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A ROCKY MOMENT ON CAMPUS



Photo by Mia Albaugh / The Jambar

The Rock outside of Kilcawley Center was painted in protest of budget cuts.

Students worry about academics

By Mia Albaugh
Jambar contributor

Youngstown State University students are worried about the quality of their education as national college enrollment declines, causing budget cuts in colleges and universities.

According to the U.S. Bureau of Labor Statistics, from January 2020 to September 2021, 491,400 people working in higher education lost their jobs nationwide.

Katie Soupal, a freshman early childhood and special education major, has already seen the cuts im-

pacting her registration for spring classes.

“Cutting classes is really impactful for what I can get in for a semester,” Soupal said. “I have a really weird schedule.”

Daniella Girardi, a junior exercise science major, has already taken the classes she needs before the cuts, but she sees the cuts affecting the freshmen on campus.

“If you think about it in a positive way, if they don’t replace those with other classes, that’s one less

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Receiving a divine impact

Religious studies program reaches pearly gates

By Cara Kalouris
Jambar contributor

Youngstown State University is discontinuing its religious studies major as part of 26 associate’s, bachelor’s and graduate studies programs the university has sunset.

Alan Tomhave, philosophy professor and chair of the humanities and social sciences department, said there’s been a national decline of interest in religious studies.

“Many people attribute this to a decline in interest in organized religion, or the rise of the ‘none’s’, as in the people who choose the box for none when they fill out a form asking them about their religious beliefs,” Tomhave said.

There are only seven students with religious studies listed as their major, according to Tomhave. The final student will graduate in four years.

“We have great faculty who taught religious studies,

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class you got to take,” Girardi said.

Hannah Antal, a freshman forensic science major, hopes the cuts don’t impact her spring classes and worries about the other freshmen.

“Even if you’re in advanced classes in high school, you might need to take that class as a freshman, and you won’t be able to take it,” Antal said.

From 2009-2019, nationwide undergraduate enrollment declined by 5%, which equates to 1 million fewer students enrolling yearly, according to the National Center for Education Services.

Since the pandemic, col-

leges continue to suffer. Undergraduate student enrollment dropped by nearly 5% this spring, seven times worse than the decline in previous years, according to a report by National Student Clearinghouse Research Center.

As a result, colleges are cutting expenditures to compensate for the loss of revenue from student tuition.

An example of this close to the Mahoning Valley is University of Akron. At the end of 2020 and into 2021, the university had a loss of revenue of 5.6%, according to the Arbitration Decision and Award report. Besides tuition, the university’s revenue from parking, the Edwin

J. Thomas Performing Arts Hall, residence hall refunds and other funds were impacted by the pandemic.

YSU is experiencing similar circumstances, cutting staff and “sunsetting” programs.

According to an email sent to the campus community by Provost Brien Smith, university officials plan to make deliberate, data-informed decisions to ensure sustainability at YSU.

In an interview, Smith explained that not all classes within the sunset majors will go away.

“In many cases, just because a major is going away, that doesn’t mean that we’re not going to be teaching the classes,” Smith said. “We

don’t intend on pulling the rug out from under students by not having classes available for them.”

Smith said university officials are hoping to see fewer small classes offered at YSU.

From the early months of the pandemic to now, the U.S. has seen the biggest loss of jobs ever for people working in higher education — even compared to the Great Recession of 2008.

The bureau has calculated industry-specific employee estimates each month since the 1950s. This loss of jobs for employees at colleges and universities has never been recorded at such a dramatic rate.

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but it is hard to overcome a lack of desire to learn about religion,” Tomhave said.

Though the program review issued by YSU has condensed the department and taken away religious studies as a major, Tomhave said it has not affected students negatively.

“I am hopeful that the impact will be as intended: to allow a refocus on programs that have more student interest and to make those programs even better,” Tomhave said. “In this specific case, it will allow for a refocusing of the philosophy major to better serve more students.”

YSU Provost Brien Smith explained the periodic program review process in detail.

“We go through and look at the programs that we offer and ask ourselves questions about, ‘Is it meeting the insti-

tution’s goals?’ Are they consistent with the university mission?’ This is something that we haven’t done in a while,” Smith said. “A lot of programs came forward as being sunset.”

Sunset programs are courses that don’t have high demand, such as the religious studies major. Smith said keeping these programs at YSU would result in long-term financial consequences. He said the university strives to provide financial resources to departments and majors that have strong demand. He’s also in favor of the change.

“I am satisfied with the process,” Smith said. “Many faculty that I’ve talked to have been satisfied with it. Obviously and unfortunately, if you are one of the programs that came out as sunset, you would disagree with the outcomes.”

Retired YSU professor Bruce Waller is among those who disagree. He taught philosophy and religious programs for over 30 years at the university.

“Having distinct departments is very, very important,” Waller said. “Students were often in the department frequently, in fact almost invariably, sitting around talking about philosophy or politics or whatever, and it was very enriching. That’s something that’s lost when you don’t have a department.”

Waller said it’s important to have a major like religious studies because sources like Wikipedia do not provide sufficient information about religion.

“That is an important area. It is vital,” Waller said. “One of the key things that a university education is supposed to be providing is the ability and the knowledge to participate effectively in a democratic society.”

Both Waller and Tomhave suggested students read college-level books and essays on religion to educate themselves and said it’s possible to be manipulated by misinterpretations of religion.

Corrections

Correction: A story in our Nov. 4 edition regarding the Youngstown Area Jewish Film Festival neglected to mention that the Center for Judaic and Holocaust Studies at YSU has been a longstanding financial and program sponsor of the festival and has arranged for all screenings to be free to YSU students.

Correction: A story about the Youngstown State football team’s match against South Dakota State mistakenly included senior linebacker Griffin Hoak as a member of the press conference. The press conference attendee was senior tight end Josh Burgett.

YSU offers COVID-19 boosters

By **Samantha Smith**
The Jambar

Youngstown State University offered several COVID-19 vaccines and now booster clinics for students, faculty and staff on campus.

Shannon Tirone, associate vice president of University Relations, explained why the university has provided these clinics.

“We created that kind of COVID button with a lot of help from other areas and departments because, not that we always know the answer, but [we] want to make sure the information is in front of everybody,” she said. “We have a clinic scheduled here on our campus just to make it easy for our students and our faculty and staff.”

Tirone estimated over 3,000 people have been vaccinated through YSU’s vaccine clinics since the uni-

versity began offering them in the spring. She said the two days of the first spring clinic were the busiest days the campus had, with time slots filled from 8 a.m. to 8 p.m.

“It really and truly in the spring was only because of our student nursing program, who really were the ones who were able to assist us in administering underneath the guidance of the city of Youngstown,” she said.

With the number of vaccinations slowing down, Tirone said YSU is not discouraged by the lower numbers because as long as there is someone who wants — and gets — the vaccine, it’s still good for the campus.

One way YSU promotes these free clinics is by sending out emails to all students, faculty and staff. Within those emails is a link to sign up for a time slot. Social media has also taken an important role in the promotion and spread of information.

“Through social media — especially with our students — to be able to push out the importance of keeping your family Penguins safe and making sure that we’re able to do as much as possible,” Tirone said. “Not only for the health of the individual, but also the health of the family too, that they may be going home to or maybe they live in a dorm with. It’s not only a self-responsibility, but a responsibility for those that are around you also.”

For anyone interested in getting the vaccine or a booster shot, sign up through the link provided in the University Relation’s emails. Through that link, the name and a selected time slot must be submitted to schedule for a vaccination. Upcoming clinics will be in December and January.

COVID-19 update

By **Abigail Cloutier**
The Jambar

Youngstown State University reported 30 COVID-19 cases for the week of Nov. 7-13.

Of those, 25 were students living off campus, one was a student living on campus and four were employees, which could include faculty, administration or staff.

This week, 39 people were tested through the university’s asymptomatic voluntary testing program. Of those, none tested positive.

YSU’s COVID-19 dashboard is updated every Monday based on confirmed data from the week before. Students who have tested positive should report their case

through the online form.

For the week of Oct. 31-Nov. 6, YSU reported 35 cases of COVID-19. Four were employees, 31 were students off campus and three were students on campus.

YSU sent out an email stating that free surgical face masks and KF94 face masks are available at no charge to students. They can be picked up at Maag Library, Kilcawley Center room 2075 and any of the university residence halls and apartments.

N95 respirators are also available to employees who qualify. Individuals must complete a health questionnaire at ysu.edu/request-n95-0

Any questions about masks and respirators can be answered by Tim Styranec at tmstyanec@ysu.edu

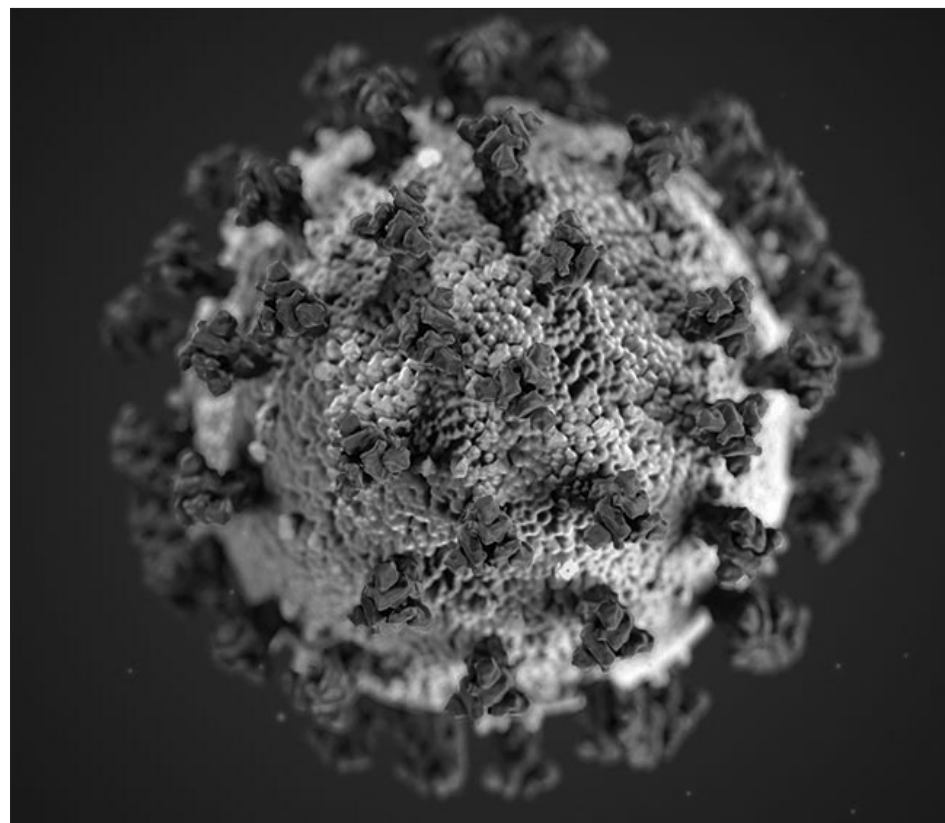


Photo courtesy of pexel.com

STRIVING TO BE SAFER

YSU sees increase of dating violence cases reported on campus

By Cara Kalouris
Jambar contributor

There have been six reported cases of violence at Youngstown State University during the fall 2021 semester. Of those, three were stalking, two were fondling and one dealt with dating violence.

Shawn Varso is a 21-year veteran of YSU's police department and has served as chief of police since 2017. Although the number of cases may seem high, he said incidents like these aren't unusual.

"There may have been an increase in cases, especially with everyone coming back to school all at once," Varso said. "Possibly, people are reporting it more when it does occur to them."

Varso wants students to understand the YSU police department and other campus resources are there to assist them.

"It's better to report it, especially for the individual's own safety — own peace of mind," he said. "There's

ways that we can protect them, and there's ways the university can accommodate them while they are here on campus. We also have counseling here that is available."

Jake Protivnak, psychological sciences and counseling department program director, said people who fall victim to partner violence undergo many forms of mental insecurity.

"They can experience anxiety, depression and PTSD based on those living experiences," Protivnak said.

He said abusers tend to act on their thoughts when they see their relationship failing or ending.

"Really what they are doing is they are trying to control, manipulate and coerce another person into doing what they want," he said. "Oftentimes, we will repeat patterns in relationships that we've seen or experienced, and I think that is problematic."

He said being aware of warning signs could aid in avoiding someone with toxic relationship behaviors.

"Red flags would be a partner who constantly crit-

icizes you, a partner who seeks to control aspects of your life or a partner who tries to isolate you from your support," he said.

Protivnak urges students to be aware of the many outlets offered on YSU's campus.

"On campus, students who have experienced violence and/or abuse in a relationship can reach out to the Title IX Office, YSU Student Counseling Services, Compass Rape Crisis Counseling Center, and Sojourner Domestic Violence Program or the YSU Police Department," he said.

He also notes that students who are unsure or afraid to reach out to formal support systems have other options.

"Speak with the trusted professionals at YSU," he said. "A faculty member, coach, Student Affairs professional or academic support staff can provide resources and help connect an individual to assistance."

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Photo by Austin Caroline / The Jambar

University housing has had multiple fire alarms go off over the course of the semester.

Clearing the air on YSU's fire alarms

By Austin Caroline
Jambar contributor

On any given day, the Youngstown State University app feed is peppered with posts from students living on and around campus irritated about fire alarms sounding in excess. It's reached the point where students are creating and posting memes to express their annoyance.

Junior psychology major Cassandra Stanaford said the fire alarms weren't as bad when they were more sporadic and it wasn't as cold outside.

"It wasn't bad when it was warm out, but now that it's getting colder, it's a little more uncomfortable late at night," Stanaford said.

She also said she knows of students who ignore the alarms, believing they are "false alarms" more often than not.

Olivia Cupp, director of Housing and Residence Life at YSU, said she understands students may find the fire alarm system going off frequently as an inconvenience.

"The fire alarm communication system we have in place in the residence halls and on campus prioritizes life safety," Cupp said. "I'm very thankful for 'sensitive'

devices and would always prefer to be safe than sorry."

Cupp also said she and the rest of the Housing and Residential Life staff take fire drills and evacuations seriously, and they want students to do the same.

"We do try our best to educate why this system is a vital safety feature in our facilities. Life safety is paramount. This is why we also take fire drills very seriously and do these twice a semester in all facilities," she said. "It's our goal for students to take all evacuations — drill or not — seriously and not be complacent."

Whether it is on-campus housing, such as Cafaro, Lyden or Kilcawley houses, or off-campus housing, such as the University Edge or Courtyard apartments, the YSU Police department's dispatch office receives notice of any and all alarms. After receiving notice that an alarm has sounded, a YSU police officer is dispatched alongside the Youngstown Fire Department to investigate.

YSU Police Chief Shawn Varso said all fire alarms should be taken seriously and should not be ignored, should a disaster like the Seton Hall University fire happen at YSU.

In 2000, there was a fire that affected a freshman res-

idence hall at Seton Hall in New Jersey. Two students, in a misguided prank, lit a banner on fire in one of the university's freshman residence halls, named Boland Hall. The duo wanted to set off the hall's smoke alarms and force everyone outside in the 20-degree weather. They believed this was the perfect prank because the hall had gone through several years of false fire alarms.

However, because of the hall's history of "false alarms," many students did not take the alarms seriously that night. By the time the students realized there was actually a fire happening in the hall, the fire was already blazing and students scrambled to get out of the building. The fire led to the deaths of three students who were not able to make it out in time, and it also led to the serious injuries of an additional 56 students, firefighters and police officers as they tried to fight or escape the blaze.

"When these alarms get set off, it's imperative that everyone take it seriously," Varso said. "They should evacuate the building when they hear these alarms go off because you never know what that alarm is."

EMPTY SHELVES



Photo by Jessica Stamp / The Jambar

Abigail Milton, freshman pre-nursing major, restocks the Penguin Pantry shelves due to a rise in the number of students needing canned goods and personal hygiene products.

Penguin Pantry grows in demand

By Jessica Stamp
The Jambar

Students in need of groceries and other supplies can visit the Penguin Pantry on the second floor of Kilcawley Center. With the pandemic causing a strain on resources, the Penguin Pantry is looking for donations to help restock its shelves to aid more students in need.

Michael Cline, Student Government Association vice president for Assessment and Enrichment, said with the pandemic and students returning to campus, there has been an increase in students using the Penguin Pantry.

“We had a huge influx of users in the pantry,” Cline said. “However, due to that, we have run low on a lot of supplies.”

The most requested items for the Penguin Pantry are can openers, men’s deodorant and microwavable foods such as ramen or macaroni and cheese cups.

“We do have a list of items that we are looking for currently,” Cline said. “We’re actually out of a lot of staples.”

Students can request any amount of items and visit the Penguin Pantry as often as they need to.

“They can request as many times as they’d like, whether it’s a student who uses the pantry weekly or a student who just needs the help for one day,” Cline said. “Any student can use it at any point no matter what. We don’t look at anything regarding their status or anything of that nature.”

There are several different ways students can request items. One way is through a QR code located on the

Penguin Pantry desk. Simply scan the code and it will take the user to a Microsoft document to fill out. Another way to access the document is on the SGA website, under the resources tab in the upper right corner.

The pantry is open 10-12 hours a week. It employs one part-time staff member and a volunteer.

Abigail Milton, a freshman pre-nursing major, wanted to get involved by helping students and decided to work at the pantry.

“Whenever they were looking for an employee, I wanted to jump on it,” Milton said. “I wanted to be as involved in it as possible.”

Milton started working about three weeks ago and within those weeks has seen an increase of students using the Penguin Pantry.

“It’s definitely starting to pick up right now. We’re getting probably about a dozen orders a week,” Milton said.

As of Nov. 4, 92 students have used the Penguin Pantry this semester. In the spring 2021 semester, a total of 109 students used the Penguin Pantry.

The Penguin Pantry is open to all students in need of anything from food to personal hygiene products.

For any students interested in the Penguin Pantry, its hours are:

- Monday: 11 a.m. – 1:30 p.m., 2 – 4 p.m.
- Tuesday: 1–4 p.m.
- Wednesday: 10 a.m. – 1:30 p.m.
- Thursday: 12 – 4 p.m.
- Friday: 11 a.m. – 1:30 p.m.

SGA’s most requested items for the Penguin Pantry are:

- Pasta and sauce
- Ramen
- Mac and cheese instant cups
- Rice
- Canned tuna, chicken and Spam
- Pop-Tarts
- Instant oatmeal
- Fruit cups
- Peanut butter
- Pudding cups
- Canned spaghetti
- Canned ravioli
- Canned beefaroni
- Nutri-Grain bars
- Can openers
- Men’s deodorant
- Toilet paper
- Dish soap



Photo by Sydney Stalnecker / The Jambar

The Student Government Association gets ready to swipe out hunger.

Swiping out hunger with SGA

By Sydney Stalnecker
The Jambar

Youngstown State University partnered with Swipe Out Hunger to create an emergency meal credit program for students struggling with food insecurities. The program began Wednesday, Nov. 17.

Swipe Out Hunger, a national nonprofit based in California, launched in 2010 and has paired with over 285 colleges and universities to end college student hunger through the Swipe Drive program. Since 2010, the program has served 2.5 million meals.

At the end of each semester, students can donate their extra meal swipes to the program to create an emergency meal credit program at YSU for students in need to use the following semester.

Swipe Out Hunger's website provides studies on food and housing insecurities among college students. The study conducted by The Hope Center found 45% of the 86,000 students who participated nationally "were food

insecure in the prior 30 days."

The Hope Center defines food insecurity as "the limited or uncertain availability of nutritionally adequate and safe food, or the ability to acquire such food in a socially acceptable manner."

This is the first year the program will be at YSU. The Student Government Association hosted Swipe Out Hunger Week to bring awareness and support for the launch.

Nicholas Koupiaris, SGA president, said the organization has many goals for the program.

"Our first goal is [to] bring on a new program on campus that is going to help students be able to have a hot meal in front of them," Koupiaris said. "We are hoping to raise around \$1,000 toward the program."

Many events have taken place as part of Swipe Out Hunger Week to raise awareness and donations for the program.

On Monday, a panel discussion featuring guest speakers Nicole Kent-Strollo, Michael Ideris and Mayor Ja-

mael "Tito" Brown launched the discussion on food insecurities for students and those in the Youngstown area.

Brown said he has seen people in the area dealing with many types of issues, including food and housing insecurities. He is excited to see the program begin.

"It might not seem that big to you, but it's really huge when you can save one extra meal and they can swipe out hunger," Brown said. "They don't have to worry about where [their] next meal will come from."

There are several fundraising efforts for the program. Tonight there will be an M&M guessing contest in the Chestnut Room which will cost \$1. Tomorrow, students will have the opportunity to participate in the Tie-dye T-shirt swap in The Cove for \$3 from 12-4 p.m.

Students who don't have a meal plan but still want to donate can make monetary donations via SGA's website.

Abortion bill raises tensions on campus

By C. Aileen Blaine
The Jambar

The debate between anti-abortion and abortion rights advocates is still an ongoing discourse at Youngstown State University.

Early last week, members of the new student group Penguins for Life wrote chalk messages across campus in support of fetal right to life. The writings included messages such as “Save the unborn babies” and “Unborn life matters.”

The messages weren’t well received by many campus community members. Within several days, much of the chalk was smeared or washed away. Other opponents wrote their own messages beside the originals in protest.

Kayla Gilmore, senior performance major and president of Penguins for Life, said she believes that women deserve better than to be told that abortion is their only option.

“We want to show women that they are strong enough and that we are here to support them,” Gilmore said. “Our goals are to support pregnant and parenting students on campus and local mothers in need in the community while also speaking up about the injustice of abortion.”

Political science sophomore Rose McClurkin is the president of YSU’s Planned Parenthood Generation Action organization. The group is in a partnership with Advocates for Youth, a program asking public universities and colleges to include abortion services in their health insurance plans. YSU does not.

“We want to make it safe, accepted and comprehensible for people to access these essential services,” McClurkin said. “We’re doing our work here ... just making sure that people know that it’s still safe and legal in Ohio to get an abortion, and doing that work to maintain the access.”

Bella Vass-Gal, sophomore history major and member of PPGA, said she wants to support reproductive freedom.

“Women and all people should be able to make their own decisions about their own bodies,” she said. “Health care should be provided to everybody, regardless of gender.”

Tension over abortion rights is mounting across the state as Senate Bill 123 — one of the strictest abortion laws thusfar — is moving through the Ohio Senate. Proposed Jan. 1, 2021, the bill will make it increasingly difficult for Ohio residents to obtain abortions beyond a set length of the gestation period. Also known as the Human Life Protection Act, it reached the Ohio Senate Health Committee on Sept. 28.

Aileen Day, communications director of Planned Parenthood Advocates of Ohio, said the increasing restrictions are only making it more difficult for Ohioans to access abortion services, particularly at Planned Parenthood centers. Since 2011, Ohio Republicans have pushed 30 reproductive health care restrictions and bans through the Ohio statehouse to become law.

“These laws have stripped funding for our health centers, made the services we provide more expensive [and] pushed reproductive health care services out of reach for Ohioans, including abortion,” Day said.

SB 123 would allow few exceptions for individuals seeking abortions. It doesn’t allow exceptions for the mother’s mental health, stating that, “No abortion shall be considered necessary ... on the basis of a claim or diagnosis that the pregnant woman will engage in conduct that would result in the pregnant woman’s death or a substantial and irreversible impairment of a major bodily function of the pregnant woman, or based on any reason related to the woman’s mental health.”

The Ohio bill also requires that clinics have the medical means to care for and “take all reasonable steps necessary to preserve the life and health of the unborn child immediately upon the child’s complete expulsion or extraction from the pregnant woman.”

On Nov. 1, the U.S. Supreme Court began hearing arguments regarding the Texas abortion law. Starting Dec. 1, the Supreme Court will review the Center for Reproductive Rights’ challenge to the Mississippi law regarding the landmark Roe v. Wade case. If the court decides to uphold the ban on abortions after the 15th week of pregnancy, Ohio may follow the trend of banning abortions within the state in what’s known as a “trigger bill.”

“People across Ohio need access to abortion, and testifying against this dangerous bill is one way to show our opposition,” Day said. “Everyone’s voice needs to be heard, no matter your story or personal connection to abortion. Everyone should have the freedom and power to control their own body, decisions and lives.”

For more information on available resources, visit the Youngstown Planned Parenthood Health Center’s website.

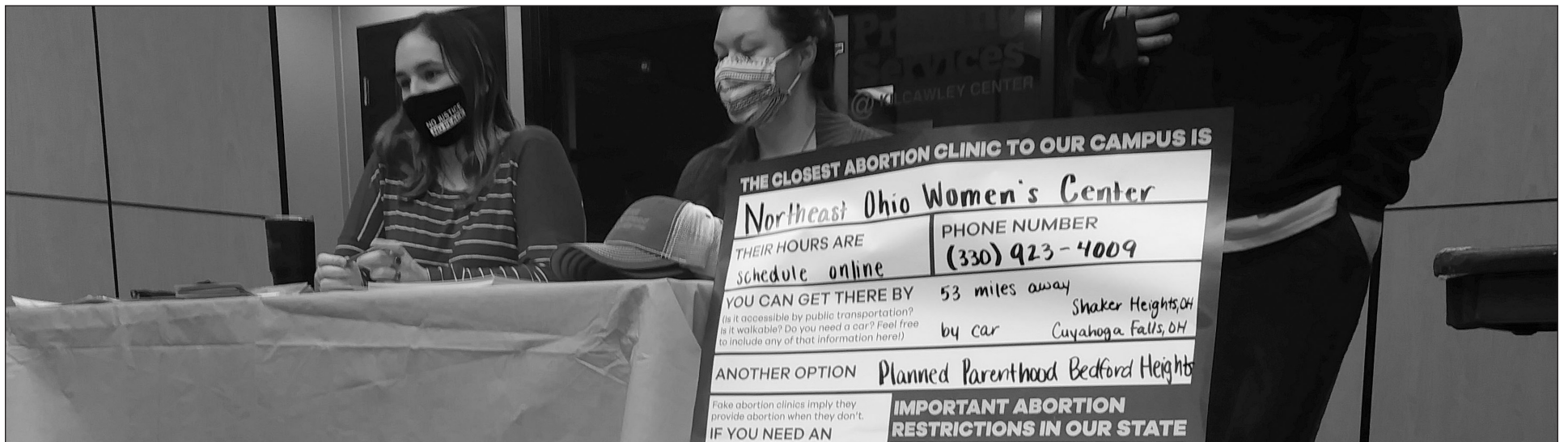


Photo by C. Aileen Blaine / The Jambar

YSU Planned Parenthood Generation Action members Rose McClurkin (left) and Bella Vass-Gal (right) hosted a table providing resources and information regarding current reproductive rights and services available in Ohio.

ROCK CLIMBING FOR CHARITY

Climb through Movember Madness

By Aaron J. Frantz
Jambar contributor

The Andrews Student Recreation and Wellness Center is holding its Movember Madness Reverse Climbing Competition.

Movember is an annual event — often involving the growing of moustaches to raise awareness for men's health issues such as prostate cancer, testicular cancer and suicide.

At the rec, staff members mark the month by creating new rock wall routes each week that follow different themes and climbing them in a friendly competition. Students use their loose change to bet on which staff member they believe will win.

R.J. Markowitz, coordinator of Youngstown State University's Adventure Recreation, is responsible for starting the competition.

"We came up with the reverse climbing competition, and what this means is that our patrons will see our route-setters competing against each other to see who can climb the best route," Markowitz said. "Throughout the week, patrons can also come in and climb those routes and vote on which of those routes are the best."

He created this version of Movember Madness after postponing it last year due to COVID-19.

"The following week, one of two route-setters will be eliminated, and we will go on to the next climb of the competition until we are left with one victor," he said.

"We want to share our passion with others, and it is for a great cause."

— Kierra Stewart,
graduate student at YSU

Bailey Simon, a senior marketing major and rec center staff member, is one of the route-setters and climbers for this year's competition.

"My goal is to set some routes people enjoy. I always really like when we get people regularly coming back," Simon said. "With being a multi-week program, we hope this is a positive way to get people to come back on a weekly basis."

Kierra Stewart, a physical therapy graduate student with an exercise science degree, is participating in the competition as a climber and route-setter.

"We really want people to come out and climb the routes because we all love rock-climbing," Stewart said. "We want to share our passion with others, and it is for a great cause."

Markowitz said the program typically brings in 20-40 climbers who donate and take turns climbing the routes.

"We will have our patrons donate change to the routes they like the most. We are planning to donate all proceeds to a Movember charitable organization," he said. "These organizations promote both physical and mental well-being for men affected by prostate or testicular cancer."

Markowitz said the competition has several goals in mind: to raise money, and to get adventure rec staff-members actively engaged, as well as to give the patrons a fun and exciting challenge.

The program runs Nov. 1- Dec. 15.

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thejambar.com/jambar-tv

GET YOUR STUDY ON

Students prepare for finals week

By Kaitlyn McCarthy
The Jambar

As the end of the fall semester approaches, students at Youngstown State University are starting to think about their final exams and projects.

Many people have different methods of studying. Jonah Weisman, a senior chemical engineering major, explained how he studies and helps tutor other students effectively for finals.

“I think the best way to learn is just kind of playing to whatever type of learning suits you best, whether that’s auditory [or] visual. So for me, as a visual learner, I like to go through and see an entire process written down,” Weisman said.

The Resch Academic Success Center offers tutoring for over 200 courses and has tutors specifically to help students with final exams.

There are always small tricks students can use to help study for finals. For some students, it can be chewing gum or having caffeine while studying. For others, music helps them memorize information.

For sophomore tutor Adeline Whaley, a mathematics and biology major, tea helps her focus while studying.

“Of course, not everyone likes tea, but I find it helpful to have something to sip on while studying,” Whaley said.

Finals can be looked at as the most difficult tests or assignments of the semester. Senior biology BaccMed major and biology tutor Balakrishna Brahmandam chooses to focus on more complex information that students struggle with.

“It’s basically going through the material that they learned through the last semester and breaking it down into simpler concepts for them,” Brahmandam said. “They aren’t as confident, and they want to be, and [I try] to build that confidence up.”

Since students can have difficulties focusing, most find it effective to take small breaks throughout their studying to help refresh their minds and relax before trying to obtain more information.

“Studying can become very tedious, so it’s important to take breaks here and there. You could study for 30 minutes and reward yourself with a 5-minute break,”

Whaley said.

There isn’t a wrong way to study. What information is best to study depends on the class and the student.

“For some people, just looking at the teacher’s notes and going off of that is best. For others, it’s reading the textbook. I like to do a combination of both,” Brahmandam said.

Another helpful tip is to study far enough in advance. Depending on how hard the final is, it may take hours of preparation just to do well on a single test or assignment.

“Break it up into small sections, and try to even start looking back at information from the beginning of the semester now,” Weisman said.

Preparing early and asking for help can make tests less stressful. Every student is different, but with the right method, studying for finals can be easier.

For more information, contact the Resch Academic Success Center at 330-941-7253, or visit the office located next to Kilcawley Center. Fall hours are 8 a.m. to 5 p.m. Monday through Thursday.

Final exams will take place the week of Dec. 13-17.

Nancy Wagner: 1st to win Tressel Endowed Chair in Leadership

By Kayla Duley
The Jambar

Nancy Wagner, director of the Centofanti School of Nursing, is the first to win the Tressel Endowed Chair in Leadership.

An endowed chair is recognized for outstanding work in their field. It’s awarded annually, with the recipients judged on the previous academic year.

Jeffrey Allen, the dean of the Bitonte College of Health and Human Services, which Centofanti School of Nursing is within, wrote a nomination letter for Wagner. He said an example during the last academic year was her response to challenges posed by the COVID-19 pandemic.

“Nancy created a teachable moment by facilitating a mock COVID-19 drive-thru

“Nancy created a teachable moment by facilitating a mock COVID-19 drive-thru testing experience for junior, senior and family nurse practitioner students.”

— Jeffrey Allen,
Dean of the Bitonte College of Health and Human Services

testing experience for junior, senior and family nurse practitioner students,” Allen said.

Provost Brien Smith said the award was created because a number of interested donors wanted to recognize

Youngstown State University President Jim Tressel with an endowed chair. The endowed chair is available to the faculty head of a YSU department and funded through the YSU Foundation.

Smith said he calls for letters of nomination from deans. Then, there is a process of polling with an anonymous ballot.

“After those letters are sent to me, I distribute all those letters back out to the deans and we discuss them openly,” Smith said.

The YSU Foundation gifted the \$1.6 million to the university for the award.

“Between 2-3% of the endowment is provided for our use. Most of it is designated for faculty professional development in our Centofanti School of Nursing,” Wagner said. “I also received a much-appreciated stipend.”

Wagner said the nursing school has

been discussing how to use the funds.

“We are looking at workshops on active learning, workshops on NCLEX Next Gen, which is the state board test that we offer our students,” she said.

Wagner would like to have the workshops because the department is coming up with a new way of testing, so they are looking to educate faculty, and also looking at possibly having faculty attend some workshops on teaching evidence-based practice.

Allen said he was honored to nominate Wagner for the Tressel Endowed Chair in Leadership. During her 26 years at YSU, Wagner has had numerous accomplishments across all academic realms, including in teaching, research and scholarship, and university, community and national service.

Letter to the Editor

Cutting programs and raising concerns

As a retiree who has taken courses through the Over 60 Program, I have grave concerns for degree-seeking students.

The heart and soul of any university are the faculty and course offerings. Even YSU's mission statement begins: "Creates diverse educational experiences that develop ethical, intellectually curious students who are invested in their communities; Provides access to a broad range of undergraduate programs." Many of the cuts are antithetical to these objectives.

Doubtlessly the university must operate within its budget. But is it to the student's advantage to eliminate some of the degrees, especially in areas where YSU has inherent strengths? Why, for

instance, would majors in music, and faculty, be chopped from the celebrated Dana School of Music? Why cut programs in art when the university owns McDonough Museum of Art and is adjacent to the renowned Butler Institute of American Art? Most of those courses still need to be offered as requirements for other degrees. Where is the savings?

Look at our community: high schools are teaching Italian. Why cut 2 majors? Judging by the endowments (David and Helga Ives Humanities Scholarship, Our Lady of Mount Carmel Endowment for Italian and Italian-American Studies), teaching Italian language and culture have solid community support. The same can be said about the Center for Judaic Studies that lost faculty.

This, when you deemed the history department a "grow" category.

These are a few examples of poor decisions made in the pretext of financial health.

Reevaluate your top-heavy administration. Why does YSU need a provost, 4 associate provosts, 2 assistant provosts, 4 vice-presidents, 7 associate vice-presidents, and 22 directors? Not to mention the myriad of "sub-directors", managers, coordinators, etc. (See budgets & positions online)

The number of majors is not a significant indicator of a "successful" program, just as the purpose of a college education is just to get a job – as important as that is. A well-rounded education develops analytical skills and

science literacy, expands one's world view of cultural and religious differences and similarities, and gives meaning to them in a historical context. It's an opportunity for personal enrichment. It helps teach students to confront ethical dilemmas and identify moral responsibilities as contributing members of society.

Please be careful of how you prune. Like a tree, there's a point from which it can not recover. This is a gem of a university, don't turn it into another mediocre college?

Susan M. Rossi-Wilcox

Retired, Curatorial Associate, Harvard University

To the Editors,

As current and former students in the History Program at YSU, we are deeply devastated to hear of the recent layoff of a beloved professor and mentor. Dr. Jacob Ari Labendz has taught at YSU for five years and, in that short time, has left a profound impact on the lives of countless students. Though his courses are challenging, they are also an incredible, unique learning experience. He cares deeply for his students- and his compassion has shown through countless times, especially in the wake of challenges that came with the pandemic- and always goes above and beyond to assist them, whether it be troubles with an assignment or research, or personal challenges. Despite his overwhelmingly busy schedule, he has always been there to lend his students a helping hand, no matter the circumstance.

Dr. Labendz is one of the most dedicated and passionate professors at Youngstown State University. As head of the Center for Judaic and Holocaust Studies, he strives to educate his students and others in the Youngstown community on Jewish history and culture.

He also teaches courses on the Holocaust and Holocaust memory, a subject that is incredibly important to learn about because of the lessons it teaches, both about history and the modern world. He has helped run a myriad of events on campus- whether by organizing symposiums or hosting the annual Jewish-Muslim forum or celebrating Jewish culture through events like the Jewish Film Festival or the building of the Sukkah during the Jewish festival of Sukkot- that make YSU a better, more diverse place. As a university that values diversity, we need to celebrate the faculty, students, and programs that create diverse experiences on campus.

During the summer of 2019, Dr. Labendz led eleven students on the trip of a lifetime to study in the Czech Republic, Poland, and Germany. The trip was a part of a course entitled, "The Holocaust and Human Rights in Central and Eastern Europe." During their time in Europe, students had the opportunity to walk the Jewish ghettos and concentration and death camps that were established by the Nazis before and during the Second World War. They also visited sights of Holocaust memory to learn more about the way this event in history

is remembered throughout Europe. With an extensive knowledge on the subject, he helped his students gain a better understanding of why Holocaust history matters, and that it should never be forgotten. He truly helped his students change their outlook on the world, and being two of the eleven students that partook on the trip, we will be forever grateful for that. The opportunity to learn from and with Dr. Labendz changed our lives for the better.

The recent decision by the Youngstown State University Administration to layoff Dr. Labendz is incredibly short-sighted and shameful. It all but guarantees the closing of the Center for Judaic and Holocaust Studies and hinders the ability of future students to learn from a brilliant scholar. We hope the administration comes to recognize the importance Dr. Labendz holds at the university and reconsiders their decision. We can only be Y and Proud when we value those who help the university thrive.

Sincerely,

Brooke Bobovnyik and Alexis Heldreth

THE 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.

EDITORIAL POLICY

The editorial board consists of the editor-in-chief, managing editor, news editor, sports 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.

The Jambar Editorial

Coffee tasting adventures

Caffeine is the lifeblood of many college students, and it can be delivered in many different ways. As we approach the end of the semester, the levels of stress are increasing and the amount of work is piling high. Finals are just around the corner and students are cramming as much study time as possible, so naturally some may be looking for a little pick-me-up.

Coffee is a preferred method of caffeine delivery, and we at The Jambar love our Dunkin' and want to dive deeper into things. That's why we had a little coffee tasting to see what coffee can be.

We tried five different coffees from three local roasters: Stone Fruit, Branch Street Coffee and Culture House Coffee. From Stone Fruit, we had coffee from Ethiopia and Guatemala; from Branch Street, we had Peru El Cipres and Rwandan coffee, and a Sumatran coffee from Culture House.

We learned a lot from the coffee tasting, especially how different coffee can be. Some coffees have a slight natural sweetness to them, while others can have a harsher, more bitter taste.

Tasting two different beans right next to each other makes you taste things

you have not tasted before in coffee. The coffee from Peru tasted similar to carrots, while the Sumatran one had a more rounded, vegetal taste.

Exploration and comparison are essential when attending college. New experiences can help you find better study habits by finding a new routine and comparing it to another to find what works best for you.

You can learn a lot from exploring the everyday constants in your life with renewed vigor and appreciation. So go out there and explore.

The Jambar Column

Speak up with ease

The current actions that Youngstown State University is taking to cut majors and programs is extremely upsetting. There is no sugar-coating the topic — this is something that will greatly offset the lives of the students who took part in those programs, or were planning to.

All over social media, students are raising their voices, sharing petitions and posting their thoughts and opinions. This is so amazing to see: a student body standing up to an unfair decision made by the university.

I agree with those who ob-



Mac Pomeroy

ject to cutting many of these programs. While I am unsure of a solution to offer the university, I do want to voice support for those who are fighting hard to save their programs.

To do this, I want to remind students that our voices are one of our most powerful tools right now.

According to the YSU

freedom of speech policy, "Youngstown State University will not deny benefits or privileges available to a student or student organizations based on the viewpoint of a student or student organization or the expression of the viewpoint of a student or student organization by the student or student organization or its members protected by the First Amendment to the Constitution of the United States or state of Ohio."

While the right to free speech does not excuse you of the societal consequences of your words, it does protect

you from backlash from the university in cases of speaking up against unjust changes or policies.

My teammates and I at the paper practice this policy every day, with the work we print and the videos we record.

So, speak up without fear. Right now is an important time for student voices to rise up. Stand up for programs that matter to you, without the fear of backlash.

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KEEPING UP WITH THE COMPETITION

Men's basketball rebounds from PSU loss

By Kyle Wills
The Jambar

The Youngstown State University men's basketball team split its first two games of the season, losing 75-59 to Penn State University and defeating Southeast Missouri State University 97-79.

On Nov. 10 senior Michael Akuchie scored 16 of his team-high 22 points against Penn State in the final 15 minutes. He was 6-for-12 overall and 4-for-6 from the 3-point range in the second half.

The fifth-year senior added 10 rebounds to collect a double-double. Senior Garrett Covington scored 9 of his 11 points in the first half, and freshman Shemar Rathan-Mayes added 10 points.

After Penn State scored the first five points of the game, Covington scored the next five points as part of a 9-2 run to push the score 9-7. The margin was within a possession until Youngstown State took a 21-17 advantage with just under 11 minutes remaining after another 9-2 run.

However, after junior Chris Shelton's 3-pointer gave the Penguins their four-point lead, YSU managed just five points the rest of the half. Shelton's basket gave Youngstown State seven straight makes, but the Penguins were 2-for-14 the rest of the half.

The Nittany Lions scored the next 9 points as part of a 16-2 run over an eight-minute stretch that gave them a 33-23 lead. Rathan-Mayes hit a 3-pointer at the 1:45 mark to cut the margin down to seven, and Penn State hit two free throws in the final minute to make the score 35-26 at half.

The Nittany Lions then made four of their first five attempts in the second half to open up a 45-30 lead. After that initial 10 point burst from Penn State in the first 3 minutes of the second half, the Penguins held them to three points over the next four-plus minutes to stay within striking distance.

Shelton hit a pair of 3-pointers to make the score 50-40 at the 12:05 mark, and Akuchie later scored five

straight points to bring the Penguins back within single digits at 53-45 with 10:39 left.

Akuchie stayed hot and ended up scoring 11 points in a four-minute stretch to key the Penguins' comeback bid. His third 3-pointer of the half got YSU within 57-51 at the 7:46 mark, and two Covington free throws with just over seven minutes remaining made the score 59-53.

After the free throws by Covington, Penn State would score 12 straight points to take a 71-53 lead. Akuchie broke YSU's scoring drought of almost five minutes with a 3-pointer to make the score 71-56 with 2:19 left, and Rathan-Mayes hit a free throw and a jumper in the final two minutes for the team's final points.

Youngstown State shot 39.3% for the game, and it went 10-for-24 from 3-point range for 41.7%. Penn State shot 51.7 percent overall, including 64.3% in the second half. The Nittany Lions finished with a 43-25 edge in rebounding and a 12-2 advantage in second-chance points.

On Saturday, Nov. 13, Youngstown State outscored Southeast Missouri State 60-40 to pick up its first win of the season and first-ever win by the program in the state of Missouri. Both the Penguins and the Redhawks are 1-1 through two games early in the season.

Senior Tevin Olison took control as he was one of five Penguins to reach double figures, scoring 27 points. The transfer from the University of Cumberland scored the game's first nine points and had 14 in the half. Covington finished with 18 points and 10 rebounds, Akuchie added 16 points, Rathan-Mayes had 15 and junior Dwayne Cohill contributed 10.

Youngstown State's biggest lead the remainder of the first half was 29-25 with 5:29 left before the Penguins found themselves down 37-32 with 2:27 left in the half before getting within 39-37 at the break.

Six minutes into the second half, Cohill nailed a 3-pointer to make the score 54-51. Over the next 3:19 Youngstown State went on a 15-0 run to take control of the contest. During the run, Southeast Missouri State



Photo courtesy of Sports Information

Shemar Rathan-Mayes dribbles the basketball across the court.

missed six consecutive shots while Olison and Covington combined for 10 points. A basket stopped the run, but Youngstown State scored the next 8 points to go on a 23-2 run. Covington had 6 of the 8 during that run.

Youngstown State outrebounded Southeast Missouri State 43-33 and committed just seven turnovers. The Penguins made 28-of-36 free throw attempts, 77.8%, and from the field made 31-of-63 attempts, 49.2%. Southeast Missouri had four players score in double figures. The Redhawks shot 40.4% from the field making 23-of-57 attempts.

Akuchie said the team maturity following the loss to Penn State helped the team turn things around in the win against Southeast Missouri State.

"A lot of people had a lot of adrenaline pumping [at Penn State]. [Our] first game is on a big stage at a Big Ten opponent. A lot of people have a lot of nerves," he said. "What we did really well at SEMO was that everybody calmed down. We had good plays. Everybody was still up, everybody's clapping, standing up when we had a bad play. When we weren't getting a stop on defense or we weren't hitting shots, everyone stayed together."

Head coach Jerrod Calhoun said the halftime adjustments against SEMO led to some of the best basketball he's seen from Youngstown State.

"Sports is about improving, and you saw that in the second half. That was probably as good of 12 minutes as we've had in my five years here. Getting stops led to great offense transition, the ball moves with this team. We really pass the ball, it's a fun style to play," he said.

The Penguins play their home opener Nov. 19, when they hosts the University of St. Thomas at the Beeghly Center for YSU's J. Arnold Wealth Management Company Basketball Tournament. Tipoff for the opening contest is set for 5 p.m.

"We have to have good practices. We've got 48 hours here to practice for the next two days. We have to lock in. We're getting better and better," Calhoun said at Tuesday's press conference.

Women's basketball defeats Akron with enthusiasm

By Joseph Frattaroli
The Jambar

The Youngstown State University women's basketball team pulled a victory against the University of Akron for its first home game of the season with a score of 57-55 at Beeghly Center. The team was cheered to victory by fans and a fanatic student section, breaking the 631-day streak of its absence.

Many of the women on the team have not experienced the crowds as seen on Monday because of the COVID-19 pandemic. As one of the team's oldest members, junior Mady Aulbach described the experience.

"Me, Chelsea [Olson], Jen [Wendler] and of course Gabby [Lupardus] are some of the only people who experienced our awesome fanbase," Aulbach said. "Even the girl in Akron said, 'Your fans were awesome — they really showed out for you.'"

The team was led by sophomore Malia Magestro

scoring 16 points, beating her previous career-high of 13. Magestro was energized by the return of fans to the court after the extended absence

"Last year, we never had any fans. It was like almost playing scrimmages. The atmosphere was amazing here tonight, so I think all of us were definitely a little nervous, which is normal. We shook those nerves off at halftime and came out and played a whole different game," Magestro said.

Aulbach also shared the same nervous feeling as Magestro, but she pulled it together in the second half.

"At the beginning, it was nerve-wracking because we are a new team, and I think there's a little pressure behind the fact that we're all new," Aulbach said. "It's just so much more fun when the fans are there because we feed off their energy."

Head coach John Barnes thoroughly enjoyed and welcomed the fans' charisma as a guiding hand to victory.

"What a great crowd, [and a] great student section,"

Barnes said. "A lot of fans from a lot of different places, really loud and really into it. It felt like they were just willing our team to win."

A great deal of improvement was seen in the second half compared to the first. The team let up only five turnovers in the second half, contrasting 10 in the first. Barnes said the game was an impressive night for the defense, allowing room for a less offensive night.

"We held them to 22% from the field and 19% from 3, so that's a heck of a defensive night. You're not going to be lights-out every night shooting the basketball," Barnes said. "On those nights you're not shooting it really well, how are you going to get the win? That's toughness and physical play."

The Penguins will return for their next home game against Long Island University at 1 p.m. Friday, Nov. 26 at Beeghly Center.



Mady Aulbach fights through traffic driving to the rim during the team's first home game of the season Monday, Nov. 15.

Photo courtesy of Sports Information

SUFFERING A LOSS



Linebacker coach Bryan Nardo embraces senior linebacker Griffin Hoak.

Photo by Yousof Hamza / The Jambar

Stampedging Bison crush the Penguins

By Yousof Hamza
The Jambar

The last time the Youngstown State University Penguins beat the North Dakota State University Bison was back in 2011. Since then, Youngstown State has lost 10 consecutive games against the Bison, including this week's 49-17 throttling.

While North Dakota State only passed for 165 yards, 71 of which came off a deep touchdown pass — the Bison stampedged the Penguins for 454 yards.

Youngstown State could not get the run game going and only had 59 yards on 32 carries. The team had a little more success in the air with 229 yards and went 17-33 with one interception.

The Penguins passed the ball more than usual despite starting redshirt freshman quarterback Demeatric Crenshaw getting injured again. Crenshaw went 5-8 for 56 yards.

Junior backup Mitch Davidson went 10-22 for 166 yards with two touchdowns and one interception before getting injured. He was ready to come back into the game but ultimately never returned.

Third-string senior Joe Craycraft came in during the

fourth quarter and went 2-3 for 7 yards.

One of the biggest issues facing Youngstown State during the game was the lack of quarterback protection.

"We had too many sacks. You want to pass the football — it starts with protection. So, you got to be able to protect the quarterback, you got to be able to make the plays down field," head coach Doug Phillips said.

Youngstown State suffered five sacks for 39 yards. On the defensive side of the ball, it only had one sack.

Redshirt freshman defensive back Tyjon Jones led the Penguins' defense with eight tackles. Senior linebacker Griffin Hoak and sophomore linebacker Alex Howard were tied for second with six tackles each.

This was the last home game of the season, and departing seniors were honored with Senior Day.

Youngstown State heads to Carbondale, Illinois, to face off against the No. 17 Southern Illinois University Salukis on Saturday, Nov. 20.

Senior offensive lineman Mike McAllister stressed that the team has one focus right now.

"When you play in the Missouri Valley Conference, every game is a big game, home or away. We always talk about road focus, and that's just kind of our thing

this week going forward," he said.

The Penguins have not won a road game since they defeated Southern Illinois in 2017.

"It's been since 2017 — that's unacceptable for a program like this to not win a league [road] game since 2017. So, to me, those are the things we have to change," Phillips said.

Last week, the Penguins headed to Grand Forks, North Dakota to face off against the University of North Dakota Fighting Hawks. The Penguins lost in a close 24-21 competition.

Youngstown State held a lead until there was 4:34 left in the fourth quarter.

Redshirt freshman quarterback Demeatric Crenshaw started again for Youngstown State after sitting out due to an injury last game against South Dakota State University. Against North Dakota, he went 13-17, passed for 75 yards and threw an interception.

Senior tailback Jaleel McLaughlin had 122 yards and one touchdown on 18 carries. Crenshaw ran for 60 yards and a touchdown on 18 carries.

This was the first time the Penguins played the Fighting Hawks since 1962 and is also the furthest north the team has ever played.