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GUINS GIVE BACK: GUINATHON RAISES OVER $60,000

YSU's charity dance marathon, Guinathon, has more than tripled the amount it has raised for Akron Children's Hospital since it began four years ago. Guinathon raised $18,000 in 2017. It raised $60,028.44 Saturday. Photo courtesy of ***Francine Hazy***

KELCEY NORRIS

Youngstown State University students were on their feet dancing, socializing and listening to the stories of families, parents and children from Akron Children's Hospital Mahoning Valley on Feb. 20.

YSU's charity dance marathon, Guinathon, raised a record amount of $60,028.44 for Akron Children's Hospital Mahoning Valley.

When participants entered the doors of Kilcawley Center, they received a colored team T-shirt and a hospital wristband to wear for the day. The dance marathon lasted eight hours.

Participants danced for a total of eight hours at Guinathon on Feb. 22. Photo by ***Kamron Meyers/The Jambar***

Guinathon is a part of the Miracle Network Dance Marathon, which is a movement of Children's Miracle Network Hospitals, a nonprofit organization that raises funds and awareness for more than 170 pediatric hospitals.

One family that Guinathon has directly affected is the Plant family. Sarah and Chris Plant have had more than their fair share of hospital visits with their three children.

Rebekah Plant, their oldest daughter, underwent open-heart surgery at only four months old for breathing complications. Sarah Plant said her daughter had a hole in the top and bottom part of her heart.

"The doctor said we were looking at heart surgery. … I just thought, 'Oh my gosh, your giant hands are going to work on this tiny baby heart,'" she said.

Rebekah Plant's surgery was successful, and today, her mother said she's just like any other 8-year-old girl and is full of life.

"It's things like this and people like these students who make this all possible," Sarah Plant said.

Sam Plant, their second child, is allergic to nuts, tree nuts and seeds, and those allergies brought the growing family right back to the hospital on numerous occasions.

Sarah Plant said although her family was fortunate to have most of their medical bills covered by insurance, there are many families who aren't so lucky.

"We've been in the hospital sitting next to people who say, 'My kid is so sick and I don't know what to do. I don't know if I can pay for it or not,'" she said. "It's scary. … It's so amazing that the students are here today for all of the kids who can't get their care paid for."

Taylor Phillips, a junior early childhood education major, participated as the team captain for YSU's First Year Student Services team.

Phillips said she began her work much earlier than Saturday.

"I raised $1,260 this year, and I actually started right after Guinathon last year," she said. "I asked for donations from a bunch of companies, and I did raffles and giveaways on my social media. … Just constantly asking everybody that I could for donations."

Phillips said she became involved with Guinathon her freshman year, seeing the group as an opportunity to help children in need.

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PROJECT DAWN PROVIDES NALOXONE TRAINING FOR YSU STUDENTS

*Participants who attended the Project DAWN training certification received naloxone nasal spray to use during a drug-related emergency. Photo by **Amanda Joerndt/The Jambar***

AMANDA JOERNDT

Youngstown State University students in the Master of Athletic Training program and athletic trainers on campus attended a Project DAWN, Deaths Avoided with Naloxone, certification training to become qualified naloxone distributors.

Erica Horner, director of the nursing and community health division at Mahoning County Public Health, said naloxone is an opioid antagonist that can help block the effects of opioids on a person's brain.

"If a person has taken an opioid or has ingested something with an opioid mixed in with it, it could potentially reverse those effects," she said.

Morgan Bagley, assistant professor and interim program director for the Master of Athletic Training program, said she became interested in providing free naloxone training for her students through YSU's nursing program. The certification was hosted by Mahoning County Public Health.

*Master of Athletic Training students and professor Morgan Bagley pose for a photo after they completed their training and received a certification. Photo by **Amanda Joerndt/The Jambar***

"We don't take care of just the athletes, but we take care of anyone in the stands, coaches, parents," she said. "I was very excited that [Mahoning County Public Health] was able to come do this for us, and now they're equipped to not be stuck in a situation like that."

Bagley said she hopes her students won't feel helpless in a drug-related emergency.

"It might be a high school student, but it could also be a parent," she said. "We're trained to act, and we're educated to be able to do so. … Our students have expanded their skills with practice and are able to do this."

This was the first training session organized by YSU's Master of Athletic Training program, and according to Bagley, she hopes it isn't the last.

"We had almost 20 people here, so I think this is something we will continually do because the more people we can educate, the more lives we can potentially save," she said.

Derek Bodo, a second-year graduate student in the Master of Athletic Training program, said having the naloxone certification gives him more credibility as an athletic trainer.

"It ties in with patient care in itself," he said. "This goes for all age groups, and we'll be better prepared for the possible case of an overdose."

Bodo said Youngstown will always be his home and he hopes to serve his community with his athletic training education.

"In this area, I know it's becoming an epidemic now," he said. "As a Youngstown State University student, I can proudly say that we are continuing further for the health and benefit of all patients and individuals."

Bodo is currently doing rotations in a doctor's office to earn his master's degree and said it's good to serve more than just the athletic population.

"Now, we're better to serve all populations, so it goes a long way in that regard," he said.

*Athletic trainer students participated in the Project DAWN program to identify risk factors and symptoms of an overdose. Photo by **Amanda Joerndt/The Jambar***

According to mahoninghealth.org, participants in Project DAWN receive training on "identifying risk factors, recognizing the signs and symptoms, administering intranasal naloxone and calling emergency medical services."

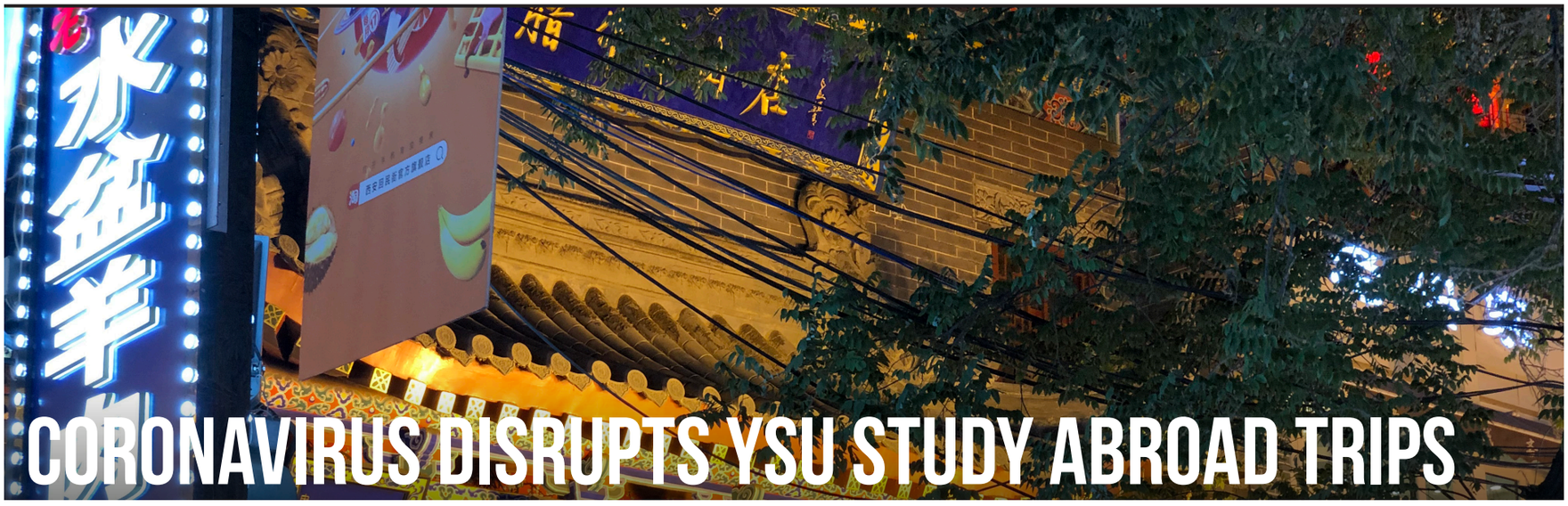
Horner said Project DAWN is a state-funded program in memory of a woman who died from an overdose.

She said in 2015, the program distributed seven kits to the community and in 2019, it gave out 347.

"We are well on our way to meet that and surpass that actually in 2020, and we're only in February," she said. "There are other efforts in the community to decrease an overdose besides naloxone. … Naloxone is only one of those activities to help decrease overdose deaths."

Mahoning County Public Health is currently focusing on its high-risk overdose population, which are white males between the ages of 20 to 50, according to Horner.

"The majority of our efforts have been reaching those high-risk populations," she said. "YSU students and faculty interact with many people on a daily basis, and you never know who you'll come across or if you're out and about in the community."



CORONAVIRUS DISRUPTS YSU STUDY ABROAD TRIPS

A photo from the YSU Department of Psychology's trip to China in May 2019. This year's trip has been canceled. Photo courtesy of ***Shawn Williams***

BRIANNA GLEGHORN

Study abroad trips give Youngstown State University students the ability to connect with people of different cultures and countries, but with the spread of the coronavirus, COVID-19, trips can be altered or canceled.

An email was sent to the YSU community Feb. 19 with an update on COVID-19, a recommendation to not travel to China, and to issue a "temporary restriction for all university-sponsored travel to China."

The U.S. Department of State has issued a level 4 travel advisory warning because of the risks associated with traveling to China.

According to the Department of State, commercial travel to and from China has been restricted or suspended, and it encouraged travelers to "be prepared for the possibility of travel restrictions with little or no advance notice."

The Centers for Disease Control and Prevention has warned Americans of a significant disturbance with recent travel advisories being increased in Italy, Iran and South Korea.

As a result of the coronavirus epidemic, the YSU psychology department has canceled the "Special Topics Devel Psych Children and Family in China and the U.S." research study abroad trip but has continued the course.

Jeffrey Coldren, chair of the Department of Psychology, said after a discussion with the college dean, the co-leader of the trip and the associate provost for international and global initiatives, the trip to China was canceled due to safety concerns.

"I mean the concern overall, we're trying to get a really good educational experience to the extent that we can, given the situation," he said.

According to Coldren, the psychology course has been adjusted and has provided students with the ability to look at factors affecting China in this epidemic.

"I think this gives us a really unique opportunity to kind of examine in a real-life situation how people are coping with this very uncertain situation," he said.

Coldren said because of various specializations in the psychology department, different elements happening in China can be examined.

"In looking at resilience, for example, we're looking at an enormously stressful condition," he said. "We're looking at normal coping patterns that people may not have access to because they can't travel as easily."

Coldren said that even though cultural immersion is an important part of studying abroad, this unique experience can be beneficial in other ways.

"The skills that we bring as behavioral scientists could be very useful in this case," he said. "By examining how people are coping and reacting or what kinds of resilience factors they may have."

Ying Joy Tang, assistant professor of psychology, said a major part of the course was to travel to China and collect data. With help from partners in China, the research objective is still in place.

"The course was already set up in a way that during the semester we came up with a research design," Tang said. "We talked with our collaborator in China and asked them to potentially provide assistance."

According to Tang, although China was a major part of the research, the focus has shifted to look more at research discussion and the research component.

"I think the course, the way it was set up, was multifaceted in the sense that the travel was one of many components that would be valuable to the students," she said.

Nathan Myers, associate provost for international and global initiatives, said the decision was made early enough to give students options.

"From a student standpoint, there are credit hours attached to this," he said. "So we approached it for the best interest of the students."

According to Myers, after seeing the media coverage and travel advisories from the Department of State and the CDC, they decided it was best to cancel the trip.

"We went into the [psychology] department and considered what was the situation now. Is it likely to change? And knowing what we know now, what's in the best interest of the students?" he said. "Our goal all along was how can students complete the course with academic rigor, with a set of alternate assignments, without traveling and be safe."

Myers said the conversation to cancel the trip started in mid-to-late January, and it was officially canceled at the beginning of February.

"On the one hand, one might look at it and say 'It's only the first week of February. Let's just let this ride for two months and see,'" he said. "That's not a great place to be from a university standpoint. We know that there is a severe epidemic."

According to Myers, other study abroad trips may be affected as COVID-19 continues to spread.

"Recently the CDC has raised the travel warning to travel advisory level 3 in Korea, and that happened fast," he said. "They're going to want to see some period of virus-free activity before they're going to lower that, so Korea has already been shelved."

Myers said the YSU faculty have worked to change courses and projects with this disruption to previously scheduled trips and proposals.

"It's just been very disruptive, and the YSU faculty especially have been very kind and flexible in arranging alternate projects and even the potential of working with students," he said. "That's why we are all here: to enable student success."

Emily Stran, a junior psychology major, said this trip would have been her first experience outside the U.S.

"To have the experience of being completely immersed within a culture was really intriguing to me," Stran said. "That's the main reason I took the class."

Stran said although the class will not be traveling to China, she decided to continue the course.

"We're still running the course basically the same way that we had planned minus the trip," she said. "We're still working on research projects as groups within the class and we're trying to be optimistic about it and consider it a unique opportunity."

According to Stran, a majority of students continued the course even without the trip.

"Even though it is disappointing that we can't go, it is really cool to see more than a majority of the class have decided to stay with the course," she said. "I think it's really cool that everyone's still willing to work for it."

HER CAMPUS MAGAZINE HOPES TO EMPOWER YSU WOMEN

J. HARVARD FELDHOUSE

A few ambitious students established a Her Campus chapter at Youngstown State University with the intent to empower and lift up collegiate women on campus.

The Her Campus magazine was founded in 2009 with its main audience geared toward college women, covering topics such as beauty, lifestyle, health, news and more.

According to the Her Campus website, the magazine outlet is the No. 1 media site for college women and has over 390 chapters nationwide.

And YSU is on its way to being the latest addition.

Rachel Durniok, a freshman pre-business major, is the Her Campus YSU president and correspondent. She transferred to YSU from West Virginia University.

During her time at WVU, she got involved with Her Campus and soon noticed YSU didn't have a chapter.

"I really wanted to get involved as much as I could at YSU, and I actually looked at, like, the different clubs they had here and noticed that they didn't have [Her Campus]," Durniok said. "I really enjoyed Her Campus when I was in it at West Virginia, so I thought it would be cool to bring it here."

Durniok pitched the idea to her friends, Angela Pell, a sophomore journalism major, and Karleigh Huber, a freshman pre-nursing major, who also hold leadership roles in the chapter.

Huber said she was interested in getting involved because of her love for photography.

"[Angela] wanted to know if I'd be interested in doing pictures if this potential organization were to happen, and I was excited because literally the night before I was looking on the Her Campus website to see if YSU had a chapter," she said. "The opportunity just fell into my lap."

The organization quickly drew interest from other students, and the Her Campus YSU chapter already has over 15 members as of its first meeting Feb. 17.

"We got my friends together and quickly realized more and more girls were becoming interested," Pell said. "My goal right now is to hit 30 people. … I think that's a good number of people for a group like this so we have enough articles every week to keep putting out a great website."

Her Campus YSU is now an official organization, but the chapter is still waiting for the Her Campus main branch to launch its subdomain website.

Pell said the chapter plans to have a wealth of content ready for publication once its website launch date is announced.

"Until then, we will be having meetings and have our team start brainstorming ideas for articles," she said.

In addition to the online content, the chapter plans to host and participate in events on campus that raise awareness for issues affecting women, such as YSU's annual EveryBODY Fashion Show in April.

As a women's magazine, a central tenet is female empowerment, according to Huber.

"[Her Campus] was originally started by a community of women who, really, their central focus is just to empower young college girls," she said. "It was created by women for women of a younger demographic to just really motivate and empower girls."

For more information about Her Campus YSU and how to get involved, follow its Instagram, @hcyoungstownstate, Twitter, @hcyoungstown, and Facebook, Her Campus at Youngstown.

*Karleigh Huber and Rachel Durniok started the Her Campus YSU chapter to bring women-centered content and awareness to campus. Photo by **J. Harvard Feldhouse/The Jambar***

GUINATHON

Continued from Page 1

"They just looked like a really fun group of people," she said. "As an education major, I love kids and thought this would be so much fun. … Each year, I try to go as far as I can and do as much as I can."

To participate in Guinathon, team members need to raise a minimum of $50 to qualify, and according to Phillips, she and many other participants go beyond the minimum.

"Getting involved with Guinathon is so easy," she said. "Everybody thinks that $50 is so much to raise, but it's really not. Once you start going it's almost like you can't stop."

Katie Biller, a senior human resource management major, participates in Guinathon as the morale captain and said anyone who joins as a volunteer or dancer will not regret the difference they've made.

"YSU's dance marathon stems from something truly meaningful," Biller said. "If meeting some of the sweetest, most grateful kids isn't a good reason for you to join, then a newfound appreciation for your health is. Good health is a blessing many of us take advantage of."

She said meeting the families pushes her to participate and keep morale up during the event.

"Throughout the event, you hear about what the Miracle families went through at the hospital. That's really all the motivation you need," Biller said. "Those eight hours really fly by when you hear about how hard these kids fought. You realize eight fun-filled hours is nothing."

She has been involved with Guinathon for four years and said she has seen it grow immensely thanks to student involvement.

"Every year, Guinathon gets bigger and better," Biller said. "The executive team really dedicates so much of their time and energy to fight for these kids and a cause they truly believe in. It's amazing to experience firsthand. I'm truly thankful for the dedicated few who made this possible."

Toward the end of the event, the participants came together in a circle surrounding three of the Miracle families. After blowing out a candle, the kids went around the circle and cut the wristbands off the participants.

Sarah Plant said cutting the hospital bands represents hope for a healthy future for all children and symbolizes a new beginning.

*Sigma Alpha Epsilon raised $3,000 for Akron Children's Hospital Mahoning Valley. Photo by **Kamron Meyers/The Jambar***

CLUB AND INTRAMURAL SPORTS PARTNER WITH MERCY HEALTH FOR FUNDING OPPORTUNITIES

*The men's club volleyball team's new jerseys sport the Mercy Health logo on the back. Photo by **Kamron Meyers/The Jambar***

ABIGAIL CLOUTIER

A new sponsorship from Mercy Health is supporting the club and intramural sports scene by providing finances for equipment, jerseys and marketing opportunities.

The idea started when Mercy Health approached the Andrews Student Recreation and Wellness Center staff and said it wanted to have more collaboration with the center at Youngstown State University.

"We really liked the investment that they're going to make in our students," Ryan McNicholas, associate director of campus recreation, said.

Currently, club and intramural sports and Mercy Health are finalizing the sponsorship as a four-year deal.

McNicholas said they plan to use some of the funding on projects that would not otherwise be possible.

"This allows for other things to happen that we might not be able to necessarily get from just our expense expenditures. We can grow and do other things and expand what we already have on campus," he said.

Some of those expansion plans include specific club sports, such as esports.

According to Dominique Sak, the coordinator of club sports and summer camps, esports is going to be the "next big thing."

"We want to expand the Frost Penguins esports club by increasing participation and retention, allowing the student leaders to make decisions on behalf of the club and ultimately put them in a position to succeed through competitions and exposure," she said.

Although the funding amount could not be disclosed, Sak said the sponsorship, which was finalized in January, is "quite a bit of a [dollar] amount."

"Club sports uses quite a bit of equipment, and every sport is different. So between equestrian, bass fishing, ultimate Frisbee and women's rugby, all those sports require different amounts and different kinds of equipment," she said.

Sak said the sponsorship also requires club and intramural sports to provide a significant amount of marketing services with Mercy Health's logo.

"They would like on jerseys [to be] their logo and anywhere else that we are able to market them," she said. "We plan on having a banner at Cafaro Field, having a banner at the rec itself, [advertising] on social media, but really the deal is sponsor Mercy Health as often as we can."

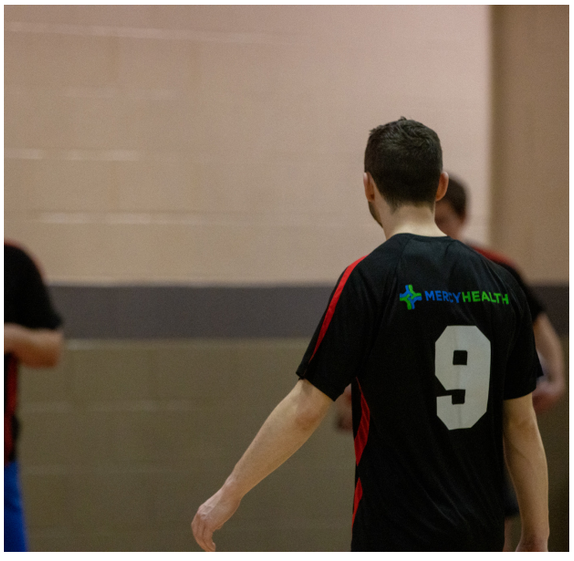
Although new jerseys are purchased as needed, some teams, like the men's volleyball club, are already using their new jerseys on the court thanks to the sponsorship.

Kenneth Diogo, a senior computer science major and president of the men's volleyball club, sees the sponsorship as a relief.

"One of the main primary concerns we had going into this semester as the season progressed was getting jerseys," he said. "We thought we'd have to do fundraisers or just pool our money together in order to buy something. … But having it all paid for is super helpful and really took a lot off our shoulders as a club."

Jerseys are important to Diogo as a marker of team unity and pride.

"I mean, it's really one big pride thing to wear the YSU colors and have the YSU logo on there. It really just makes us look professional together as a team, so when we go out we can really represent YSU," he said.



*Mercy Health has provided YSU with finances for equipment, jerseys and marketing opportunities. Photo by **Kamron Meyers/The Jambar***

VITA PROGRAM ASSISTS YOUNGSTOWN COMMUNITY DURING TAX SEASON

*A 4012 Volunteer Resource Guide is used by Youngstown State University accounting students when they offer free tax services to YSU students and Youngstown residents. Photo by **Kelcey Norris/The Jambar***

KELCEY NORRIS

Tax season is in full swing, and Youngstown State University accounting students gained real-life experience by offering free tax services to YSU students and Youngstown residents.

The Volunteer Income Tax Assistance, or VITA, program is nationwide and gives tax assistance to those in need.

Raymond Shaffer, an accounting professor, said this is his 30th year working for the VITA program and it was established at YSU before he started.

"My specialty area is taxation. It's what I teach, so it was kind of a natural for me to take this on. … I really enjoy it," he said.

Shaffer said the VITA program allows students to take the program for course credit.

"It's kind of like an internal internship," he said. "The students win because they're working with real people and real taxes, which complements the in-class work. They see both the theory side in class and the practice based outside of class."

Shaffer said the program is a win-win for everyone involved since the services are free.

"When they come here, we like to call it a one-stop shop because they get their taxes prepared, get a copy to take home and their return is electronically filed. So when they leave, they're done," he said.

YSU international students are also encouraged to take advantage of VITA services, according to Shaffer.

"Our international students have a special tax form and a special tax return that they have to do that's different from the average tax return," he said. "We want all of our international students to come through our program because our students are certified to do that."

Shaffer said it's more than just a tax resource for the community.

"A lot of them have been coming back 10, 12 or 15 years, and it's nice. … We see them every year, get talking and catch up a bit," he said. "The people in the community really love it. They know that the students are learning, so they're very patient."

Marcy Grossen, a senior in the Master of Accountancy program at YSU, is one of the students working in the VITA program and said it provides experience outside of the classroom.

"It gives you real-world experience," Grossen said.

The importance of the program lies in the historical significance, and according to Grossen, seeing the community members appreciate their time on Saturdays makes it worth the effort.

"A lot of people have been coming here for over ten years, and it's really cool that a lot of them look forward to coming here and talking with us every year. A lot of them are alumni who come here," Grossen said.

Jessica Flynn, a senior in the Master of Accountancy program, has spent every Saturday since January preparing for the VITA program.

"It's interesting meeting the people who come in. We learn their stories and their backgrounds," she said. "It gives us a new perspective on things because I'm not from around here. … It's kind of cool to meet different people from a different area."

Jenelle Dunkel, a YSU alumna, said her family makes VITA a fun-filled day downtown.

"We've always had really good experiences, and we come back every year," she said. "It's like a family event, and we go to breakfast. … It's nice to come back to YSU and see the campus."

Dunkel said she would recommend the services to other alumni and community members.

"It's free; you can't beat that," she said. "Everybody is so nice, the professors and the students. They're always very helpful. … It seems to run smoothly."

ETHICS BOWL TEAM RANKS FIRST IN THE NATION

The Youngstown State University Ethics Bowl Team is ranked first in the nation after winning the national Association for Practical and Professional Ethics Intercollegiate Ethics Bowl in Atlanta on Feb. 22.

This was the fifth consecutive year that YSU placed a team in the national tournament.

The team of five YSU students — Samantha Fritz, Jacob Tomory, Moataz Abdelrasoul, Eva Lamberson and Michael Factor — beat teams from across the country, including Stanford University, Yale University, the U.S. Military Academy, the U.S. Naval Academy, Tufts University, the University of California Santa Barbara and the University of Central Florida.

The Ethics Bowl team, coached by Alan Tomhave, associate professor and chair, and Mark Vopat, professor, both of the Department of Philosophy and Religious Studies, advanced to the national finals after winning the Central States Regional Ethics Bowl in Indianapolis for the fourth consecutive year.

"In the final round, the main organizer walked up after our commentary on the other team and remarked that it was the best commentary that he had ever seen," Tomhave said in a YSU press release. "This is a person who has been involved in the Ethics Bowl for a long time. A judge from earlier in the day also watched and commented that one of the things that really makes our team stand out is that they really listen and engage with the issues and arguments from the other teams."

WHERE TO NEXT:
YSU JAPANESE INTERNATIONAL STUDENT TRAVELS THE WORLD

*Rumi Minato, a Japanese international student, began her first semester at YSU in August 2019. Photo by **Kamron Meyers/The Jambar***

FRANCES CLAUSE

When Rumi Minato received a list of universities to study abroad at from her college in Japan, she chose Youngstown State University.

At Meiji University, Minato studied foreign and Japanese cultures, and her many years of learning English fueled her decision to continue her studies in the U.S. She began her first semester at YSU in August 2019 and is in her last semester as a Japanese international student.

"I found that YSU had a religious studies major, so I thought if I came here, I could take some classes related to religions," she said. "Mainly, I am interested in the culture here, so I took sociology classes, religious studies classes, and history classes and stuff like that."

But Minato's interest in other cultures stems from her love of traveling. So far, she has visited 14 countries, including the U.S., Australia, Canada, India, Taiwan, Thailand, Malaysia, Brunei, Vietnam, Mexico, Portugal, Spain, Cuba and Morocco.

Her first experience traveling brought her to Hawaii with her family.

"At that time, I realized the differences in cultures. I came to be interested in those people and the cultures of other countries," she said, describing Hawaii as her turning point in life.

With her eyes set to become a world traveler, Minato began a part-time job in Japan to earn money to support her endeavors. Since then, she has planned trips with family, friends or to explore countries solo.

"I always find something interesting when I go to different countries, which motivates me to learn more about it," she said. "What I do is compare the differences of those cultures."

Although she endured some culture shock during her travels, Minato said she always tries to experience local life in each country. One of her favorite experiences was in Cuba, where she stayed in an Airbnb rental.

"It was the week before Christmas, so I asked the Airbnb owner if there were churches I could go to with my friend to experience a service," she said. "We went to one near the Airbnb, and it was amazing. We met a family there who even invited us to dinner at their house."

McCain Adams, a junior forensic psychology major, said he enjoys listening to Minato's stories about her experiences in different countries.

"My absolute favorite [story] to hear is how in Cuba and Mexico, everyone always turns around to wave at her when they see her taking a picture," he said. "She captures their culture one smile at a time."

Adams befriended Minato at an International Student Organization meeting and believes her culture and travels are important to share with domestic students at YSU.

"An ocean away is a land we cannot see. By her sharing her culture with us, we are able to paint a picture of the world and open our minds to diversity," he said. "It's like building a bridge across the ocean, structured by details and stories to share."

Although Minato enjoys sharing her stories, she offered advice to YSU students who want to begin their own.

"The first thing you need to do [to travel] is book a flight early because it's cheaper that way," she said.

Minato recommends using Skyscanner, an online travel company, to find the best prices. She also recommends staying in hostels to talk to other travelers and share information about places to visit in a country.

"When you go to other countries, you see just how unique you really are," she said.

*Rumi Minato, a Japanese international student at YSU, has traveled to 14 countries and counting. Photo courtesy of **Rumi Minato***

FRIEDA'S REOPENING:
A COCKTAIL OF JAZZ, GOOD PEOPLE AND MEMORIES

*Freida's is located at 381 W Rayen Ave. in Youngstown. Photo by **Kamron Meyers/The Jambar***

KAITLYN KELLEY

The Youngstown community is encouraged to sit down and listen to local jazz musicians and enjoy a cocktail at Frieda's, Youngstown's oldest jazz club still in business. It recently reopened after undergoing renovations.

Frieda's opened for the first time in 1980, according to previous club owner Alfreda "Frieda" Anderson Martin. But due to her declining health, the jazz club closed for six months in 2016 so she could try to sell the building.

"I love people. I really enjoy what I do and try to give the people in the community something they can enjoy and like," she said about her passion for Frieda's.

Martin said it was difficult for her to find a buyer previously, but that changed when local musician Howard Howell decided to buy the building in 2019.

*Photo by **Kamron Meyers/The Jambar***

Blues, jazz and R&B are all genres that have been played on the club's small stage.

Howard Howell & The Point 5 Band, in which Howell was the keyboardist, was a group that frequented the location.

Howell said his love for playing at the club, his longtime friendship with Martin and his passion for jazz music pushed him to buy the club from Martin when she no longer had the means to run it herself.

Giving people a reason to love Youngstown was one of Martin's goals, and Howell plans to stay as true to that goal as possible.

"A lot of people will drive to Cleveland [to] places like Nighttown and the House of Blues to hear quality music, and I want to bring some of those bands here," Howell said.

Despite wanting to bring in bands outside of Youngstown, local bands will still be a focus for Frieda's, according to Howell.

Nadya Stratton, a Youngstown State University alumna, played on Freida's stage in the past, and she believes it shaped her as a musician.

"I started playing with [Howell] and his band at Frieda's during my last semester at YSU, December 2018," she said. "I loved the vibe at Frieda's and the people there."

Howell said he spent six months renovating the club by himself since he has experience in construction.

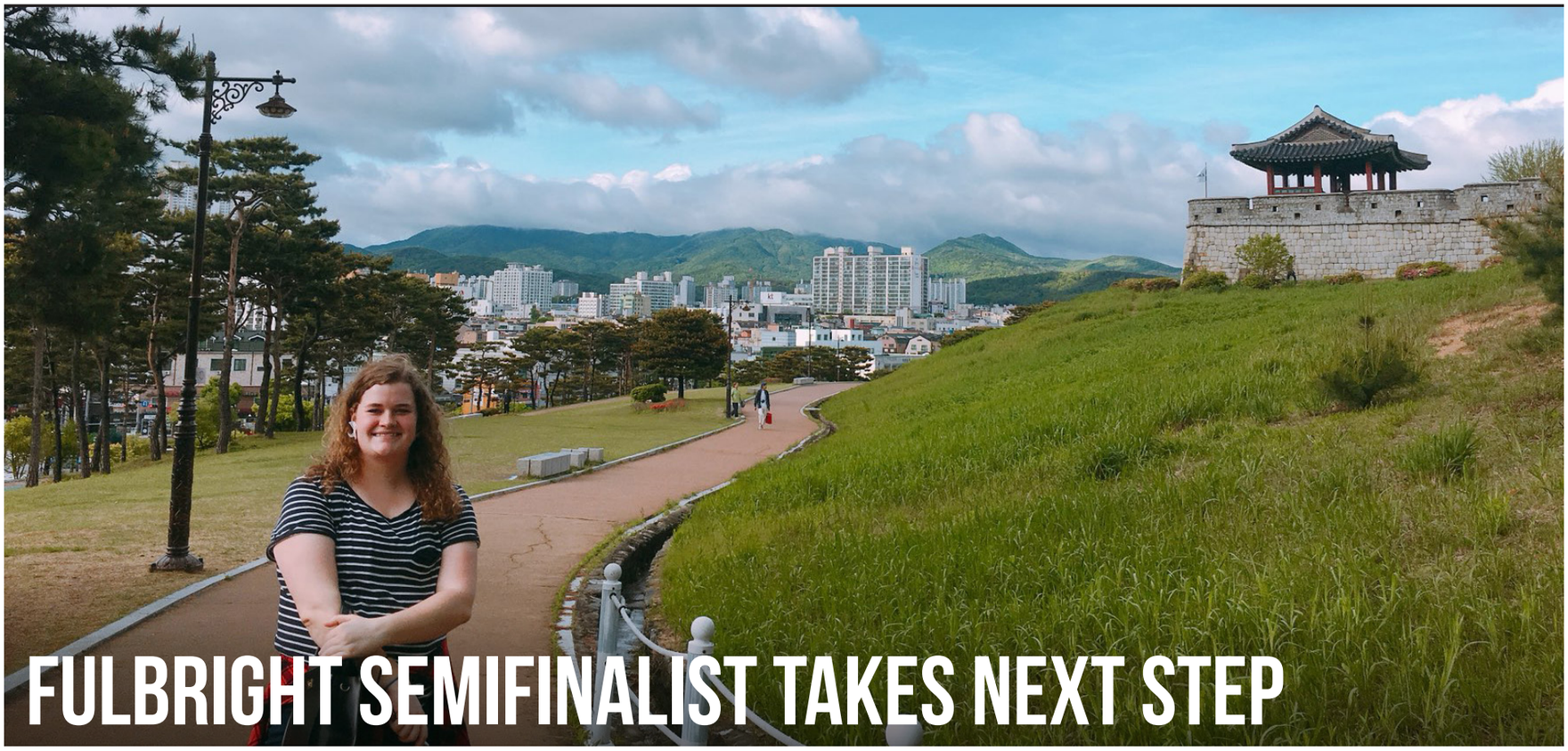
When Howell finally revealed the results, Martin said she was speechless and that the new look was in line with the vision she had for the club from the beginning.

Now that the inside is renovated, Howell said his next project will be making the exterior more inviting with a mural on the side of the building.

He said he wants to ensure the 40-year-old club gives the community some flare and brings more people who love jazz together.

"It's important to have more places to play jazz anywhere because it gives people a chance to share their interests and have a wonderful conversation either through music or catching up with friends," Stratton said.

Frieda's is located at 381 W Rayen Ave., and it is open Monday through Saturday from 5 p.m. to 2 a.m. The club hosts live music three nights a week.



FULBRIGHT SEMIFINALIST TAKES NEXT STEP

Emily Henline is a senior integrated language arts and English double major at YSU. She's a semifinalist for the Fulbright Program for a master's degree in Korean studies. Photo courtesy of ***Emily Henline***

ABIGAIL CLOUTIER
JAMBAR CONTRIBUTOR

Over 1 million people speak Korean in the United States, according to the 2011 U.S. census.

Though Youngstown State University doesn't offer Korean studies, senior Emily Henline decided that she wanted to be one of those million. Years later, she is a semifinalist for the Fulbright Program for a master's degree in Korean studies. If she is accepted, she will complete her degree in South Korea.

"It's a great opportunity, and I hope I become a finalist. Being a semifinalist is such a huge reward for me, and it just [affirms] that I can really go further with education," she said.

Henline is double majoring in integrated language arts and English with a linguistics minor and teaching English to speakers of other languages, or TESOL, endorsement.

She is considering a few different routes for her career, but she wants to study Korean language identity and linguistic imperialism in her master's program.

Henline said she first fell in love with the Korean culture and language after becoming friends with a few South Korean students at an International Coffee Hour event at Jones Hall. It encouraged her to learn Korean and study abroad, and she completed a yearlong study abroad program in South Korea in the 2017-2018 academic year.

"When I got [to South Korea], I just felt like it was home, and it's hard to describe that. It's like the culture has welcomed me," she said.

The Fulbright Program is a competitive program that goes through a few rounds of applications. At YSU, that application starts in the International Programs Office and goes through the YSU Fulbright council before moving forward.

YSU hasn't had a Fulbright semifinalist since 2016, according to Ann Gardner, assistant director of the International Programs Office.

"She's made it through the first rounds of this highly, highly competitive prestigious scholarship. Now, the Fulbright committee in the host country, which in her case is South Korea, is reviewing the applications that have made it through to decide if she should win the Fulbright," she said.

Several components go into the application process, including essays and faculty recommendations.

"She had to submit a very competitive application which included several essays talking about her background and the research she would like to do in South Korea," Gardner said. "She had to submit letters of recommendation, and I have to tell you the letters of recommendation from her faculty members were outstanding. She's chosen very good faculty members who know her well,"

One of those professors was Nicole Pettitt, an assistant professor of English and the TESOL endorsement coordinator. She finds Henline's persistence unique.

"She wanted to study Korean and the university wasn't offering Korean classes, so she was like, 'Where do I go?' So she called a Korean church," Pettitt said. " They said they offered Korean classes mostly, I think, for kids whose parents speak Korean. So she would go to Korean classes at this random church where she didn't know anybody. I just find her unusual in those ways. "

Pettitt taught Henline linguistics and literacy. In the course, "teacher candidates learn how to support multilingual and culturally-sustaining literacy development for English learners."

Stacy Graber, an associate professor of English who taught Henline in a creative think-tank course for students who will teach English, seized the opportunity to support one of her students.

"Emily embodies what is best about so many of the [integrated language arts] teacher candidates in terms of her industry, broad-mindedness, inventiveness, and commitment to equitable access to academic and professional opportunities. She can envision a better world for her students, and she refines that vision every day through her work," Graber said.

According to the Fulbright Program application timeline, all applicants are notified of final selection between March 1 and

Emily Henline (center) poses for a picture in South Korea. She studied abroad in South Korea during the 2017-2018 academic year. Photo courtesy of ***Emily Henline***

THE FIRST LINE OF DEFENSE IS SELF-DEFENSE

*Ryan Bonacci, chief of police for Mercy Health Youngstown and martial arts instructor, demonstrates a self-defense technique on a YSU student in the Andrews Student Recreation and Wellness Center. Photo by **Tina Kalenits/The Jambar***

TINA KALENITS

Self-defense clinics are being offered for Youngstown State University students and faculty to learn the proper form and techniques of self-defense in an emergency situation.

Ryan Bonacci, chief of police for Mercy Health Youngstown and martial arts instructor, taught the interactive clinic and said having knowledge in an active threat situation is one of the most important self-defense techniques.

"Having an understanding of the situation, having an understanding of what you're going to do in that situation, is the very first step into, you know, surviving any type of situation that might come after you or any type of attack," he said.

Bonacci said if a perpetrator has a gun or weapon and they threaten a person, it's safer to give in than fight back.

"In the situation with the gun, we hope that they're just after your things, and we teach people just give up your purse, give up your wallet," he said. "The cost of replacing that is a lot less than the cost of replacing you."

According to Bonacci, the skills being taught are very simple to learn.

"In order to become truly good at it and have very good awareness and protection of yourself … muscle memory is key for everything," he said.

Ryan McNicholas, associate director of the Andrews Student Recreation and Wellness Center, said the center is hoping to educate students through these safety programs.

"We're trying to educate some students so they're more knowledgeable when they are out in the community or on campus," he said.

Through self-defense clinics like the one at YSU, students and faculty can learn skills in active threat situations.

"They could take at least one or two things away from [the self-defense clinics] to help educate them when they're on campus or in the community, just to really benefit them as well as obviously gaining some physical activity by doing some self-defense attack," McNicholas said.

YSU Police Chief Shawn Varso said for someone to use self-defense, a threat would have to be initiated toward them.

"You can't just arbitrarily think that this person is threatening you and then act upon that," he said.

Varso said a number of items can be used for self-defense, including keys, a heavy backpack and pepper spray, but in dangerous situations, he advises students to call the police.

"There's a lot of times that people sit and question themselves on whether they should call the police. Is this a police matter, not a police matter?" Varso said. "If you're in that much of a quandary, call us."

Regardless of what the crime is, an individual should always be on the lookout for their own safety, according to Varso.

"Even if you're in an area where you think is completely safe, you should always be aware of your safety net," he said.

Varso said the YSU Police Department is active 24/7 and is trained to look out for dimly lit areas.

"In any area when you have a lower light source, you know, whether it be nighttime, whether it be on a city street that, you know, the street lights are out, there's a little bit more of a concern," Varso said.

Kathryn Sewall, a junior accounting major, said it's important to know self-defense skills when leaving campus at night.

"I don't think there's a real threat on campus, but off campus I know the areas can be a little rocky," she said. "It's good to have these skills."

Sewall said she hopes she never needs to use her skills, but she feels safe knowing she's prepared.

The last two clinics of the semester will be held March 19 and April 23 in the aerobics room in the Andrews Student Recreation and Wellness Center.

*Ryan Bonacci demonstrates a self-defense technique on Ryan McNicholas, associate director of the Andrews Student Recreation and Wellness Center. Photo by **Tina Kalenits/The Jambar***

CONFRONTING YOUR MISTAKES AND ASKING FOR HELP

MAC POMEROY

As I mentioned in my previous article, I am hard of hearing and own hearing aids. Normally I would wait a while before mentioning it again, but this past week, something different happened.

I have had my hearing aids since I was about 5 years old. Obviously not the same pair, but in general, I am fairly used to owning some. They are a total pain to take care of and wear, but they are occasionally of use. For the most part, I only wear them for work, classes and if there is an event where I will desperately need full hearing.

Over the past 15 years, I can say I have been a mostly responsible owner. However, as with all things that are so tiny, I occasionally misplace them. They are always found, but sometimes I am not so lucky.

Last Monday, I was extremely sick. While I felt fine in the morning, I left class feeling like I was about to pass out. I was still wearing my hearing aids when I got to where my father was picking me up. I climbed into the car, took out my hearing aids and put them in their carrying case.

Truthfully, I don't remember what happened after that. Or much of the next day. I was very sick and spent most of the time sleeping. On Wednesday, I tried going back to class. I gathered my materials, but when I reached for my fanny pack, my hearing aids weren't there. I panicked. I wasn't sure where they could be if they fell out in my room or if they were around my house.

Soon after, it was clear that I wasn't much less sick than I had been the last two days. I ended up missing class again and did my best to search. But no matter how much I tore my room apart, they weren't anywhere. I called my older sister, anxious that I would have to tell our parents.

With her sage wisdom, my sister told me not to tell them. After all, the tracker in them implied that my hearing aids were last recorded in my dad's truck, so logically they must have gotten home. They had to be in my room somewhere, and I had to keep looking.

When we make mistakes, it's often easier not to confess to them. Perhaps if no one knows, it can be brushed under the rug. Depending on the mistake, you may not want to upset anyone or be shamed for your actions.

During cases like this, it seems better to try to resolve it yourself. Forgot about an important assignment and took a dive in your grade? Ask the professor if you could make up the assignment or get extra credit. Break a valuable family item? Some duct tape or super glue may fix that. Get an embarrassing tattoo on a drunken night? Again, maybe some duct tape or super glue.

It's natural to want to solve a problem by yourself, regardless of how terrible your own "solution" is. However, when it comes to the more severe issues, it's usually best to ask for help. And in my case, losing my hearing aids is a very severe problem.

I spent the next week frantically searching. I just wasn't sure where they could be. I had checked practically every inch of my room. By Saturday, absolute fear set in. Perhaps they fell when I was getting out of the truck and were crushed under the tires. Or, what if the hearing aids fell from the case and a bird mistook them as food? Each option seemed highly unrealistic, but I couldn't think of a likely solution.

Sometimes, the answer to our mistakes may be right in front of our faces, but we are too frustrated to see it. You can run around in circles searching for it only to discover that what you were looking for was right where the problem began. It may take the help of someone else to figure out what to do.

Sunday came, and I still hadn't told my parents. It seemed too late, and my sister was insisting there was no reason to tell them. At this point, I was convinced they were gone forever. Then my dad entered the living room and asked about them. I shrugged and replied as I normally would before realizing something.

I told him to give me my hearing aids.

As it turned out, the tracker was correct. Last Monday, I took them out and put them in the center console. They had been in my dad's truck all week.

Sometimes, it's best to fix our problems on our own. However, sometimes it's better to ask for help.

COME AS YOU ARE: NATIONAL EATING DISORDERS AWARENESS WEEK

At least 30 million Americans have an eating disorder such as anorexia nervosa, bulimia nervosa or a binge eating disorder at some point in their lives, according to the National Eating Disorders Association.

The Eating Disorders Coalition for Research, Policy & Action states that someone dies every 62 minutes as a direct result from an eating disorder.

Eating disorders can affect anyone — it doesn't matter what your gender, age or ethnicity is. But a study found that eating disorders have increased on college campuses.

A 2011 study titled, "Disordered Eating and the Use of Unhealthy Weight Control Methods in College Students: 1995, 2002, and 2008" found that eating disorders have increased on college campuses from 7.9% to 25% for men and from 23.4% to 32.6% for women over a 13-year period.

College is a time where students are experiencing extreme adjustments, new social situations and new relationships.

"College is a period of development in which disordered eating is likely to arise, resurface, or worsen for many young men and women," Claire Mysko, CEO of the National Eating Disorders Association, said in an interview with Healthline.

Additionally, social media and media itself can contribute to the development of eating disorders.

According to research in the Canadian Child and Adolescent Psychiatry Review in February 2004, the media can influence people's body dissatisfaction, and it can give people poor self-esteem due to comparing themselves to others.

Yes, we all know that scrolling through Instagram or other social media platforms can contribute to a poor self-image, but the people who are posting these images need to realize the possible negative impact of editing photos to make themselves look enhanced.

This is why it is important for universities to take eating disorders seriously, and Youngstown State University is doing just that through hosting events for National Eating Disorders Awareness Week, which runs from Feb. 24 through March 1.

YSU's events run until Feb. 28, and it shows the university is prioritizing education and awareness on eating disorders.

The university also sponsors an event called the EveryBODY Fashion Show, where people of different sizes, genders and ages strut down a runway. The fashion show is great to attend because it truly displays all body types.

The annual event honors Danielle Peters, a former Youngstown State University student who passed away due to complications from bulimia in 2012.

Jennifer Frank, a merchandising: fashion and interiors instructor, said the fashion show is put on annually to raise awareness for positive body image, according to an April 2019 Jambar article.

"There really are people of all shapes and sizes that [are not] always shown in the fashion industry. … We want everyone to feel beautiful and everyone to know that they are beautiful. Your size doesn't define you. What defines you is what's in your heart," Frank said in the article.

This year's event will take place April 10. So, attend the event and support the models who get up on the stage. It's uplifting and encouraging.

To view a list of YSU's events for National Eating Disorders Awareness Week, go to ysu.edu.

If you or someone you know is struggling with an eating disorder, contact the NEDA helpline for support, resources and treatment options at 800- 931-2237. For a crisis situation, text "NEDA" to 741741 to be connected to a trained volunteer at the Crisis Text Line.

THE JAMBAR
EDITORIAL

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THE STUDENT MEDIA COMMITTEE IS ACCEPTING APPLICATIONS FOR **YSU STUDENT MEDIA LEADERSHIP POSITIONS**. APPLICATION DEADLINE IS **MARCH 16**.

AVAILABLE LEADERSHIP POSITIONS INCLUDE:

Jambar Editor in Chief and Jambar TV News Director*
Jambar TV Executive Producer and Jambar Managing Editor*
Penguin Rundown Executive Producer**
Rookery Radio General Manager
Guin Yearbook Editor
Yo Magazine Editor and Jambar Arts and Entertainment Editor**
Penguin Review Editor

** must be available Wednesday and Thursday afternoons*

*** must be available Wednesday afternoons*

QUESTIONS? EMAIL MARY DOTA (**MFDOTA@YSU.EDU**) OR CALL THE JAMBAR OFFICE (**330-941-3095**).

YSU SWIMMING AND DIVING PLACES SEVENTH AT HORIZON LEAGUE CHAMPIONSHIPS

A Youngstown State University swimmer does the breaststroke during the Red-White Intrasquad Meet in September 2019. Photo courtesy of ***YSU Sports Information***

PRESTON BYERS

The Youngstown State University swimming and diving team finished its season at the Horizon League Championships on Feb. 22.

The men's and women's teams both finished last in the conference, scoring 97 and 282 team points, respectively. In both competitions, Oakland University, which hosted the tournament, won by more than 200 points.

Senior Tiphaine Saint-Gilles placed sixth in the 200-yard breaststroke event with a time of 2:21.11. The Penguins' women 200-yard medley relay team, which included Saint-Gilles, also finished sixth with a time of 1:44.28, more than 2 seconds quicker than its previous best time of 1:46.73.

For the men's team, this was its first Horizon League Championship appearance, and it is the first YSU team to appear in a conference championship since 1984.

In the 400-yard freestyle relay, the all-freshman team of Duncan Moss, Brandon Cheong, Ryan Scherer and Wilson Cannon set a school record of 3:07.29.

Brad Smith, the men's and women's coach, is happy about his young team's performance, which set eight school records.

"They met the expectations that I set," he said. "The bar that I set was pretty high. I couldn't think of working with a better group than what we have. We met most of our program goals and our team goals."

In addition to their performance in the pool, Smith said he was proud of the men's team's average 3.47 GPA and the women's team's average 3.42 GPA.

With the conclusion of the conference championship, Smith completed his first season at YSU. Before coming to Youngstown, he served as the head swimming and diving coach at Binghamton University, where he spent five seasons.

Previously, he coached at Western Colorado University and was an assistant coach at the University of Maine.

As a first-year coach, the results were promising, according to Smith.

"[We did] better than anticipated," he said. "As a new coach, not knowing what to expect, the team was eager and ready to embrace change."

Smith is especially excited about the men's team, which is almost entirely comprised of freshmen. Of those underclassmen, Smith named Wilson Cannon, Brandon Cheong and Koran Raju, among several others, as swimmers to expect strong performances from over the next three years.

Smith said the men's team was disappointed in its placing, but he reminded the members before and after the event how young they really are.

"I told them, 'Don't forget you're the first men's team since 1984 to be in a conference championship. You guys are all freshmen, and you're getting up there behind the block and you're standing next to grown men,'" he said.

With the intercollegiate competition completed, the team's break from practice will extend past spring break, which is March 11-17.

WOMEN'S GOLF SWINGS IN SPRING

*Puthita Khuanrudee makes contact with the ball during the YSU-hosted Roseann Schwartz Invitational in September. Photo courtesy of **YSU Sports Information***

NATHANAEL HAWTHORNE

The Youngstown State University women's golf team endured a turbulent fall season.

The Penguins finished fourth at the 2019 Horizon League Golf Championships and was named the No. 2 team in the Horizon League spring preseason poll.

The team medaled in two of the five events it participated in during the fall semester. Leading the way for the Penguins was sophomore Puthita Khuanrudee.

The reigning Horizon League Freshman of the Year participated in all five events and posted an average of 75.1. She shot a 71 on three different occasions, which was the second lowest of the season.

While individuals saw success last semester, the team didn't finish higher than fifth place in the last three invitationals it competed in. Penguins coach Nate Miklos said the team is missing one element: It needs to have someone consistently in the No. 5 spot as a "key contributor."

In collegiate golf, five participants play each round. The lowest four scores are counted.

"We had several different players that were in that spot at times play really well," Miklos said.

He said the team is talented and deep.

"One of the bigger keys for spring is just for someone to really step up in that fifth spot and really be able to contribute," Miklos said

For the spring, the team believes it's prepared for the upcoming invitational.

"We are ready for what's coming up next," Khuanrudee said.

Sophomore Jenna Vivo echoed Khuanrudee's statement and said the Penguins have high potential.

"We all work really hard. We've been in [the Watson and Tressel Training Site] for hours on end each day. … We have the ability to become conference champions if we continue to do what we're supposed to," she said.

The Penguins are unique in their youth — there are only three upperclassmen. With the passing of the fall season, though, many of the young players' nerves have faded.

"I expect big things from them. They've all been working really hard," Miklos said. "[Now], they have a little experience under their belt, which helps a ton."

He said the spring golf season can be a difficult transition because the team practices indoors throughout winter.

Vivo said the fall season was a learning opportunity for the younger players. She said having multiple freshmen in the lineup placed self-induced pressure on the Penguins.

"That's a learning opportunity for us to tell the freshmen to just play as another tournament and just go out there and do what we're capable of," Vivo said.

The team starts the spring season March 1 in Kiawah Island, South Carolina, at the Kiawah Island Spring Classic.

YSU BASKETBALL CLOSES OUT HOME REGULAR SEASON PLAY

*Penguins guard Chelsea Olson throws up a shot over a horde of defenders from Oakland. Photo courtesy of **YSU Sports Information***

CHRISTINA SAINOVICH

The Youngstown State University men's basketball team closed out its home stretch in the Beeghly Center on Feb. 20 and 22.

YSU won an electrifying game against the No. 1 team in the conference, Wright State University, by a final score of 88-70. Sophomore Darius Quisenberry dropped a career-high 41 points. The point guard went 7-11 from behind the arc.

Junior Naz Bohannon also had a dominating performance, with his seventh double-double of the season. The forward scored 16 points, totaled 14 boards and had a team-high four assists.

The YSU football team made an appearance at the game to form a student section behind the Penguins' second-half basket.

Quisenberry said the energy in the building motivated the team.

"They made a big difference, being loud and rowdy and getting the crowd into it," Quisenberry said. "I think they made a huge difference in helping us get that win over Wright State."

The team had all the momentum heading into Saturday's match against Northern Kentucky University on senior day. The Norse proved to be just too much for the Penguins.

The Penguins honored two seniors before the game: Donel Cathcart III and Devin Morgan. Both seniors were in the starting lineup against the No. 2 team in the conference.

YSU fell 61-59 after missing a game-tying shot as the clock wound down.

Cathcart led the team in scoring with 14 points, 12 of which came from 3-point range. Morgan added 8 points in the losing effort.

This weekend, YSU will take its final road trip of the regular season. The Penguins will face off against the University of Wisconsin–Green Bay on Thursday and the University of Wisconsin–Milwaukee on Saturday.

YSU coach Jerrod Calhoun said Green Bay is the main focus because that is the next game.

"We're just concentrating on Green Bay and taking it one game at a time. Obviously the first time we played them, an overtime game, it was a great game," Calhoun said.

The team feels the pressure as the regular season is ending.

If the Penguins win their next two games, they will be the third seed in the Horizon League. They could play as many as two home games to start the conference tournament.

The Youngstown State University women's basketball team also ended its home regular season, splitting last weekend's games with the University of Detroit Mercy and Oakland University.

On Friday, YSU pulled away late in the fourth quarter to reign victorious over the Titans 72-66. Juniors Chelsea Olson and Ny'Dajah Jackson both scored in double digits with 13 points each.

Jackson caught fire in the fourth quarter and was a huge part of the Penguins' run, scoring 7 straight points. Freshman Jen Wendler grabbed 10 rebounds in the winning effort.

A spot of hope for YSU was the return of redshirt junior Emma VanZanten. The forward played 10 minutes, added 6 points and grabbed one board in her comeback performance.

On Sunday, the team couldn't keep up with Oakland, as it fell 86-73. Olson shined once again, leading the Penguins with 18 points, eight rebounds and three assists.

VanZanten showed strides of improvement in the loss to the Golden Grizzlies. She played a total of 18 minutes, went 3-8 from the field and added three rebounds.

Penguins coach John Barnes said the team is very positive coming off the weekend and preparing for upcoming games.

"We've won two of the last three with a very limited team," Barnes said. "We're excited to bring a lot of our Wisconsin kids back home to play in their home state, and we've had a lot of energy in practice."

YSU will look to close out its regular season this week with a road trip to Wisconsin. On Thursday, it will take on the University of Wisconsin-Milwaukee. Barnes said the team is taking it one game at a time as far as preparing for games.

"We're just focused on Milwaukee right now," he said. "They're a very good team. I think they've won six of eight. … So they're playing well."

On Saturday, the Penguins will visit the University of Wisconsin-Green Bay for their final game of the regular season.

Barnes said this is a good opportunity for his young team to gain experience.

"We're just trying to have a good experience here in the last weekend. We've got a lot of young players playing, and this experience is going to be good for them," he said.

The team is fighting for a seventh-place finish in the Horizon League but will eventually play road games in the first round of the conference tournament.

*Donel Cathcart III puts a shot up for the Penguins in their matchup against Wright State University. Photo courtesy of **YSU Sports Information***