



OHIO'S 'TOBACCO 21' LAW IN EFFECT — WILL THIS DECREASE THE NUMBER OF VAPE USERS IN OHIO?

Maddy Johns, junior criminal justice major, smokes her NJOY e-cigarette at the Youngstown State University campus core. Photo by **Heather Newsome/The Jambar**

AMANDA JOERNDT

With the booming vaping epidemic across the country, state and local action is being taken to ensure young adults are made aware of the harmful and potentially deadly effects of vaping.

As of Oct. 15, over 1,479 cases of lung injuries involving the use of vaping or electronic cigarette products have been reported to the Centers for Disease Control and Prevention.

The CDC found 33 deaths have been reported in over 24 states, with most deaths having a correlation with tetrahydrocannabinol (THC) products.

Ohio's "Tobacco 21" law was placed into effect on Oct. 17. The law makes it illegal for individuals under the age of 21 to purchase "cigarettes, other tobacco products, and alternative nicotine products such as e-cigarettes and vaping products," according to the Ohio Department of Health.

Ohio Gov. Mike DeWine said in an Oct. 15 news release that research shows around 95% of adult smokers begin smoking before the age of 21.

"Increasing the age to 21 will reduce the chances of our young people starting to smoke and becoming regular smokers," DeWine said.

According to the news release, a 2015 report from the Institute of Medicine shows raising the tobacco sales age from 18 to 21 will likely prevent tobacco use by young adults, specifically those between 15 and 17 years old.

Amy Acton, director of the Ohio Department of Health, stated in the news release that studies propose nicotine use during young adulthood can create long-term impacts on brain development.

"Raising the sales age for tobacco and vaping products from 18 to 21 means that those who can legally obtain these products are less likely to be in the same social networks as high school students," Acton said.

Patricia Sweeney, Mahoning County health commissioner, said the law will help the state move in the right direction with the health concern, although previously passed jurisdictions on the issue will remain in place.

"What's interesting about the law is that it doesn't preempt jurisdictions that already passed their own regulations that may even be more strict," Sweeney said. "That's going to be quite interesting to see how that plays out, but that's really good news for the state."

She said the Mahoning County District Board of Health works endlessly to ensure residents are made aware of the epidemic by recently passing a resolution to make the public aware of the health epidemic across the Valley.

"I've been here for almost eight years, and this is the first health-related resolution that's been passed by the board," Sweeney said. "It goes over the fact that we have the regulatory authority and the responsibility legally to make sure people are

aware of the health threats."

According to Sweeney, a survey recorded by the Coalition for a Drug Free Mahoning County shows in 2015, 5-6% of teens and adolescents used vaping products and in 2018 the use of vaping products increased to over 30%.

"When you take those liquids, heat them up and nebulize them, that gets into the lungs. We have no idea what damage that's doing yet," she said. "They do know that some of the contents are heavy metals and some are electing to use THC in these products. ... That's a part of the marijuana plant that's addictive."

Sweeney said neurological issues can arise if vaping products are used by individuals at an early age.

"The younger an individual is that becomes addicted to nicotine, there is more damage done to the brain because the neuroreceptors are being formed in an adolescent," she said.

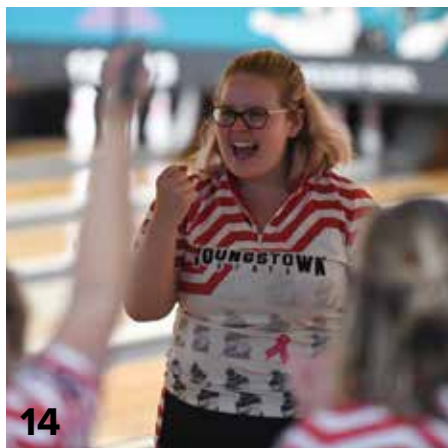
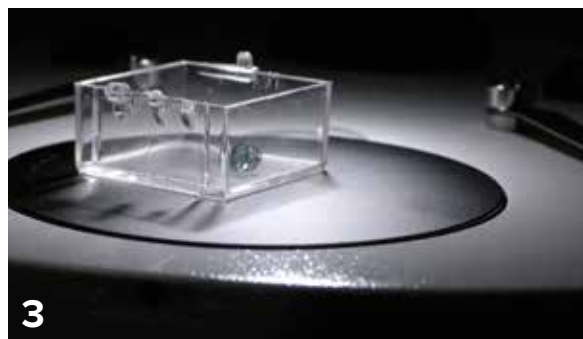
The CDC reported 26% of patients linked to lung-related illnesses from vaping products ranged between 25 and 34 years of age.

Dr. Mallory Uchino, a family medicine physician for Mercy Health St. Elizabeth Hospital, said she has not personally seen any cases regarding the illness, but the type of sickness that patients visit the hospital for have created a common trend.

"We're getting a lot more patients with chronic lung illnesses,

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JAMBAR STAFF

EDITOR-IN-CHIEF

Rachel Gobep

MANAGING EDITOR

Alyssa Weston

NEWS EDITOR

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J. Harvard Feldhouse

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PHOTOGRAPHERS

Heather Newsome

Shawn Williams

SPORTS EDITOR

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DESIGNERS

Britany Hickey

Douglas M. Campbell

HEAD OF VIDEO PRODUCTION

Joshua Fitch

ASSISTANT VIDEO PRODUCTION

Collin Headley

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SOCIAL MEDIA CURATOR

Brent Bigelow

ASSISTANT SOCIAL MEDIA

Shawn Williams

WEB MANAGER

John Galvin

ASSISTANT WEB MANAGER

Ryan Peplowski

BUSINESS MANAGER

Mary Dota (mfdota@ysu.edu)

CONTACT US



thejambar@gmail.com



330.941.1991



330.941.2322

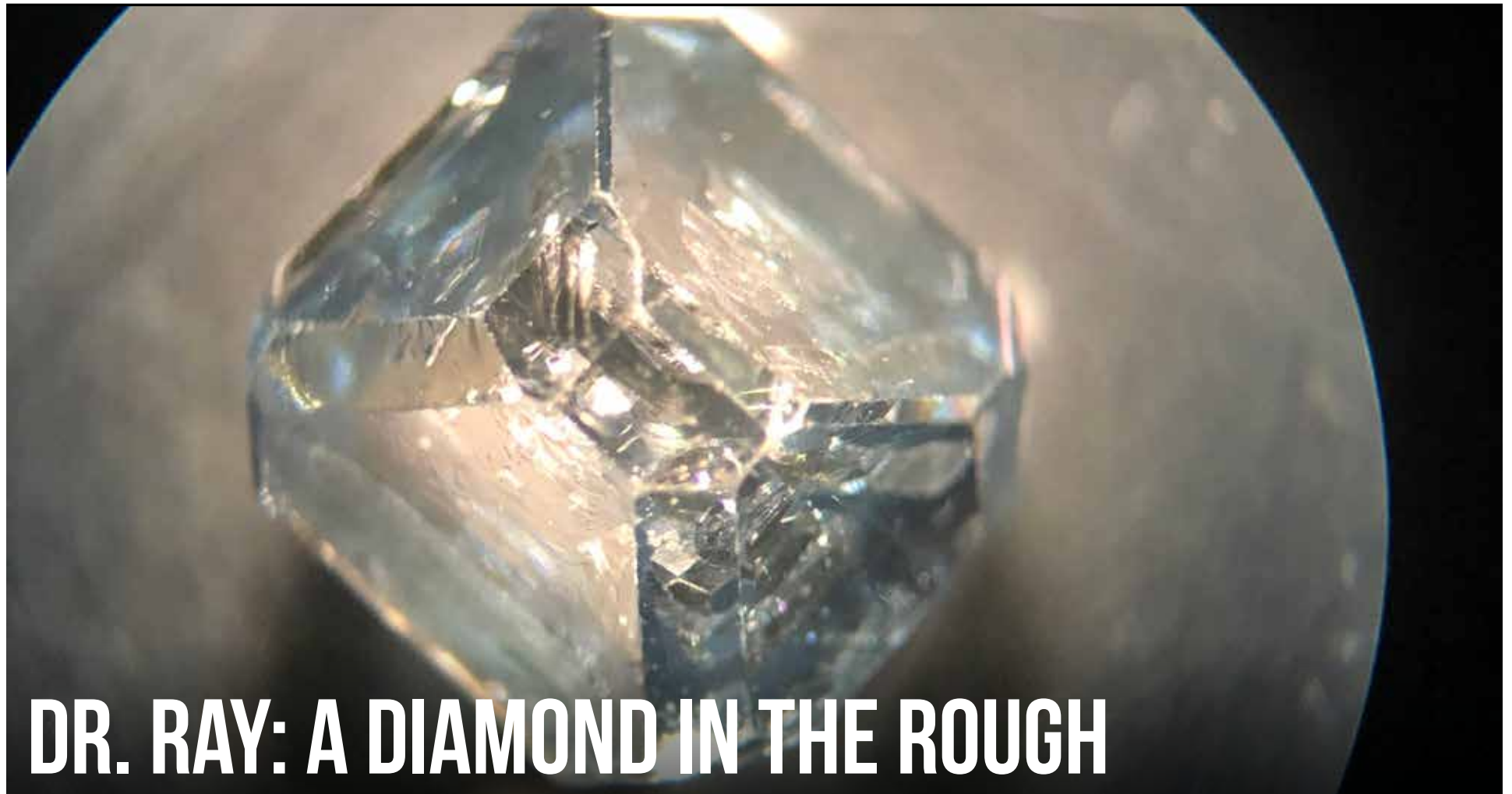
ADVERTISING



thejambarad@gmail.com



330.941.1990



DR. RAY: A DIAMOND IN THE ROUGH

One pound of Dr. Ray's ashes was converted into a diamond. It was viewed under a microscope in the Clarence R. Smith Mineral Museum. Photo by **Rachel Gobep/The Jambar**

RACHEL GOBEP

Dr. Ray was known as an unconventional man by many, and according to his wife, Susie Beiersdorfer, he always told people he wanted to be made into a diamond and put in the Youngstown State University Clarence R. Smith Mineral Museum when he died.

That wish was granted.

Ray Beiersdorfer, also known as Dr. Ray, was a distinguished professor of geological and environmental sciences at YSU for 25 years. He suffered a major heart attack on Sept. 13, 2018, and died 28 days later — the day before his 62nd birthday.

His life was celebrated at the YSU mineral museum one year after his death on Oct. 11.

In October 2018, Susie Beiersdorfer took 1 pound of his ashes to Cirelli Jewelers and after a process that took 10 months, his diamond landed at the mineral museum.

The diamond isn't cut or polished.

"I always said, 'Ray was many faceted, but not polished,'" Susie Beiersdorfer said. "So, it's a diamond in the rough."

She said it was important for the diamond to be rough to symbolize his natural character.

"You look at the different examples, and you see the shiny faceted with all the colors coming out. But a diamond in the rough, where it's just growing naturally really, you know,

appealed most to me, and I think it would have appealed to him, too," Susie Beiersdorfer said.

She reflected full circle on the past year without her husband, and she said the way that family, friends and the community embraced her and her family was incredible.

"The love and support really helped to smooth the edges of the grief that comes up all the time," she said. "I always say, 'Ray had a life well lived and a life well loved.' It was just too damn short."

Stefanie Hudzik, director of the mineral museum, said this is the first donation of its kind to the museum.

"It is just so extraordinary," she said.

Hudzik said Dr. Ray was a force in the department.

"Everybody that came here to study geology knew him, had some story about him. So, him being here just — it continues on. He continues to be a part of this department. He continues to teach, even though he's not here," she said.

Hudzik said through the diamond, students and visitors can be taught the process of breaking down one material to the next and what the human body is made of.

According to Hudzik, the diamond should be on display in the museum in the spring semester.

"It's nice that everyone has come together, and his wishes are being fulfilled," Hudzik said.

About \$1,450 was raised by community members to aid in

the cost of the diamond.

The memorial diamond is not the first attribution made at YSU for Dr. Ray. A scarlet oak tree, which is the only tree of its kind on campus, was planted in between Moser and Ward Beecher halls.

Additionally, a periodic table lights up the student lounge area on the west side of Ward Beecher.

Dr. Ray made the arrangements for the 118-element periodic table and helped secure the donation that was given to the university for the cabinet by an anonymous donor.

For more information on how ashes become a diamond, go to MyMemorialDiamond.com/Ashes-To-Diamonds/.



Ray Beiersdorfer, also known as "Dr. Ray," was a professor of geological and environmental sciences at Youngstown State University for 25 years. Photo courtesy of **The Jambar Archive**



Judge Renee DiSalvo stands in front of the audience debating against her opponents on Oct. 15 in Youngstown State University's Kilcawley Center. Photo by **Amanda Joerndt/The Jambar**

JUDICIAL CANDIDATES SIT ON DEBATE PANEL, COMPETE FOR COMMUNITY VOTES

AMANDA JOERNDT

Local elections are right around the corner, and three judicial candidates running for a six-year term as a Youngstown Municipal Court judge took center stage at Youngstown State University by participating in a public debate on Oct. 15 in Kilcawley Center.

The three candidates — Judge Renee M. DiSalvo, Republican candidate, attorney Martin Hume, Democratic candidate, and attorney Mark A. Hanni, independent candidate — answered multiple questions about how they will handle problematic situations as a prospective judge.

While the candidates engaged with audience members and educated them on their past, present and future ambitions, a YSU professor moderated the debate, guiding each candidate through the panel discussion.

Cryshanna Jackson Leftwich, associate professor in the Department of Politics and International Relations, said the panel helped the candidates “touch on a lot of issues that the city of Youngstown is facing.”

“I think a lot of times students see elections as presidential elections, and they don’t realize how many positions are elected

such as judges, prosecutors, sheriffs,” Jackson Leftwich said. “A lot of people are unaware of how many issues or how many elected officials impact their day-to-day life, especially on a local level.”

Jackson Leftwich said although some students may only participate in the presidential election, voting for local elections is still necessary.

“I hope they were able to see the differences in the three candidates and how important it really is to go out and vote because each person stood for a different thing,” she said.

One question that was posed to the candidates to educate the public on their expertise for the position was, “What do you bring to the position that no one else can offer?”

According to DiSalvo, her secret weapon is decades of being a resident in the heart of Youngstown.

“I represented individuals in the city of Youngstown for over 20 years,” DiSalvo said. “My history as a victim of domestic violence and as a single mom on welfare constitutes the background of the majority of the individuals that come before me.”

Hume said if he wins the Nov. 5 election, he can continue to provide a “consistent commitment to the betterment of the city

of Youngstown.”

“Throughout the course of my career, I’ve always maintained a law office in downtown Youngstown,” Hume said. “I have always been committed to our community, working in charitable organizations. ... I’m going to do everything I can to make Youngstown safer and better.”

Hanni explained to the audience how he handles daily drug cases that come through the court.

“When I receive a client that has a drug problem, I ask the judge to put them out on bond with the conditional bond that they either go to a sober living house or they’re in a 30 day rehab,” Hanni said.

Michele Ristich Gatts, treasurer of the Youngstown Press Club and adjunct journalism faculty at YSU, said the organization hosted the event for the public and students to gain a better understanding of what takes place during a local election.

“I thought each of the candidates brought some really important perspectives to the questions that were posed with great information for voters to make informed decisions about who can best represent the city on the bench,” she said.

SHEEN SHINES AT STAMBAUGH: SKEGGS LECTURE PRESENTS STAR OF 'THE WEST WING'

KELCEY NORRIS

Martin Sheen, award-winning actor and social activist, gathered with students from Youngstown State University to educate them about his early life, family and inspiration on Oct. 16 at Stambaugh Auditorium.

Sheen, known for his roles in "The West Wing" and "Apocalypse Now," traveled to Youngstown as part of YSU's Skeggs Lecture series.

Sheen was raised in Dayton, Ohio, only a few hours from Youngstown.

"It's so nice to be here near Dayton, my home, where it all began," Sheen said. "I always am so proud to tell people I'm from Ohio."

Although Sheen is commonly known for his career on the big screen, he spoke to the students about the increase in gun violence around the United States and immigration.

"Acting is what I do for a living, but activism is what keeps me alive," he said. "We are so made as to try and find something worth fighting for, ... something that can help us lift up this country and all its people where the hearts are without fear, and the head is held high."

Sheen said he grew up in a diverse household, allowing him to pursue change in society and become an activist.

"If you grew up in a very large, poor immigrant family, chances are you were either Irish Catholic or Hispanic," he said. "I was lucky enough to be both. ... I had a real advantage when it came to social justice activism."

From a young age, Sheen knew he found his purpose in life, which was to see himself on movie screens.

"I have no conscious memory, believe it or not, of ever not acting," Sheen said. "I started going to the movies around age 5 or 6, where gradually it dawned on me that I was like those people up on the screen. It was an extraordinary revelation."

Jackie LeViseur, director of the Office of Alumni and Events at YSU, is responsible for booking the speakers and encouraging the community to attend the Skeggs Lecture Series.

"We try to keep the lecturers and the subject matter at Skeggs diverse," she said. "We do at least two per year with varying topics, and I always try to solicit suggestions from students and the community on what they want to hear."

LeViseur said one moment that stood out to her during the lecture was Sheen's request for the audience to sing a hymn with him.

"He had us all sing 'Amazing Grace' together, which was incredible," LeViseur said. "That has never happened, and he really just wanted the audience to open their hearts. ... And everyone did."

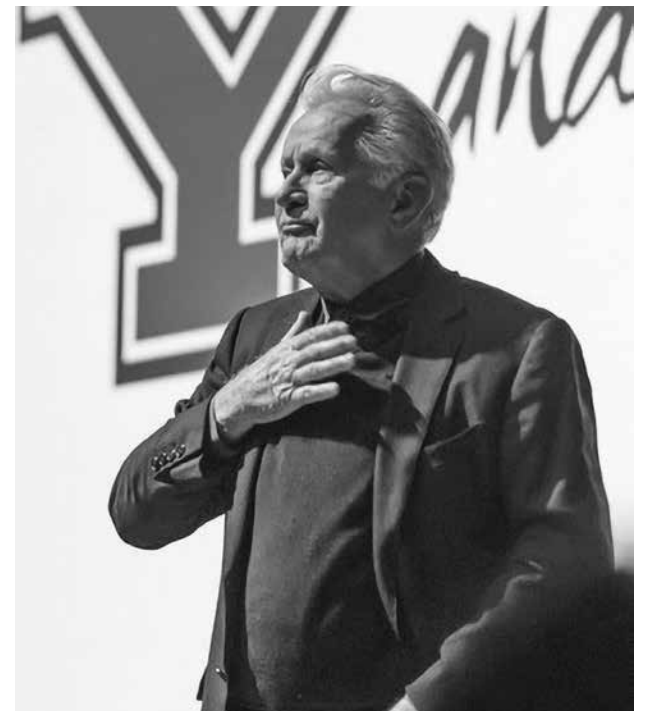
LeViseur said students should attend the lectures because she is enlightened by each presenter.

"[Sheen] was really inspiring, very humble and his message was to believe in yourself and you can do it," LeViseur said. "If your motives are true and honest and pure, you can achieve whatever you set out to."

Sheen opened the floor with questions from four YSU theatre studies majors in the audience.

Nicolas Wix, a junior theatre studies major, asked about criticism of one's art, specifically in the theater business.

"In this field, we don't really get to say what's a success and



Pictured: Martin Sheen. Photo courtesy of YSU News Center

what's not. The world tells us whether we made it or not," Wix said.

According to Wix, Sheen's presentation was inspirational to him as a student pursuing a career in show business, specifically a professional light designer.

"I took away from the entirety of the lecture a sense that you have to be proud of what you're doing and it has to mean something to you," Wix said. "[Sheen] said this a few times, 'Whatever you're doing you have to make it personal, because if it's not then it's impersonal; no one cares.'"

ENTREPRENEURSHIP WORKSHOPS KICK OFF IN YOUNGSTOWN, ATTRACT YSU STUDENTS

BRIANNA GLEGHORN

A Wisconsin-based startup accelerator, gener8tor, expanded its operations to downtown Youngstown by having one of its first collaborations with the Youngstown Business Incubator with the goal to inspire Youngstown State University students to partake in entrepreneurship workshops.

The foundation for the new entrepreneurship workshops started with a similar program called gBETA, which focuses on working with people who already have an established business.

YBI and gener8tor partnered to create a four-week gALPHA program to educate students on the ideation step when starting a business.

Patrick Bailey, director of gBETA Youngstown, said when working with the gBETA program, they realized there was an earlier step they could focus on.

"Within the history of us doing the gBETA programs across the country, we realized that there's an even earlier sector that can be tapped in to for the entrepreneurial spirit," Bailey said.

According to Bailey, students will be working on expanding their own ideas, learning how to pitch ideas and being able to continue their startup after the program ends.

"[gALPHA] really helps not only students but also professors and recent graduates of universities take ideas that they've worked on in college and really commercialize that and make it into an active business," Bailey said.

Corey Patrick, YSU alumnus and director of marketing and communications at YBI, said this program is a way to work with YSU students in a new, innovative way.

"We've been looking for different ways to engage with students and to really drive student entrepreneurship," he said. "So, gALPHA is a great program to do specifically that and to really engage with students, depending on whatever stage they're at."

According to Patrick, helping students with the beginning processes of their business startup hits home for him.

"Having students that are entrepreneurs and want to take that leap and do their own startup is something that's super important to me. ... gALPHA really works for students who are at the idea stage and don't really have a lot of time invested into it," Patrick said.

In Patrick's opinion, there weren't many businesses in Youngstown eight years ago when he graduated high school.

"In a short amount of time, Youngstown has seen a lot of changes," Patrick said. "This little area, this little downtown, has seen a lot of change and a lot of impact and a lot of growth. ... I personally relate a lot of that to the small businesses that are truly the backbone."

Javier Soto, director of the gALPHA program in Wisconsin, believes this program can be beneficial for all types of communities.

"I think in every community out there, there's extraordinary people that can build extraordinary things," Soto said. "But they don't get the access to mentorship into a framework where they can

actually iterate and find a process to build from scratch."

According to Soto, the program helps people analyze their business ideas and realize what resources they need.

Lois Martin-Uscianowski, manager of the Southside Community Butterfly Garden and a senior human resources management major at YSU, said she came to the workshop with several ideas.

"It was very interesting to understand the concept of writing down all your ideas or try to present bad ideas, that you weren't sure if they were going to be good or not, but try and sell them to a client," Martin-Uscianowski said.



Javier Soto helps Youngstown State University students brainstorm possible business ideas. Photo by Brianna Gleghorn/The Jambar



REC EMPLOYEE GAINS CAMPUS RECOGNITION

Jeffrey Logan works at the rec center through YSU's TOPS Program and says YSU is his dream school. Photos by **Shawn Williams/The Jambar**

ALYSSA WESTON

Students and staff who frequent the Andrews Student Recreation and Wellness Center at Youngstown State University may know a rec center student employee, Jeffrey Logan, who has a reputation among many on campus for his happy-go-lucky attitude.

Logan, who has Down syndrome, works at the rec center through the Transition Options in Postsecondary Settings program and is working toward a certificate in physical fitness.

TOPS supports young adults with intellectual disabilities who wish to participate in college, career and community learning experiences.

Erika Campolito, TOPS Program Supervisor, said TOPS aims to prepare participants for independent living and competitive employment.

According to Logan, his responsibilities at work include folding towels and checking students for their YSU IDs.

He said although he has Down syndrome, he can do "anything his peers can do," which he believes is a misconception many have about people with Down syndrome.

Logan loves the opportunity he has been given to study at YSU.

"[Coming to YSU] was my dream come true. I've wanted to come here for a while," he said.

Campolito, who works closely with Logan on a regular basis,

said Logan is "an amazing guy."

"He is dedicated to his studies, work and internships. He loves hanging out with his friends and helping others," she said.

Michael Overholt, a junior nursing major, said when he visited the rec center earlier this semester, he noticed Logan's upbeat personality. He described him as "cheerful and enthusiastic."

*"We should always focus
on individuals' abilities
rather than their disability."*

- Erika Campolito

"I was having kind of a down day, in a bad mood ... and then as I came to swipe [my student ID] into the rec, I'm greeted by Jeffrey with a huge smile and a high five. His enthusiasm for life was infectious. Suddenly my problems seemed insignificant," Overholt said.

In Logan's opinion, he is sociable at work and attributes his positive attitude to helping him meet new friends.

"I normally have a good, positive attitude because I have been positive for a long time. I don't talk negative to other people," he said. "I am happy all the time."

October marks National Disability Employment Awareness Month which, according to the U.S. Department of Labor, is a campaign that aims to raise awareness for "disability employment issues and celebrates the many and varied contributions of America's workers with disabilities."

According to Campolito, in order to break the stigma around disabled people and their ability to work, society should focus on what individuals are able to accomplish, not what hinders them.

"We should always focus on individuals' abilities rather than their disability. Having a disability shouldn't stop someone from achieving their career goals," she said.



WYSU CELEBRATES 50 YEARS

BRANDON BROWN
JAMBAR CONTRIBUTOR

WYSU, Youngstown State University's public radio broadcast station, is celebrating its 50th anniversary. The radio station first went over the airwaves on Oct. 23, 1969, at 88.5 MHz and has been broadcasting ever since.

David Luscher, associate director of WYSU, spoke about the work and dedication the station has seen over its 50 years.

"You feel a connection here," Luscher said. "I can't tell you how many people, even after they have retired or quit and gone on to another job, have still remained active within WYSU. It's just something that I think, at the heart of it, we all believe strongly in."

The station initially broadcasted from the Valley Park Motel on Wick Avenue and now broadcasts from Melnick Hall on YSU's campus.

WYSU has been a National Public Radio station since its inception, being one of the first radio stations to partner with NPR. It provides the Mahoning Valley with content for its committed group of listeners.

Over the years, WYSU has expanded its broadcast hours, provided live coverage for campus events and expanded its communication capabilities to reach more people.

Ed Goist, station coordinator at WYSU, has always been familiar with YSU and WYSU and has continued to see the station change through the years.

"I think in the future we will continue to see changing technologies at the station," Goist said. "We've seen so much technology change, and I like to think WYSU stays on top of what is current in the industry because our students and staff deserve it."

The station's programming currently consists of classical music and NPR news. WYSU also broadcasts jazz music on the weekends. There are around five on-air talent personalities at WYSU.

According to Luscher, local partnerships increase listener interest.

The station partners with local news businesses such as The Business Journal, Ohio Public Radio and The Vindicator while it was still in production.

"Forging partnerships gives the station a voice for things happening in the region," Luscher said.

According to Luscher, the focus on quality content the station distributes is part of the reason the station receives over \$250,000 in donations each year.

Having an operating radio station on YSU's campus for 50 years also gives students the opportunity to learn real, on-the-job skills for a career in radio.

Walter Allen, student employee and board operator and junior telecommunications, sports broadcasting track major, said the experience he gains working at YSU is something not many schools have.

"It's an outlet for students that want to be a part of an actual 24-hour radio station that operates and thrives in the area, which is so cool," Allen said.

Goist said student employees are a critical part of WYSU's success.

"They not only do office work but are involved in production and serve as weekend radio board operators," Goist said. "It provides good work experience and acts as a training ground if the student wants to continue with a career in radio."

As WYSU celebrates 50 years on campus, the station is looking forward to the next 50 years.

WYSU will be celebrating with events such as "An Evening with NPR's Korva Coleman" at St. John's Episcopal Church on Nov. 7 at 7 p.m. and "50th Anniversaries: WYSU-FM, The Moonwalk and The Ward Beecher Planetarium" at Ward Beecher Planetarium on Nov. 17 at 2 p.m.

For more information on these events visit WYSU.org



David Luscher prepares his content rundown to go live on WYSU. Photo by **Brandon Brown/Jambar Contributor**

DOYO LIVE PRESENTERS VISIT YSU, NETWORK WITH STUDENTS

ABIGAIL CLOUTIER

DOYO Live, a marketing conference held in Youngstown, brought four marketing and media professionals to Youngstown State University's campus, giving students the opportunity to network and speak one-on-one with each professional.

Along with each presentation, a panel was held and the panelists discussed their roles as women in business and their favorite projects.

The four panelists — Hillary Smith, Kelsey Klim, Kollin Chupa and Sable Beshara-Kyle — reflected on being YSU alumnae and encouraged students to jump on different opportunities that may arise.

Smith, social media strategist at Clemson University, said DOYO Live Student Day was an opportunity to stress the importance of frequent learning after college.

"I think it's really important for students to understand their path," Smith said. "In this day and age, you can go out and get the experiences you need to be successful without taking another class."

Smith presented Clemson's social media tactics and discussed its social media campaign, which assists disadvantaged students who direct message Clemson's Instagram account in times of need.

"It's really great to be that helping hand as they walk through the process [of applying]," Smith said. "This year we have a list of 400-plus students we are direct messaging. It's really exciting to see how it's impacting students."

Beshara-Kyle, the digital channel manager for the Cafaro Company, presented her journey as well as expectations for students looking to network with the company.

She also held a session on visual storytelling and using video in marketing at DOYO Live.

Klim and Chupa, founders of K Squared Marketing, discussed the buildup of their own boutique marketing firm.

Klim said talking to students one-on-one brought her full circle with her college career.

"My time spent as a student here set the stage for my future career path," Klim said. "To come back and impart any sort of encouragement on students has been amazing."

The K Squared Marketing founders said one of their favorite projects would be familiar to many YSU students.

"For me, it is definitely Y Live," said Chupa. "It's a lot of work, but it's definitely one of those passion projects."

Mi'a Toomer, a junior communication studies major, said hearing the paths each presenter went down reassured her career choice.

"Honestly, it was a really awesome experience," Toomer said. "Since communications is so broad, it was great to talk to people."

A hot topic of the panel for several of the presenters was if they could change one aspect about college, it would be to worry and overthink less.

Toomer said hearing this made her feel encouraged that landing a job after college is possible.

"I think that a lot of students kind of overthink. ... So I think that that was really helpful," she said.

The panel was moderated by Adam Earnhardt, chair of the Department of Communication, and the event was hosted by the YSU Department of Communication in partnership with DOYO Live.

DOYO Live in downtown Youngstown featured over 20 presenters and three deep-dive workshops with topics ranging from marketing to social media, community branding and storytelling on Oct. 17 and 18.



NOT JUST A TREND: VEGAN BAZAAR DRAWS A CROWD TO FEDERAL STREET

Kate Perry of Fruit Collective holds her young son while talking to shoppers. Photo by **Cailey Barnhart/The Jambar**

CAILEY BARNHART

A flock of artisan vendors set up shop inside the Concept Studio on Federal Street for the Vegan Bazaar on Oct. 17.

Held on the third Thursday of every month, the bazaar is described as “a mindful market of the best cruelty-free, plant based products, food, beverages and services in our regional area.”

Kate Lewis runs the Vegan Bazaar and believes veganism has made significant progress over the last few years.

“We are no longer listed as a trend. Veganism is being discussed at food shows and seminars all over as a fixture, and it’s here to stay. Plant food isn’t going anywhere,” she said.

When it comes to veganism and vegetarianism, there are a few main differences. While vegans and vegetarians both choose to not consume meat, veganism restricts dairy, eggs, honey and any other items that are derived from animal products, such as leather and silk.

Kirsten Sutaria of Wonderlab’s Doozy Pots was at the bazaar selling her hemp-and oat-based gelato with flavors ranging from pink lemon berry to pumpkin spice.

Sutaria is a food scientist who previously worked for Ben & Jerry’s. After researching and learning about the nutritional benefits of hemp, she wanted to incorporate it into her gelato.

When it comes to getting hesitant individuals to try vegan products, Sutaria explained her method.

“The best way to introduce people to vegan products is to

make delicious food. Vegan food has become so creative and innovative that there has to be a product out there you’ll try and love.”

Jamie Diviney of Holy Cannoli Co Sweets and Treats makes handmade vegan cannoli out of Cleveland.

Holy Cannoli was featured in this month’s edition of Cleveland Magazine for being the best gourmet cannoli in Cleveland.

Diviney has been a vegetarian for as long as she remembers and was inspired by her vegan son to make a vegan line of the pastries.

Other vendors included Michaela and Tim Fry who were selling Killik Hot Sauce, a fermented hot sauce that is vegan, gluten-free and low in sodium.

The idea came from Michaela Fry’s father, who had to lower his sodium intake but needed a way to not give up one of his favorite condiments.

“Because the fermented sauce isn’t cooked down at all, it has a lot of vibrancy and funk other sauces don’t. It tastes like vegetables and smells more like a salad than a hot sauce,” she said, promoting no artificial ingredients.

Aside from food, the bazaar also featured clothing, handmade jewelry and caricatures.

Youngstown State University alumnus and former Jambar employee Paris Adrian turned his love of art into a career. As a designer and cartoonist, he offers digital and physical caricatures

of people, pets and a combination of the two.

When not working local events like the Vegan Bazaar and the Mission Night Market, Adrian often does caricatures at weddings.

As visitors left, they stopped at the MoBite food truck outside of the studio. The truck features 100% vegan food and baked goods. Mac and cheese, Philly cheesesteaks and wraps were just a few things the truck had to offer to shoppers and passersby.

The next Vegan Bazaar will take place Nov. 21 in the Concept Studio, located at 217 W. Federal St.



Paris Adrian of Caricatures by Paris works on a caricature of Melanie Buonavolonta of Mel’s Habitat, who also had a booth at the Vegan Bazaar. Photo by **Cailey Barnhart/The Jambar**



YOUNGSTOWN APOTHECARY GOES FROM CAULDRONS TO CATS

The aroma of incense burning in a cauldron greeted visitors as they entered Her Primitive Ways Red Road Apothecary for Campus Cat's adoption event, Feline Fall Fest. Photo by **Frances Clause/The Jambar**

FRANCES CLAUSE

When customers walk into Her Primitive Ways Red Road Apothecary in Youngstown, they're greeted by the aroma of artisan teas and tisanes, herbs, spices and fragrant incense burning in a cauldron.

On Saturday, the Elm Street shop that typically provides tarot card readings and spiritual counseling was full of kittens roaming the space for Campus Cat's adoption event, Feline Fall Fest.

Campus Cats TNR, which stands for trap, neuter, release or return, at Youngstown State University is a group formed by YSU Honors College students to help decrease the feral cat population on campus.

Lauren Rager, a sophomore biology major and the president and founder of Campus Cats, said she decided to form the

group after trying to catch a feral cat her first few days of classes during her freshman year.

"Throughout the week, I saw more and more cats, and I realized it was a really big problem on campus. So, our group originally started with trapping the feral cats and getting them spayed and neutered and then released," she said.

Partnering with the apothecary proved to be successful as \$300 was raised for cat supplies and four kittens were adopted.

Lizziey Terrell, a senior psychology major, said the relationship with the apothecary's owner started when she reached out about three rescue kittens. Terrell and another member of Campus Cats picked the kittens up, and the bond with the shop has only grown.

"The apothecary owner also gave us a special oil for another cat with a skin condition, and it worked amazingly well," she said. "So we've kept a good relationship with the business and owner."

Owner Shannon Blackshire is no stranger to hosting events, but they don't typically involve adopting cats.

Blackshire's Tarot and Tea Thursdays and Witchcraft Wednesdays are among the events that aim to debunk misconceptions of witchcraft and show how to incorporate cultural practices that benefit the mind and body.

"A lot of the products that I make are meant for self-care practices. I use a lot of natural holistic products, too, so bath salts, facial steams, soaps that are made organically, herbal tinctures, teas that not only have medicinal properties but are also aromatic," she said.

These natural remedies are not often associated with witchcraft, and Blackshire said there are many misconceptions about those who practice it.

"First of all, [witches] aren't all green-skinned, haggy nose,

warts and cackle over cauldrons, although that's fun to do," she said. "Usually, witch stands for a woman or person who owns their personal power, knowing they can affect their environment, as well as be affected by their environment."

Blackshire's goal is to get her apothecary visitors more in tune by connecting with who they are and balancing the seasons and cycles within themselves and their environment.

"We live in a world that is very chaotic, crazy and hectic, and sometimes we forget to slow down and take care of ourselves," she said. "Her Primitive Ways became a place to connect to our ancestral and cultural practices that we have gotten so far away from in the modern world."

NEWS BRIEF - HOMECOMING ROYALTY



Chibuikwe (Chibby) Obinnakwelu and Chandler Killins were crowned Youngstown State University's Homecoming king and queen at the Oct. 12 homecoming game against South Dakota State University. Photos by **Brent Bigelow/The Jambar**



Visitors at Her Primitive Ways Red Road Apothecary enjoyed petting the cats and kittens during the adoption event. Photo by **Frances Clause/The Jambar**

HERE COMES THE BRIDE

MAC POMEROY

If you were getting married, who would you pick to attend? For many people, the answer would be similar: friends, family, maybe some co-workers or neighbors. Even for those who prefer a very small wedding, at least family is usually invited.

However, what if you didn't have the greatest relationship with your family? What if they were very negative people and you knew that they would not be supportive on your big day? Who do you invite then? Do you accept the negativity or aim for positivity?

This example probably sounds very specific, and that's because this actually happened. This weekend, I had the honor of attending a wedding as one of the only guests. The bride is a dear friend of my family and doesn't have a great relationship with her family. They are often very negative and they fight. She decided she didn't want that on her wedding day.

In our daily lives, we are surrounded by people who aren't the most positive. Of course, being a bit negative doesn't make

someone toxic. Often, people confuse having a different opinion with having a negative one when that is not the case.

Having a negative opinion is having an opinion that is directly harmful to others. Being a negative person is when you have many harmful opinions. And being toxic is when your words and actions start to deeply reflect this negativity.

We may find ourselves tied to negative or toxic people. Maybe they are family, co-workers or classmates. Avoiding any negativity isn't possible because we don't control every single person we come in contact with. But we can prevent ourselves from having to interact with these people outside of what is necessary.

For this bride, she wanted peace. She knew her family had a history of causing drama, and she did not want that on her wedding day. She made the decision to not be around that negativity.

This decision is one we need to make in our daily lives. The people we surround ourselves with make a large impact on who we are and how we view ourselves.

Even the most confident person can be torn down if surrounded by people who continue to make them feel that way. The strongest mental walls can be chipped away. Gradually, negative comments build up and risk becoming part of how you see yourself.

Dealing with toxic people is not worth it in the long run. People come and go, but you can't leave yourself. You have a life to live, and constant negativity will prevent you from doing so.

At the wedding, the bride smiled and laughed. She was able to relax. She was surrounded by people who love her and have her best interests in mind.

Seeing how much happier she was made me think about how different the day would have gone if she had given in and invited her toxic family. She wouldn't have been as lively. She would have been stressed, stuck between trying to please her family and actually enjoying her own wedding.

She made the best choice she could. She chose herself.

THE JAMBAR[®]

— EDITORIAL —

PLEASE, JUST CAST YOUR VOTE

College years are when many people start to feel like adults for the first time, but they're also when many legally become adults. We start to have more control over our own lives, making our own decisions about our finances, education, health and so on.

We also become legally able to vote for the future of both our local area and nation in elections.

The presidential election, the so-called "horse race," is on national display and will be a hot topic in the news until a new president is actually chosen next November. The nonstop coverage can get tiring, and many are discouraged from voting.

However, many of us forget midterm elections, primary elections, or even the general elections on Nov. 5 of this year through which we can influence our local area's taxes, school board, city council members and more.

Despite being a fairly large voting group, we as millennials and Gen Zers don't exert our full voting power.

In the 2016 presidential election, only 46.1% of 18- to 29-year-olds voted, according to U.S. Census Bureau data. Compare that to 70.9% of those older than 65 and 66.6% of

45- to 64-year olds who voted. Even though we're adults, our parents and grandparents are still making decisions for us by voting in elections more than we do.

According to a Pew Research Center article from 2018, those born between 1981 and 1996, or millennials, are projected to become the largest living adult population in 2019. Generation Z also has a growing number of voting-aged members.

With the two generations combined, those 38 years old and younger could have the greatest voting power in the nation. But that's only if we choose to exert it.

College students hear a variety of arguments trying to get them to the polls, many of which feel patronizing and condescending. Of course, there's the trite "good citizenship" argument for voting in which we're guilted for not doing our "civic duty." But, labeling voting as a solemn duty may not be the best way to describe it.

Voting may be a civic duty, but realistically, voting is making decisions on issues that will directly affect us and those we care about.

Showing up to cast a vote is one of the greatest ways we can

exert our influence as citizens, sure. But it's also how we can ensure local and national policies and public servants work best for us.

By the time most of us register for spring classes, the window for casting a vote in this year's general election will already have closed. And the two processes — voting and registering for classes — are not so different. When you choose your classes, you're making sure your future is secure, on track and heading the way that you want it to go. You could choose almost any classes theoretically, but only you know which ones fit your goals.

In an election, you can vote, in whichever way you like; no one is supervising your choice.

You can even choose not to vote as so many of our peers did in 2016. But only you know what your goals for the future are and how you want the next few years of your life to go. By casting your vote, you're choosing what you want your future and the future of your community to look like. We have the voting power to make changes, it just comes down to actually taking action.



There are currently 459 international students enrolled at Youngstown State University. Photo by **Rachel Gobep/The Jambar**

INTERNATIONAL STUDENT POPULATIONS DROP NATIONALLY AND LOCALLY

BRANDON BROWN
JAMBAR CONTRIBUTOR

International students securing student visas to study in the United States is becoming increasingly difficult.

Since 2016, the immigration rate to the U.S. has fallen 14% overall, and according to the official White House page on immigration, “The president supports ending chain migration, eliminating the Visa Lottery, and moving the country to a merit-based entry system.”

The overall decline in immigration into the country can be seen in student visa numbers as well.

According to the U.S. State Department Visa Office, the issuances of F1 visas, the type of visas necessary for international students, decreased 39% from 2014 to 2018. In 2014, 595,569 F1 visas had been issued, while 362,929 F1 visas were issued in 2018.

While the U.S. government does not give a specific reason for denial into the country, Shuiping Jiang, assistant director of international admissions and recruitment at Youngstown State University, said many of the international students the university looks to recruit are growing skeptical of choosing the U.S. while they study abroad.

Jiang was once an international student who held the status of an F1 visa student.

“Every student will get nervous about applying for a visa,” Jiang said. “If you look at the current visa approval rate data, it does cause students applying for study more concern.”

According to the YSU International Programs Office, the university had a total of 297 international students attending YSU in 2016.

The number continued to increase in the following years, with 2017 seeing 449 international students and 2018 increasing to the university’s all-time high for international student

enrollment at 472.

The fall 2019 semester saw a drop in international students, with a total of 459.

Administrators at YSU said international students are choosing to study in other countries or simply being denied a student visa by the U.S. State Department.

Carly Devenburgh, assistant director of International Student Services, said the university can only speculate why there has been a small drop in international student enrollment.

“We’ll never know,” Devenburgh said. “We have definitely seen students get their visas denied, but we have in past years, too. I don’t know if that is the sole reason our numbers are down or it’s just enrollment as a whole at the university being down.”

Both Jiang and Devenburgh said the most common reasons for international students to be denied visa approval are securing funding for study and maintaining nonimmigrant status.

The F1 visa status means students don’t pose a risk of overstaying their visa after they have completed their studies.

When it comes to funding for international student study, YSU offers merit-based scholarships to international students.

Devenburgh said the majority of international students pay for tuition through scholarship.

YSU has awarded over \$128,000 in funds to international students, and international students tend to have a higher GPA. Jiang said many international students maintain a 3.0 to 3.5 GPA.

“We’re bringing in quality students, and they’re able to contribute to the university in a number of ways,” Devenburgh said. “They bring a global citizenship to the university.”

While many international students are able to secure a student visa to study at YSU, administrators are noticing a decline in international student interest and numbers.

Devenburgh noted a recent drop in students from Nepal

coming to study at YSU.

“Our Nepali numbers have seen a great intake for two years in a row and that really, really dropped off this year. We’ve only seen two new students enrolled this year from Nepal, and I definitely think that was due to visas being denied,” Devenburgh said.

Jeffrey Tyus, assistant professor of communication at YSU, travels to Ghana to recruit for the program.

Ghana is a new market for international study at YSU, and while Ghanaian enrollment has done well at YSU, Tyus said student recruits express apprehension about applying.

“We were getting lots of questions from applicants like, ‘Would we be treated right?’ and expressing a lot of uneasiness about coming to America after the recent presidential election,” he said.

Tyus said international students are starting to look elsewhere when they want to study internationally.

“I do know of students in Ghana who decided they were not coming to the U.S. and started looking for places to study in Canada,” Tyus said. “If we think we are the only option out there, we’re wrong. People will take their tuition dollars elsewhere. People don’t want to deal with the headache that getting a visa can entail.”

Devenburgh said international students bring tuition dollars and economic stimulation to the area, which benefits the local economy and the university.

Tyus is planning a study abroad trip to Ghana in the spring semester, and he hopes to get students to mingle culturally and engage international students to come to YSU.

Additionally, Jiang actively recruits students in Asia and South America.

Devenburgh said the office of international student affairs hopes international enrollment grows next year.

VAPING

Continued from Page 1

obstructive pulmonary disease-like illnesses early on,” Uccchino said. “We’re definitely seeing similar [illnesses] compared to cigarette use as far as worsening asthma, COPD and difficulty breathing.”

According to Uccchino, the outbreak has “spread like wildfire.”

“I think so many kids are using them now, and adults are using them to try and get off cigarettes, and so I think it’s just skyrocketing at this point,” Uccchino said.

Uccchino said St. Elizabeth Hospital will be creating public service announcements for local school districts to educate young people on the dangers of using vaping products.

“We’re going to film short PSA videos here in the future, just

trying to spread the word in local area high schools about the consequences of vaping,” Uccchino said. “Just try and educate the younger people who maybe don’t understand or don’t know exactly what could happen using these products.”

Additionally, Youngstown State University still plans to enforce the strict smoking policy on campus.

John Hyden, associate vice president of facilities maintenance, said although vaping and e-cigarette products correlate with the smoking policy, the cumulation of smoke clouds formed around campus can be a bother.

“I would think it is more of a nuisance; however, given recent news stories about serious lung illness, it could be of concern” Hyden said.

Nate Montgomery, a senior general studies major, said vaping

helped him wean off of smoking cigarettes.

Although officials have been making the consequences of vaping known, he said he still plans to vape.

“I do think it’s risky to have all of these ‘delicious flavors’ to entice kids and young people,” Montgomery said. “As a whole, I would very much dislike any law that would limit someone’s ability to vape simply because of how beneficial it could be compared to cigarettes.”

According to Montgomery, he doesn’t have any worries for long-term illnesses while vaping.

“I don’t have as much worry for long-term illness as if I was smoking cigarettes still,” Montgomery said. “There’s always the risk that something’s going to come out later.”

ONLINE SAFETY IN THE DIGITAL AGE

MARIA ELLIOTT
JAMBAR CONTRIBUTOR

October is National Cybersecurity Awareness Month, and cybersecurity is an issue that affects students who spend a lot of time online for schoolwork or social media.

Students must take the necessary precautions to secure their information online.

The National Initiative for Cybersecurity Careers and Studies defines cybersecurity as “the activity or process, ability or capability, or state whereby information and communications systems and the information contained therein are protected from and/or defended against damage, unauthorized use or modification, or exploitation.”

Christopher Wentz, chief information security officer at Youngstown State University, said one of the most common forms of information breach occurs through unsafe password practices.

He said students should not use their YSU password for other accounts because if there is a data breach, all accounts associated with that password can be compromised.

Wentz said YSU has an “information security ecosystem,” which includes firewall protection, email protection and anti-virus software.

All three forms of protection share information with each other as well as pull information from global networks on new scams and suspicious links. Anyone using the internet on campus will be protected from links that one of the systems has already identified as malicious.

“It all talks to one another — it all links in,” Wentz said.

Although there are many systems in place to protect students who access the internet on campus, there are still other ways that they can be at risk online.

Wentz said social media can be dangerous when it comes to sharing personal information online.

According to Wentz, social media users should be careful about tagging their locations online and be aware of what kind of information might be visible in photo backgrounds.

“There’s a lot of little breadcrumbs that we leave or that we may not think that we include that give the bad guys a lot of

good information on you,” he said.

James Yukech, associate vice president and chief information officer at YSU, said the internet is becoming an increasingly dangerous environment.

He said hackers are always coming up with new ways to get access to people’s information, and vigilance is key in online safety.

“The minute that we get smarter than them, they figure out a way to get around our traps,” he said. “It’s an ongoing battle.”

Yukech said YSU plans to implement multifactor authentication in fall 2020. This would require students to access their accounts using a pin number in addition to a password when they sign in from a new device.

He said account protection is extremely important because hackers can access sensitive personal information — including financial records.

“Once your account is compromised, the bad actor can

appear as you, and so all the rights that you have become their rights,” Yukech said.

He recommended students look into services such as LifeLock to secure their information online and said they should only perform transactions online when absolutely necessary.

Kriss Schueller, computer science and information systems professor, said security issues can also arise for those interested in the newest technology.

“There’s a section of the public that likes the ‘latest and greatest’ that might not be validated,” he said.

Schueller said he believes children should be taught about online safety from a young age to create more awareness as the internet becomes more and more prominent in daily life.

“One of the biggest divides we have in this country is there are people who know how to use technology and people who don’t,” Schueller said.



Students work on assignments in the computer lab on the first floor of Maag Library. Photo by **Maria Elliot/Jambar Contributor**

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The rock in Youngstown State University's campus core is painted to look like Patrick Star's rock home from an episode of "SpongeBob SquarePants." Photo by **Rachel Gobep/The Jambar**



Twelve students and members of the community, with the help of R.J. Markowitz and student workers, set sail for a three-mile trip on Mosquito Lake courtesy of the Andrews Student Recreation and Wellness Center on Oct. 15 during fall break. Photo by **Tina Kalenits/Jambar Contributor**

MAHONING MATTERS KICKS OFF DIGITAL NEWS LAUNCH

With the recent closing of Youngstown's newspaper, The Vindicator, a new digital-only news platform is in full swing, bringing a new and innovative reporting approach to the Mahoning Valley.

Mahoning Matters, a digital news platform providing a "focus on vital topics that impact the daily lives of Mahoning Valley residents," launched on Oct. 10.

A launch party was held at the DoubleTree by Hilton Youngstown Downtown hotel with officials from McClatchy Newspapers and Google and local members of the Youngstown/

Warren Regional Chamber, along with friends and family.

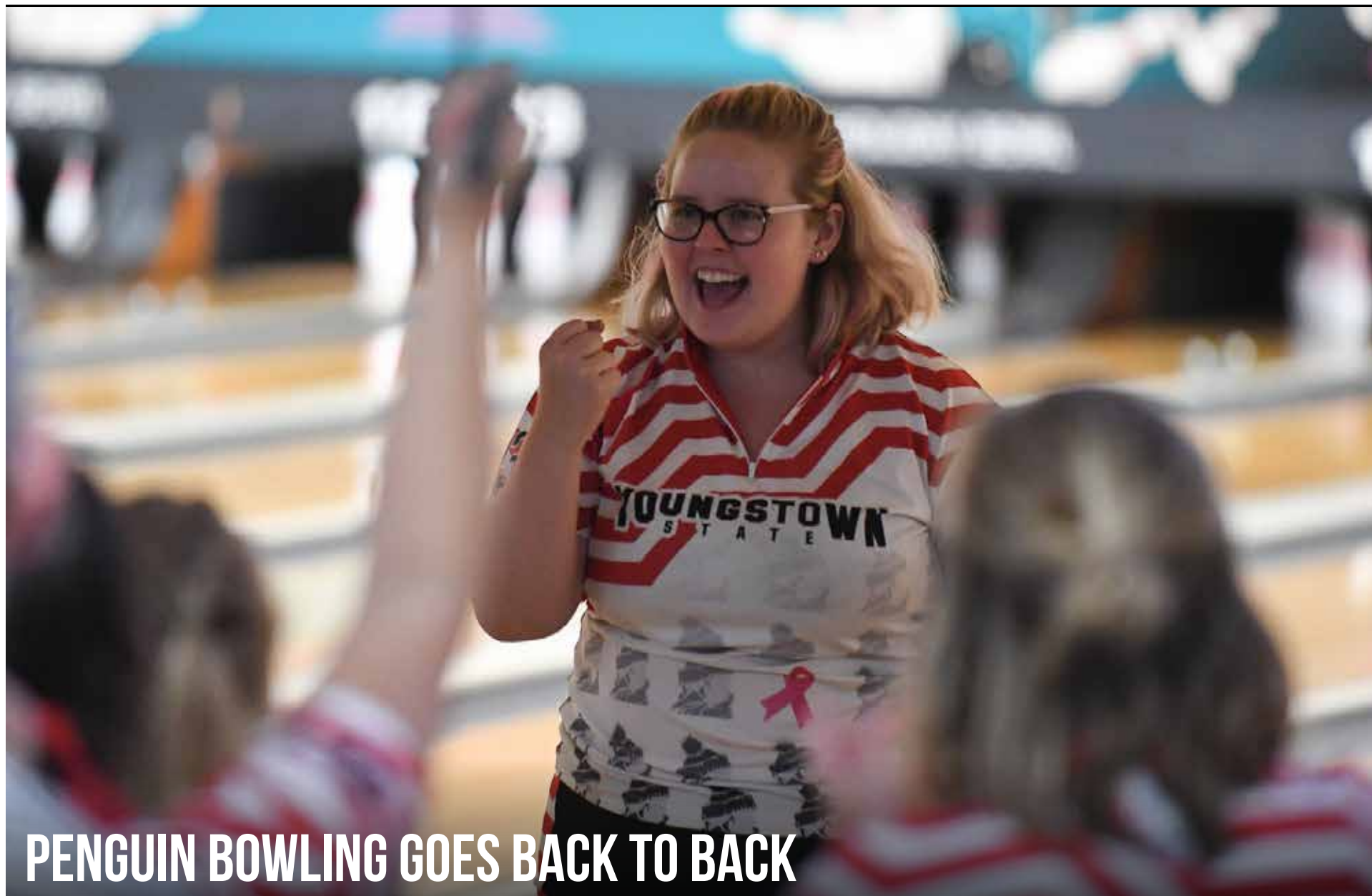
Mahoning Matters is composed of four journalists who each played a role at The Vindicator: Mark Sweetwood, digital news editor of Mahoning Matters and former managing editor at The Vindicator; Justin Dennis, known for reporting on local court and government beats; Jess Hardin, who previously worked at the U.S. Office of Special Counsel before her start at The Vindicator in 2018; and Jeremy Harper, former copy editor and page designer at The Vindicator.

Mahoning Matters will take a deeper look into local topics

with more in-depth and extensive reporting bases versus the day-to-day news operations.

Youngstown's Mahoning Matters platform will serve as the first pedestal for The Compass Experiment's digital-only news site project, with two new locations being selected in the next several months.

For local news updates from Mahoning Matters, visit its website <https://www.mahoningmatters.com>.



PENGUIN BOWLING GOES BACK TO BACK

Emma Dockery celebrates with her team during the inaugural Columbia 300 Penguin Classic held at the Holiday Bowl in Struthers. Photo courtesy of **Robert Hayes**

BRIAN YAUGER

For those that didn't get the message the first time, Youngstown State University bowling is here and ready to prove something.

Fresh off their first tournament title in program history — the YSU-hosted Columbia 300 Penguin Classic — the Penguins got right back to business, traveling to Mount St. Mary's University in Maryland and returning home with a second title in two weeks.

"I'm proud of how strong mentally we were throughout the weekend," Penguins coach Doug Kuberski said in a press release. "All eight ladies played a big role in our success. It was a total team effort all-around to navigate the ups and down over the weekend, and we grew stronger together."

In the Mount Shootout, the Penguins ended in first place out of 16 competitors with a 6-1 record in their matches, knocking over a total of 6,630 pins. They also posted the second-highest traditional match score with 1,014 pins, just shy of the hosting Mount St. Mary University's total of 1,026.

Sophomore Emma Wrenn had a stellar performance on the first day of the tournament, posting scores of 195, 230, 233, 226 and 197 to end as the individual champion.

The Penguins got to compete at home the week prior. The Columbia 300 Penguin Classic was the first match hosted by the YSU bowling program.

"We had a great time, and I think that the energy on the team and the chemistry was ahead of schedule," Kuberski said. "We've still got some work to do, but I was really happy with that, and the outcome was the cherry on top."

On the individual side, Sarah Florence had the top YSU performance and second overall. Across five matches, she knocked over 1,093 pins. Florence finished just shy of first place, which was held by Angelique McKeny (1,107 pins) of Kentucky Wesleyan University.

Nikki Mendez was the other Penguin in the top five, placing fourth with a score of 1,044.

Getting a win over a team like Arkansas State University, a perennial powerhouse who the Penguins hadn't beaten prior,

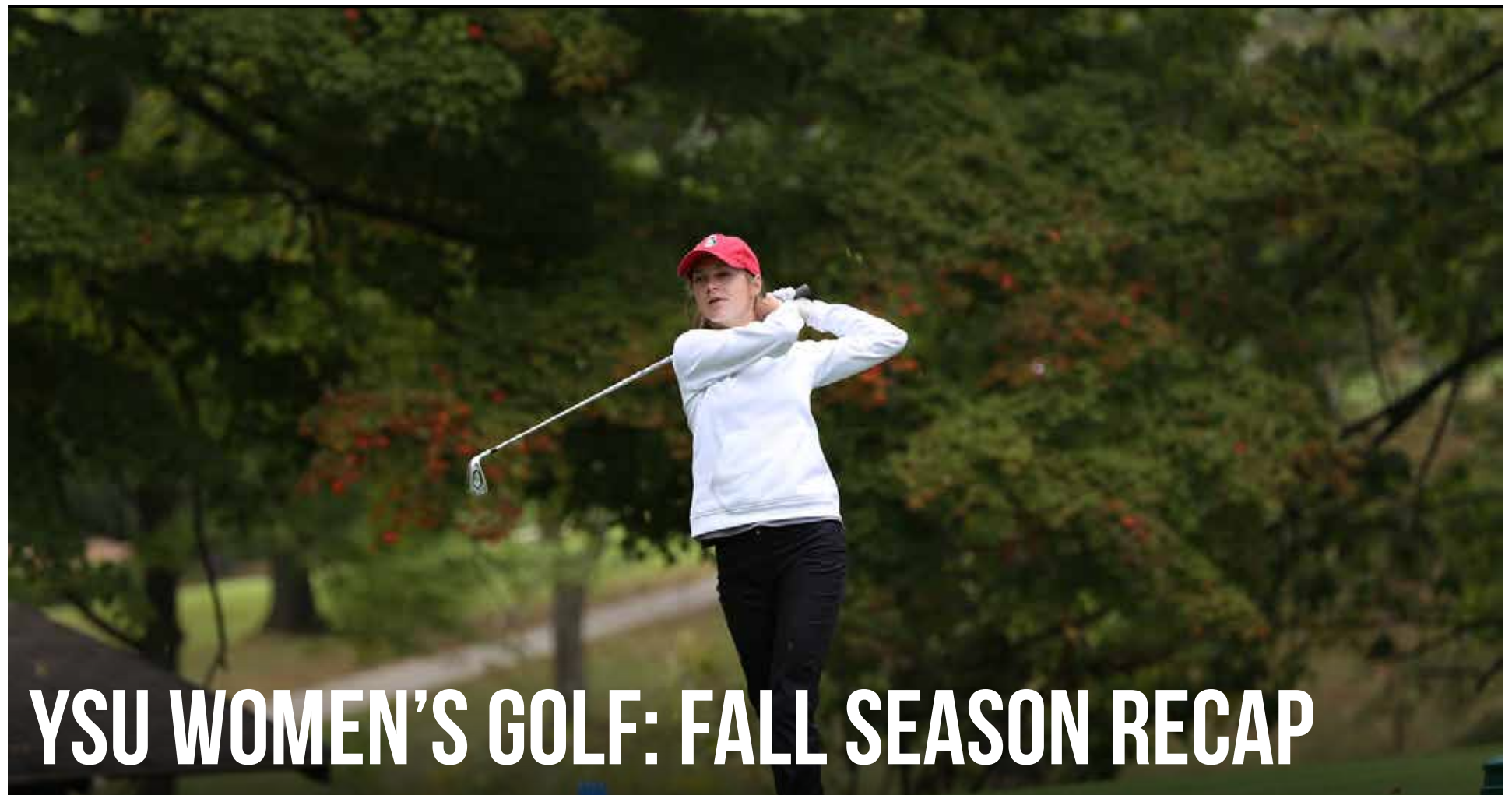
puts the team in a good spot going forward. As the team gains confidence, the success will continue.

"I think this builds our confidence," Kuberski said. "It's always nice to know you've been there, and the girls have performed well under pressure. There were a lot of teams that we struck out in the back half of the game to win. I think learning how to handle that pressure is big."

Going against Arkansas State, who Kuberski used to coach, provides the experience that the first-year coach has been trying to build with his team.

"It's nice for us to bowl against ranked teams," Kuberski said. "I really wanted us to make the bracket on Sunday so we would have a chance to bowl against those teams just to gain the experience."

Up next for YSU is the Track Kat Klash in the first three days in November in Houston, Texas. The tournament is held by Southland Bowling League rival Sam Houston State University.



YSU WOMEN'S GOLF: FALL SEASON RECAP

Christina Lewis hits a ball at the 2019 Fall Preview at Silver Lake in Silver Lake, Ohio. Photo courtesy of YSU Sports Information

NATHANAEL HAWTHORNE

The fall season for the Youngstown State University women's golf team ended Oct. 15 after the team placed fifth at the University of Dayton Fall Invitational.

Going into the season, the team had high expectations after a successful season last year.

The team medaled in two of the five events it participated in. Freshman team member Christina Lewis believes the fall season was successful and attributes that success to the momentum the team had after winning its first invitational and taking second place in its second invitational.

"I think we did really well in our first two tournaments, which was nice to start in a good way. ... I think [it] really helped us for the rest of the season," Lewis said.

Following the first two tournaments, the team played in the Nittany Lion Invitational, hosted by Pennsylvania State University.

Head coach Nate Miklos predicted a tough field for the team, and that prediction would prove to be true. The tournament featured difficult opponents, such as the University of Pennsylvania and Rutgers University.

"I think the competition for the Penn State tournament was much harder than the first two tournaments, so I think that was one of the main reasons we didn't do so well," sophomore team member Victoria Grans said. "But I also think that those tournaments are the ones [where] we learned the most."

Despite the struggles of the season, Grans believes that the team is headed in the right direction.

"I think that we all feel that we fell a little short, but I also think that it's just one step forward," Grans said.

At the beginning of this season, Grans said the team was more competitive than last year. The team has had a better fall season this year.

"We [have] a competitive team this year," Grans said. "We had some good tournaments and some harder ones, but I think we learned a lot and we really built our team as a whole."

The only major speed bump on the road to success was the Penn State Invitational. The team placed 11th both years; however, this year the 11th place finish was the only time the team dipped below sixth place.

"I just think we all gave it everything we had. ... We all worked really hard throughout the season," Lewis

said.

Grans believes the setbacks of the fall season will propel the team to greater success in the spring.

"I really think that we grew as a team, and I think that can take us far. I'm really proud of my team and how we help each other out and lift each other up. I'm so happy to have all my teammates there, and I think that we [are] an amazing team," Grans said.

The team will open the spring season March 1 in the Kiawah Island Spring Classic, hosted by the College of Charleston.



Victoria Grans taking a swing at Silver Lake. Photo courtesy of YSU Sports Information



The Youngstown State University men's cross country team pictured at the Disney Cross Country Classic. Photo courtesy of **Brian Gorby**

BRIAN YAUGER

They say that Disney World is "the happiest place on Earth." Youngstown State University's cross country program proved that as it brought home a pair of championships in the Disney Cross Country Classic held at the ESPN Wide World of Sports in Orlando.

Both the men's and women's programs put up dominating performances in their events. The men won by 73 points and the women won by 56 points.

"This is the first time we've ever swept anything in 28 years of the program, and to not only sweep, but to sweep Disney World was just probably the most incredible accomplishment we've done because it was on ESPN3," Penguins cross-country coach Brian Gorby said.

The top six finishers on the men's side were all from YSU. Chris Butler from Boardman claimed the top spot, running with a time of 25:22.1. Tyler Polman (25:23.1), Derek Basinger (25:30.0), Matt Mangus (26:02.6) and Ethan Sparks (26:22.5) all followed closely behind. Cole Lovett finished with a time of

26:52.3.

Ethan Dobler (27:09.0) finished in eighth, and YSU's final runner Craig Schumacher (27:21.3) finished in 11th.

On the women's side, the top five 5K finishers were all Penguins. Morgan Cole was on top with a time of 18:15.2. Behind her were Natalie Fleming (18:30.7), Nicole Squatrito (18:33.7), Ashleigh Rowley (18:35.0) and Maggie Sebest (18:40.5).

Not only was it a big win for the program now, but it was also a big win for the program going forward. Having success on such a big stage like Disney World is already paying dividends for the program.

"That catapults you into the spotlight a lot more, and recruits are extremely excited about that type of opportunity," Gorby said. "In the last two weeks we've had what's called a recruiting bump."

"Recruits are committing or just really excited about doing something like that. It's a great memory for them," Gorby continued. "It's pretty cool to be on ESPN3 and to do that in front of a TV audience at Disney World."

Since winning in Florida, the Penguins have had two more meets in Pennsylvania and New York.

The women raced at Pennsylvania State University for the Penn State National Open on Oct. 18 and finished in 12th in the 6K. Squatrito was the top performer, finishing at 21:57.2.

The next day, both teams ran in the Canisius Alumni Cross Country Classic at Canisius College in Buffalo, New York.

The Penguin men recorded the top three finishers and five of the top six, claiming the championship. Polman's time of 25:11.9 is a personal best and the seventh-best 8K time in school history. The women placed 10th, with Charlotte Crouch (19:29.3) posting the best time for the Penguins.

Up next for YSU is the 2019 Horizon League Championships on Nov. 2 held in Highland Heights, Kentucky. The goal, like every year, is gold.

"What we're trying to do is get ourselves into conversations for championships in two weeks," Gorby said. "And that's exactly what we've done. We've hopefully made a statement and, of course, just credit to these guys. ... We've been training hard, but our kids are responding at an even higher level."