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TREATING THE SICK

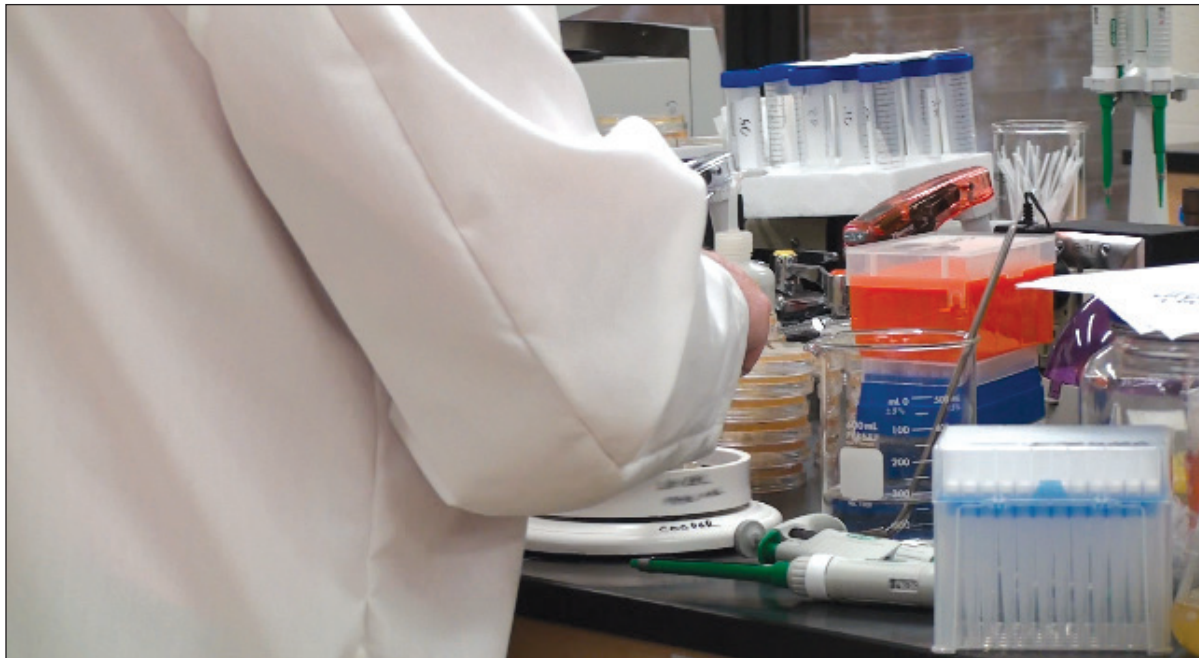


Photo by Emily McCarthy / The Jambar

YSU is conducting research to study treatment for ailments such as Alzheimer's disease, PTSD and E-coli.

Disease research partnership at YSU

By Emily McCarthy
The Jambar

Research is being conducted at Youngstown State University studying the treatment of E-coli, Alzheimer's disease, Post Traumatic Stress Disorder and other illnesses. Halberd Corporation, a biotechnology company in Jackson Center, Pennsylvania, that

primarily focuses on neurologic and blood-borne diseases, is now partnering with YSU, along with Arizona State University and GreenBioAZ.

Chairman, president and CEO of Halberd Corporation William A Hartman graduated from YSU in 1964. After seeing how little work was being done for diseases like Alzheimer's, he decided there was

where he wanted to compete.

"Alzheimer's disease is terrible, terrible, terrible," he said. "To watch my father, a very strong man, become a child, it's terrible. I mean, there's no cure ... They put them into an institution and that's it. We decided that's where we wanted to compete ... since no-

Research, Page 2

Jobs improve despite COVID-19

By Kaitlyn McCarthy
The Jambar

COVID-19 is still affecting jobs around the Youngstown area. Whether it's being short staffed, wearing a mask, extra responsibilities or even social distancing, the virus has forced businesses to adapt.

The Andrews Student Recreation and Wellness Center at Youngstown State University has been one of the businesses heavily impacted by COVID-19.

"We have reduced some things. Last year we reduced hours. Staffing wise, we also reduced a handful of staff," assistant director of Operations and Guest Services Cameron Adams said.


For some people, worries about being exposed to COVID-19 are resulting in worker shortages for businesses. Kalli Georgalos, owner of the Mocha House in Youngstown, is just one business owner who's noticed the change.


"Naturally, peoples' comfort levels have changed drastically due to the pandemic. A lot of people haven't been as comfortable working with the public, as we see so many people per day [or] week, so that factor definitely affected


the amount of people I was able to schedule," Georgalos said.


Jobs, Page 2

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Research

Page 1

body's doing it, we're going to do it, and we're going to do it better than anyone else in the world."

The treatment of PTSD was also very important to Hartman, as he watched the rising suicide rates of soldiers and veterans in 2015, and the effects it had on sports players. Seeing the harsh effects of many drugs treating various diseases, he began studying ways of eradicating diseases with a laser.

"We treat disease outside of the body," he said. "When you ingest drugs into your system, your entire body is affected and what we do is ... we can literally treat any disease and we do it extra corporately."

Gregg Sturuss, chair of the Physics, Astronomy, Geology and Earth Sciences Department, is leading the team at YSU and working with the students of the Choose Ohio First program. He specializes in the work done with Radio Frequency Disease Elimination. Sturuss said E-coli was their beginning "proof of concept," seeing the effects of the laser before further use.

"This is a generally applicable technique ... you can't as a bacteria or a protein resist this treatment. It's a laser. It's going to burn you ... there's no, 'Oh, I developed a resistance.' No. It's hot," he

"This project has shown me that I can combine medicine with math and physics, so much so that I have decided to study medical physics after graduation."

— Sarah Rambo,

junior mathematics, physics and astronomy major

said. "You're not going to say, 'Well in 10 years it's not going to work anymore.'"

Sturuss is also working with other YSU faculty, such as Chet Cooper, professor of biological sciences and Michael Crescimanno, professor of physics. He said he learned a lot from the work they've been doing.

"I think he [Hartman] called me in February of this year, or maybe March. So it hasn't been that long," he said. "I personally get to learn a lot about what biology people do."

Sarah Rambo, a third-year student studying mathematics, physics and astronomy, is among the students involved in the research at YSU. She joined the team after asking if there were any op-

portunities for her to either participate in research or spectate.

"I was instantly interested in this particular research project because I have always wanted to go into the medical field, but after taking calculus I and II in high school, I fell in love with mathematics and changed my career plans," she said. "This project has shown me that I can combine medicine with math and physics, so much so that I have decided to study medical physics after graduation."

Rambo said she feels they have made a lot of progress since she started in the summer and is definitely proud to be a YSU Penguin.

Jobs

Page 1

With these changes came stress. Since many businesses had a lack of help, managers said their workers had to work extra hard.

"As a business owner, it definitely hasn't been an easy journey. We want to make

sure our customers and the community are always taken care of and satisfied. Tons of extra hours and work were put in by the staff that remained, which we are so grateful for," Georgalos said.

At YSU, departments staffed by student workers have not had the same shortages as other departments.

"We have reduced some things. Last year we reduced hours. Staffing wise, we also reduced a handful of staff."

— Cameron Adams, assistant director of Operations and Guest Services

"I don't think student employees have been as much of a shortage as some businesses," said assistant director of First Year Services Jessica Gaskell.

Even though the employees have seen less of a shortage, YSU's workers are responsible for keeping students safe from COVID-19 by mandating masks, social distancing and keeping surfaces clean.

"The biggest impact from staff right now is having to enforce masks to people working out," Adams said.

Although these rules impact the workers at the rec center, it also impacts people who work out at the gym.

"Obviously it is harder to

work out with a mask ... So it's monitoring people, making sure everybody is okay," said Adams.

There have already been changes in how some businesses are being run this semester compared to the last.

"We are back to pre-pandemic hours and staffing at this point of the semester," Adams said.

Jobs at YSU and around the Youngstown area are still being impacted by COVID-19. Although some protocols are being lifted, many businesses are not reverting back to normal just yet.

COVID-19 Update

Cases more than double on campus

By Abigail Cloutier
The Jambar

Youngstown State University's number of COVID-19 cases more than doubled this week. On Monday, the university reported 54 cases for the week of Sept. 12-18.

Of those, 40 were students living off campus and eight were students living on campus. The count also included six employees, which could be faculty, administration or staff.

YSU hasn't reported that many cases since Dec. 5, 2020, when 67 cases were reported.

This week, 25 people were tested through their asymptomatic voluntary testing program. One person tested positive.

YSU announced Wednesday it's partnering with the Youngstown City Health District to offer three more vaccination clinics on campus.

These clinics will take place Oct. 7, Nov. 4 and Dec. 2 from 9 a.m. to 5 p.m. in the Ohio Room in Kilcawley Center. All students, faculty, staff and their families are eligible for either the one-shot Johnson and Johnson vaccine or the two-shot Moderna vaccine. Appointments are required at ysu-covid.com

There has already been one vaccination clinic on campus so far this semester.

The Office of Environmental and Occupational Health and Safety was not available for comment when asked how many students, staff and faculty received vaccines at this clinic.

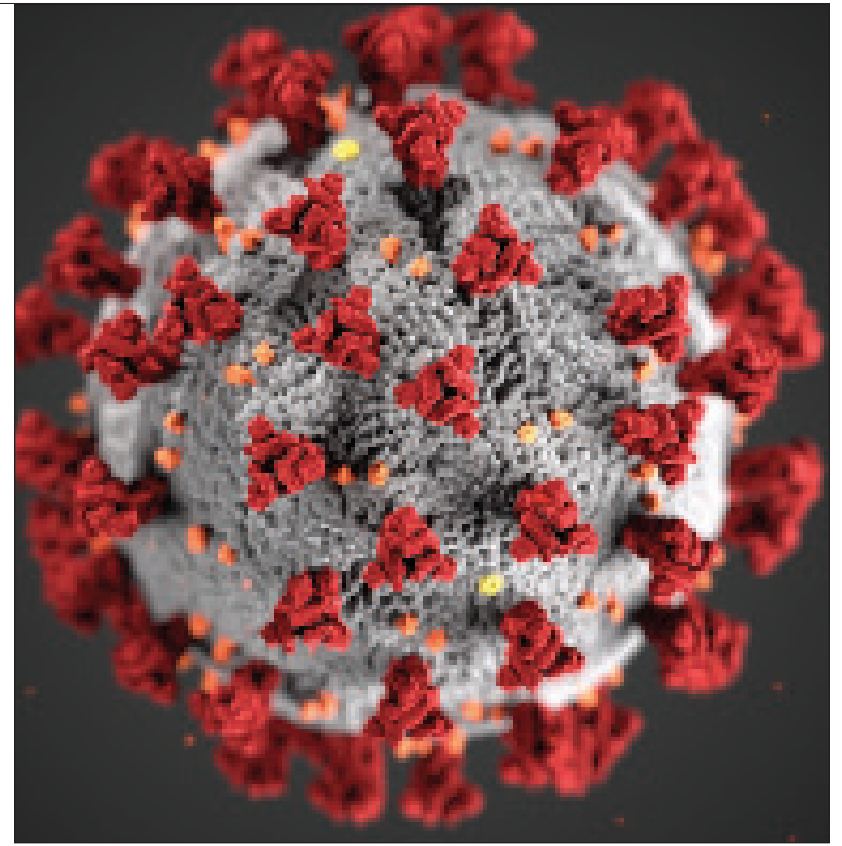


Photo courtesy of Pexels.com

First-time Boston Marathon qualifying race in Youngstown

By Sydney Stalnecker
The Jambar

Throughout October, Youngstown State University students can expect to see many people running through the streets of Youngstown. Races of all different lengths will occur nearly every weekend within the next month.

The Youngstown Marathon, Half-Marathon and 5K is Sunday, Oct. 24. This will be the first year the marathon is classified as a Boston qualifier.

Mark Lipinsky, Youngstown Marathon race director, has been involved with the marathon for five years. He started as the logistics director in 2017, the first year of the marathon. He became the race director in 2019.

"This is our fifth year for the Youngstown Marathon," Lipinsky said.

"This will be our first official year running it as a [Boston qualifier] for anybody out there looking for a good race to make it into Boston.

Overall participation is expected to decrease by 200-500 runners this year. As of Sept. 7, 2021, there were about 100 people signed up for the marathon, 200 for the half-marathon and 80 for the 5K. Many races regionally and nationally had to push back their race dates due to COVID-19, among those races are the Boston and Cleveland marathons. The Boston Marathon is occurring Monday, Oct. 11 and the Cleveland Marathon is Oct. 24.

Any time within the acceptable range will allow a participant to qualify for the 2022 Boston Marathon. For those aged 18-34, men must run the marathon in less than three hours, and women must

complete it in less than three hours and 30 minutes. Qualifying race times must be achieved either on or after Sept. 1, 2019.

According to the Boston Athletic Association, Boston qualifier courses must be approved by USA Track and Field and the Association for International Marathons and Distance Races. The course must be exactly 26.2 miles, three people must be signed up, the event must be advertised prior to race day and run outdoors.

Josh Boggs, the vice president for the marathon, and Lipinsky created guidelines for races after the initial shutdown in March 2020. They've been hosting races since July 2020. They don't expect COVID-19 to interfere with race day in 2021.

"As far as operationally, being out-

side and with the vaccination rates that we have locally, we are pretty comfortable with being able to go out and run their race like they normally would," Lipinsky said.

The course of the marathon will run through campus, but the half-marathon and 5K will not. As the race director, Lipinsky designed the course for the marathon, half-marathon and 5K courses himself.

"We close a single lane on Fifth Avenue and a single lane on Wick Avenue, we close Lincoln [Avenue] and then we close the service road to the north of the WATTS and the stadium," Lipinsky said. "We also close a lane on Federal Street and Commerce."

Marathon, Page 4

PAYING RESPECTS

Campus honors professor Michael Jerryson

By Samantha Smith
The Jambar

In July, Youngstown State University lost one of its philosophy and religious studies' professors. Michael Jerryson was a professor at YSU since 2013 before his passing from Amyotrophic Lateral Sclerosis.

ALS is a disease that affects the parts of a person's nervous system that control voluntary muscle movements. There is currently no cure for the disease. Jerryson had ALS for the past three years.

On Wednesday, Sept. 15, YSU held a memorial service and tree burial in honor of Jerryson. Multiple people in Jerryson's life, including other faculty members and students, were present and spoke at the



Photo by Samantha Smith / The Jambar

A tree was planted in remembrance of Michael Jerryson.

memorial.

Mark Juergensmeyer, professor emeritus of sociology and global studies at the University of California and Santa Barbara, was the eulogist at the ceremony and first to speak.

"He opened my eyes to things that I never knew about," he said. "Michael Jerryson in everything that he taught, in everything he studied and in all the lives he touched, made the ordinary extraordinary."

Following the eulogy, anyone present was welcome to come up and speak about Jerryson.

"Dr. Jerryson was loved, dearly loved," Emily Dawes, a senior majoring in history, said. "May we all be so fortunate to be as loved so deeply by so many as he was ... Thank you, Dr. Jerryson, for all you did for

us students here at YSU."

Fellow faculty members also spoke at the service, recounting their time with Jerryson.

"I also miss his fun," YSU professor Diana Palardy said. "We used to do karaoke sessions together. I really miss his laugh, his warm smile and the comfort of being with a friend who takes you as you are."

During the memorial, Hannah Shively, a senior majoring in music education, performed "Ashokan Farewell" and "Finlandia Hymn" on the cello.

After the speeches, the crowd was guided toward the front of DeBartolo Hall to begin the tree burial. Everyone was welcome to help shovel in dirt for the tree as a tribute to Jerryson.

Youngstown Marathon

Page 3

"As far as a marathon course, it's fair but challenging it's definitely something you can accomplish. I would definitely recommend training," Lipinsky said. "Overall, the course is kind of rolling hills, so there is a little bit of elevation that you're gonna get throughout the course."

There's a 6-hour time limit for the full marathon. However, if a participant needs more time, some volunteers may stay and cheer the racer on until the finish line.

"We did have someone in 2019 go over that time limit, because of that we had

some volunteers that were willing to stay out and help her finish. We kept the finish line open, but a lot of the police support had to leave."

It is not recommended that anyone run a marathon with five or fewer weeks of training. However, YSU students and community members can get involved in other ways. The half-marathon and 5K are available options.

"If anybody's considering the full, but isn't sure about their training, our half-marathon is definitely our biggest part of the event," Lipinsky said. "It's a much nicer course, it's a little bit more friendly."

The 5K race will start at 8:15 a.m., 15 minutes after the other two races, and is a good option for amateur runners.

"We have a 5K, which is a great opportunity for people to come out and just walk or run if you want to participate in the event itself. You get a really cool T-shirt and a really nice medal along with a great afterparty that we host right at the finish line of the event."

For those who don't like to run, anyone is welcome to volunteer on the day of the races. The volunteer sign-up sheet is located on their website.

"We're always looking for volunteers to help give directions to runners out on the course," Lipinsky said. "We're looking for people to pass out water at water tables."

To ensure the safety of runners, Youngstown police will direct traffic while volunteers guide runners through

the course.

Those who participate in any race will contribute to the profits, which will be donated to local nonprofits. Volunteers, who help make the race possible, will be supporting the cause as well.

"This year we are going to be giving money to the Youngstown Blue Coats, the Rich Center for Autism, Gleaners Food Bank and Cadence Care Network, which again are all local nonprofits that have a direct impact in the Mahoning Valley," Lipinsky said.

To sign up for any of the races visit Second Sole in Boardman for a paper sign-up sheet, or sign up online at <https://www.youngstownmarathon.com>

“SOMETIMES IMPOSSIBLE”

New year, same problems: Parking drives Penguins crazy

By Mia Albaugh
Jambar contributor

Pre-pandemic parking at Youngstown State University was always a hassle at the beginning of each semester. In the first few weeks, students and faculty are arriving early for class, staying late or hurrying off campus to work or home.

Emily Vero, sophomore Integrated Language Arts Education student, said parking is sometimes impossible.

“Parking at my apartment complex isn’t too bad, luckily,” she said. “But if I try to [park] anywhere [else], like if I’m driving across campus to go to, like, Beeghly or DeBartolo, I just can’t find parking.”

With in-person learning returning this semester, many students and faculty are once again experiencing difficulties with parking.

According to the Preliminary 14th Day Enrollment report by YSU, 90.7% of students commute daily.

With a decrease in enrollment and faculty members since the beginning of the pandemic, YSU has about 10,000 people on campus daily.

As a result of most students living off campus and faculty members commuting, popular parking spots and lots fill quickly. The parking decks on Fifth and Wick avenues are well-known places to park.

Upgrades to YSU campus may include the demolition of one of these parking decks. The Fifth Avenue deck, built in 1962, is now in the center of campus life since the university has grown around it.

Danny O’Connell, director of Support Services, said YSU spends about \$250,000 yearly to keep the parking

Tips for parking on campus:

- Have a parking plan.
- Plan to park for either the beginning or end of your day.
- Find a routine.
- Pay attention in parking decks to avoid accidents.
- Park planning for the weather.
- Arrive on campus early.



Photo by Mia Albaugh / The Jambar

The Fifth Avenue parking deck is closed on several levels.

deck safe and functional.

“It’s not cost effective,” he said.

O’Connell said Parking Services is tracking parking patterns to see where additional parking would be needed if the Fifth Avenue deck is closed.

Many students park at this deck because of the convenient location.

“That parking deck is a central location for me when I’m on campus, so it would be an inconvenience if it were closed,” junior IT student Marty Pavalko said.

O’Connell said parking lot 70, also called the “Tailgating Lot,” is expected to take in the traffic from the students who usually park in the Fifth Avenue deck. Lots 71 and 72, located on Grant

Street and behind the 70 lot, have not been used this semester.

He said the new updates to Fifth Avenue over the summer were to slow traffic, making walking safer, and to create easier access across the street and from campus to parking lots 70-72.

Additional planned improvements include adding parking lots by acquiring more property around campus.

Since parking lots 71 and 72 have not been used this semester, parking there and in lot 70 should make parking easier.

“If you’re running late, don’t park in a parking deck,” O’Connell said.



Photo by Mia Albaugh / The Jambar

The windows of The Social Bar are boarded up after the city of Youngstown shut it down.

Students move on from The Social Bar after city boards it up

By Mia Albaugh
Jambar Contributor

The Social Bar & Tapas in Youngstown closed and was boarded up by the city Aug. 27 due to underage drinking, drugs and violence.

The Social opened Oct. 31, 2020, with hopes of being a popular destination for nightlife.

The bar was located at the ground level of a partially residential building, Erie Terminal, on West Commerce Street.

When the bar opened, it had a game room with pool tables, a DJ area, tables and chairs for socializing and room to dance.

The downtown bars and restaurants are popular places for nightlife among college students. Even though The Social was one of the popular destinations for young people, many students of

Youngstown State University feel safer knowing the bar is closed.

"I'm glad The Social closed down. Every time you would go downtown there would always be some kind of trouble going on and the cops always got called," sophomore pre-social work major Rema Shakhtra said.

City commissioners and police officials recognize the importance of keeping crime levels down in the downtown area to keep it a safe nightlife destination.

A community meeting convened Aug. 12 with city officials, bar and restaurant owners and landlords discussed how to make the area a safer environment.

Some of the suggestions included: installing cameras, improving lighting and increasing police presence to decrease the amount of crime.

Local first responder Lauren Habuda appreciates the bar's closure because of

the short-staffed Emergency Medical System.

"We will have less calls for unnecessary fights. We'll be able to spread our resources to people who have actual medical problems," she said.

Many students are indifferent about the crime in downtown Youngstown.

"As long as I'm going with a group, I'm OK with going downtown," sophomore integrated language arts education major Emily Vero said.

A former employee of the bar believes the closing of the bar is not the solution.

"People are going to keep acting the way they act because nobody deals with consequences," Celina Banks said. "As far as the fights and all that, I don't think it had anything to do with the bar because half the fights that happened were outside ... I see it as them trying to find the easy way out."

After the closure of The Social, those that were regulars on the weekends have looked to other places to socialize.

On Aug. 12 at 2:30 a.m., five police patrol cars were on standby on the West Commerce Street end of the Phelps Street Gateway after a large group of people continued socializing after bars closed for the night.

After the increased police presence focused on the West Commerce Street side of the Phelps Street Gateway facing the large group of people, some were concerned about discrimination.

One went to social media with their concerns.

A resident of Youngstown, LaTieya Richard under the username @LatieyaR said, "Can't nothing stay opened because as soon as young Black people gather the city does everything to shut it down."



Photo by Jessica Stamp / The Jambar

Lindsay DeLullo admires her art in Bliss Hall in the Judith Rae Soloman Gallery.

Geology major to art major: one student's journey at YSU

By Jessica Stamp
The Jambar

Lindsay DeLullo's study abroad trip helped her discover her true calling at Youngstown State University. Spending time at San Salvador Island in the Bahamas, she was a geology major studying rocks. DeLullo then realized she didn't enjoy studying rocks and decided to change her major to what she really enjoyed doing — interdisciplinary studio art with painting being her main passion.

"I'm in interdisciplinary studio [art] but painting is my emphasis," DeLullo said. "I always enjoyed art."

Since she was a young girl, DeLullo has been painting and creating art. As she got older and entered high school, she received guidance from one of the teachers.

Over the years, she gathered a better understanding on how she wants to express herself from learning various artistic techniques.

DeLullo is influenced by her emotions, surroundings and relationships when it comes to designing her paintings.

"The fact that the fire inside me burns a lot brighter than the fire around me in those situations kind of shows how I handle it and confront it within my artwork," DeLullo said.

She is a member of the Student Art Association, which consists of student artists who devote time and effort to help and inspire people at YSU and within the community.

Since becoming an art major two years ago, DeLullo had the chance to showcase many pieces of her artwork on campus.

DeLullo said her art is currently being displayed in the Judith Rae Solomon gallery located in Bliss Hall.

"I've always been interested in the gallery lifestyle of some artists where they exhibit their pieces and stuff, but I also kind of wanted to tell my story to everybody else," DeLullo said.

Her future plans include continuing to participate in gallery exhibitions. She hopes to get her own exhibition filled with her artwork and to simply pursue the art path in whatever ways it takes her.

Paige Stewart, a fine arts professor, had DeLullo in a couple of her classes.

"She's a great student here. She is very inquisitive and she likes to challenge herself ... if you give her any task or challenge ... she's going to try it," Stewart said. "She's very ambitious."

Stewart said she appreciates DeLullo the most when she sees her in the classroom, taking on tasks and wanting to learn. Stewart looks forward to seeing how DeLullo grows in her artwork.

Jayme McKay, junior interdisciplinary studio art major, works with DeLullo at the McDonough Museum of Art and is amazed by DeLullo's artwork.

"[Her] art is like an impressionist kind of painting style — it's really neat. It's beautiful what she does on her Instagram," McKay said.

Alaina Pecon, sophomore education and studio arts major, had a couple of classes with DeLullo and is also a member of SAA.

"She's very technical and she does a lot of detailed line work," Pecon said. "She's really good at it."

DeLullo encourages all art majors to try their best and to show everyone how much they care about what they do.

FIESTA TIME



Photos courtesy of Alicia Prieto

Hispanic Heritage Month events are back in-person this year with a full calendar.

¡Adelante! Hispanic Heritage Month events return to campus

By C. Aileen Blaine
The Jambar

In-person Hispanic Heritage Month events return to Youngstown State University this year, bringing back old favorites, such as the celebration in Kilcawley Center, and introducing new festivities, such as a Día de los Muertos celebration.

After the pandemic rained on the

ability to host in-person events last year, the YSU Hispanic Heritage Planning Committee, the Office of Diversity, Equity and Inclusion and other community organizations are eager to bring an extended calendar of events to the Mahoning Valley.

Hispanic Heritage Month spans Sept. 15 to Oct. 15, and is a time of colorful, flavorful and joyous celebrations of what it

means to be Latino and to recognize the achievements and contributions of Hispanic Americans. Under the theme “¡Adelante! Celebrating the Latin@s Who are Moving the Valley Forward,” local events span Sept. 16 to Nov. 6 and take place at various locations within the Youngstown area.

“I am actually looking forward to all of the events because they range from

learning opportunities to collaborations, connecting with people from campus and the community, foods, entertainment and even dancing!” Ana Torres, Hispanic Heritage Planning Committee member, said.

One marked event includes a presentation by multicultural motivational speaker Bobby González at 5 p.m. Oct. 12 in the Ohio Room in Kilcawley Center. A poet

and storyteller, González will speak to the campus community about taking pride in one's heritage and appreciating diversity.

Alicia Prieto, mathematics professor and member of the Hispanic Heritage Planning Committee, believes González' presentation is a valuable asset to the academic aspect of Latino heritage.

"It's really nice that we're having a lot more events that are what a university should be putting out," Prieto said.

Another key event will be a Día de los Muertos celebration at 6-10 p.m. Nov. 6 at the Organización Cívica y Cultural

Hispana América hall on Shirley Road in Youngstown. The festivities will include singing, dancing and "pan de muertos." Attendees can place photos, food or objects at an altar in honor and celebration of the lives of family and friends who have died.

But beyond spicy tango performances and tasty taco bars, Prieto said it's important for the university to offer more than just cultural displays.

"It's really important for students to educate themselves so they don't cluster us all," Prieto said. "There's so many countries and so many cultures that have similarities, but also are

very different from each other."

While non-Hispanic community members may be shy or reluctant to attend, all events are free and open to the public, regardless of heritage.

"Sometimes, people feel weird and they just want to come and see — which, I understand their curiosity — but I want them to take a step further and come and be a part of it," Prieto said.

Torres also encourages students, faculty and staff to attend at least one event in order to connect, learn and better understand the history and contributions of the local Lati-

no community.

"We are here at YSU to learn and be eventually of service to others in our respective professions," Torres said. "The best way to do so is to gain knowledge and understanding of those who might look different from us."

Hispanic Heritage Month events include:

- "Mayan Archaeoastronomy: Observers of the Universe": 8 p.m. Sept. 24-25, Ward Beecher Planetarium
- "Pablo Picasso: A Primitive Soul, Movie and Discussion": 12 p.m. Sept. 28, Butler Institute

of American Art

- "El Último Traje: Movie and Discussion": 6 p.m. Oct. 11, Youngstown Historical Center of Industry and Labor
- "Why Latinos are Not 'Spanish': The Cultural and Racial Diversity of Hispanics": 5 p.m. Oct. 12, Ohio Room Kilcawley Center
- "Hispanic Heritage Celebration": 12-3 p.m. Oct. 16, Chestnut Room Kilcawley Center
- "Día de los Muertos Celebration": 6-10 p.m. Nov. 6, OCCHA Banquet Hall.



This photo comes from a previous opening ceremony of Hispanic Heritage Month events.



Jarrett Walters jamming out with his music.

Photo courtesy of Jarrett Walters

‘Don’t steal my chips’: YSU student grows in music industry

By Kyle Wills
Jambar contributor

Jarrett Walters first became interested in music at the age of 4 while watching and listening to his dad play. Growing up, the communication and media studies major looked up to his father, who also is a musician.

When the junior isn’t focusing on studies at Youngstown State University, he’s playing and creating music for himself and his bands, JW & The Convenience Band and East 9th.

“My dad was sitting in the living room playing bass and I saw him playing. I was like, ‘Oh, that I feel like I could do. Let me give it a try.’ He jokingly was like, ‘Yeah, sure, let’s see,’ and then I played exactly what he played back at him at 4 years old. From that point on he was like ‘Oh we have something going on here,’” Walters said.

His father, Jerry, was able to recollect his son’s memory and believes his family’s musical background made it easy for Jarrett to learn quickly.

“We were more or less just playing around and he just picked it up. I thought since I played and my wife’s brother played — there was something there within his bloodline,” he said.

Walters started playing bass. When he was seven, he received his first drum set. His dad bought the drums at a neighbor’s garage sale for \$50. Walters said his love for drumming only grew by being a percussionist in the concert and marching bands at Mineral Ridge.

“[In] middle school band, I initially wanted to play tuba, but we had enough people in the tuba section. They put me in percussion, which was my second choice, and that just further instilled a life of drumming for me,” he said. “Now, I freelance to play drum set for musicals and things like that.

“[It’s] to the point where I’ve started directing other high school age, middle school age drummers and high school marching band drum lines.”

Walters first started gigging for his band East 9th when he was 14. Now that he’s 21, the band is still going strong.

“We play all over Youngstown, we’ve gone to Cleveland, we’ve gone to Akron, we’ve gone to Columbus, we’ve branched into Pittsburgh a little bit,” he said.

Walters also enjoys writing music. He writes music for both his bands, as well as for his solo projects.

“I’ve been one of the creative minds behind [East 9th] for the last five, six years, and it’s just been a really fun outlet for me.”

What gave him the creative outlet to write music was the first song he wrote about barbeque chips when he was young.

“The first song I ever wrote, I wrote it when I was about 8 or 9 years old, is a song called ‘Don’t steal my chips,’” said Walters. “I wrote it as I was just sitting there eating a bowl of barbecue chips and I was just worried about someone stealing my chips.”

In the future, he’d like to release an extended play, EP, that’s different from the rock his band produces.

“I want to do a stripped down more Jason Mraz style, acoustic like EP almost, because the days of the full album are well behind the music industry. Everyone’s relied on these singles being released now to get quick attention,” said Walters.

Despite the stories of ego issues within bands, Walters is grateful that he has yet to experience those situations in his young music career.

“There’s never been an ego issue. There’s never been someone who’s been a problem. We’ve always had a collective mindset, which is rare,” he said. “I’m grateful for the people that I’m around and the people that I get to play music with.”

To listen to Jarrett Walters, JW & The Convenience Band and East 9th, search for them on Spotify or iTunes.

The Sidebar

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The Jambar Editorial

Fall fanatics

Yesterday was the first day of fall, which means it's now time for pumpkins, cozy sweaters and hot (pumpkin spice) coffee. It's time to channel your inner dad-vibes and pull out your flannels, baggy jeans and boots. While some people see fall as the tell-tale forecaster of the dreaded Ohio winter, The Jambar editorial staff wants to help you see it for what it really is: the perfect season.

Much like Baby Bear's porridge, it is neither too hot nor too cold, but just right. The sweat-inducing days of summer are gone, replaced by bonfires and

movies under your favorite fleece blanket. Jack Frost has yet to make himself known by nipping at your nose, but it's the perfect temperature to show off your favorite sweater without burying it underneath a bulky jacket.

The trees boast a vivid array of colors, far superior to the cold, bare trees of winter. Pumpkins and mums adorn porches, adding a simple yet stylish look to any home. The sky still clings to light as long as it can, not like the seemingly never-ending darkness soon to follow. Children joyously jump in leaf piles while

squirrels busily stock acorns away.

Corn mazes, pumpkin patches and haunted trails boast a variety of fun activities, offering pressure-free time together as a family before placing the pressure of cooking a turkey just right and trying to remember what size slippers to buy for your mother.

During these hectic semester months, don't forget to take some time to enjoy the fall weather and go for a hike at Mill Creek Park or Lanterman's Mill.

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, 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.

Come work with YO!

YO Magazine is seeking writers and staff members for the 2021-2022 academic year. All majors are welcome!

Positions needed:

- multimedia content producers
- social media content managers
- writers
- editors

Stories should be 1,000-1,500 words long, contain 5 sources and be written using correct spelling, punctuation and grammar, according to Associated Press Style.

If you are interested in writing a story for YO, please contact co-editors C. Aileen Blaine and Jacob Brandenstein by Friday, October 19, at yomagysu@gmail.com, with "YO Writer Interest" in the subject line.

The Jambar Column

Staying on top of the game

On the night of the full moon, a beam of light shines from the heavens and cascades down onto my bedroom window, pouring its blessings upon my mind and opening a world of knowledge. Or, in less flowery wording, it's 11:55 at night, and I am about to lie down and go to bed when I remember the 10-page essay I have due in four minutes.

Within the standard four years of college, it is almost impossible to never encounter this situation. Even the greatest students with perfect records will most likely find themselves eventually forgetting an assignment until the last possible minute.

It's frustrating when this happens, especially having to rush to finish the task before it's too late. However, it is nothing to beat yourself up over. The



Mac Pomeroy

occasional lapse in memory is one of the most human parts of being a student.

Although, if you're a bit like me and this is more than a rare occasion, then perhaps it's time to try some helpful tips for getting your schedule on track.

My biggest suggestion is one every student should follow: get a planner. Yes, one of those little calendar books you can buy at Barnes & Noble or Dollar Tree. It may seem a bit mundane to jot down your daily schedule into the boxes, but that doesn't make it any less needed.

If you struggle with actually using

your planner, get one that excites you. My personal planner is themed around creative language, which makes me more interested to use it and see what word it presents each day.

Also, consider gathering a group of friends or classmates and forming a homework group. While it would be preferable that you share a class to study together, having a group to hold you accountable and provide any needed emotional support can be really beneficial.

If you feel that you can't gather people to work with, then the tutoring center is always available. Call or email to make an appointment — they are always happy to help.

My final tip is one that doesn't quite work for me but works well for others, consider a system of rewards to accom-

plish tasks. This is a good idea if your issue is not so much remembering to do your work, but actually accomplishing it. Perhaps set up something small, like buying a bag of candy to pick from when you finish your work or not letting yourself do your hobbies until you complete your tasks.

I would suggest having someone help you stick with this one. Or, you may end up just not caring about the task and just going for the reward.

No matter how much time you spend in school, keeping to a schedule can be challenging. Far too often do we shame ourselves for something that is a common human mistake. All it takes is a bit of effort to try to do better, and you can prevent this mistake from happening again.



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WORKING OUT TO WIN



Photo by Aaron J. Frantz / Jambar contributor

YSU students break a sweat for a chance to earn a scholarship through the 'Read.RECreate.Reward!' program.

Physical change can lead to financial reward for students

By Aaron J. Frantz
Jambar contributor

The “Read. RECreate. Reward!” scholarship is a 12-week long program offered by the Andrews Student Recreation and Wellness Center that gives Youngstown State University students an opportunity to win a \$1,000 reward.

Cameron Adams, assistant director of Operations and Guest Services, brought this idea with him during the spring 2020 semester after seeing the scholarship offered at another university. It was established with the intent to help students cultivate a healthy balance between physical activity and academics.

“The research is out there that says if you work out on a regular basis you’re going to do better in school, feel bet-

ter and you’re going to lead a healthier lifestyle,” he said.

Students applying for the RRR scholarship must work out a minimum of four times a week within the first 10 to 12 weeks of the semester. Applicants also will have to record a two-minute video discussing how much this scholarship has helped them, whether it is physically, mentally or academically, Adams said.

“We’ve had four winners so far in the last couple of semesters and that’s what they talk about in their videos. They say, ‘I feel better, I have done better in classes, I’m healthier and just better overall well-being,’” Adams said.

Maguire Franko, a junior finance major, was the winner of the scholarship last semester.

“The RRR scholarship definitely mo-

tivated me physically and obviously the mental and academic parts came with it. Scholarships are going to help academically with tuition and all that, but this scholarship in particular helped motivate all three of those aspects,” he said.

YSU uses a software called Fusion to monitor student applicants’ progression throughout the program. It allows the rec center to follow all applicants progress throughout the 12-week semester by either scanning in on the YSU App or swiping their Y Card.

“It tracks everything as they move throughout the program whether they are coming here to the building, whether they are going to club sport practice or showing up to intramurals or attending an Adventure Rec event,” Adams said.

Xhandae Smith, a sophomore criminal justice major, is competing for the RRR scholarship this semester.

“I definitely would say just give it a shot. I am doing it for myself just for a challenge and also to kind of motivate myself. So if you’re looking for something to motivate you, I definitely would advise this scholarship,” she said.

Franko strongly recommends students apply for this scholarship and advises them to commit to the program.

“Just commit to them — it’s four days a week — it’s pretty achievable,” he said. “Continually show them your engagement and I think you have a good chance to win.”



YSU's sports nutritionists help athletes make smart food choices for optimum performance.

Photo courtesy of Sports Information

YSU's athletic development fueled by sports nutrition

By Yousof Hamza
The Jambar

Food is a crucial part of life and everyone needs it, but for athletes it acts as fuel to help develop them physically and to keep them healthy.

Sports nutritionist Amy Raabe works in the Youngstown State University athletic department providing athletes with nutrition plans.

"It's been a huge benefit being able to come over and help with our student athletes, help to keep them safe, hydrated and to help them perform at their best," she said.

Raabe started as a lecturer in the dietetics program at YSU through the Bitonte College of Health and Human

Services before joining the athletic department in 2019. She is the first registered dietician to work in the athletic department, and since coming on board, athletic trainer Rashaun Bailey noted several of the improvements to the athletes since her hiring.

"Our teams are getting bigger, faster. They're also getting better sleep," Bailey said.

Bailey pointed out that the athletes and Raabe will discuss if something is not quite right and will work to fix the issue. One thing they talk about is replacing something unhealthy in their diet with something that is.

"Because our basketball players have to eat chips, so she's like, 'I won't completely take out chips, I'll just give you guys baked chips,'" Bailey said.

Head lacrosse coach Theresa Walton said having Raabe around is great for the athletes and it helps them perform during the season.

"It's been phenomenal to see the engagement that our student athletes have had with her, they ask her a ton of questions after her presentation," Walton said. "Each presentation has been built for a women's lacrosse athlete, so looking at that program she's been really able to break down what it is."

Raabe makes sure all the athletes are able to get the proper nutrition for their age, which ranges from 18-25. This helps improve sleep and general well-being.

When Raabe first started, one of her primary concerns for athletes was a vitamin D deficiency that has since been

corrected.

One common part of an athlete's diet is a high level of carbohydrates, Raabe will also adjust various other nutrient macros depending on the phase of the team season and the needs of the athlete.

"We typically bump up their calories a lot — we have some athletes that need between 5,000 and 6,000 calories a day," Raabe said.

YSU has also taken part in a program to test a new Gatorade sweat test. Players wear a patch on their arms and trainers will receive information about nutrient loss through sweat. This has helped trainers understand why athletes cramp and how to prevent it.

CHASING GOALS



Photo courtesy of YSU Sports Information

Lacrosse players attack the goal.

Lacrosse team seeks to build off inaugural spring season

By Kyle Wills
The Jambar

The Youngstown State University lacrosse team is looking to grow the program's inaugural season under the direction of second-year head coach Theresa Walton.

The Penguins finished last spring 2-7 overall with all their matchups in the Mid-American Conference. The team found both its victories on the road during the season, picking up wins over University of Detroit Mercy and in-state rival Kent State University.

Looking ahead to this season, Walton said she loves how much depth the team has.

"We're just excited to have [a] good, healthy roster size. Being at 32, we can do a full 12-on-12, keeping in mind of [COVID-19]. We just know that they need a ton of playing time together," Walton said.

With the team's second season set to

begin this spring, Walton said she has already been impressed with the team's dedication to the game.

"[I've been impressed with] their energy and commitment to the game. They're all committed to their craft, they're all committed to each other. It's great to see how competitive they get out here."

Last season, goalie Elicia Wells led the team with 115 saves. This season, however, she'll be a part of the team in a new capacity as a graduate assistant coach.

Players are ecstatic to have last year's leader back and still a part of the team.

"E is the best leader I've ever had. Having her back here is just a reminder of what we work hard for and where we're trying to be," sophomore Jordan Miller said.

The team announced its fall schedule and will make its debut Sep. 25 when it competes in a four-team tournament hosted by the University of Louisville at the UofL Lacrosse Stadium. They

"[I've been impressed with] their energy and commitment to the game. They're all committed to their craft, they're all committed to each other. It's great to see how competitive they get out here."

— Theresa Walton, second-year head coach

will square-off against University of Cincinnati, University of Louisville and University of Indianapolis

On Oct. 2, the team will travel to Loretto, Pennsylvania, to play in a three-team tournament hosted by Saint Francis University. The women will play Saint Francis and Lock Haven universities.

Following a two-week hiatus, the lacrosse team will make its way to Pittsburgh to take part in another three-game outing Oct. 17. The women will open the tournament against Duquesne University before playing Seton Hill

University. Their last match-up of the day will be against the University of Akron.

A week later, the Penguins head to Pennsylvania again to play at Mercyhurst University on Oct. 24. YSU will face-off against John Carroll University, Mercyhurst and Roberts Wesleyan College before returning home Oct. 29 to wrap up fall competition with Canisius College at Farmers National Bank Field.

For news and updates on YSU women's lacrosse, follow @YSUwLax on Twitter.