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SEARCH

## A NOTE FROM THE EDITOR

By yomag (<https://theyomag.com/index.php/author/yomag/>) / May 11, 2022

By C. Aileen Blaine

After four years of calling Youngstown State University my home, I've reached the end of my journey as an undergraduate student. Along the way I've met so many wonderful people, have made so many amazing friends and have developed a number of useful skills — all of which will stay with me for decades to come.

I hadn't always been so sure I would be a writer. Since a very young age, I enjoyed telling stories and hearing from others' perspectives, but I didn't know there was a way to merge these two passions together. It wasn't until a high school English teacher wrote a comment on one of my essays that I seriously began considering writing as more than just a secretive artistic endeavor.

I don't think I would have come as far as I have if it weren't for my professors and instructors. Their kind words of encouragement, their thoughtful insights and instructions all contributed to who I am today as a professional. If it weren't for Mary Beth Earnhardt, Kelcey Norris and Abigail Cloutier relentlessly

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recruiting me for The Jambar, I don't think I would have enjoyed my time here nearly half as much. In the semesters that followed, I overcame a severe case of imposter syndrome and rose like a gleaming phoenix from the ashes that had once been my crippling self-doubt.

I wish everyone the strength and courage to remain determined to keep on even when it seems like everything is going wrong. We, as workers in the media, haven't chosen a popular or well-liked career path, but we're forces to be reckoned with. Many of us want nothing more than to tell the stories of the lives around us, even if it isn't always easy.

My only hope is that the current and upcoming faces of YSU's student media and journalism department are able to take away as many fond memories as I.

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SEARCH

## HONORS ALUMNI NETWORKING NIGHT A SUCCESS

By yomag (<https://theyomag.com/index.php/author/yomag/>) / May 11, 2022

By Shirleyah Peakes

Honors Alumni Networking Night is a chance for current Youngstown State University Sokolov Honors College students to learn about alumni career paths starting at YSU, ask questions, and to network. A recent networking night included a panel of four honors alumni who were a part of the College of Science, Technology, Engineering and Math: Dr. Chisaroka Echendu, Jimmy Tancabel, Brooke Schaefer and Julie Sole.

The panelists were asked a series of questions by a fellow honors student Shirleyah Peakes, who “enjoyed moderating the networking night and was fascinated by each of the panelist’s stories.” The networking night opened with introductions of each of the panelists sharing some background as to who they are. After introductions, each panelist went into detail about their career path stories, which all began at the YSU Honors College.

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Echendu is an oncologist who began her career with research in chemistry, when she was diagnosed with breast cancer, which led her into her career in oncology. Schaefer recently graduated and is now in a marine biology graduate program in Florida. Tancabe is working toward his doctorate in engineering. Sole found civil engineering to have many options as to what she could go into.

Each panelist described networking to be an important aspect of getting to where they are now and expressed that it has helped them greatly. Honors students who attended had the opportunity to ask the panelists questions.

One honors student asked, “Many of you talked about the positive experiences that led you to where you are at now. Were there any negative experiences/setbacks that affected your career path, and how did you handle that?”

The honors students were advised to take care of themselves, and not stress about every little thing. That you don’t have to be perfect or get every perfect grade, and that it is okay to not always get an A.

At the closing of the networking night the panelists gave some final words of advice to the honors students.

“Take it one step at a time, do what you need to do, and don’t put so much pressure on yourself,” Echendu said.

“Things are going to be okay,” Tancabe said.

“Put things into perspective: ‘What is really important to me?’” Sole said.

“Reality checks are so important. Ask ‘Why are you doing this? Who are you doing this for?’” Schaefer said.

The networking night was a success, full of words of encouragement and inspiration.

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## NEON PINK PEPPER SPRAY

By [yomag \(https://theyomag.com/index.php/author/yomag/\)](https://theyomag.com/index.php/author/yomag/) / May 11, 2022

By *Grace Strodbeck*

Since coming to college, I've learned a lot of valuable information. I've learned how to calculate my GPA, how the brain processes new information and how to parallel park on Lincoln Avenue. But the most important lesson was one I learned outside of the classroom: Walmart sells pepper spray next to the camping supplies.

After my first evening class and an uncomfortable key-clutching walk to my car, I drove straight to Walmart. I did an uncomfortable lap around the store, delaying this search as long as possible. I picked up some staple items (bread, eggs, butter, etc.) but I quickly realized that as a 5'3" female college student, pepper spray was a new necessity. A tax on being a woman. Something that could mean life or death.

I snaked through the aisles for what felt like hours and then I spotted it: a small display of brightly colored pepper spray. Just two aisles from the toy aisle. Two aisles away, little girls were picking out Barbies and stuffed animals. I was only a few aisles and a short decade away from them. I longed for

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simpler times when my only worries in public were if my mother would let me take home a Barbie doll with our groceries. I hope the girls laughing can avoid this aisle for as long as possible.

I almost laugh at the location. The camping section. Next to the tents and the marshmallow sticks and the lighter fluid. As though feeling safe against men who don't know the meaning of "no" is a recreational activity. Because it is an everyday fear for women everywhere, not a summer pastime. As if people are actually planning to use bear mace on bears. Because I have a 1 in 2.1 million chance of being attacked by bear and a 1 in 5 chance of being attacked by a man. And still, I know this pepper spray will do me no good in most situations, because 80% of attackers aren't strangers in the shadows — they're people we know. Friends, classmates, family. They don't sell pepper spray that prevents betrayal.

On the path from girlhood to womanhood, we rely on mostly on luck to keep us safe. When I was 7, I was lucky that no one tried to take advantage of my innocence. When I was 13, I was lucky that the middle-aged man who catcalled my friend and I at the mall kept walking, leaving me uncomfortable yet relieved. And at 19, I am lucky that my male friends are empathetic and value my friendship, rather than being motivated by the prospect of more. I have been so incredibly lucky, and it breaks my heart because I know so many women who weren't as lucky as me. And predators thrive off of their silence.

But the truth is, women are conditioned to be silent for most of their lives. You can't carry pepper spray in middle school, for obvious reasons. Instead of defense, our cover is in covering up. We cover our changing bodies under oversized sweatshirts, hoping that the obnoxious boy in math class won't make some crude remark. We subtly slip our tampons up our sleeves, shading our experiences from the eyes of our peers. And now, standing alone in the camping section of Walmart, I look at the selection in front of me. Pepper spray, much like Barbies, comes in a variety of colors: black, mint green, turquoise, neon pink, and an obnoxious orange color. For second, I consider the black. It would blend in with my keys, a silent and moderately effective protection.

But then my eyes fall on the bright pink. Noticeable. Defiant. Unapologetic. After years of hiding, this is the perfect contrast. I wear this bright pink pepper spray as a badge of womanhood, refusing to be silenced.

I exit the camping section and proceed to the self-checkout, ready to face the world with a strange empowerment and a \$12 bottle of bright pink pepper spray.

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SEARCH

## NIL ERA OFFICIALLY BEGINS AT YSU

By yomag (<https://theyomag.com/index.php/author/yomag/>) / May 10, 2022

By Patrick Stout

Name, Image and Likeness rights have officially made their way to Youngstown State University. As of July 1, 2021, NIL rights will offer financial support for YSU student-athletes through partnerships.

NIL rights are when college athletes are allowed to receive financial compensation. NIL rights represent the use of a college athlete's name, image and likeness through marketing and promotional endeavors.

Youngstown State University women's basketball teammates Mady Aulbach and Paige Shy announced Feb. 6, 2022, on Twitter their NIL partnership with Sam's Wedge Inn of Austintown.

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“My partnership with Sam’s Wedge Inn has helped relieve the stress of having to worry about getting a job and trying to balance school, basketball and a job all at the same time,” said Aulbach, the team’s point guard and YSU junior.

“Being able to play the sport I love and get paid for it is just a dream come true and it is possible thanks to my partnership with Sam’s Wedge Inn,” said Shy, the team’s small forward and YSU junior.

Aulbach and Shy are not alone, as they’re two of the many YSU athletes who are taking advantage of NIL rights partnership opportunities.

Youngstown State football running back Jaleel McLaughlin signed an NIL agreement with J-Arnold Wealth & Management Company on Sep. 23, 2021. McLaughlin was the first YSU football player to partner for NIL rights agreement.

“Playing in the NFL or another professional football league is not guaranteed. Being able to have an NIL partnership provides with the support I earn with the hard work I put on the field,” Jaleel McLaughlin, the team’s running back and YSU senior, said.

There are currently 40-50 student-athletes who have been presented with NIL rights opportunities at YSU. With these numbers likely to grow in the upcoming years, there will be more NIL rights partnerships among YSU student-athletes and businesses.

In this new era of college sports, Youngstown State University is prepared to lead its student-athletes to success. On the YSU Sports website, there is a YSU Name, Image and Likeness Resource Center for student-athletes.

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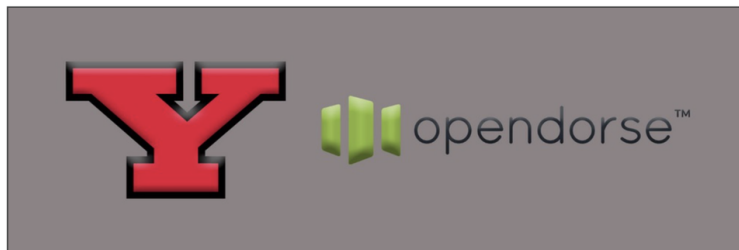
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## YSU Name Image Likeness Resource Center

Partnering to Prepare YSU Student-Athletes For Branding Success In the NIL Era



### NIL at Youngstown State

Youngstown State University Athletics has added the Opendorse NIL Suite – Opendorse Ready™ and Monitor™ – to support the program's mission to prepare all student-athletes for success in the new era of college sports with the market's leading NIL partner in Opendorse. The partnership will empower YSU athletes to understand, build, and protect their brands with the industry's leading education, marketing, and compliance technology.

[Student-Athlete Request Form](#)

#### NIL LINKS & RESOURCES

- [NIL Simplified \(Contact Our Student-Athletes\)](#)
- [Login to Opendorse Account](#)
- [Opendorse Account Instructions](#)
- [YSU NIL Policy Tip Sheet](#)
- [YSU NIL Policy](#)
- [NCAA NIL Policy](#)
- [International Student-Athletes FAQ](#)
- [NIL Definitions](#)

The whole page is dedicated for YSU student-athletes to better understand NIL rights and set up athletes for success with NIL partnerships. YSU has also published the policies and guidelines on what athletes need to follow while agreeing to a NIL rights partnership.

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SEARCH

## 'GETTING A FOOT IN THE DOOR': WHY INTERNSHIPS ARE ESSENTIAL IN A STUDENT'S CAREER

By yomag (<https://theyomag.com/index.php/author/yomag/>) / May 10, 2022

By *Jessica Stamp*

Internships can be an essential step to take in a college student's professional career. Internships help students learn how to network and help them understand more about their chosen career and how certain skills, like teamwork or critical thinking, factor into those careers.

Deciding to do an internship in a particular career field can help students determine if that career field is something they want to pursue in life after college.

Internships provide certain knowledge and insight on the everyday activities of a professional job, Jacob Imm said in his article "Benefits & Importance of Internships in College" (<https://www.northcentralcollege.edu/news/2021/10/13/benefits-importance-internships-college/>), on North Central College's website.

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Another benefit of internships is networking. Networking is a useful resource in building professional connections and understanding what is involved in the student's desired career.

Isaac Serwanga, educational consultant, said in The 3 Bones of Networking for Student Success TEDx YouTube video (<https://www.youtube.com/watch?v=4OTPJZnBP8s>), that he strongly believes in students knowing the importance of networking and realizing early on what they are passionate about doing.

Students at Youngstown State University can use a tool called Handshake, where employers post available internships or jobs, to search for positions.

Justin Edwards, director for the YSU Office of Career Exploration and Development, believes that Handshake is a good opportunity for YSU students to network and make connections with employers in the community.

"There's a lot of networking...working to meet new people in the field that students are interested in but we also have found that [Handshake] is a way for employers to market their opportunities and help students find connections," Edwards said.

Internships allow students to build hands-on experience in different career fields and develop a workplace identity for themselves.

Want to hear more about YSU's internships? Listen to my interview with the Justin Edwards, Director for the YSU Office of Career and Development.

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SEARCH

## OHIO ALLOWS PERMITLESS CONCEALED CARRY: OHIO CITIZENS AT ODDS

By [yomag \(https://theyomag.com/index.php/author/yomag/\)](https://theyomag.com/index.php/author/yomag/) / May 10, 2022

*By Trey Turner*

Following Ohio Gov. Mike DeWine’s signing of Senate Bill 215 (<https://www.nbcnews.com/news/us-news/ohio-gov-mike-dewine-signs-bill-allowing-permitless-concealed-carry-rcna20156>) into law March 15, 2022, Ohioans are no longer required to obtain a concealed carry permit to legally carry concealed firearms.

Ohioans are urged to tell officers during a traffic stop that they are armed with a weapon, but under the new law some may hide this important information. If an Ohio citizen lies to police by saying they do not have a firearm, they could face a misdemeanor charge.

Before this new law, Ohio citizens would have to complete eight hours of training and pass a background check to obtain a permit. This eight-hour course is broken down by six hours of “class” and two hours at the shooting range to practice marksmanship.

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The class portion will teach citizens the legalities of what happens after a shooting, how to handle and shoot a firearm, and self-defense tactics. The course is completed once the person passes the written test and the marksman test.

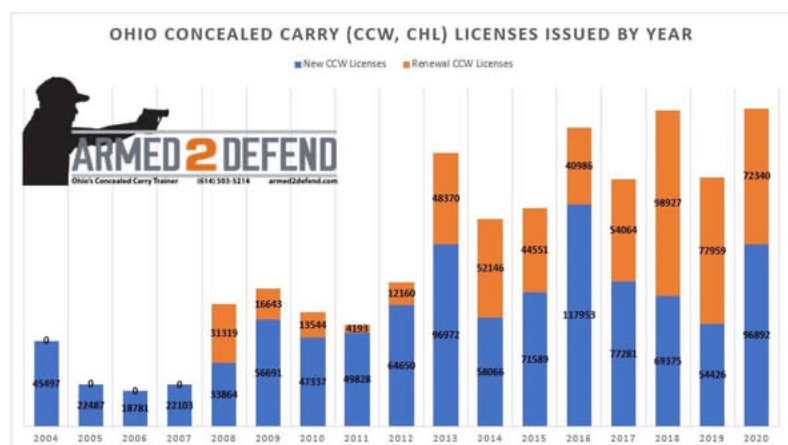
Once a CCW permit is successfully acquired, the person will be registered as having the permit and police will see this if the pull someone over and search their name. The license is applicable in 39 other states and the license is good for five years.

To learn to which 39 states the permit applies, click here. (<https://www.ohioattorneygeneral.gov/law-enforcement/concealed-carry/concealed-carry-reciprocity-agreements>)

Johnathan Yurco is a CCW instructor from Youngstown, Ohio, and he had this to say about the new law: “I think the new law is great because America is built on choices, and we should have the choice to arm ourselves.”

Yurco said he still believes having a permit is a great tool to have in order for someone to defend themselves, but “I think this is a great movement for our second amendment rights, but with great power comes great responsibility.”

The chart below created by Armed2Defend, shows the number of licenses issued to Ohio citizens from past years. Each year shows the new permits that were issued and how many of those permits were renewed. It is assumed that after this law is in place the numbers may drop.



Armed2Defend was created to teach civilians the importance of firearm training and having a CCW permit. You can learn more about Armed2Defend and its training guide by clicking here (<https://armed2defend.com/>).

Gun violence in Ohio has increased in since 2018, reaching all-time highs in 2020 and 2021. Some Ohioans’ believe that the people committing these crimes do not have a CCW permit so the new law won’t be the cause of a potential increase.

The chart below created by Jake Zuckerman from The Ohio Capital Journal shows the number of deaths due to gun violence from 2007-2021. Check out this website (<https://ohiocapitaljournal.com/2022/02/18/ohio-gun-deaths-in-2021-near-an-all-time-high/>) to learn more about gun violence in Ohio.

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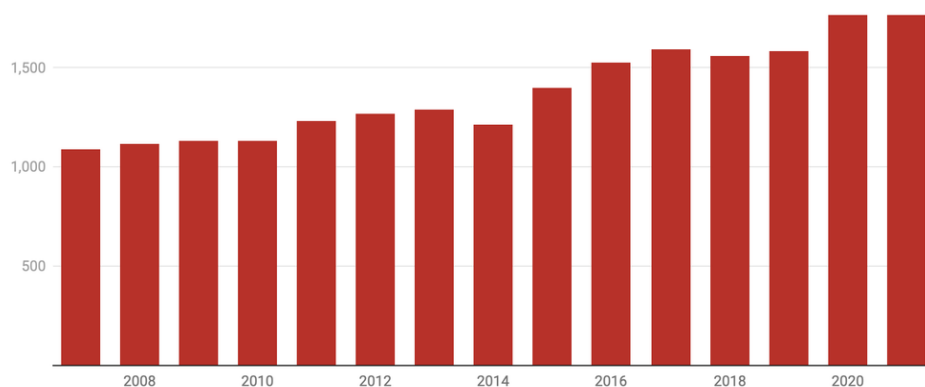
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## Firearm deaths in Ohio



Data for 2021 is preliminary

Chart: Jake Zuckerman · Source: [Ohio Department of Health](#) · [Get the data](#) · Created with [Datawrapper](#)

The idea of not completing a background check is one that many Ohioans are not happy about. The steady increase of gun violence in Ohio and mass shootings across America create a continuous debate about gun control. Many believe a more extensive background check can prevent such crimes.

Another worry is that now it is going to be harder for police to find out if someone is carrying a weapon on them whether that is at a traffic stop or on the street. This doesn't make the job easier for the police, and it adds concern of the ongoing issue of potential police misconduct.

"It definitely makes our jobs harder now and it doesn't help both parties involved," Mike Wright, officer for the Toledo Police Department, says. "With issues that are going on in the world involving the police, we have to think more about our safety if we don't know if someone is carrying a weapon."

This law brings up a lot of conversation, debates, or even worries for many Ohioans. The law will be in full effect in June 2022.

If you want to learn how to get a CCW permit or want to learn more about the law in Ohio visit the Ohio Attorney General page ([https://www.ohioattorneygeneral.gov/Files/Publications-Files/Publications-for-Law-Enforcement/Concealed-Carry-Publications/Concealed-Carry-Laws-Manual-\(PDF\).aspx](https://www.ohioattorneygeneral.gov/Files/Publications-Files/Publications-for-Law-Enforcement/Concealed-Carry-Publications/Concealed-Carry-Laws-Manual-(PDF).aspx)).

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# FEDERAL FRENZY IS BACK!

By yomag (<https://theyomag.com/index.php/author/yomag/>) / May 6, 2022

*By Jordan Record*

Federal Frenzy, the popular music and arts festival that takes place in Downtown Youngstown, returned to Federal Street for the first time since 2019! This event took place April 23, 2022, and was a big hit among YSU students and the Youngstown community. After a long three years, the streets of Downtown were filled with people, activities, food, beer and music!

“The event was very well put together. There was truly something for everyone,” said YSU 2020 graduate and Pen Pro alum Morgan McGowan. “This event helped me discover some amazing local talent. It was the perfect way to spend my weekend in the sunshine! I’ll be back for this ‘can’t miss’ event every year.”

While we all know the event, who are the people behind it? Penguin Productions (also known as “Pen Pro”) is a student programming board made up of highly dedicated undergraduates, grad students and faculty; and they are responsible for some of YSU’s most well-known events. The committee works

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diligently throughout the year to bring students events like Fall Fire Fest and Federal Frenzy. This year, Penguin Productions was able to coordinate in-person events for YSU students and the greater Youngstown community that are entertaining and safe for all.

In 2020, Penguin Productions was in the midst of planning for the sixth annual Federal Frenzy when the world came to a halt. Members were devastated that the in-person event had to be canceled, but they still found creative ways to highlight local talent, businesses, and organizations through “Virtual Frenzy.” This online event consisted of Instagram Live interviews, Facebook live streams with local bands, and video shoutouts to vendors and food trucks.

By 2021, the committee was more prepared and adept at virtual events, so they took on a different approach to keep their event alive. With the help of local breweries, restaurants, bands and other student organizations,

Penguin Productions produced and released “Frenzy Vision.” This hour-long “TV” special was released to the public on Facebook and YouTube and continued to show off the talent and businesses within the Youngstown community.

This year, Penguin Productions felt that it was finally possible to host an in-person event for their fans and took extra precautions to ensure the health and safety of all attendees. Over 7,000 people attended this year’s event, and everyone can agree that it was great to be back in the streets of Downtown Youngstown.

With local artists, breweries, food trucks, vendors, and three outdoor stages, Federal Frenzy celebrated all that Youngstown has to offer.

The Bouncing Back Stage, sponsored by the Bouncing Back from COVID grant, featured bands from YSU students, faculty and alumni, as well as well-known local musicians. Some highlights from this stage included Chanelle Kazadi, Riley Burke, and The Super Babes.

The Summit Stage, sponsored by the Summit FM, highlighted regional artists like Candace Campana, The Shootouts, Black Wolf and the Thief, and J.D. Eicher.

Finally, the Main Stage showcased other popular local and regional musicians like the YSU Contemporary Ensemble, Where’s Winona Now?, Fifth and Aurora, Spirit of the Bear, and The Labra Brothers, who served as direct support for the National headliner.

HUNNY, the rock band from Newbury Park, California, closed out the night with a high-energy, 60-minute set that left the audience wanting more.



“I could not have imagined a better show,” said Pen Pro operations lead Joe Atkinson. “Being given the opportunity to work with a wonderful team of students and staff to put on an event of this size, and with the history it has, was a defining moment of my time at YSU.”

Overall, the return of Federal Frenzy was a massive success, and the event was enjoyed by all!

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By yomag (<https://theyomag.com/index.php/author/yomag/>) / May 6, 2022

*By Zoë Bechdel*

Warren, Ohio, is not a very safe place to live. This is no shock to hear and sadly, a town that was once known for its businesses and thriving population is now just another town where it seems like nothing good can happen. However, there is one little circle in Warren that not many people know about, and it does exist outside of the madness of drug deals and shootings. This small circle is not far at all from the bad areas, but to its advantage, it does feel hidden away from most people except those who reside in it. This circle makes up the neighborhood of two streets: Carlton and Regal drives.

The minute someone steps foot or drives into this circle, it's astonishing to see how different and how much brighter it is compared to the rest of the streets in the same city. No matter what time of day, something interesting is always happening. Residents are always walking their dogs, but some go walking by themselves or with a friend.

Jason Makosky, who is currently living here and has for seven years, said, "I like riding my bike around to visit all of my friends, and I love when I hear Tom outside."

Tom Weller, who lives in this circle with his wife, Peggy and their two big black poodles, enjoys going outside on nicer days to practice playing his bagpipes. Between Tom playing his bagpipes in the woods behind his house and his tiny wife Peggy, riding around on her bike with a huge, padded seat while ringing her bell, they make everyone laugh with joy.

Most families living here are predominantly middle to older-aged people. Another thing that makes this neighborhood so appealing is how approachable everyone is. Even though every neighbor is aware of what city they live in, and what happens even a mile away from them, all of these neighbors are so friendly and kind. Cindy Angelo and Connie Miller are always together doing something or another. The two best friends live across the street from each other, and they are the definition of entertainment. They are always together, whether they're going to the Olympic Club to swim and join in on the line dances, or just sitting playing cards while gossiping.

The Carlton/Regal Drive circle is a few streets away from the Warren McGuffy School and is also within walking distance of the Warren Olympic Club. Those two landmarks are both in the east direction, but if you look more to the other side outside of the circle, there is a dangerous motel and a smaller gas station each one street away from Carlton and Regal. At Riverview Motel, there are incidents occurring weekly, including drug overdoses and shootings. Sometimes these incidents and the emergency vehicles can easily be heard from the circle, as well as screams for help.

"It got to the point where almost nightly there were police cars and ambulances there," Shannon Hodge, who lived in this circle for four years, said.

The gas station and convenience store located right next to this motel is mainly known for being robbed and for drug deals taking place in its parking lot.

The Carlton/Regal neighborhood makes you feel like you are in a completely different city because of how perfectly everyone keeps their yards and houses together.

"My neighbors are nice ,and at Halloween they all gather at Cindy's house dressed up and handout candy in a circle," Makosky said.

"It's fun around the circle, there are parks very close to it and funny people who make living there really cool," Jason said.

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“It’s like it was its own community,” Hodge said.

Shannon did not necessarily like living in Warren in general, as her neighbors were “a very interesting cast of characters.”

“I lived there for four years, and even though I was not happy about the city we were residing in, the people we were surrounded by made it feel just a little bit safer,” Shannon said.

Further in this list of characters are Herb and Mary, who always go together on midday strolls on the sidewalks. They entertain their family regularly on their back deck where they invite friends over as well to have a cookout. They are very open and honest people and always try their best to wave to everyone who they come across in their walk.

“Sometimes I go visit my next-door neighbors Herb and Mary and their grandson Will and talk to all of them,” Jason said.

Paul Makosky, who also lives in the circle, is known as this neighborhood’s version of Clark Griswold because he dangerously strings his Christmas lights on the world’s tallest tree, which happens to be in his front yard. He performs this feat by climbing up a 25-foot ladder that loosely leans against the tree while he grasps a 10-foot-long metal pole, which he uses to propel each light strand onto individual branches. The good neighbors are always happy that another year has passed without ‘Clark’ Makosky falling to his death. Makosky always manages to make it work out and prides himself of the glowing tree.

The characters are the stars of this area. They make up the personality of this place by simply being themselves and being so kind and hilarious. They add to the uniqueness and the charm of this small seclusion. Additionally, it is strange how out of all of the well-known neighborhoods in Warren, Ohio, this circle seems to be the brightest and most well-kept one.

“When walking around our seclusion it was very easy to pretend you were elsewhere because of how nice our area was kept,” Shannon said.

After experiencing many people coming across it in one way or another, it is also apparent that everyone seems surprised to find a neighborhood located where Carlton and Regal lie. Maybe it is good that no one really knows; it leaves room for at least a part of Warren to remain somewhat safe, and for its people to keep hidden away from the outside world.

“I wouldn’t want to live anywhere else,” Jason said.

Clearly, this little hidden circle is its own city in the eyes of all people who have and are currently living there. These neighbors support each other and make the best out of where they all live. They try and make it fun for the children growing up within it, as well as keep their homes looking beautiful so as to make it the best place to live. Whether or not people know this little gem is there or not, it is safe to say that it is very different than what surrounds it. Taking an outside view on this circle, it seems as though it acts as a barrier between what Warren as a city is and what things may happen on a day-to-day basis, and the safe confinement that residents deserve to have. This neighborhood is the light in a dark place.

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# YSU STUDENT COUNSELING SERVICES OFFERS MENTAL HEALTH SUPPORT

By yomag (<https://theyomag.com/index.php/author/yomag/>) / May 6, 2022

By Leslie Huff

With COVID-19 restrictions waning and the resurgence of socialization, many college students may find themselves struggling with social anxiety, self-esteem issues and communication challenges.

At Youngstown State University, Student Counseling Services provides students with resources and educational opportunities that may help them rediscover themselves and reach healthier and happier states of well-being.

“Counseling provides students with the opportunity to develop and practice skills,” Anne Lally, clinical director of Student Counseling, said.

“Through counseling, you can learn good self-care, relaxation strategies, how to challenge negative thinking and develop meaningful strategies to manage anxiety,” Lally said.

The global effects of COVID-19 altered the lifestyle of thousands of people. [According to the results of a research study published in an article in the International Journal of Public Health](https://www.ssph-journal.org/articles/10.3389/ijph.2022.1604418/full) (<https://www.ssph-journal.org/articles/10.3389/ijph.2022.1604418/full>), the longer people are isolated or confined to one space, the greater the negative effects are on their mental health.

To help offset some of these challenges, YSU Student Counseling Services offered “[Step Out of Social Anxiety](https://ysu.edu/student-counseling-services/social-anxiety-march), (<https://ysu.edu/student-counseling-services/social-anxiety-march>)” a four-week workshop series starting March 30 that advised attendees on ways to subdue their feelings of anxiousness in social settings by examining the ways social anxiety affects their daily lives.

YSU Student Counseling Services hosted four weekly support group workshops as a part of this series, the first of which was titled “Gratitude- Finding Meaning and Thriving.” At this workshop, attendees were able to learn useful skills and practices to help them experience calmness, positivity and hopefulness and that will help them work toward restoring their emotional well-being.

For more information on YSU Student Counseling Services, the “Step Out of Social Anxiety” series and other mental health and wellness educational offerings or support services, visit their website at <https://ysu.edu/student-counseling-services> (<https://ysu.edu/student-counseling-services>), or call (330)941-3737.

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# A DAY AT THE BUTLER INSTITUTE OF AMERICAN ART

By yomag (<https://theyomag.com/index.php/author/yomag/>) / May 6, 2022

By *Jillian McIntosh*

(<https://theyomag.com/index.php/category/2021-edition/fall-2021-stories/>)

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The Butler Institute of American Art is where people can take a pause on life, surrounded by art and those who love it. It is the families who visit hand-in-hand, the children pulling their parents in the direction of an art piece that catches their eye. It is an art docent giving a tour to a couple visiting from out of town, pointing at the direction where to walk next.

Art docents can be volunteers, some may be working out of retirement. Marty Young is an art docent who walks along every painting, looking closely and taking notes for her next tour. When asked why she continues to work here, she mentioned her love for the museum.

“I love being surrounded by the art. I love the atmosphere. I love the people I work with, and the opportunities it gives me to continue learning in my retirement,” said Young.

When visiting, the limestone steps leading up to the entrance are tinted green due to the weather. Tall columns split the entrance in three arcs found at the top of the staircase. The blue tile above creates a geometric mosaic that flows along the rounded ceiling. “Pro Bono Publico” reads at the top of the two door gold entrance. The rhythmic clicking of footsteps is the only sound that follows when entering, leaving behind the fluttering of the American flag and the whistling of the wind. The bird chirps and trees rustling are swallowed by the quiet and calm that instantly is welcomed. A brush of air is blown and the scent of old oak hits anyone who enters.

The grand hall is the first thing seen, the sunshine from the skylight that encompasses the entire ceiling reflects off the gray bricked granite floor. The same floor where the bride meets the groom on their wedding day. The same floor where the blue and pink bounce off from the light-up sneakers of an excited child. Red velvet ropes hang still and gold plated frames are seen yet unnoticed when near the art. The only sounds that are heard are the whispering conversations of people passing by and the hushed blowing of the air conditioning. The buzzing of lights is beyond comparison to the echoing sound of dings and vibrations from the moving machinery artwork down the hall.

Hands are clasped behind the back or in the embrace of another, walking briskly along to each painting. When standing, their feet are pointing toward the art. When walking, their feet move in the direction of the next display. Even their body language gravitates toward the art. The benches in the center of every gallery are offered as an opportunity for visitors to either fully immerse themselves or completely separate themselves from the art. One may find a visitor waiting patiently for their loved ones to finish their stroll around the museum.

Jonathon Blackshire sat on a bench after giving his mother a tour of the second floor while visiting for her first time. He expressed his passion for the Butler.

“I really like a lot of the unique pieces of the Butler that were gifted to them,” said Blackshire.

New Yorkers on the subway strip, waiting for their train before work. The Two singers smoking out of a wooden pipe, dressed in 1950s attire. Girls in white dresses frolicking in the tall green grass and pink flowers. A security guard sitting hunched, looking at the ground in front of him. All captured by an artist and left untouched but observed every day. Visitors like Blackshire’s mother are shocked at how realistic the statue of the security guard is.

“There’s the security guard in the north corner that is really cool. It totally freaked my mom out,” he said.

Each painting is a portal for one to travel through time and distance. As if the art is alive, they take the role everyday of being displayed for their beauty. Before anyone arrives, the artwork eagerly takes their places in the museum, ready for visitors. The collections are cleaned and kept safe by art preparers.

John Elias is the chief preparator for the museum. He is one of the few who are granted access to the unseen artwork that are kept in the vaults.

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“That’s always interesting because it’s a lot of the artwork that nobody ever sees,” he said. “We have over 20,000 objects in our collection and you only get to see this small bit, or whatever is being seen.”

The fine art that is displayed watches people pass, caught with curiosity in their eyes. Blackshire expressed his love for the optical illusion of Vincent Van Gogh’s various works.

“My favorite piece that I love to see is that 3-D installation of Van Gogh,” he said.

The motionless sculptures stand tall in the grand hall and various galleries. Every painting acts as center stage for the people painted, illuminated by the spotlight above. Although the art remains still, there is constant movement in the museum.

Visitors dressed in blazers keep their hands closely to themselves, careful not to touch the art. Kids on a school field trip hold hands up high and lean on their tiptoes, only wanting to get closer.

If the day is rainy and cold, the silence is almost deafening when there is little to none visiting. If the day is sunny and warm, laughter and people shushing others to keep the peace will be heard echoing through the galleries. The experience of an art museum can almost completely cut off the outside world upon entering.



Elias said as an art lover, he appreciates the exhibits.

“As a painter, I often sway more towards the painting than maybe the sculpture,” he said. “I would say out of everything in the museum, my favorite exhibit is the Western gallery with the Native American portraits.”

Young also said that is her favorite gallery, as well as the Impressionist gallery. Those walking with their heads down or on their phones outside appear sad compared to those only looking everywhere, trying to see everything in the museum. Not one electronic device can be seen, other than the security guard on duty, looking at his phone from boredom.

Young reminisced about the people she’s met while working.

“We’ve had people from Switzerland and England and from all over the United States,” she said. “Once, I met a lady who was a docent at the National Gallery in Washington D.C. and she was visiting Ohio,” said Young.

Art brings people who are excited to come for the first time. It brings people who always come, but with a friend this time. People from all over the state who have heard of the Butler, people from all over the county who came to visit Ohio. Art brings people from all over the entire world who visit museums everywhere they travel to.

Art brings people together. The Butler is a community and it grows every day.

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