. Fifth Avenue construction is still ongoing, and he encourages drivers to keep an eye out for changing traffic patterns.

"We've just got to remember to go places a little bit early. And take your time, safety first."

After Phase II, road work will be completed and Phase III will begin. The groundbreaking inclusion of an autonomous shuttle service will connect Mercy Health St. Elizabeth with YSU, the Western Reserve Transit Authority Federal Transit Hub, downtown Youngstown and the CHILLCAN Beverage & Technology Complex.

According to the Eastgate Regional Council of Governments and the WTRA they are still setting the foundation for the project and procuring shuttles.

West Rayen Avenue is the last road planned to go under construction in 2023.

FEATURES



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HONORS COLLEGE INTRODUCES INSPIRATION-CENTERED EVENTS

Panelists Marianne Lloyd, JR Jackson and Johnny Ware (left to right) invite all YSU students to attend the first session of “Friends, Family, and Faculty — Navigating Relationships During COVID-19” series. Photos courtesy of **YSU Honors College**

KELCEY NORRIS

The Youngstown State University Honors College encourages students to excel in the YSU community through service work, engagement and fellowship. Honors college alumni are determined to help current students through difficult times.

This semester, the Honors College is hosting a series of lectures and discussions surrounding personal growth and interpersonal relationships.

Mollie Hartup, coordinator of student development and retention in the Honors College, described the first series, titled “Failing Forward.”

“We’ve had a lot of conversations in Honors [College] about how the pandemic has really made it even more clear that our students struggle with failure, and how we want students to see failure as a learning opportunity,” Hartup said. “What is a better way to do that than by learning through other stories and hearing through others’ experiences?”

The first speaker, YSU alumna Jamie Marich, will talk with students about her journey overcoming obstacles and learning from failure at 6:00 p.m. Feb. 4 through Webex.

Marich is a recovery advocate and clinician who founded The Institute for Creative Mindfulness. She has been featured in The New York Times for her work in expressive arts therapy.

“We were actually suitemates, so she’s from my era, back in the day in Cafaro,” Hartup said. “She’s taken struggles in

her life and transformed them into opportunities to grow. She has made it her life’s work to help other people going through similar things that she has struggled with in the past. So we’re really excited that she’s willing to share some of that with us and to help students.”

Lexi Rager, coordinator of student recruitment and engagement, proposed the idea for the “Failing Forward” series after seeing the success of another Honors special series called “Supporting a Stronger You.”

“We wanted to create these spaces on Webex that allow students to learn some valuable things but then also interact a little bit with each other,” Hartup said.

The “Supporting a Stronger You” series will continue through the semester, with sessions focusing on goal-setting, self-care and effective study habits.

Johnny Ware recently joined the Honors College team as a coordinator of student enrichment and diversity. On his first day Jan. 19, he took to the initiative and developed the third series hosted by the college, titled “Friends, Family and Faculty — Navigating Relationships During COVID-19.”

“Back in the day, before, you could go out and go someplace and do things together. But now you [have to] be creative. And actually, I think this is better because now you actually have to get to know the other person in a new way,” Ware said.

In addition to navigating the dating world during the

pandemic, the panelists will also talk about interacting with peers in virtual classrooms and professors whom students might only talk to through email.

Ware will be one of three panelists speaking at 6:00 p.m. Feb. 11 during the first session of “Friends, Family and Faculty — Navigating Relationships During COVID-19,” touching on his experience working with special needs students and athletes.

Joining him will be 2007 YSU graduate JR Jackson, who’s working with Regeneron Pharmaceuticals on COVID-19 treatments. He’ll share his professional and personal experience with the virus, which affected family members close to him.

The third panelist, psychologist Marianne Llyod, graduated from YSU in 2000 and will share expert advice on developing strong relationships. Although the event is hosted by the Honors College, all students and faculty are welcomed to tune in.

“Students might have some curious questions about what’s going on in their lives and you might be able to open up and talk about some of those issues,” Ware said. “If I were a student, I would definitely join this and see what’s going on because there may be something I’m not experiencing right now, but maybe later on it might be something I need help help with.”

All of the virtual lectures are hosted on Webex. For more information, contact Mollie Hartup at (330) 610-8932 or at mahartup@ysu.edu.

WCBA GAINS ENTREPRENEUR IN RESIDENCE

ETHAN J. SNYDER

Youngstown State University announced Craig J. Zamyary will begin his position as the Williamson College of Business Administration entrepreneur in residence.

“We are excited to have Craig join the WCBA,” said Betty Jo Licata, WCBA dean. “His entrepreneurial expertise and passion for entrepreneurship education will enable us to create new and innovative opportunities for our students.”

EIRs usually work with investment firms, law schools and business schools to scout and screen investments. Recently, the EIR role expanded to include someone whose responsibility is to bring a strategic mind to whatever project they are assigned. EIRs also work in the university community and with small businesses.

In addition, EIRs work in academic institutions in advisory roles. Zamyary will take student or faculty ideas and help develop them into viable business models. He is a business consultant with the Ohio Small Business Development Center at YSU.

Zamyary will predominantly focus on implementing the NASA Glenn Technology Transfer University Commercialization initiative.

T2U is part of the NASA Technology Transfer Program. Through the program, NASA engages with hundreds of students each year and allows students to work with their patent portfolio.

“We’re bringing real-world, NASA-proven technologies into the classroom. Business students creating market assessments and business plans can now hone their abilities by working with our high-tech patent portfolio,” said Christie Funk, program coordinator at NASA. “They also receive access to the NASA scientists and innovators, giving them a unique look into the fine-grained details of the technology they are working on.”

Zamyary has a bachelor’s degree from Mercyhurst University and an executive MBA from Kent State.

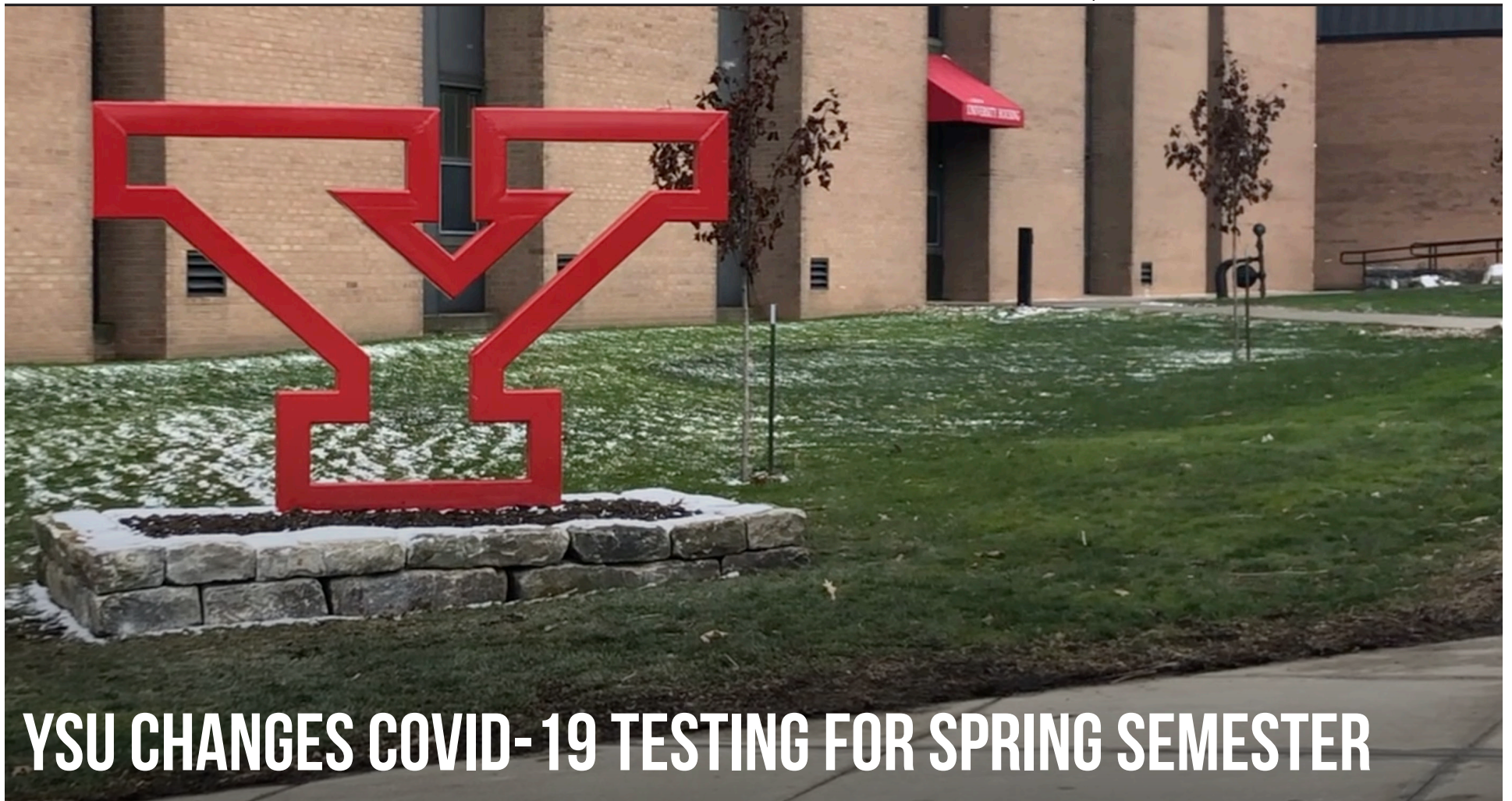
He also holds a certificate in international studies from the University of Newcastle, Australia, a certificate in entrepreneur mindset from The Ewing Marion Kauffman Foundation and a certificate in user innovation from Massachusetts Institute of Technology MITx program and a certificate in Digital Strategy and Action from Babson College. Zamyary also received training from the U.S. Patent and Trademark Office.

Previously, Zamyary was a managing partner for U.S. Wine Exports Company Ltd., the president and chief executive of Green.TV and a Fulbright specialist in Bucaramanga, Colombia.

Zamyary used his entrepreneurial background to build numerous successful programs for companies, including the IBM Watson A.I. XPRIZE Foundation, Cleveland Clinic, the Kauffman Foundation, USAID’s Global Innovation Exchange and the Department of State.



Craig J. Zamyary recently joined the Williamson College of Business Administration staff to implement the NASA Glenn Technology Transfer University Commercialization program. Photo courtesy of YSU



YSU CHANGES COVID-19 TESTING FOR SPRING SEMESTER

Julie Gentile, the director of the office of environmental and occupational health and safety, explains additional steps the administration is taking this semester to contact trace during the COVID-19 pandemic. Photo by Gabrielle Owens/The Jambar

ABIGAIL CLOUTIER

In the fall 2020 semester, Youngstown State University offered several COVID-19 rapid testing events to students regarding Thanksgiving and Christmas travel. Throughout the semester, YSU offered free testing on Wednesdays at various locations in Youngstown. This semester, YSU is offering additional testing and is taking more preventative measures to track cases.

On Jan. 13, the office of environmental and occupational health and safety announced it will select 360 students, faculty and staff each week for preventative surveillance testing on-site in Kilcawley Center.

On Feb. 1, the office expanded the rapid testing to the entire campus Tuesdays and Wednesdays. According to Julie Gentile, director of the office of environmental and occupational health and safety, the decision comes after low participation in the first few weeks of surveillance testing.

“Our original intent of targeting apartment buildings or something ... the population was too small,” she said. “Opening it up to everybody on Tuesdays and Wednesdays will allow for

more people to be tested throughout the week. It just was a better idea to get more people involved and show that people on campus are healthy and not infected.”

Neither the surveillance testing nor general testing programs are mandatory.

“The decision to have it not mandatory is consistent with what other Ohio universities are doing with the surveillance testing program and the details laid out by the Ohio Department of Health and Gov. DeWine,” she said.

Some universities, including The Ohio State University and the University of Toledo, are moving toward a mandatory surveillance testing program because of their large student populations.

“This is something that as the semester progresses, if we see continued high rates of community spread in Youngstown, as well as the surrounding counties, it may be something that our university does decide to go to,” Gentile said.

She hopes for increased participation in voluntary testing to avoid making testing mandatory. Students do not have to have close contact or symptoms of COVID-19 to get tested. Testing

is free and health insurance is not required.

Another way YSU is trying to stay ahead of the curve is by testing the sewage of campus residence halls, buildings and some campus-affiliated properties — such as the University Courtyards — for the virus.

“[If we] pull a sample and detect any of the SARS-CoV-2 virus, then we would follow up with specific target surveillance sampling in that building,” Gentile said. “The detection level and the wastewater is extremely low — it’s a lot lower than [with] a nasal swab. So you’d be able to identify somebody who may be shedding the virus before they had any kind of symptoms, or become contagious.”

The university is working with the ODH to obtain equipment and will be able to test samples on-site through the biology department. The university hopes to have the system running before the end of the spring semester.

With all these changes, the university’s COVID-19 reporting dashboard will update to include separate data about surveillance testing and positivity rates in addition to the total data.

Q&A WITH SIERRA KISH, STUDENT AUTHOR

ABIGAIL CLOUTIER

I sat down with Sierra Kish, a senior journalism major, to talk about her poetry anthology, "A Bird's Nest," published July 2020.

What inspired the poems?

The collection is poetry that I've written over years and years, dating back to eighth grade. It's in four sections. The first one is a base of what I'm writing. The second one is the sadder ones, but they're not really sad, but they're me breaking myself and everything. The third one was me finding myself again, and the fourth one was [me] realizing I'm so happy. What inspired me actually wanting to publish it is, I wanted to be able to share it with people. I wanted to be able to put it in my resume. I just wanted to get it out in the world.

What was the process of publishing your book?

I put it all together in December 2019. But I didn't get it actually published and out there to the world until 2020. Just because of [the pandemic]. So it took a little while. So I first had to pitch it and just send a manuscript. I decided on the title, and the chapters. I also came up with the cover design, basically and everything. But I actually went through a publishing company called Author's House, and they put it into an actual book and sold it to Amazon and Barnes & Noble.

How does it feel to be a published author?

It's unbelievable. It's always [been] one of the things I've wanted to do. My friend just messaged me a week ago, actually, and sent me a picture of, like, my memories from Facebook from 2009. It was one of those challenges where you posted 50 questions and your answers. One of the questions was "What's one of the things you want to do in your life?" and I answered that I wanted to become a poet. So my friend texted me the screenshot of this post and said "You did it!" And that's when it hit me, like, "Yeah, I did do that."

How did your family and the Youngstown community react?

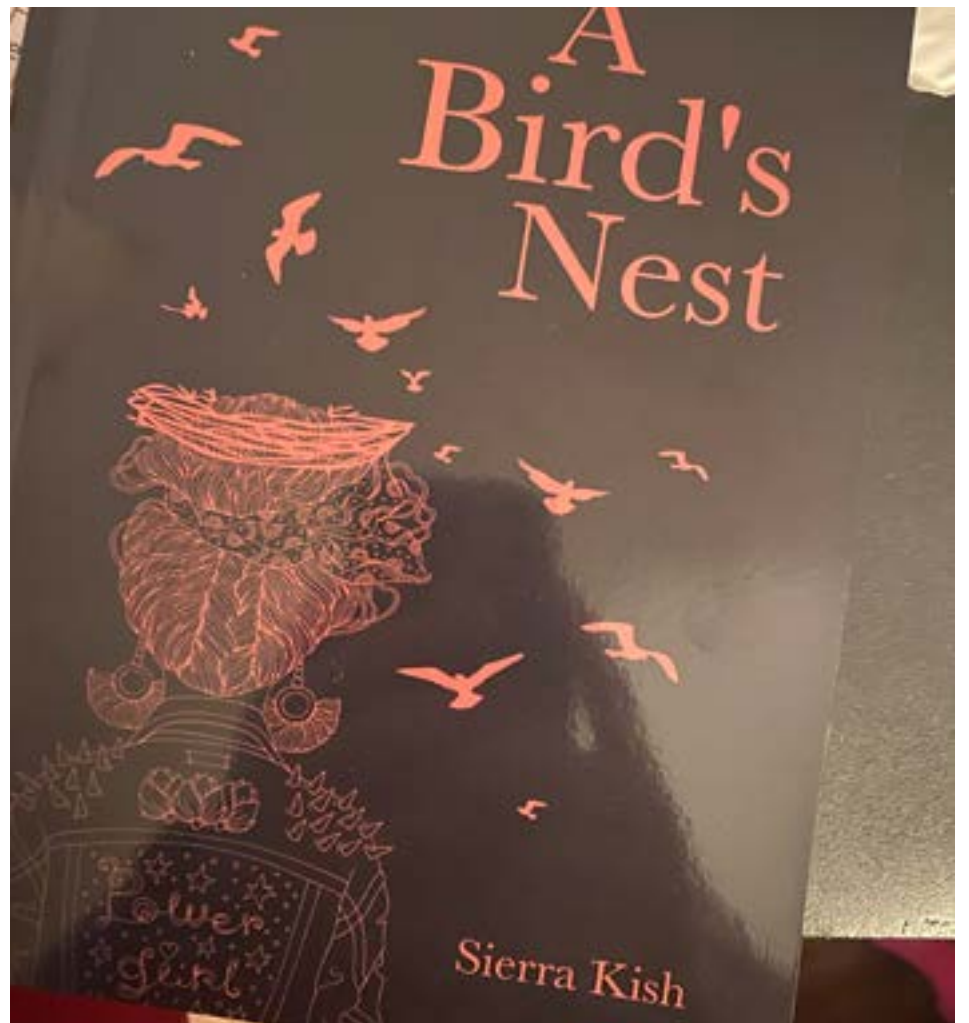
My friends, family — they love it, they all told me their favorite [poems]. I have sold 80 books so far since I published it, which I think is pretty good for not being a famous author or anything. I hope to keep it going — everybody's reaction has been pretty good. It seems like [everyone] collectively has the same favorites. So that helps me see what I can do for maybe the next book.

What are your future plans?

I have written since I published this book. So I do want to see how this book goes first, and then decide if I'm going to do another one or not. I think my next one will be about love. I'm in a very happy relationship, so all the poetry I've been writing recently is love poems. I wrote some poems about the pandemic, and about being stuck alone and everything. But I think that's what my next one would be about. I'm also trying to work on a children's book, that's in the works, too.



Senior journalism major Sierra Kish published "A Bird's Nest" in 2020. Photo by **Abigail Cloutier/The Jambar**



Cover art by Sierra Kish. Photo courtesy of **Sierra Kish**

YSU ENGINEERING PROFESSOR RECEIVES \$1 MILLION GRANT FROM THE NSF

Recipient Cory Brozina hopes the grant will further improve the engineering program at YSU. Photo by **Gabrielle Owens / The Jambar**

GABRIELLE OWENS

Cory Brozina, an assistant professor in the Rayen School of Engineering, was awarded a \$1 million grant from the National Science Foundation to create programs for commuter engineering students. It is the largest donation Youngstown State University has received from the NSF to date.

Brozina, who is also the director of the first year engineering program, said he feels great about making history at YSU with the funds.

“It’s going to hopefully — in the long term — change the landscape of YSU, and we’re going to really try and make the engineering program a top notch program for the entire state and in the country as well,” he said. “We have an opportunity to make this program better and this grant is going to help us do that.”

Brozina is entering his fifth year as a professor at YSU. He is the principal investigator of the NSF-funded project. “Developing and Encouraging Engineering Professionals Within a Commuter Student Population.” He worked with co-principal investigators Hazel Marie, professor and mechanical engineering program coordinator, and Kathleen Cripe, associate professor of teacher education. Together, they created a proposal to help improve the success rate of commuter engineering students.

“The proposal that I’ve submitted to the NSF is for a special

program called S-STEM, so scholarship for STEM students,” Brozina said.

According to Brozina, the grant will bring exposure and recognition to YSU. He hopes to receive more grants from the NSF in the future.

“That’s the thing with NSF, getting your first or second grant is difficult, but once you get it and you do a good job at it, we can get more funding. So that’s going to really help out myself as a researcher, but also YSU in general,” Brozina said.

The NSF proposal includes four parts, including:

- The YSU Developing and Encouraging Engineering Professionals — Commuters (DEEP-C) scholarship. The fund totals \$624,000, and will provide 120 renewable scholarships over five years. It will be distributed into two cohorts beginning fall 2021. The fund is intended to keep students enrolled in the engineering program through their graduation.
- Increasing student participation in enrichment activities, community building, mentoring, professional and leadership development activities.
- Creating programs for recruitment to increase the number of engineering students at YSU. They will focus on outreach to female engineering students to help balance the low percentage of women currently working

and enrolled in engineering programs.

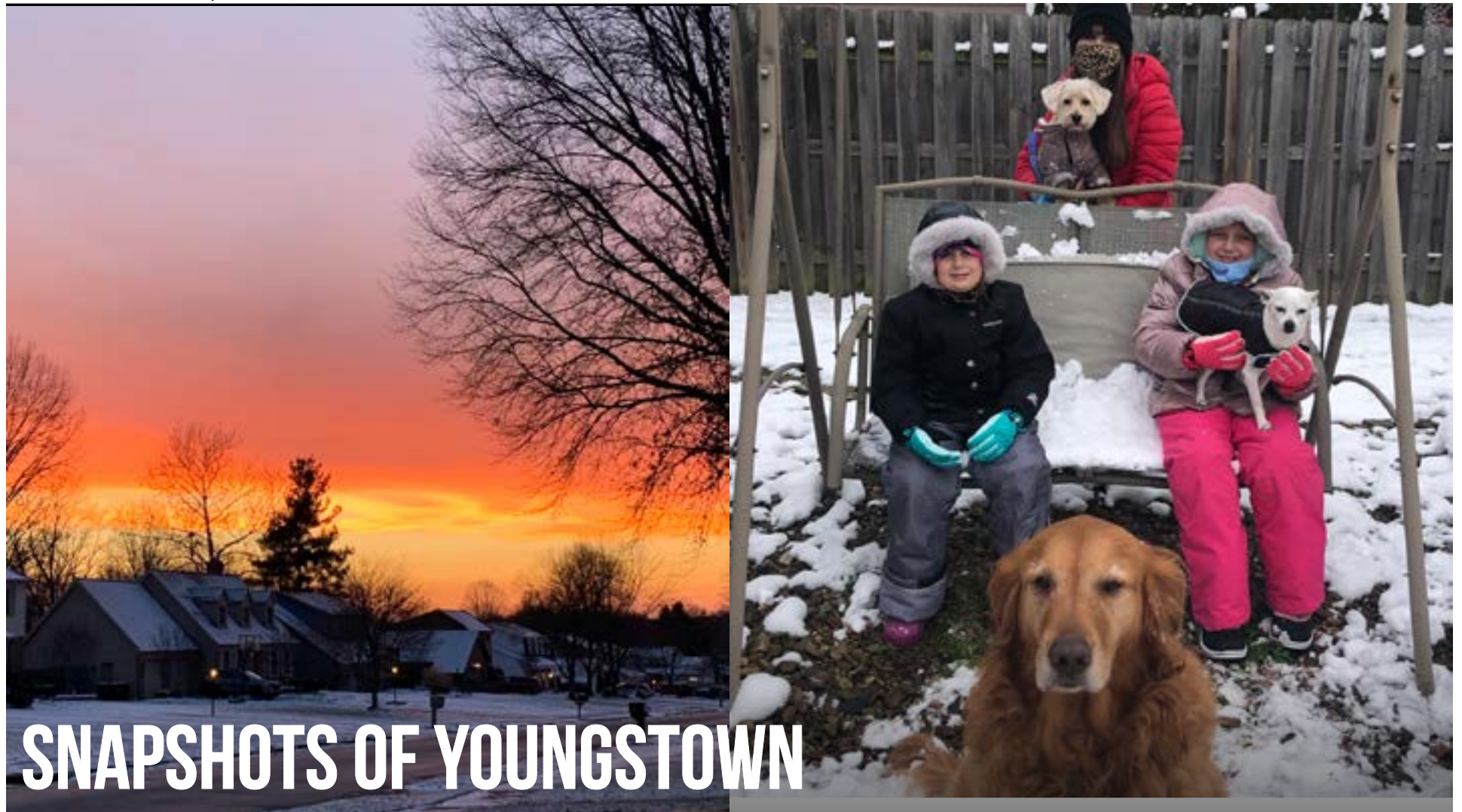
- Conducting research based on the question “How can a four-year institution help increase the integration and success of engineering commuter students?” All NSF projects must provide research for its proposal to pass.

To apply for the DEEP-C scholarship, students must be a first-year incoming engineering student, be eligible for the Pell grant, have a 3.0 high school GPA and submit a reference letter from a high school teacher. Students must maintain a 3.0 GPA while enrolled in the engineering program at YSU.

“It’s on average a \$5,200 scholarship; it’s based on your financial need. If some students we see need a little bit more, we’ll give a little more. If some need less, we’ll give them less, and it’s renewable every year for four years,” Brozina said.

Brozina said the goal of the DEEP-C scholarship is to give engineering students the support they need to be successful and keep them on the pathway to graduate with an engineering degree.

The priority deadline to apply for the scholarship is March 1, 2021. Students interested in the DEEP-C scholarship can visit YSU’s STEM department scholarship website.



SNAPSHOTS OF YOUNGSTOWN

Participants in the Snapshots of Youngstown contest could win a \$50 gift card to a local Youngstown restaurant for their photos capturing the beauty of the city. Photos courtesy of **Mahoning County Convention & Visitors Bureau**

DOUGLAS M. CAMPBELL

As the new year continues, the Mahoning County Convention & Visitors Bureau proposed an activity to the residents of Mahoning County in which 12 participants can win big.

Bureau executive director, Linda Macala, and assistant director Tara Mady have re-issued a contest called Snapshots of Youngstown Winter 2021, where people 18 and older are encouraged to submit photographs of what they are doing to start 2021 on the right foot.

“We know 2020 was a tough year for everybody. It’s kind of like you are looking forward to the days ahead, with the new year theme, ‘What are you doing to start the new year off right?’” Mady said.

To spread the theme of a fresh start, the bureau accompanies the competition with weekly blogs on their website with potential suggestions on what people could do or take pictures of.

“We posted one last week about getting outdoors. It doesn’t have to be a workout — just take a walk in Mill Creek Park. There’s a lot of things you could do that you don’t think about,”

Mady said.

The first contest was held in fall 2020, and the bureau made a few changes for the second contest.

“The fall was a little bit more intensive, there were more categories with that. Given the virus right now and the time of year it is ... we decided to do a simpler version of the snapshots in this contest by asking to submit one photo,” Mady said.

The first competition had seven categories to choose from, and contestants had to enter at least five of them. This year, the contest has just a single category.

In the first week of this year’s competition, 130 participants entered and submitted photographs. The bureau randomly selects two winners every week, from Jan. 19 through Feb. 28.

“It is a totally random drawing, so you don’t have to feel like you need to be a professional photographer, these are not being judged on being a beautiful photo. We want to know what people are doing,” Macala said.

Both weekly winners will receive a \$50 gift card to a local Youngstown restaurant courtesy of the bureau. Participants can only win the competition once.

“It was a way we felt to also help out the restaurants with

these random drawings because they are struggling because of the pandemic at reduced capacities. Having the restaurants here with us when traveling resumes is important,” Macala said.

The first two winners were announced Jan. 25. The Jambar reached out to both of these winners and received no response.

The bureau is considering putting on this competition again later in the year.

“It’s a way to keep local people engaged in our platforms so that when once again events return and things that we can post about that people will be interested in doing ... they will remember to check our page and like and follow us. We want to be the No. 1 source for information on things to do in the area,” Macala said.

Eligible participants must submit one photo using the online entry form. All photos must have been taken in Mahoning County. More information on the Snapshots of Youngstown Winter 2021 contest is available on the Mahoning County Convention & Visitors Bureau’s website.



YNDC PURCHASES NEW BUILDING

The Youngstown Neighborhood Development Corporation expects to make big improvements at the newly rented Glenwood Avenue location. Photo by **Joseph Chapman / The Jambar**

ZACH MOSCA

Since 2014, Youngstown residents traveling on Glenwood Avenue have likely noticed a vibrant, colorful looking plaza. However, aside from its eye-catching appearance, the buildings were in need of a makeover. That's why the Youngstown Neighborhood Development Corporation has decided to rent the plaza and spruce it up.

According to YNDC housing director Tiffany Sokol, the YNDC has had its eye on the Glenwood Avenue plaza since it was vacated as a result of a fire about five years ago.

"Recently, the owners decided to list [the building] for sale, so we were definitely interested in the building previous to that, but it wasn't available to us," Sokol said.

YNDC Executive Director Ian Beniston said the organization started in 2010, acting as a non-profit organization to work with community development and planning and neighborhood improvements.

"We do quite a bit of neighborhood improvement projects. Everything from greening vacant lots ... to cleaning up vacant

houses — we've done that to about 2,500 homes in the city," Beniston said.

In the past, the plaza housed a daycare center and a restaurant. According to Beniston, the organization hopes to bring a new restaurant business where the previous one once stood.

"There was one unit in the building that was a restaurant, and there's still a kitchen in it, so we'll get that all cleaned up and hopefully be able to attract other restaurateurs to that space," Beniston said.

As for the other vacant space in the plaza, Beniston said he's also looking to attract new "quality of life" types of businesses to the area. Beniston listed a few examples of types of businesses that could fit into this category.

"These are just hypothetical or speculative at this point, but something like a laundromat, perhaps some place where you can get staple food items, perhaps a fitness center or a daycare," he said.

The YNDC is no stranger to Glenwood Avenue. The organization acquired many other properties on the block and did similar revitalization projects with them. Sokol describes

this project as one small piece of what the YNDC is doing for Glenwood.

"This is just one piece of the work we've been doing along the Glenwood corridor for over 10 years now. So it's always been a part of our plan to acquire as much property along the Glenwood corridor to revitalize both the corridor and the neighborhood surrounding it," Sokol said.

This project is still in the very early stages of development, as the YNDC acquired the property just a few weeks ago. However, Sokol said the organization's past projects still bring in an overwhelming amount of small businesses looking to rent the space, so she hopes this acquisition will yield the same results.

"With our last property that we renovated, we received over 40 inquiries of small businesses that were looking to locate just a few blocks from where this new building is, so we're very excited to be able to provide additional space for some of those businesses we didn't have renovated space for back when we renovated that other property," he said.



YSU PENGUINS TAKE ADVANTAGE OF KAYAK CLINIC

Kayak clinic attendees celebrate learned skills through Adventure Rec outing in 2019. Photo courtesy of YSU Adventure Rec

SAMANTHA SMITH

Youngstown State University's Andrews Student Recreation and Wellness Center is holding American Canoe Association Pool Kayak Clinics this semester. The sessions are in the rec's pool and equipment is available for participants.

Last year R.J. Markowitz, coordinator of Adventure Recreation, received a grant from the Ohio Department of Natural Resources to purchase equipment and conduct programs.

The rec center's original plans to hold kayak programs throughout the summer and fall of 2020 were set back due to COVID-19.

"What we decided to do is put together a series of smaller clinics throughout the spring semester that took place in the pool," Markowitz said. "The main thing that I want to stress to people with this is you don't have to attend all of them, you can attend just one, you can attend two — however many you want. We'll kind of get you up to speed with where you need to be."

The courses will also teach participants the basics of kayaking,

including using the correct muscles and using the correct paddling stroke. The courses also teach participants about water rescues in case of emergency, so participants can stay safe.

Riley Campbell, a junior nursing major, shared her thoughts of the first session of the semester.

"I thought it was really fun, very informative, and there are things that I didn't know about kayaking that I got to practice and got to ask questions, which I thought was really cool," she said.

Bailey Simon, a senior marketing major, discussed how he enjoyed the lesson and learned more about kayaking.

"I think R.J. is very knowledgeable about kayaking and so he was able to teach us a lot of things," he said. "He also made it enjoyable. He had some games and stuff prepared to help to make it not seem like it was like a class or something, but something you were, like, actually wanting to attend."

Simon said even if the participant has never kayaked before, this is the opportunity to learn.

"I think it's a good thing for them to try out," he said. "It's very cheap compared to other places. The gear is brand new

also, so they can come out and see what a new kayak looks like and get some firsthand experience on it."

The rec center limited each session to five participants to stay in line with the university's COVID-19 protocols. The instructors follow social distancing and sanitation guidelines in and out of the kayaks.

"We're able to keep distance in the kayaks, we're able to keep distance on deck. Everybody has their own equipment so nobody is sharing the equipment," Markowitz said.

To check the number of open spots for each session, check the Andrews Student Recreation and Wellness Center website.

"We encourage you to learn now, but if that's not in your comfort level right now, summer and fall [we] will be offering even more, so stay tuned," he said.



DECOMPRESS AT HOME WITH MONDAY MEDITATION

Meditation instructor Carol Huncik describes how meditating can help students with insomnia. Photo by **C. Aileen Blaine / The Jambar**

C. AILEEN BLAINE

If the chaos of juggling school, work, relationships and other responsibilities is too much, students have the opportunity to decompress their stress with “Meditation Nights,” hosted by Youngstown State University. Hosted online, the classes will provide students with a chance to explore calming exercises from the comforts of home.

According to an article written by Mayo Clinic staff, titled “Meditation: A Simple, Fast Way to Reduce Stress,” meditation is an excellent way to improve one’s well-being emotionally and physically. Research suggests meditation can help with managing the symptoms of conditions like anxiety, depression, asthma and sleep disorders. The stress-relieving properties of meditation have emotional benefits like reducing negative thoughts and increased patience and tolerance.

The Resident Housing Association, Andrews Student Recreation and Wellness Center and meditation instructor Carol Huncik joined forces to provide students with a stress-relieving activity to practice from home.

Huncik said she is excited to help students build a more positive and peaceful mindset through meditation.

“I’m hoping that [participants] feel like it’s a community, too

— that they feel like, ‘Oh, look! I’m meeting new people, I’m seeing other people, we’re doing this together.’ Especially with COVID-19,” Huncik said.

At the age of 18, she began practicing meditation as a way to deal with stress. She said she hopes more students realize the benefits meditation can provide.

“Just try it,” Huncik said. “If they’ve always wanted to or think that it might help them, just try it. And it’s actually not scary, it’s going to be fun.”

Each hour-long class will consist of three parts, starting with a grounding meditation. Huncik will then demonstrate breathwork exercises before moving on to the final and longest section of the class. However, Huncik said participants are free to lay down, sit up or even leave at any time. She said she practices a “potpourri,” or a variety, of meditation techniques, and she’ll teach these in the classes. She plans to do different exercises in each session.

“I try to make jokes and be more fun, so it’s not real serious,” Huncik said.

Clay Miller, integrated math education junior and president of the RHA, is the man behind creating and organizing the meditation nights. The idea came after he attended one of Huncik’s meditation classes earlier in the year.

“I reached out and asked [Huncik] if she’d be willing to do [a class], and it started as one, and it’s blossomed into potential,” Miller said.

After applying for a grant, he was able to procure funding for the classes through the CARES Act by the YSU Mental Health Advisory.

All YSU students and faculty members are encouraged to attend. Miller will act as a moderator for the sessions while Huncik teaches the classes. Miller said he encourages those uncertain about attending to give it a try.

“It’s kind of a challenge-by-choice. Do it if you want, or if you want, just observe,” Miller said. “It should be relaxing, no matter what.”

The meditation classes start at 6:00 p.m. Mondays the following dates:

- Feb. 15
- March 1, 15, 29
- April 12, 26
- May 3

To register, look for “Meditation Mondays” posters with a QR code around campus.

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THE JAMBAR

— EDITORIAL —

GAMESTOP, THE STOCK MARKET AND THE RICH

Last week, a Redditor on the subforum WallStreetBets noticed hedge funds were going to short trade GameStop. They realized brokers were over-borrowing stocks to make easy money, to the point where hedge funds borrowed more stocks than actually exist. It worked for a time, until Redditors on WallStreetBets decided to join forces and buy as many stocks as possible in unlikely companies. Within a few days, GameStop's share prices skyrocketed to a high of \$469, and the hedge funds collectively lost nearly \$5 billion.

The trading of Gamestop, AMC, and Dogecoin really took off when well known celebrities like Barstool founder Dave Portnoy, Elon Musk and Wolf of Wall Street's Jordan Belfort jumped on the train.

Since last week, things have died down. GameStop stock values are once again below \$100, and financial experts project prices will return to a comparatively meager price of \$12.50 within the year.

Now, brokers are appearing on national news stations, protesting against the "broken" system they took no issues with before. They're upset they've lost billions of dollars to measly internet investors. Robinhood Financial LLC – an app to "keep your portfolio in your pocket," and claims to be "everything you need to manage your assets" within its code – has placed limits on the amount of stocks purchasable through its services. The reason they did this was so large hedge funds could sell and drive prices back down closer to normal so Robinhood doesn't lose its largest customer.

The craziest thing about the app is the origin of its name, Robin Hood. He was a thief who stole from the rich and gave to the poor, which is what Robinhood

advertised itself as, when really it is the opposite. The company sells personal information to the big businesses so they know what stocks they plan to short, stealing from the poor to make the rich richer.

But there's something to be said for what this market manipulation shows us.

We, the everyday people, the commoners — the modern proletariat — have the power to make billionaires sweat, to make them fear their financial security. We have the power to make them wonder if they'll have a job tomorrow, to wonder if they'll be able to pay off their debts, to wonder if they can maintain the life they've lived so comfortably until now.

The working class figured out how to fight back against billionaires. There was an outcry amongst stockbrokers for new market regulations. The people who invested in Gamestop, AMC and Dogecoin made the hedge funds nervous.

This is a demonstration of our capabilities when we join forces. If only we could consistently band together over other issues, too, like politics, human rights and COVID-19. At the end of the day, it's up to us. The machine doesn't run without the working class.

A single individual is not so unlike a single snowflake. Easily manipulated, not very significant. But what happens where there are hundreds, thousands, even millions of snowflakes together? They have the strength to bring the establishment crashing to the ground, clearing the way for new changes and new perspectives.

CRITICAL FEELINGS

MAC POMEROY

As an English major, I often find myself writing for hours at a time. Stories, essays, articles — I have gotten used to the feeling of my fingers hitting the keyboard, the keys clacking as they put down my thoughts. This is not the difficult part — writing itself comes easy. However, what comes next is not quite so simple.

Once I finish my draft, it comes time to read over the document and make any needed edits. This is the difficult part.

Even if these words are my own, there is something about reading your own writing. It feels like hearing your voice over a recording; suddenly what made perfect sense a moment ago has been reduced to gibberish. You will never enjoy your own work as much as someone else will.

Frequently, even when we put every bit of effort we can into something, we don't see the true results of our work. You could spend a month working on a project, get it near perfect, but it may end up looking a lot worse when you back up and see what you did.

Often when I finish an article, I look it over again and feel some level of regret. I catch every mistake I made and wonder if I am any good at writing. My fears and anxieties catch up with me, and it seems as though the piece I was so

proud of before, is now nothing but garbage.

It doesn't have to be an article — it doesn't even have to be writing. It could be a painting you were really happy with while you were creating it, but now feel bitter toward. It could be an outfit you thought looked fire, but once you left the house, you felt more insecure. It could be anything you put thought and care into.

During these times when I am stuck questioning my writing, I find it beneficial to have the opinion of others. With my articles, I have the editors. Not a single 'that' passes through without Laurel texting me. I genuinely appreciate her doing that.

With my non-work related writing, I have a group of trusted friends who I know will be honest with me. They won't hide their opinions or sugar coat things, they will be blunt if needed.

And if this doesn't work, there is always my mother, Kathy. She does not hold back, which I value.

If you find yourself unable to trust your own opinion, then find people who you can trust. You don't have to do your work alone. We are often our own worst critics and devalue our work, so we need to trust in our ability and not be afraid to express ourselves.



JAMBAR POLICY

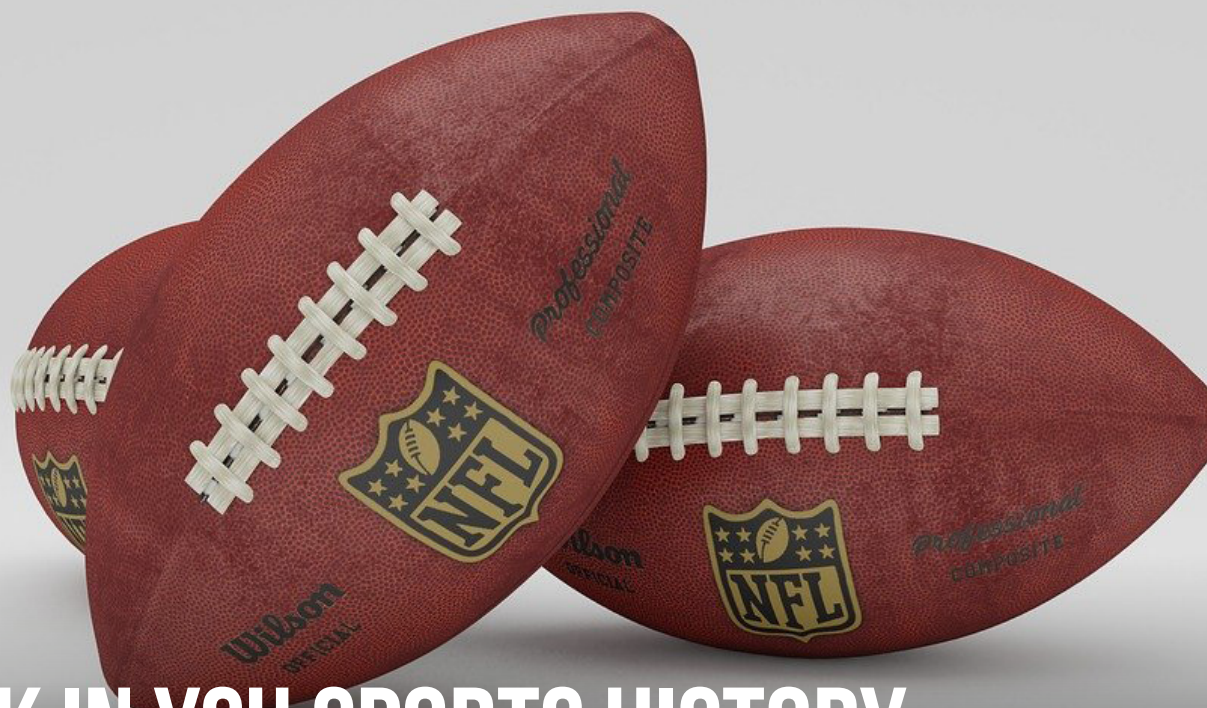
Since being founded by Burke Lyden in 1931, The Jambar has won nine Associated Press Collegiate Press honors. The Jambar is published weekly in the spring and fall semesters. The Jambar is free for YSU students and faculty.

OUR EDITORIAL POLICY

The editorial board consists of the editor-in-chief, managing editor, news editor, arts and entertainment editor and head copy editor. These opinion pieces are written separately from news articles and do not reflect the opinions of any individual staff member. The Jambar's business manager, multimedia journalists and non-writing staff do not contribute to editorials, and the adviser does not have final approval.

LETTERS TO THE EDITOR POLICY

The Jambar encourages letters to the editor. Submissions are welcome at thejambar@gmail.com. Letters should concern a campus issue, must be typed and must not exceed 400 words. Submissions must include the writer's name and telephone number for verification, along with the writer's city of residence for publication. The Jambar does not withhold the names of guest commentators. Letters are subject to editing for spelling, grammar and clarity. Letters will not be rejected based on the views expressed in them. The editorial board reserves the right to reject commentaries and letters if they are not relevant to our readers, seek free publicity, fail to defend opinion with facts from reliable sources or if the editorial staff has decided that the subject has been sufficiently aired. The editorial board will request a rewrite from the submitted writer based on these requirements. The Jambar will not print letters that are libelous, threatening, obscene or indecent. The views and opinions expressed in letters and commentaries on the opinion page do not necessarily reflect those of The Jambar staff. Editorials do not necessarily reflect the opinions of the faculty, staff or administration of YSU.



THIS WEEK IN YSU SPORTS HISTORY: FORMER PENGUINS IN THE SUPER BOWL

As the 2021 Super Bowl approaches, This Week in YSU Sports History recognizes former YSU players who made appearances at the big game. Photo courtesy of [Quince Creative via pixabay.com](https://www.pixabay.com/)

BEN LULI

Super Bowl LIV was the last major sporting event to have a “normal” amount of fans in attendance. NFL.com states 62,000 people attended the Super Bowl last year, but this year there will only be around 25,000 fans at Raymond James Stadium for Super Bowl LV. Youngstown State University alumni are no strangers to the big game. Although there are no former Penguins playing in Super Bowl LV on Sunday, YSU has produced many Super Bowl champions.

According to the YSU football archives, nine former Penguins have graced the gridiron on Super Bowl Sunday. The first YSU graduate on a Super Bowl roster was 1976 graduate Cliff Stoudt, who won Super Bowls XIII and XIV with the Pittsburgh Steelers. Stoudt is the only former YSU player to win the Super Bowl twice. Another former Penguin, 1978 graduate Ed McGlasson, was with the Los Angeles Rams who faced the Steelers in Super Bowl XIV.

Super Bowl XV marked the third Super Bowl in a row YSU

was represented. Ron “Jaws” Jaworski, who played at YSU from 1969-1972, led the Philadelphia Eagles to Super Bowl XV, their first Super Bowl appearance and first championship game appearance in 20 years. Despite falling to the Oakland Raiders 27-10, Pro-Football Reference credits Jaworski for setting the record for most completions in the Super Bowl with 18. The current record is 43 set by Tom Brady in Super Bowl LI against the Atlanta Falcons. 1978 graduate Quentin Lowry’s appearance with Washington in Super Bowl XVII completed a streak of former Penguins making five trips to the big game during a five-year span.

Seventeen years passed until another YSU alumni played in the Super Bowl. Jeff Wilkins, who played at YSU until 1993, was the kicker for the then-St. Louis Rams during Super Bowl XXXIV and XXXVI. Wilkins and Stoudt are the only former Penguins to appear in two Super Bowls. During Super Bowl XXXVI, Wilkins set the record for most career field goal attempts in the Super Bowl with six. The record was later broken by Adam Vinatieri during Super Bowl XLI with the Indianapolis

Colts.

A year after Wilkins went for a second time with the St. Louis Rams, 2009 graduate Tim Johnson went to Super Bowl XXXVII as a member of the Oakland Raiders. The last former Penguin to reach the Super Bowl during the early 2000s was Russell Stuvaints. Stuvaints, a 2002 graduate, was part of the Steelers team who won Super Bowl XL.

YSU was most recently represented at the Super Bowl by a pair of Penguins. Damoun Patterson and Derek Rivers, who played at YSU between 2014 and 2015, suited up for the New England Patriots at Super Bowl LIII against the Los Angeles Rams, becoming the eighth and ninth YSU alumni on Super Bowl rosters.

One interesting fact about YSU alumni in the Super Bowl is their impressive record in the big game. Of the nine former Penguins to play in the Super Bowl, six of them have at least one win. Overall, their collective record in the Super Bowl is 7-4.

WOMEN'S BOWLING FINISHES FIFTH IN DALLAS

KYLE WILLS

The Youngstown State University bowling team picked up impressive wins in their fifth-place finish this past weekend at the Prairie View A&M University Invitational in Dallas.

The Penguins lost 957-940 to Tulane to open the tournament, and they dropped a 1,029-888 match to Nebraska. YSU got its first win with a 990-930 victory over seventh-ranked Stephen F. Austin, and the Penguins followed up with a one-pin, 968-967 victory over McKendree. YSU then had an 849 in its win over PVAMU.

Head coach Doug Kuberski believes the win over Austin turned around the women's weekend following their slow start.

"We were 0-2 after the first two matches and we were down 68 pins after three games in the third match to Stephen F. Austin and something just clicked with the ladies," he said. "Their energy rose up. They shot 240 that fourth game to pull out that match and got some good momentum."

Behind a runner-up performance from sophomore Megan

Grams, the YSU bowling team earned four wins and rose up to third place in the team standings on Saturday.

The women beat Texas Southern in back-to-back matches to start the day, 967-768 and 925-802. The Penguins registered a 1,002 to beat Louisiana Tech 1,002-977. They then beat Sam Houston State 989-857, and lost their final match 1,058-928 to Arkansas State.

Grams bowled the two best games of her career Saturday with 248 against Texas Southern in game one and 258 against Arkansas State in game five. The 258 is tied for the third-highest game in program history, and her 1,075 total is the 10th-highest pinfall by a Penguin for a five-game tournament. She averaged a 215 to place second.

Grams was named to the all-tournament team, and she also received the award for highest game. Coach Kuberski expected a stellar performance from Grams following the last tournament.

"I've been really impressed with Megan's development as a player, both on and off the lanes," Kuberski said. "It really started

the week before [at the Columbia 300 Saints Invite]. She had a really good weekend, a really good Sunday for us. I had a feeling she was going to perform well this weekend. She's putting [in] a lot of work the last year and a half, two years on her game and has really bought into the culture and added to our culture."

Due to their outstanding performance on Saturday the Penguins were able to go into Sunday with the third seed for bracket play. They would open the day with losses to Sam Houston State (4-0) and Nebraska (4-2) before their win over Tulane. Trailing Tulane 3-2, the women bowled a 243 in game six on their way to a seven-game victory, winning the match 4-3.

YSU bowling will have the next week off before returning to competition Feb. 12, where the Penguins will bowl at the James Brown Invitational in Baltimore at Morgan State University.

DUNN DUNN DUNN: SENIOR PLAYER DOMINATES THE COURT

JORDAN BOITNOTT

Player Mary Dunn is a fifth-year senior studying professional communications and is preparing to finish her master's program next year. Dunn is a leader both on the court and academically for Youngstown State University women's basketball team, posting the second-highest GPA in Division 1 basketball.

Dunn said the keys to her academic success are time management skills and keeping her priorities straight.

"I mean school has always been, like, a number one priority, even in my undergrad I was super devoted to school," she said. "So, I think it's just, like, even more elevated now because grad school is definitely a lot more difficult than I even expected it to be. So, I think just always focusing on making sure that school is first and just really time management."

On top of pursuing her master's, Dunn also helps tutor her fellow teammates when she can.

"Definitely I'm more of one of the helpers. I help just because me and a couple of my teammates really do hold a really high standard



Senior Mary Dunn attempts her shot against Wright State defender Jan. 1. Photo courtesy of **YSU Sports**

and it's expected on our team to get really good grades, our goal is to get A's," she said.

Dunn feels her strongest asset as a player is her ability to be consistent night in night out.

"I'm definitely a consistent player, and I go in every day and work as hard as I can. Plus, with my experience, it definitely helps. I know

I need to do a lot better and I expect a lot more for myself," she said.

Dunn said she looks back fondly on her time here at YSU and wouldn't change a thing.

"I had no idea what would happen, and I definitely made the right choice. I've seen all sides of it. I've been, you know, the first team

all-conference player and I've also been the player on the bench," she said. "I've been the middle player, so I think through everything, I wouldn't change anything. I've had a great experience here."

After she graduates, Dunn has high aspirations for herself. Once her basketball career concludes she said she would like to get her Ph.D and become a college professor in communications.

"I possibly want to play professionally, that was always my plan, but now I just keep coming back to YSU. So, I'm not sure if I want to still do that, but if I do that, that's [what] I would like to do for a couple years," she said.

Dunn was able to lead the charge Saturday by helping the team recover from a 12-point halftime deficit with a double-double recording a game-high 25 points and a team-high 11 rebounds.

Dunn and the Penguins will be in action again Friday night at Purdue Fort Wayne.



YSU BASKETBALL SEES MIXED RESULTS

Members of the YSU men's basketball team congratulate freshman Daniel Ogoro after a lay-up against UIC. Photo by **Jordan Boitnott / The Jambar**

JORDAN BOITNOTT

Last weekend was full of mixed results for Youngstown State University's men's and women's basketball teams. The women's team split the weekend at Robert Morris. According to YSU Sports Information, they lost Friday 61-46 and recovered Saturday with a 71-64 victory. The men's team lost both games this weekend at home to Detroit Mercy 78-75 Friday and 77-72 Saturday in heartbreaking fashion.

Friday, the women had arguably their toughest game of the year. As a team, they shot 20.6 percent from the field in the second half going 6-29. They were down 2 at halftime and only down 5 points entering the fourth. Freshman Nneka Obiazor was the Penguins' high-scorer with 16 points. The loss snapped a five-game win streak.

Saturday, the girls were able to recover with a hard-fought comeback victory. They went into the half down 12 points. In the second half, the Penguins got hot, scoring 25 points in the third quarter. Mary Dunn led the way with 17 second half

points and 25 total. She also led the team with 11 rebounds. The women stayed two games over .500 by progressing to a 6-4 record.

The men had a very tough weekend at home against Detroit Mercy. They played well in both games, but came up short.

Friday night, the Penguins made 13 shots from beyond the arc, a season high. That wasn't enough though, as the 73-73 tie was broken with 48 seconds left by Detroit Mercy guard Bul Kuol. Freshman Shemar Rathan-Mayes attempted a game-tying 3-pointer at the buzzer and missed. Senior Garrett Covington led Penguin scorers with 24 points.

Saturday was just as tough of a loss. The Penguins had a three-point lead with 2:34 remaining in the game after Rathan-Mayes made a 3-pointer. After scoring 6 straight points to take the lead, they didn't score another point. Detroit Mercy went on to score 8 straight points on free throws. Naz Bohannon was the high-scorer, rebounder and led the team in assists. He boasted a 20/11/6 slash line. After the weekend, the men dropped to 11th

in the Horizon League with an 8-10 record.

In his postgame press conference after Saturday night's game, YSU men's basketball head coach Jerrod Calhoun said the team has been through a lot but there is a lot of basketball left to be played.

"I don't know if everyone truly understands what this team has been up against, but in the end if you stay together and you stay the course, the reality of it is it's coming down to a three game tournament or a four game tournament. So, a lot of basketball to be played," he said in a press conference which aired on YSU's youtube channel Jan. 31.

The men will travel to Robert Morris this weekend for their two-game series, while the women will be at home in Beeghly Center for their two-game series against Purdue Fort Wayne.