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ARTISTS' LEGACY



Photo by Molly Burke / Jambar Contributor

Mitchell's piece, "Mercado, Alteration #12" is composed of photograph test strips.

McDonough Museum celebrates 58 years

By Tala Alsharif and Molly Burke
Jambar Contributors

When Richard Mitchell began teaching art history at Youngstown State University in 1966, McDonough Museum of Art had not yet been built.

Today, he's looking at his own installation inside. "When I started, this site used to have a hotel on it," Mitchell said.

He taught for 40 years, working with students to create a cornerstone of the Department of Art.

"I built the photography program here. That was what I was most in love with at that time," Mitchell

said. "When I started here, there was just film cameras, but we started with the very beginning of digital photography."

Now retired, Mitchell is one of dozens of former and current art faculty showcasing work in McDonough's fall exhibition, "Legacy: 58 Years of YSU Art." It opened Sept. 3 and runs through Oct. 26.

For McDonough Director Claudia Berlinski, it's a chance to show work of her own. She's displaying a two-painting series embellished with dried leaves called "Ruminations."

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The return of Rookery Radio

By Alex Sorrells
The Jambar

After a four-year hiatus brought on by the COVID-19 pandemic, Youngstown State University's Rookery Radio is back and running again.

Radio co-manager Abigail Gutowski said the station had to overcome a few hurdles to start operating this semester.

"COVID just kind of took a tumble with it, and then we had some technical difficulties along the way and we had to build the program from the ground up, and right now we are still moving slow, but it's slowly but surely going," Gutowski said.

Although Rookery is going through a rebuilding process, the station is currently active with Gutowski hosting a themed music segment at 3 p.m. every Friday.

"Each week is a different theme, but for other DJs, we've actually been interviewing people that are interested," Gutowski said. "Other DJs want to do music [or] talk shows. Some of the music can range from deep-cut classic rock or 90's alternative rock."

Rookery Radio co-manager Sarah Nadzan said DJ's can host a variety of different genres.

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“We have been doing a faculty show every four years or so,” Berlinksi said. “In addition to the full-time faculty who are teaching right now, we included those who taught last year ... We decided to invite any living retired faculty, assuming they still made artwork.”

Mitchell chose to show a piece composed of photograph test strips he took in a Guatemalan marketplace, titled “Mercado, Alteration #12.”

“It’s a photograph that tries to get a sense of chaos in the marketplace,” Mitchell said. “It’s more than just a single photograph. It’s a combination of taking all kinds of different parts.”

Artists, students, faculty and community members gathered for a reception Sept. 6 to celebrate the exhibition’s opening. Guests could view the wide variety of work while snacking on refreshments.

“There’s sculpture, there’s ceramics, there’s painting, printmaking, photography. So, it’s all mixed up,” Berlinksi said.

Among the crowd was YSU President

Bill Johnson and first lady LeeAnn Johnson.

“We’re always amazed at what we see — such variety, such creativity,” Bill said. “[YSU’s] been around since 1908, 116 years. So, let’s take good pictures today — see what this art looks like compared to what it’ll look like 108 years from now.”

The earliest-serving art professor in the exhibition, Russell Maddick, also started teaching in 1966. According to Berlinksi, he inspired the name “Legacy: 58.”

Maddick is displaying his abstract acrylic painting, “Caribbean Street Talk,” inspired by the impacts of hurricanes in the Caribbean Islands.

“These students should be really very happy about the space they have — the exhibit work here,” Maddick said. “When I first taught here, our department was in a basement of one of the buildings, and that was the extent of it. So, they should take advantage of what they have.”

Joy Christiansen Erb, acting chair of the Department of Art and professor of photography, is showing pieces from a project titled “Lineage.” It’s a series of

photographed handkerchiefs that were part of her family for generations.

Christiansen Erb encourages students who want to someday showcase their work to follow their passions and stay motivated.

“When I think of the YSU community, I think of YSU students, and I think about how important it is for them to express their thoughts and feelings through artwork — to recognize the importance of the work they are making and the influence they can have on others in the community,” Christiansen Erb said.

Leah Franke, a sophomore interdisciplinary studio arts major, came to the reception to support her professors.

“I also work for [professor] Dragana Crnjak — I am her studio assistant. So, I was really interested to see what work she made. I wanted to get inspired by my professors, and also this event is a really positive way to highlight Youngstown art and also to network,” Franke said.

The museum is open from 11 a.m. to 4 p.m., Tuesday through Saturday. It’s free to tour, but donations are encouraged.

We Have New Shows!

Check out The Jambar in 10 and The Jambar News Magazine on YouTube

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7-DAY WEATHER FORECAST

Thu. Fri. Sat. Sun. Mon. Tue. Wed.

Thu.	Fri.	Sat.	Sun.	Mon.	Tue.	Wed.
High: 80°F	High: 82°F	High: 80°F	High: 75°F	High: 74°F	High: 76°F	High: 77°F
Low: 56°F	Low: 57°F	Low: 53°F	Low: 51°F	Low: 56°F	Low: 55°F	Low: 56°F
Chance of precip: 25%	Chance of precip: 8%	Chance of precip: 9%	Chance of precip: 20%	Chance of precip: 5%	Chance of precip: 65%	Chance of precip: 5%



Overcast



Mostly Cloudy



Partly Cloudy



Overcast



Fair



Rain



Mostly Cloudy

Information courtesy of [accuweather.com](https://www.accuweather.com)



Academic advisors have offices in all department buildings.

Photos by Nicholas Bianco / Jambar Contributor

Academic advisors shaping students success

By Nicholas Bianco and Dylan Lux
Jambar Contributors

As another semester begins at Youngstown State University, students are encouraged to prioritize academic advising as an important resource for their collegiate journey.

While students use advising to help stay on track with courses and credit hours, academic advisors at YSU handle many students' responsibilities of all years and majors.

Class scheduling can be an intimidating task — especially for first-year students and seniors. A misstep in scheduling can significantly impact graduation dates, potentially keeping a student in college for longer than intended.

After the dissolution of Eastern Gateway Community College, YSU will now be taking in students from the former community college.

Associate Provost for Student Success Claire Berardini explained how advisors are preparing to help EGCC students with their transitions.

"One of the things I think is a challenge for transfer students is they're often used to the processes from their old college," Berardini said. "They're coming to a new institution and things might not work the same there."

Berardini said a challenge for advisors is obtaining materials from transfer students' former colleges because courses at different institutions are not the same as YSU courses. Advisors often need to request information from students so the classes they took previously can be equated into their curriculum sheet.

"The advisors are sometimes making best guesses, preliminary courses with students pending what that official evaluation is of the course because we don't have any official documentation at that point," Berardini said. "We're trying to give a ballpark guess of ... how this might turn out."

Berardini said students from EGCC shouldn't expect YSU advising to be the same as their former community college.

"You're still going to have to understand how it works at YSU and make the adjustment to that, but they shouldn't worry about somebody not knowing what degree requirements they need," Berardini said.

Undeclared students may have trouble deciding which field of study to choose from.

Crystal Bannon, assistant director of the Office of Career Exploration and Development, said undeclared students participate in a Major Exploration Appointment. Students who look to switch majors can see how their credits transition into a different major.

"We have them do the 30-minute Major Exploration Appointment where we sit down [and] we use the tool in the YSU portal called Penguin Pass and we pull up a 'What-If' of the different curriculum programs and kind of walk the student through how they may be able to use their credit hours in a different major," Bannon said.

Bannon said the Penguin Pass is successful in helping students find or change their current major.

"We utilize the Penguin Pass in the YSU Portal to find a good area for them and then we always make a connection with a human after," Bannon said.

Debora Kucharski, director of undergraduate advising for the College of Science, Technology, Engineering and Mathematics, said students in YSU 1500 classes use Pathway U, a career assessment that focuses on a student's interests to clarify goals.

"If they're looking to maybe move out of the STEM area, we will put them in with our career area, just to be looking at all other majors so, we work with them if they're looking for STEM and if we feel that they're not interested in a STEM area then we refer them out," Kucharski said.

Students are encouraged to reach out and regularly meet with their academic advisors, as they are a valuable resource for undergraduate students in their collegiate development.

Rookery

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“The amount of different things people have said. Some people want to do a forum – you know, bring students on to talk about stuff,” Nadzan said. “But there are so many different shows and I met so many awesome people over the past couple of weeks, talking to these prospective presenters, and just seeing the amount of ideas and diverse voices on campus is my favorite part.”

Nadzan encourages students to tune in, highlighting the accessibility and variety the show has to offer.

“If you’re on a drive and you’re like, ‘I’ll put this on my Bluetooth really fast,’ or if you’re studying and you want to listen to somebody talk about some topic you have never heard of in your life,” Nadzan said. “Wherever you want to be, you can tune in and you’ll probably hear something you had no idea about, and that’s the

fun, that’s the magic.”

Gutowski said she hopes more people will hear and spread the word about Rookery’s return.

“I hope that we are able to just get it running and just get our name back out there, saying, ‘Hey, Rookery is not dead. We are back. The ball is rolling.’” Gutowski said. “We are doing everything we can to get it back up and running and we just need help from listeners, from the community, from students, to help us get it back.”

Nadzan said Rookery Radio was always a close-knit environment before the hiatus. She said she encourages others to put themselves out there, to pitch a story and join the organization.

“I loved doing the show when I first started at YSU, I’m so excited to have it back because all the presenters, they knew each other,” Nadzan said. “If you have an idea for a show that you want to pitch, I promise you no idea is a bad idea. We want to hear what you have

to say.”

Gutowski explained how those interested can get involved.

“If you are interested in joining, we are taking applications. Do not hesitate to reach out. You can always find me in The Jambar office, or find me on campus, or even talk to Sarah [Nadzan],” Gutowski said. “We have flyers posted throughout campus with a QR code that you can scan and apply and it is a pretty simple process.”

Students can find more information at rookeryradio.com or email rookeryradioysu629@gmail.com.

Editor’s note: Editor-in-Chief John Ostapowicz and assistant producer Abigail Gutowski did not partake in the editing process due to their affiliation with *The Jambar* and Rookery Radio.



Rookery Radio features a variety of genres ranging from music to talk shows.

Photos by John Ostapowicz / The Jambar

Coming up in SGA

By Raeghan Hilton and Sydney Fairbanks
Jambar Contributors

Youngstown State University's Student Government Association is working on many initiatives during the fall semester. Some of these plans include Swipe Out Hunger Week, 'Guins Go Vote, which is a partnership with Locally Printed, Campus Cleanups and hygiene baskets that will be located in bathrooms across campus.

These initiatives started after SGA improved upon the policies currently in place. Alison Kaufman, SGA advisor and assistant director for assessment in the Institute of Teaching and Learning, elaborated on the policy changes made during her time with SGA.

"Since I've started, student government works more closely with committees and Academic Senate and a lot of really cool initiatives have happened in the past couple years," Kaufman said. "Specifically with the Senate Teaching and Learning Committee and student government. We revised last year's student evaluation of faculty, and we worked to create a common syllabus..."

Kaufman went on to elaborate that even though SGA collaborated with advisors to revise these policies and get them through YSU's Academic Senate, the advisor's role is to provide advice when prompted by students.

One of the student-run initiatives is Swipe Out Hunger Week, a yearly event run by SGA. The event starts Nov. 12 to raise awareness for food insecurity in Youngstown communities and on campus.

SGA President Jordan Pintar said YSU works with the Office of the Dean of Student's Penguin Pantry to provide for students with these insecurities.

"During Swipe Out Hunger Week, we really find a way to support that food pantry, make sure they're stocked [and] make sure students are aware of the issues of food insecurities and what they can do to help," Pintar said.

Students can help out those in need by participating in events such as Craft for a Cause and the basket raffle. Proceeds from the basket raffle will be donated directly to

the Penguin Pantry.

Pintar said this year SGA is making helpful changes to this initiative to amp up participation and help more students. One of these reforms includes finding ways to interact with students during regular school hours.

"Last year we did an event that was after [school] hours and did provide a food option but we didn't get as much turnout as we'd like to," Pintar said. "We're aware that students are very busy on campus and we're looking at the times of the days that we can do these events to make sure that more students can get involved."

SGA is also working with Penguin Pulse — YSU's platform for adding and finding community engagement — to centralize the Swipe Out Hunger Week efforts and allow students to donate meal swipes, which has been a student-favorite approach from past years.

Meal swipes are part of a meal plan used to eat at the Christman Dining Commons, where one swipe lets students eat as much as they'd like. According to YSU's website, these meal plans are required for students residing in the dorms on campus.

According to YSU's website, "All students who live in Cafaro, Lyden, Kilcawley and Wick Houses must have a meal plan. Meal plans are part of the 'room and board' charge applied to student accounts. All students begin each semester on the 12 Bronze meal."

With 12 swipes, some students have leftover meals by the end of the week. During Swipe Out Hunger Week, they can donate their swipes and give those in need opportunities.

With the upcoming presidential election, SGA also plans on having voter registration events, a voter panel discussion and voter trivia for students to get more information.

Sofie Myers, SGA vice president, spoke about the organization's goals for the voter registration event.

"We're going to have important people from the community ... come and talk to the penguins about the importance of voting and getting out there. We're not here to influence how you vote. We just want you to vote," Sofie Myers, SGA Vice President, said.



Photo by Sydney Fairbanks / The Jambar

SGA encourages students to get involved on campus.

There's a club sport for you

By Joel Fuzo
The Jambar

Club sports are recreational activities that are primarily student driven and grant several opportunities for students to participate in something they enjoy.

Coordinator of competitive sports and youth programs, Josiah Horst, gave insight on how to get involved.

"There is an interest form that we have that they can go fill in, and select any or all club sports that they are interested in joining, and that is on the campus rec website," Horst said.

Lindsay Linard, graduate assistant for club sports, provided additional information on how to join.

"It's also on our social media, you can find it when you walk into the Rec the offices have a flier, when you scan the QR code it takes you exactly to the same forum, and then we'll get alerted and reach out to you for whatever club you want to join and connect you with the right people," Linard said.

Outside of some traditional sports clubs there are esports, equestrian activities, fencing, archery and more to be found.

Horst said coaches volunteer their time to the club and are not staffed by the university.

"Coaching is not a staffed position, we encourage all clubs to have coaches, but that's something they have to go out and find," Horst said.

Competitiveness is something that is not lacking either. Linard explained how each club handles scheduling.

"Each club individually goes and schedules their own games against other universities, they can compete in conferences which many of our clubs compete in," Linard said. "[The clubs] have set teams they play every year, they have ones where they reach out to other schools that have them and book games."

There is a process for establishing clubs that don't exist, if the students want them.

"All [students] have to do is come talk to myself and [Linard] and we'll help them get started with the process. Basically what they have to do is go find who their officers are going to be, they're going to have to have their 4 administrative officers, and as a club sport they need to have 2 safety officers who are required to be at practices just in case an injury were to happen," Horst said.

Horst also explained that clubs need an adequate number of members to compete and used soccer as an example.

"Soccer is played 11 vs 11, so you need at least 11 to

compete," Horst said.

There is more to the process, but those are the main steps of adding a new club sport.

Currently, there are 21 clubs with no deadline to join, and those interested are welcome even during the middle of the season. Experience is not needed and all skill levels are accepted.

President of the women's soccer club, Joella Coxson, said Campus Rec and the clubs both contribute to funding and equipment.

"We do a lot of fundraisers. All of our players work together to do fundraisers at restaurants. We also have gone to work at Pittsburgh Steelers games," Coxson said. "We've been able to fundraise our equipment, jerseys and everything else we need for the club."

The women's soccer club has a wide array of players, all with different skill levels and experience.

YSU's women's soccer club requests its practices the previous semester and the club sports office puts together a schedule that works for all of the teams.

"They do the best that they can to accommodate us, [Cafaro Family Field] is just for club sports so we don't have to conflict it with the women's soccer team, we just have to share it with the other club sports," Coxson said.



Campus Rec helps contribute to club sports funding.

Photo by Joel Fuzo / The Jambar

Loneliness epidemic

By Madison Fessler
Jambar Contributor

In 2023, the United States Surgeon General's office released an advisory which stated that the loneliness epidemic is an urgent public health issue.

Associate professor of psychology, Joy Tang, defined the loneliness epidemic as "the increasing prevalence of people feeling lonely in society."

The terms "social isolation" and "loneliness" have been thrown around on social media, but the words don't share a definition.

"Social isolation usually is pertaining to more of the objective disconnection between people, but loneliness is more of the psychological, subjective experience of feeling disconnected from other people," Tang said.

According to the advisory, around half of adults living in the U.S. reported experiencing loneliness, with young adults having some of the highest rates. Despite the high rate, less than 20% of lonely people realize it's a major problem.

Susan D. Laird, who is an adjunct faculty member in the Sociology Department, said one of the big factors that plays into social isolation and loneliness is technology.

"We have to be cognizant that when they developed the first PC, it stood for personal computer. That's yours, not a shared entity," Laird said. "It became you as an individual, and how you could make that look and what you could do with it, and we've never gotten away from that."

Laird also said lack of government interference, until recently, and social media has contributed to mass loneliness.

"I believe that our government has not paid attention to the isolation that comes with social media and some of the dangers on social media, but as well as the misperception that if you have 3,000 friends on Facebook or a million followers on Instagram, somehow you're connected and you're not isolated."

Tang contributed an increase in mass loneliness to a shift in society.

"We live in a very materialistic world, there is a pressure to potentially, maybe possess more and to be more materially successful. Our focus is on a lot of the career development, personal development which takes away the efforts and the attention that we can pay to relationships," Tang said.

The shift in society affects the quality of relationships and connections. Tang attributed this not only to the shift but also to the decline in community engagement.

"In the past few decades, you can see pretty clearly that people are spending less time with each other in

all aspects of social life," Tang said. "They're spending less time with organizations, communities, faith groups, they are engaging in just overall less quality relationships and connection with those around them."

Laird said the effects of mass loneliness are severe and damage not only a person but a community severely.

"We've seen an increase in our drug use, we've seen an increase in our suicide rates, not just in our community, but across the country," Laird said.

Extreme loneliness leads to more than just poor mental health, it has devastating effects on physical health as well.

In the advisory, U.S. Surgeon General Dr. Vivek Murthy described the effects of loneliness as, "far more than a bad feeling – it harms both individual and societal health. It is associated with a greater risk of cardiovascular disease, dementia, stroke, depression, anxiety and premature death."

Erin Driscoll, executive director of Student Experience and Resident Life, said YSU offers many opportunities throughout the year to engage and build connections with other students.

"Every week, we send out our Student Events Digest, and that has a list of some of the programs that are happening," Driscoll said. "[Craft-ernoons at the Cove], it might be hard to just approach some-

one and start talking, but if you're working on a project next to someone, sometimes that conversation can just start to develop there."

Becoming part of any organization or reaching out to friends can help feelings of loneliness and in turn can save lives.

Factors That Can Shape Social Connection

Individual

- Chronic disease
- Sensory and functional impairments
- Mental health
- Physical health
- Personality
- Race
- Gender
- Socioeconomic status
- Life stage

Relationships

- Structure, function, and quality
- Household size
- Characteristics and behaviors of others
- Empathy

Community

- Outdoor space
- Housing
- Schools
- Workplace
- Local government
- Local business
- Community organizations
- Health care
- Transportation

Society

- Norms and values
- Public policies
- Tech environment and use
- Civic engagement
- Democratic norms
- Historical inequities

Office of the
U.S. Surgeon General



Students waiting in line for free screening.

Photos by Matthew Sotlar / The Jambar

Clear Eyes on Campus

By Matthew Sotlar
The Jambar

Since some students may struggle to receive proper eye exams, Youngstown State University offered a free screening Sept. 17.

Clear Eyes on Campus was held outside of the Chick-fil-A near Kilcawley Center. The goal of the event was to provide free eye screenings for students. The event was sponsored by local nonprofit, Sight for All United.

Sophomore biology BaccMed major Tanya A Pai Dhungat held the event to provide vision care to students who may not have the means to access eye care.

“I planned this in order to open access to vision care to many college students who are in need,” Dhungat said. “When it comes to being college aged, there are many newly independent students who aren’t under their parents’ insurance anymore, as well as many international students who don’t have insurance here in America.”

Dhungat has been involved with Sight for All United since high school. After interning with the organization, Dhungat said she felt it was important to help the Youngstown community.

“I got offered an internship to work with the nonprofit,” Dhungat said. “From there I worked through the summer through an internship and really fell in love with the mission of Sight For All United.”

Dhungat added that following her internship, she still wanted to help others who are unable to afford proper eye care.

“Working for the nonprofit that summer, it really opened my eyes to what kind of issues are out there so close to us in our community. Even when they go to the schools, there’s almost 80% of children who need glasses and just getting

that and being able to break down that barrier at such an early age ... is really important in their future success,” Dhungat said.

Clear Eyes on Campus ran from 10 a.m.–2 p.m. Students who participated were given a screening. An on-site optometrist, Dr. Kayla Tucker, analyzed the screenings. Dhungat said further exams were held for those who failed the screenings.

“There is a screening beforehand,” Dhungat said. “It’s very quick, and if you fail that screening — basically indicating that you have a vision issue — then you’ll go onto the eye exam.”

Dhungat said free glasses were also given to students in need, following their screenings.

“We’re giving free glasses to the students,” Dhungat. “They are able to pick out the glasses they want, and then that prescription will be matched to those glasses for free. And if they do have a further vision problem ... they will be referred to one of our doctors for further vision care.”

There was a sizable turnout for Clear Eyes on Campus. Dhungat said there were more volunteers for the event than expected.

“Our aim was for around 20 or 30 people ahead of time, I created a form and sent it out multiple ways throughout campus and got 40 people signed up, which was amazing. We were able to treat everyone that signed up ahead of time for appointments, but we had a lot of walk-ins as well, which was amazing to see,” Dhungat said.

Another Clear Eyes on Campus will be held in the spring. Those interested in getting involved with Sight For All United can reach out to Dhungat for information or visit its website sightforallunited.org.

AUTUMN ACTIVITIES

Fall awaits at White House Fruit Farms

By AnnaBelle Boone
The Jambar

Even though temperatures are still in the 80s and 90s, Youngstown State University students and the community can enjoy fall activities at White House Fruit Farm's Fall Harvest Weekends.

The festival runs every Saturday and Sunday from Sept. 7 until Oct. 27. The farm will then close until Nov. 4, before reopening for various Christmas and winter-related activities. Some of these activities include the Gift Barn being changed into the Winter Gift Barn, bonfires and taking a horse-drawn wagon through the orchard.

Other fall-related activities students and families can enjoy include horse-drawn wagons, fresh-picked apples and a newly renovated children's play area that includes pony rides and a gift barn. The farm also has pumpkins, mums and doughnuts for sale.

Typically on Sundays, there are estimated to be over 500 cars in the parking lot, according to a parking attendant, Cole Barber. Sundays are usually the most crowded day to attend.

Karen Sisco, a member of the White House team, confirmed that the Fall Harvest Fest is a large draw for the community.

"For our fall activities on Saturday and Sunday, we typically have thousands of people," Sisco said.

Sisco is the manager of the Gift Barn. The Gift Barn, according to whitehousefruitfarm.com, has 7,000 square feet of curated gifts and items. Most of the items cur-

rently in the store are fall themed, such as pumpkins, cornstalks, straw or Halloween decorations.

"We've been doing Fall Fest as long as we've had the farm," Sisco said. "When we saw the harvest was coming in, we saw that as a way to share with the community."

Sisco said that as a family-owned farm, White House prides itself on community interaction.

"We love to see that extended to our community...People love to come out as the weather gets cooler...it gives the community a place to come and gather with open air, enjoying the harvest," Sisco said.

One of the major attractions for White House is its doughnuts. During fall weekends, the demand is so high for doughnuts that the normal menu of 36 flavors is cut to eight.

The Express Donut Sales store is located in a renovated cold storage building. On Saturdays and Sundays until Oct. 27, customers can buy doughnuts at the store until it's sold out.

Another unique attraction that White House offers is the Budgie Barn. Open Friday, Saturday and Sunday during the fall season, guests can feed parakeets, also known as budgies.

Another fun activity at Fall Fest is being able to pick your own apples or flowers. This activity is offered every day, from Sunday through Saturday, barring weather. Fall Harvest weekends also offer music on the lawn on Saturdays and Sundays.

Even as temperatures remain warm, don't miss out on all the fall fun at White House Farms, from now until Oct. 27.



White House Fruit Farm sells fall themed decor.

Photo by AnnaBelle Boone / The Jambar

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DANCE OR MOSH

Local musician faces big city changes



Jordan Dean connected with new bandmates.



Photos courtesy of Conor Cunningham and Ivan Lara

By John Ostapowicz
The Jambar

From Cleveland to Brooklyn, New York, multi-instrumentalist and indie artist Jordan Dean has moved away from Northeast Ohio in search of new musical opportunities.

Dean departed from Ohio in 2021 and landed in Nashville, Tennessee, which kick-started his musical career as a singer-songwriter. In the same year, Dean released his debut EP “Local” and in 2022 released his second and most popular EP “Feeling Strange.”

Since his departure from Northeast Ohio, Jordan Dean’s top tracks have garnered over a million plays across all music streaming platforms. In addition, songs such as “Feeling Strange” and “Free Advice, No One’s Buying” have garnered over 200,000 streams.

Most recently, Dean left Nashville for a bigger opportunity in Brooklyn, where he settled on his band’s consistent rhythm section of guitarist Brian Sellers, drummer Dylan Spiro and bassist Boris Gachot.

In response to the band’s new members, Dean said both the writing process and live performances have felt “natural” after their arrival.

“It’s really great. Everyone’s on the same page and it feels like as a unit, we’re moving forward and just growing,” Dean said.

Dean returned to Cleveland on April 5 at Beachland Ballroom and Tavern to celebrate the three-year anniversary of the music publication, “Kind of Consistent.”

At a young age, Dean gravitated towards the piano and wrote songs that strayed

away from the normal musical conformities.

“I was never someone who dived into technicality. As an instrumentalist, I would get bored and go off and try composing my own stuff,” Dean said. “That longing for using [music] as a creative outlet was always there.”

The move to Brooklyn has provided Dean with new opportunities, such as his band’s consistent residency at the Mercury Lounge — a nightclub in New York City. The four piece also started recording new music in a studio called Thump, which is in the Greenpoint neighborhood of Brooklyn.

Dean said the move provided him with a boost in confidence and has helped him grow musically.

“It’s been good to me thus far, I’ve been playing a lot of gigs and meeting a lot of new people and really expanding my horizons artistically,” Dean said. “I think it’s where everything is meant to be right now.”

In Dean’s songwriting, he gravitates towards punk influences with hints of indie rock and incorporating the catchy hooks of the pop genre.

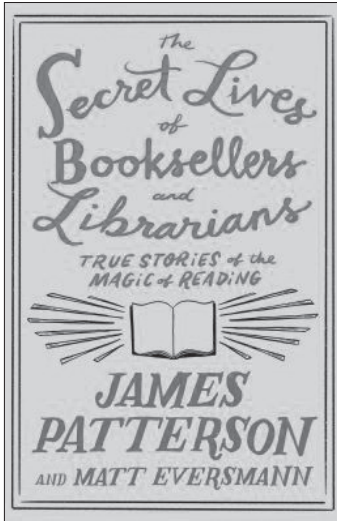
“[Our music] is an amalgamation of everything I always wanted it to be. At live shows we play loud and in your face,” Dean said. “We can do many different things, we make you dance and we can make you mosh. It’s supposed to be fun at the end of the day.”

Different versions of Dean’s hit songs are currently being rerecorded with the band and new tracks are on the way, with the first one scheduled to release Sept. 20.

While the title of the new album is unknown, it’s scheduled to release in early 2025.

With no new plans to return to Northeast Ohio as of now, Jordan Dean’s music is available to stream on Spotify and Apple Music.

Penguin Book Nook with The Public Library



Nonfiction review

The Secret Lives of Booksellers and Librarians: True Stories of the Magic of Reading

by James Patterson

This collection shares the stories of librarians and booksellers from all walks of life including their passion for books and reading to those who enjoy them. A fascinating read for all who enjoy books, libraries, and bookstores.



Fiction review

The Eyes Are the Best Part

by Monika Kim

Ji-wan is a young Korean-American girl working her way through college life in the midst of her grandfather's traumatic abandonment. She finds herself unraveling in the wake of vivid nightmares and the uncertainty of the state of her family. Kim combines elements of horror and surrealism set against the forefront of trauma and familial relationships.

Upcoming programs

Wednesday, Sept. 25

6 p.m.

Spanish 101

Thursday, Sept. 26

6 p.m.

Casual Scrabble

Thursday, Sept. 26

6 p.m.

Preparing for Artsy October

Visit libraryvisit.org to register, get more information or find other programs

To find more information or to place a hold on a title, visit libraryvisit.org, meet us at 305 Wick Ave. or call the library at (330) 744-8636.

Have something to say to The Jambar?

Write a Letter to the Editor!

Email The Jambar at

thejambar@gmail.com

The Jambar Column

College as an international student

After traveling thousands of miles, I stepped off the plane feeling a mix of anxiety and excitement

My best friend Nekian, my brother Imran and I were excited to study at Youngstown State University. I was ready to embrace the college experience and American culture. As I stared at the unfamiliar skies, I realized I had no idea what to expect.

Culture shock caught me off guard. For example, a girl asked me if I had an elephant back home or if we had electricity — those questions left me perplexed.

The first and most immediate challenge I faced was adjusting to the college lifestyle and classroom dynamics. In the United States, I quickly realized the professors and teachers were more relaxed than I was used to.

Professors encourage us to speak up and sometimes even expect us to challenge their ideas. This was a stark contrast to the more formal, hierarchical education system I was used to, and it took me a while to find my voice.

Outside of academics, I had to learn a new social landscape. Making friends was never easy for me, but being an international student made it 10 times harder. I felt overwhelmed trying to fit in.

I am forever grateful to Nekian for bringing me to campus events during my freshman year, which let me meet all my amazing friends.

One of those friends, Praise Nwagu, wanted to help incoming African students connect with the existing international student community, so we decided to form a student organization called the African and Caribbean Student Union.

The friends and community I have now are more than what I ever expected or wanted from my college experience. Join-



Aicha A. Sawaneh

ing different student organizations helped me break through my initial shyness and find a group of friends who shared similar interests, even though we came from different backgrounds and parts of the world.

Initially, I gravitated toward other international students because we shared the common experience of being outsiders in a foreign land. But over time, I began to make connections with American students too, which helped me understand more about their culture.

The International Programs Office was my lifeline, offering workshops on everything from managing and maintaining our visas to coping with cultural differences.

Trust me, living 9,253 miles away from everything you know is not easy, but living abroad has made me more independent, appreciative and open-minded. It is not only about adapting to a new culture, it's about learning to see the world from a whole different perspective.

For international students, college life is not just about classes and parties, it's also about navigating a new world. We are constantly learning, not just in the classroom but with every interaction.

While being away from home has its challenges, this experience has helped me open my eyes to new possibilities, perspectives and opportunities that I would have never thought of if I hadn't taken this journey.

The Jambar Editorial

Cereal Ranking

Whether it's pancakes, waffles or bacon and eggs, breakfast is the best way to fuel yourself for the day. In a pinch, only one item comes to mind for a quick and easy breakfast: cereal. Here at The Jambar, we believe everyone should start their day with a balanced breakfast, and there's no better way than starting it off with a bowl of cereal.

While instant oats, bagels, breakfast bars and yogurt may be ideal for a quick on-the-go snack, nothing beats sitting down in the morning for a nice bowl of cereal.

Cereal is among the most popular breakfast items. According to a 2023 report by Civic Science, around 70% of Americans enjoy cereal for breakfast. This comes out to around 234 million Americans who eat a box of their favorite cereal.

Cereal itself, despite being one of the most popular breakfast meals, is one of history's more recent inventions. The first breakfast cereal was marketed by James Caleb Jackson and was known as "granula," which was graham flour molded into shapes served in milk. This first appeared on shelves in 1863. Since then, over 70 cereal brands have appeared in the United States alone.

Opinions on the best cereal are subjective—some may say Rice Krispies, and others may say Captain Crunch. While some may disagree on their favorite cereals, all parties can come together in the fact that they both enjoy cereal.

The editorial staff at The Jambar was able to democratically vote for our favorite cereals. Based on the popular vote, we have been able to compile our top five favorite cereals.

Starting off the list at No. 5 is Frosted

Flakes. A 2023 report from Zippia shows that Frosted Flakes sold 132 million boxes per year. With a simple recipe of corn, sugar, malt flavoring and salt, Frosted Flakes are a wonderfully sweet start to your morning.

The No. 4 pick is a childhood classic, Cheerios. The same Zippia report shows that Cheerios is the leading cereal brand in the United States, selling nearly 139 million boxes in 2023. Loaded with vitamins and over 20 grams of carbohydrates, Cheerios are perhaps one of the world's most iconic and favorite cereals.

On the subject of simple but delicious cereals, Rice Krispies ranks at No. 3. The puffed rice cereal—which is the oldest cereal on the list—has been waking up the world since 1928. Rice Krispies's iconic mascot trio Snap, Crackle and Pop were introduced in 1932, taking the radio waves by storm. With the addition of fresh fruit or cinnamon, no one can go wrong with Rice Krispies.

A slightly sweeter variation of Rice Krispies appears at No. 2. Fruity Pebbles were invented in 1971 as a way to capitalize on the wildly successful 1960s cartoon The Flintstones. Named after Fred and Wilma Flintstone's daughter, Fruity Pebbles has been a staple of most childhood pantries for over 50 years.

Last, but certainly not least, ranking in at the No. 1 spot is Captain Crunch. Despite several other popular contenders, including Raisin Bran, Krave and Booberry, Captain Crunch was the only cereal to receive two votes as the best. With or without berries, this sweet, crunchy cereal sits proudly at number one on The Jambar's ranking of the best breakfast cereals.

CLASSIFIEDS

MISCELLANEOUS

RADICALIZATION AND PARALYSIS

Two legacies of America's unique experiment with group health insurance and its radical social engineering.

Off-off-campus details TBA

Jack Labusch and Friends of Health
Care Free Speech

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.

Corrections

Corrections have been made in regards to YSU Eats, which appeared in the Sept. 12 edition of The Jambar.

- Wendy's is owned by AVI Foodsystems, not YSU Eats.
- Catering is run by ysu.catertrax.com.

The Jambar apologizes for these mistakes.

Volleyball in the Empire State

By **Marissa Masano**
The Jambar

The Youngstown State University women's volleyball team hit the road for its final non-conference tournament at the Ellicott Hotels Western New York Invitational Sept. 12-14.

The Penguins kicked off the tournament with a 3-1 victory over Canisius University on Sept. 12, inside the Koessler Athletic Center.

Freshman Teagan Ng led the match with a career-high 14 kills, while junior Abbie Householder recorded a double-double with 13 kills and 14 digs. Householder also contributed five of the nine aces for the Penguins.

YSU dropped the first set 25-23, but rallied to win the next three sets to secure the match. The Penguins never trailed in the final set, as they rallied with four points to

pull ahead. Blocks by junior Julia Sell and Householder set up the match point.

In the second day of the invitational, Youngstown State swept Niagara University at the Gallagher Center with set scores of 25-23, 25-15 and 25-18, which marked the Penguins first sweep of the season.

Householder recorded 16 kills, while Ng added 10. Fifth-year senior Isabel Schaeftbauer contributed with 33 assists.

The team trailed early but went on a 7-2 run. An ace by sophomore Maria Insana tied the game 16-16. Crucial blocks by freshman Kelsey Cooper and Schaeftbauer helped the Penguins score four of their final five points to close out Niagara in the first set.

In the second set, YSU trailed only once but eventually built a 10-point lead by the final whistle. A kill from Sell sparked a scoring run, which made the score 14-7.

The team trailed early in the third set until a kill by Householder tied the game at 11-11. The team took the lead 13-11 from a kill by senior Kiyah Franklin and maintained it for the remainder of the set to complete the sweep.

The Penguins were swept by Bucknell University in their final match of the invitational. Householder led with 12 kills, and Schaeftbauer recorded 22 assists, 15 digs and five kills.

The Penguins struggled offensively, recording a .095 attack percentage compared to Bucknell's .235. Youngstown also committed 20 errors, while Bucknell had 11.

Today, YSU will travel to James A. Rhodes Arena to face the University of Akron. The Penguins enter the matchup with a record of 4-5. Live stats will be available on ysusports.com.

Women's golf starts strong, stumbles late

By **Kevin Skolny**
The Jambar

The Youngstown State University women's golf team appeared in its second outing of the season Sept. 14-15 at the Nittany Lion Invitational hosted by Pennsylvania State University.

The event featured 14 teams ranging up and down the Eastern United States.

The Penguins ended Day One in sixth place, with a score of 299 in the first and 297 in the second round. However, by the end of Day Two YSU had shot a team total of 316, which dropped the team to 10th place.

Princeton University ended the tournament in first, with a three-round team total of 874. Harvard University was in second with a score of 889 and Jacksonville State University landed in third, with a score of 892.

The nearby University of Akron also made an appearance in the outing and finished in 11th place with a team total of 925.

Freshman Valentina Peña Anaya led the way for the Penguins, tying for 13th overall in just her second collegiate tournament.

Peña Anaya finished with a score of 78, matching her previous score in her first outing. In second for the Penguins, sophomore Neeranuch Prajunpanich tied for 26th overall, with a score of 83.

Right behind her, tied for 38th overall, was freshman Sofia Perez Escarcena, who shot 14 over par for a score of 86.

Further down the pack was senior Lizzie Saur, who scored a 91, and junior transfer Maddie Shoults, with a 92. Saur tied for 60th place while Shoults tied for 65th individually.

The Penguins will return home Sept. 22-23 for the two-day Roseann Schwartz Invitational at Mill Creek Golf Course in Boardman.

The Penguins will then travel to Indianapolis on Sept. 30 for the Butler Fall Invitational at Highland Golf & Country Club.



The women's golf team will travel to Indianapolis.

Photo by Dylan Lux / The Jambar

Dukes upset Penguins in Stambaugh



Beau Brungard (left) and Tyshon King (right) against Duquesne.



Photos by Gavin Blacksher / The Jambar

By Dylan Lux
The Jambar

Following a convincing 59-25 win over Valparaiso University, the Youngstown State University football team looked ahead to Pennsylvania opponent Duquesne University for its Sept. 14 matchup.

Heading into the clash at Stambaugh Stadium, the No. 20 Youngstown State moved up three spots after the win over the Beacons.

Through two starts, sophomore quarterback Beau Brungard completed 29 passes on 39 attempts, with three touchdowns and two interceptions. Brungard also led the team in rushing yards with 279 over two contests.

Sophomore kicker Andrew Lastovka opened the game with a 45-yard field goal for the 'Guins, to make the score 3-0.

Duquesne's next drive lasted two plays, as junior running back JaMario Clements exploded for a 72-yard run to the Penguins' three-yard line. The following play, sophomore running back Shawn Solomon Jr. punched the ball in the endzone to give the Dukes the lead for the first time this season at 7-3.

The 'Guins responded with two unanswered rushing touchdowns from Brungard and senior running back Tyshon King to open up a 17-7 lead.

With less than two minutes to go in the half, Duquesne senior quarterback Darius Perrantes connected to senior receiver Tedy Afful for a score before halftime.

Youngstown State found itself in scoring position mid-way through the third quarter at the Duquesne 13-yard line, but an interception in the endzone by junior defen-

sive back Antonio Epps ended the Penguins' drive.

Only one touchdown was scored in the quarter, as Perrantes and Afful connected again for a five-yard touchdown. Duquesne led after three, 21-17.

Youngstown State had two chances to retake the lead in the fourth quarter, but back-to-back punts allowed Duquesne to score a 75-yard rushing touchdown by Clements to seal the win.

King found himself in the endzone with 20 seconds remaining, while senior receiver Max Tomczak caught the two-point conversion attempt to trim the lead to 28-25.

Despite the late comeback attempt, Duquesne recovered the onside kick, and finalized the upset in the Ice Castle.

Youngstown State had possession for 42 minutes in the contest, with Duquesne having the ball for only 18 minutes. King said it's "unacceptable" that the team only scored 25 points.

"We had too many drives where we stalled out and couldn't finish," King said. "Defense only gave up 28, so us as an offense have to hold ourselves to a higher standard."

The Penguins tallied 10 penalties, costing them nearly 100 yards in the contest. Head Coach Doug Phillips said the team needs more discipline moving forward and that "it starts with me."

"When you're getting personal fouls after the whistle, those are selfish plays," Phillips said. "We've got to clean that up and it starts with me."

Youngstown State will play its final non-conference matchup against FBS opponent the University of Pittsburgh. Kickoff is slated for 3:30 p.m. Sept. 21 at Acrisure Stadium.

Soccer defense Dukes it out

By Teziah Howard
The Jambar

The Youngstown State University women's soccer team hosted Duquesne University at 1 p.m. Sept. 15. The Dukes came into the matchup with a record of 5-1 and left Farmers National Bank Field victorious in a 2-1 victory over the Penguins.

Duquesne continued its hot-streak, as the win over the Penguins marked their fifth-consecutive victory of the season. YSU falls to 2-4-2 on the season and Duquesne improves to 6-1.

The Penguins saw a majority of shots on goal saved by their red-shirt-freshman goalkeeper Maya Naimoli. In total, Naimoli faced 12 shots on goal and posted a career-high of nine saves.

The first points of the matchup occurred in the 38th minute by Duquesne junior forward, Maya Matesa. In her sophomore campaign, Matesa led her team with 39 shots, including 12 shots on goal.

The Dukes added another score in the 76th minute to take the lead. Junior Brianna Moore recorded her sixth goal on the season, and helped her team survive the matchup.

YSU was able to respond to Matesa's goal when redshirt freshman forward Sara Felder posted her first career goal in the 57th minute. Felder's goal was assisted by junior midfielder and captain, Taylor Berry.

With Horizon League play commencing, younger athletes will look to captains like Berry for experience and advice. Berry said the Lady 'Guins follow a team motto as the season goes on.

"We go by 'empty the tank' and 'win the race.' It reminds us that we're all here for the same reason and that is to go as far as possible and win the championship," Berry said. "We remind ourselves that those are the things we have to do to get there."

Leading the team, Berry is joined by fellow captains Emma Rigone and Lianna Van Sice. Rigone is a junior while Van Sice is a fifth-year graduate student.

Rigone said the coaches stress interpersonal communication to their captains so they are able to be efficient role models.

"We work with our coaches and do a lot of mental prep to learn more about ourselves just so we can be the best leaders for everyone else on our team," Rigone said.

Rigone said she and the two co-captains self-reflect on how they can improve as leaders for the team.

"We work a lot on our own time on leadership skills and what we can do internally to become the best leaders possible," Rigone said.

As Division I athletes, the physical side of competition is well noticed. However, the mental aspect of sports is taken into consideration as well with YSU's women's soccer team.

The Penguins will look to snap their three-game losing streak when they travel to Detroit, Michigan, to face the University of Detroit Mercy today. Kickoff is set for 7 p.m., and the game can be viewed on ESPN+.

YSU will return home at 6 p.m. Sept. 26 to take on Indiana University-Indianapolis and will commence the Penguins three-game home slate.

