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CAR CRIMES



Photo by Sydney Stalnecker / The Jambar

Cars on YSU's campus get targeted for precious metals by thieves.

Catalytic converter thefts on campus

By Sydney Stalnecker
The Jambar

Two people have reported their catalytic converter stolen from their vehicle on Youngstown State University's campus in February. Four cases were reported between October 2021 and February 2022.

YSU police Chief Shawn Varso said these thefts have been on the rise in many locations.

"We're not the only ones who are basically get-

ting hit with catalytic converter thefts," Varso said. "There is a rash of catalytic converter thefts in the area: Austintown, Liberty, Youngstown. They've all experienced an increase in thefts of catalytic converters."

According to J. D. Power's website, catalytic converters are a part of the "exhaust system designed to reduce emissions" and they cost an average of \$800

Converter, Page 3

Guinathon raises \$72,000

Proceeds to be donated to Akron Children's Hospital

By Jillian McIntosh
The Jambar

The sixth annual Guinathon raised over \$72,000 on Saturday, Feb. 26 at Youngstown State University's Beechly Center.

The YSU dance marathon is a student-run organization that fundraises year-round to donate to treatment, technology and research at Akron Children's Hospital.

Alex Kennedy, adviser for Guinathon and a student success specialist, said the movement has personally benefited her and her family.

"What Guinathon means to people like myself — who it directly impacts in the community — really just makes a difference in our lives. Our child was in the newborn intensive care unit," Kennedy said. "Just the little things that this money provides to us made us feel so normal in

Guinathon, Page 2

News	1-7	Opinion	10,12
Student life	8-9	Classifieds	13
Entertainment	11	Sports	14-16

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7-DAY WEATHER FORECAST

Thurs.



Mostly Cloudy

High: 31°F
Low: 17°F

Chance of prec. 1%
mostly cloudy

Fri.



Fair

High: 42°F
Low: 33°F

Chance of prec. 0%
sunny

Sat.



Fair

High: 42°F
Low: 33°F

Chance of prec. 0%
sunny

Sun.



Rain

High 66°F
Low 40°F

Chance of prec. 60%
rain

Mon.



Rain

High 43°F
Low 37°F

Chance of prec. 35%
showers

Tues.



Snow

High 39°F
Low 24°F

Chance of prec. 30%
snow

Weds.



Fair

High 48°F
Low 29°F

Chance of prec. 0%
sunny

Information courtesy of accuweather.com

Guinathon
Page 1

a time that was so abnormal and scary for us.”

The eight-hour event consists of participants raising money by dancing and engaging in activities such as lip-sync battles and half-court shot competitions.

YSU President Jim Tressel gave a speech at the start of the event, stating that it is an honor for the university to participate in the national dance marathon.

“It has made an extraordinary difference for families, for kids, Akron Children’s Hospital and for one another as the university as a whole,” Tressel said.

He also presented a check for \$5,000

from the Tressel family.

Mackenzie Nasci is a senior mechanical engineering major and the external director of Guinathon.

“Guinathon has been the biggest part of my college experience,” Nasci said. “In any capacity, I want people to get involved in Guinathon because we do so much good work for the kids that live literally around the corner.”

The external director oversees all pre-event fundraising and finance operations throughout the year. She also had primary responsibility for all fundraising activities.

Students can register to volunteer by visiting the Guinathon table at organization fairs on campus.

Integrated language arts education

sophomore Emily Vero was a volunteer at the event. She said she decided to volunteer closer to when the event was taking place.

“It’s really just been a great time. I’ve been getting to know people I’ve never met before,” she said. “I’m included like I’m a participant, so it’s really awesome.”

Vero got involved by being on the emerging leaders team, a program for sophomores to develop leadership skills.

Applications for manager, director and committee positions are also available to complete online in the Spring.

The forms are found on the bottom of the “Get Involved” page on the Guinathon website.

Converter
Page 1

to \$1200.

This car part has become popular among thieves because it contains many expensive precious metals.

“What the individuals are looking for is the precious metals that are inside the catalytic converters,” Varso said. “The catalytic converters may contain amounts of palladium, platinum and rhodium.”

Foreign cars are typically targeted for their precious metals, but some American cars have expensive catalytic converters too, such as the Ford F150.

According to the police reports, the four cars affected were Honda CR-V’s ranging from the year 2004 to 2008.

“Most [of] the vehicles that are hit for catalytic converters are foreign cars. The foreign cars usually have larger amounts of the precious metals in them,” Varso said. “Sometimes older vehicles will have a lot more precious metals in them.”

Reports regarding attempted catalytic converter thefts have been made to YSUPD as well. However, in some cases, the thief has taken a different car part if the catalytic converter is unattainable.

James Desharnais, a sophomore mechanical engineering major, said someone attempted to steal his catalytic converter during the February snowstorm, but couldn’t manage it. They took his muffler instead.

“I was parked on Pennsylvania Avenue, and we’ve actually had a couple instances with people stealing or trying to steal catalytic converters up there by Wick Park,” he said.

Desharnais did not report this incident to the police — he said he didn’t think it was a big enough issue to involve them.

He lives in a fraternity house on Pennsylvania Avenue, which is outside the reach of YSUPD. Therefore, Desharnais and anyone who lives in the Youngstown area would report an incident to the Youngstown Police Department downtown.

“One of the other brothers who did have their catalyt-

ic converter stolen had to get a completely new car for cheaper than it would’ve been to replace the [catalytic converter],” Desharnais said.

Varso said anyone who is a victim of catalytic converter theft should report it to the proper authorities immediately.

“My suggestion is — if it did happen — that they contact YPD immediately and have a report filed,” Varso said. “It helps when we do eventually catch the individual because the more charges you can add on, the more thefts that were made, it makes it a better case.”

The reported cases occurred at the R92 Lot by Lyden House, the M24 Lot by the Lower Courtyards, the R23 Lot by the Upper Courtyards and the M30 Parking Deck on Wick Avenue.

There are cameras around these campus lots, which have been used to identify the two possible suspects who have no affiliation with YSU.

“Right now, we actually have two suspects that we are actively seeking,” Varso said. “There are charges filed, they just haven’t been apprehended yet.”



The crimes targeted 2004-08 Honda CR-V's.

A new low – for COVID-19 cases

By Elizabeth Coss
The Jambar

Youngstown State University hit a record low number of COVID-19 cases for the sixth week in a row.

According to YSU’s COVID-19 Dashboard, there were five positive cases reported to the university Feb. 20-26. Of those cases, two were employees and three were students who live off campus.

This is also the third week in a row that no students living on campus tested positive.

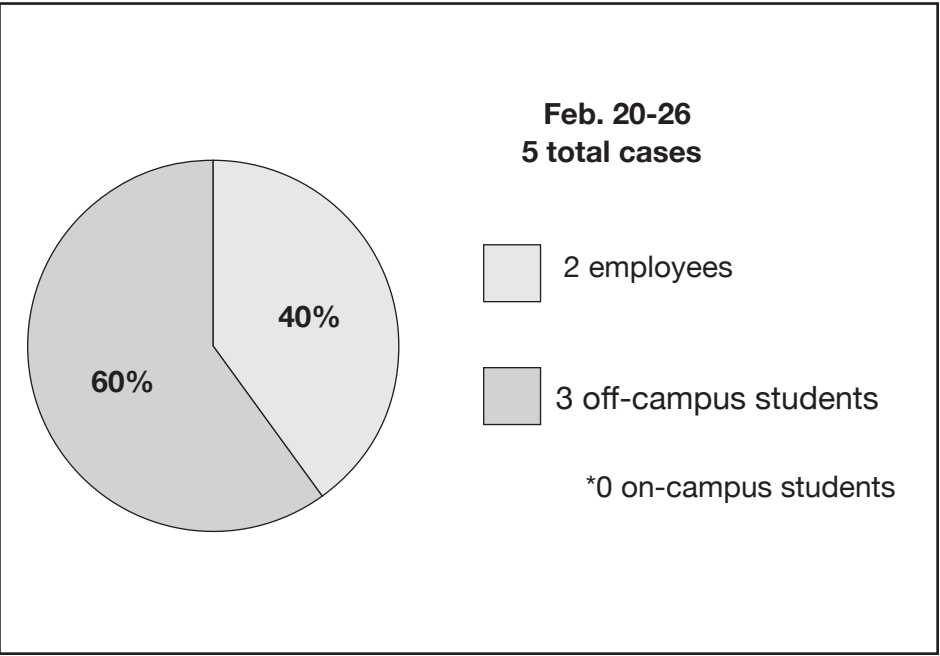
In addition to the record low, this is also the fourth week in a row where YSU’s asymptomatic voluntary surveillance tests have returned with a 0% pos-

itivity rate. There were 16 tests for the week of Feb. 20-26.

Last week, an announcement to reduce mask protocols on campus. Chet Cooper, chair of the Academic Senate, shared the decision at the Academic Senate meeting last Wednesday.

“[Wearing a mask] is not mandated, it’s recommended that you do, that social distancing be maintained to the extent possible, but masking will still be mandated within the classroom,” Cooper said.

Masks are no longer required in other types of environments like elevators, hallways, recreation centers and congregational areas.



STEM Expo sees successful turnout as pandemic winds down

By Christopher Gillett
The Jambar

This year's STEM Expo saw students meet with potential future employers, set up internships and work with co-ops. The expo took place Feb. 24 in Stambaugh Stadium. Several students attended the expo scouting for future careers.

Wim Steelant is the head of the College of STEM at YSU and the organizer of the STEM Expo. He was in charge of acquiring volunteers for the event and companies to advertise at it.

"[There are] about 80-100 companies here, so I think we're getting back where we're supposed to be. About five years ago, we had about 46 companies per semester, so it's looking good," he said.

Many of the companies' representatives were former YSU students. Among the companies presenting at the expo was McWane Ductile Ohio. According to the STEM Expo's booklet, it is a heavy manufacturer of ductile iron

pipes.

McWane was represented by Heather Rainwater, among others. She is a YSU alumna who graduated from the university in 2004 with a degree in chemical engineering. She went into detail about the company's work.

"We are a heavy manufacturer of ductile iron pipes. So, we melt cast iron and molten iron goes into our centrifugally cast machines and we produce iron pipes for the water works industry," she said.

The company also continues the legacy of Ohio's extensive history as an industrial manufacturer. It is located about two hours south of Youngstown in Coshocton County, Ohio.

One YSU student who attended the event was Jeremy DeMarco, a junior computer science major. He said he enjoyed being able to meet potential employers while being provided with an assortment of materials.

"[My goal is] to have a job where I can have an impact on the world in a positive way, provide for my family

and be happy," he said.

DeMarco also said he would love to come back to YSU as an ambassador for a future company.

"I'd love to come back," he said. "I have learned so many things from my time at YSU due to events like this and due to our great faculty staff and teaching services, so I would love to give back to the school in that way."

Previously, the STEM Expo had been hosted in the Chestnut Room in Kilcawley Center or online during the pandemic. The STEM department greatly increased the space for the expo with the use of Stambaugh Stadium, alongside hosting an online conference.

The day after the expo, companies were able to interview students and hire them on the spot.

Steelant hopes to continue having success with future STEM Expos after this one. He said his goal for next year's STEM Expo is "to keep growing it."

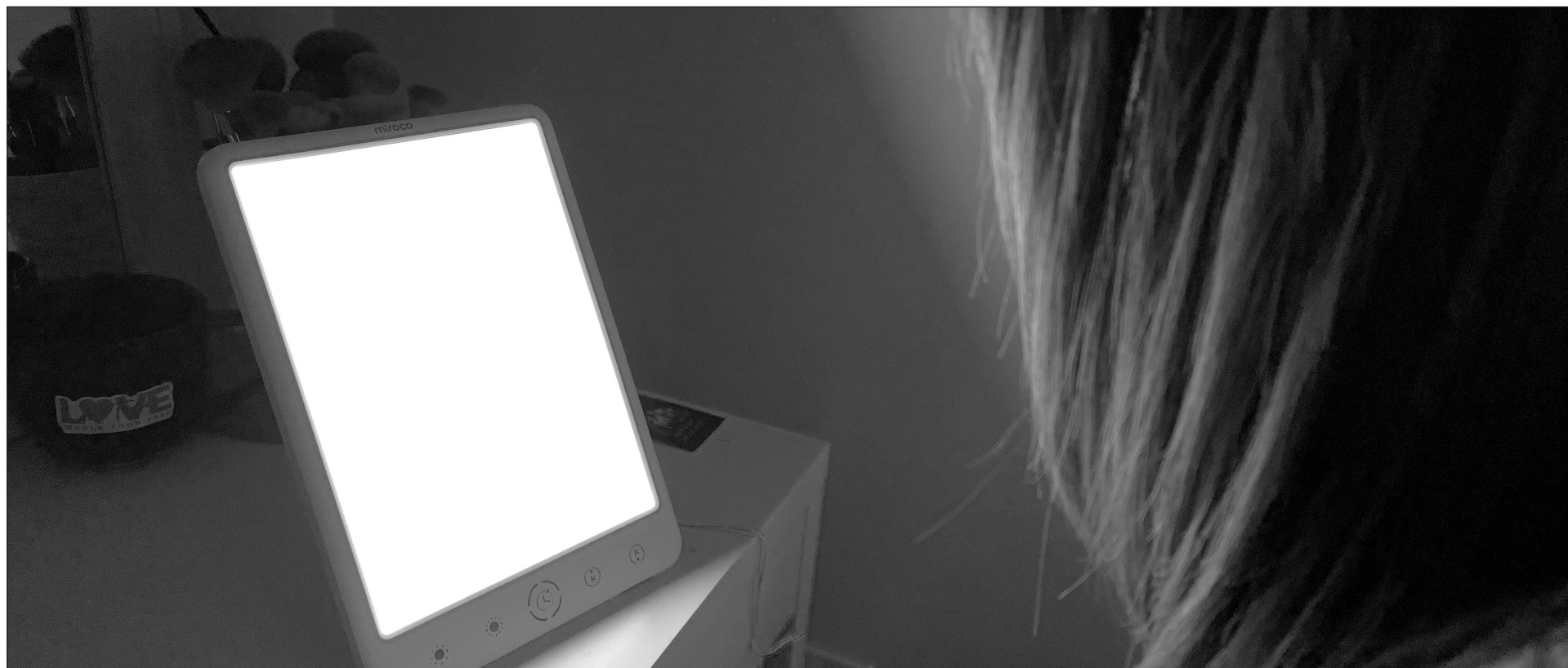
If any students missed the expo, they can connect with companies on the app Handshake.



Attendees browse tables of potential employers at the STEM Expo in Stambaugh Stadium.

Photo by Christopher Gillett / The Jambar

IMPROVING MENTAL HEALTH



Biofeedback and light therapy are available for students who want to brighten up their mood and health.

Photo by McCartney Walsh / Jambar contributor

YSU offers a light at the end of the tunnel

By McCartney Walsh
Jambar contributor

Youngstown State University offers a bright way for students to biochemically improve their lifestyle through biofeedback and light therapy.

Biofeedback and light therapy are new to campus, brought in due to their availability to students off campus, said the director of Student Counseling Services, Ann Jaronski.

“When we received some COVID-CARES money for mental health, we started looking at ways we could assist students beyond face-to-face therapy,” Jaronski said.

COVID-CARES is a \$2.2 trillion act passed in 2020 to be used toward stimulus and other resources to aid people negatively affected by the coronavirus pandemic.

“This was during the early part of the

pandemic, when people were very isolated and basically staying in their rooms alone for extended periods of time,” Jaronski said.

She sought to target anxiety and seasonal affective disorder, which is how the conclusion was made to bring biofeedback and light therapy to campus.

Biofeedback and light therapy are separate entities but work toward the same goal of improving health and mindset by using technology that links the body and mind to decrease things such as seasonal depression and anxiety.

According to the YSU website, “Individuals become aware of how their minds and bodies work together in response to stress and anxiety. ... The time between heartbeats generally follows a sinusoidal cycle. ... Our respiration pattern also follows a similar cycle. You can learn to align your respiration cycle with that of your heart beat cycle. This state

of matching cycles is associated with a relaxed nervous system and many health benefits.”

Both devices offer students a way to step out of the traditional methods of improving mental health, Jaronski said.

“Some people may be more open to using technologies to address their concerns than traditional Western medicine options,” Jaronski said. “These tools also allow for a more self-directed and self-paced approach that will appeal to some.”

In the dreary winter months, students — such as YSU senior finance major Trang Nguyen, who tried the light box — are looking for ways to combat the negative feelings that come along with the cold months.

“I was born and raised in Vietnam, which is a tropical country — there’s always sun there,” Nguyen said. “I was feeling a bit depressed and unhealthy, so I thought it could be the lack of sun.”

However, she said she didn’t obtain the ideal results.

“I used the light therapy once every few days,” Nguyen said. “I don’t really feel much of a result.”

Although it didn’t work for her, Nguyen said she doesn’t want to discourage others, and she hopes others will obtain different results from trying out the available devices.

“Maybe someone else will benefit from it,” Nguyen said.

The devices are free for students and can be checked out on the Campus Rec equipment checkout webpage. The light boxes can be checked out for a month at a time while the biofeedback can be checked out for two weeks. Either time can be extended upon request.

The set-up instructions for both devices can be found on the Rec Center’s website.

GET LUCKY

Youngstown community gets ready for St. Patrick's Day fun

By Henry Shorr
The Jambar

Bars and breweries in Youngstown are gearing up for a bigger St. Patrick's Day celebration this year. On Phelps Street, bars like West 34, Gringo's, Suzie's Dogs & Drafts and others are teaming up for an open-air St. Patrick's Day festival. There will be tents, DJs, drink specials and plenty of green.

Will Royal, assistant general manager at West 34, is ready for things to start picking up again downtown now that spring is around the corner.

"It's exciting. A lot of the restaurants down here are really anticipating it, especially with the winter season slowing things down," Royal said.

He is eager for people to experience Phelps Street nightlife since it's been blocked off for pedestrians.

"It should be fun, exciting and we'll see a lot of new faces, bring a lot of people down here and give every-

one a chance to experience something new downtown," Royal said. "Especially with Phelps being what it is and then COVID happening and people not being able to enjoy open alcohol and things like that on Phelps Street. Now, for us to be able to give that to them, it's a big deal."

The Federal will also be teaming with Whistle and Keg for Shamrock the Block on March 12 and 13. Federal Street will be blocked off, there will be a large tent featuring live music throughout the event on both days.

At Noble Creature, general manager Jasmyn Iwanejko is excited to unveil the special St. Patrick's Day beer brewed for the occasion.

"We brewed a brand-new beer that's a dry Irish stout, and we're really excited about it because we tried to brew it very traditionally in recipe and technique to how they would brew it in Ireland," Iwanejko said.

She is very proud of this particular brew because the staff worked so hard to follow original Irish methods.

"We're taking a very tiny bit of our barrel-aged beers and blending it into the dry Irish stout to somewhat mimic that tang that a Guinness has with that traditional method," she said.

On top of that, Noble Creature will be installing a nitro tap for the first time to make sure that authenticity is preserved.

Iwanejko remarked that, as a brewery, it's definitely most excited about the beer, but it has other fun planned for the holiday as well. It will have live music on Friday night, featuring Dave Lynn and Caitlin Hedge, as well as Irish food from their scratch kitchen all weekend.

For folks looking to celebrate the holiday but don't feel the urge to do so at a bar, the Mahoning Valley St. Patrick's Day parade will take place at 1 p.m. Sunday, March 13 on Market Street.

However Penguins decide to celebrate the holiday, remember to do so safely and responsibly.



Photos by Henry Shorr / The Jambar

Local businesses are preparing for St. Patrick's Day activities by crafting special brews.

Ellen Tressel's journey and impact on the community

By Jessica Stamp
The Jambar

Ellen Tressel has been a part of the Youngstown community for many years. Raised in Canfield, Tressel went to Youngstown State University, majoring in business education.

Tressel has worked at numerous places, from an engineering firm while she was in college, Josten's Printing and Publishing Co. — which creates personalized class rings and yearbooks — to Butler, Wick & Co. Inc., an asset management firm which also provides financial planning and brokerage services. Tressel worked for Butler, Wick & Co. for 17 years

before moving with her husband to Columbus for his football-coaching career.

Tressel met her husband, Jim Tressel, at YSU. Ellen Tressel's parents were remodeling their Stambaugh Stadium suite when they got a call from Jim Tressel asking them to come down because some decisions needed to be made concerning the layout of the suite. Ellen Tressel went with her parents to talk to Jim Tressel for the first time at the stadium, and they clicked.

"Mom and Dad asked me to join them and give them input," Ellen Tressel said. "That was the first time that I ever met Jim and we hit it off and began a relationship."

"We do a lot of charity work and a lot of philanthropic endeavors [to] raise money for the university."

— Ellen Tressel

Tressel has four children, two of whom are married, and three grandchildren.

She is currently working as a community ambassador and participates in philanthropic work.

"I'm more or less a community ambassador. I work for [Jim Tressel] at the university," Tressel said. "We do a lot of charity work and a lot of philanthropic endeavors [to] raise money for the university."

Tressel is involved in several charities and organizations such as the Beatitude House, Board of Friends of Riverside Gardens and the Mahoning Valley Historical Society.

When Tressel is not working, she en-

joys swimming or golfing in her free time.

"I like to swim in the morning with the YSU swim team," Tressel said. "They start practicing at 6 o'clock in the morning and sometimes they allow me to hone in on them for a little bit and they save a lane for me so that I can swim laps."

Tressel's future plans include continuing to help the community and philanthropic work and to hopefully be able to travel again when the pandemic subsides.

"Just travel and see the world when things calm down and enjoy life," Tressel said. "When you don't get to do things like that, you look forward to doing things and making the most out of it."

Accessibility Services helps YSU community

By Samantha Smith
The Jambar

Youngstown State University's Accessibility Services is a department on campus specialized to help students with any disability including, but not limited to, physical, medical or learning disabilities. Assistance on campus includes an accessibility cart service, provided by the YSU police department, for those who need help with transportation.

The free student service, called Student Security Services, provides accessibility carts for students, staff and faculty. Lt. Bryan Remias, university law enforcement supervisor, elaborated on the Student Security Services' duties.

"We have student workers that work for the police department that operate the handicapped carts you see on campus transporting people in need of assistance," he said. "This service provides students, faculty [and] staff that are not able to easily navigate campus due to medical or other conditions, a safe, reliable way to get from one campus location to another."

Remias said the carts may not function as often in the winter months because of extreme weather, but the Student Security Services has other alternatives to assist those in need.

"Unfortunately, there have been a few days this year

the carts had to be parked due to extreme weather [such as] cold temperatures," he said. "The carts are open-air and not heated so, for the safety of our student staff, we will not drive them in extremely cold conditions. Also, if the carts are not available, our student workers are still able to transport clients with our wheelchairs."

Along with the Student Security Services, handicap buttons at the entrances of buildings' doors are provided to help as well.

Remias said the officers make sure to periodically check the handicap buttons throughout the university when preparing the campus in the mornings.

While campus police officers will check buttons, the facilities staff are in charge of fixing and ensuring all buttons work.

John Hyden, associate vice president of facilities and support services, explains the procedure the facilities workers check the handicap buttons.

"Everytime I go through a handicap door, I like to check it," he said. "We try to get most of our staff to do that. Sometimes people think that we're just lazy because we're standing there pushing the button to walk in the door. 'Why don't we just grab the handle?' We do it so that we can check the operation of it."

Hyden explained the amount of time it takes for the buttons to be fixed if one is found to not work.

"If it's just the batteries — which it typically is — or

just the button, that's a pretty quick fix," he said. "Sometimes, when the internals of the operator go bad, sometimes it's quite a time before you can get the parts for them. So it could be a week, it could be a month."

Hyden said the facilities department tries to keep the common parts on hand for this reason, but if there is a major issue or the entire motor of the operator is wrong, it will take time for the button to be fixed.

He also said the facilities department works with students and staff who use the handicap buttons to tell them where one should be.

"Currently, I have a student that I've been working with for several years and rely very heavily on his opinion," Hyden said. "A few years ago, we went around campus and he pointed out some spots that he thought were critical, and we put operators in."

If anyone finds a handicap button not working, contact the YSU facilities office to let it know where the button is located. To contact the facilities office, call 330-941-3239.

"Though it's not an [Americans with Disabilities Act] requirement, it's a requirement for us," Hyden said. "We think that it's important."

For more information on Accessibility Services, the facilities department or the YSU police department, visit their websites.

TRAIL BLAZING

Historic trails in development

By Christopher Gillett
The Jambar

Youngstown is a city with an extensive local history of which residents are often only casually aware. While many historic trails exist in the region, none run through the Youngstown area. However, one student is working to change that.

Jacob Harver, Youngstown State University graduate student, is a Youngstown native, history major and an avid cyclist. Both these interests converged onto his current project, which he has been working on for the last two years.

“My main project is to both document the history of transportation through the [Mahoning] Valley while also advocating for active transportation: hike and bike trails,” he said.

In the east, the Stavich Bike Trail runs between Struthers, Ohio, and New Castle, Pennsylvania. To the West, the Portage and Summit county trails run from Ravenna to Akron, Ohio.

“If we connect the Stavich Trail through there to Ravenna, not only will we connect through active transportation, our area, but really the whole region and really the nation, east of the Mississippi,” Harver said.

He advises the East Gate Regional Council of Governments and has presented his idea for the trail to the Mahoning River Green Wave. They are a consortium of various local governments that help funnel federal spending into transportation.

In 2019, congressman Tim Ryan proposed the Steel Valley National Heritage Area, which, if passed, could be used to fund the project. Future infrastructure spending could go to trails as well.

Part of Harver’s work is to have the National Underground Railroad Network to Freedom update NTF panels about the Underground Railroad on the Western Reserve Greenway Trail.

Among the biggest challenges Harver is facing regarding the trail is acquiring the land and building the trail. This includes dealing with landowners, though Harver has not done that personally.

He has the help, encouragement and expertise from professor Thomas Leary. He has been a history professor at YSU for decades. Through Leary’s applied history program, Harver was able to learn skills and information to develop his project.

Alongside a trail, Harver is creating a digital exhibit that will be on display after he graduates.

He cultivated this part of his project by using ArcGIS, an app used to make maps. He has and is still learning how to use it to help him configure the data. This exhibit will be displayed at the Youngstown Historical Center of Industry and Labor.

Harver worked on this exhibit through an internship under Marcelle Wilson, head of the YHCIL.

She said Harver was already well-rounded with his project and explained how his work aligned with the museum’s mission of local history.

“Local history is really important to our mission, which is to preserve it and to educate, and also to entertain people in the community about where we came from,” Wilson said. “Why we were a hub for being No. 5 in steel production in the country by the 1950s, and where we’re going. Why did we encounter deindustrialization? What happened to the population, how have we regrouped, and how have we made some recovery back from that?”

Harver’s main focus at the YHCIL was using the archives library to find sources.

Harver’s work will culminate in May with a completed project in the form of an exhibit on display at the YHCIL and the William F. Maag Library.

Progress updates are available at mahoningmovement.com

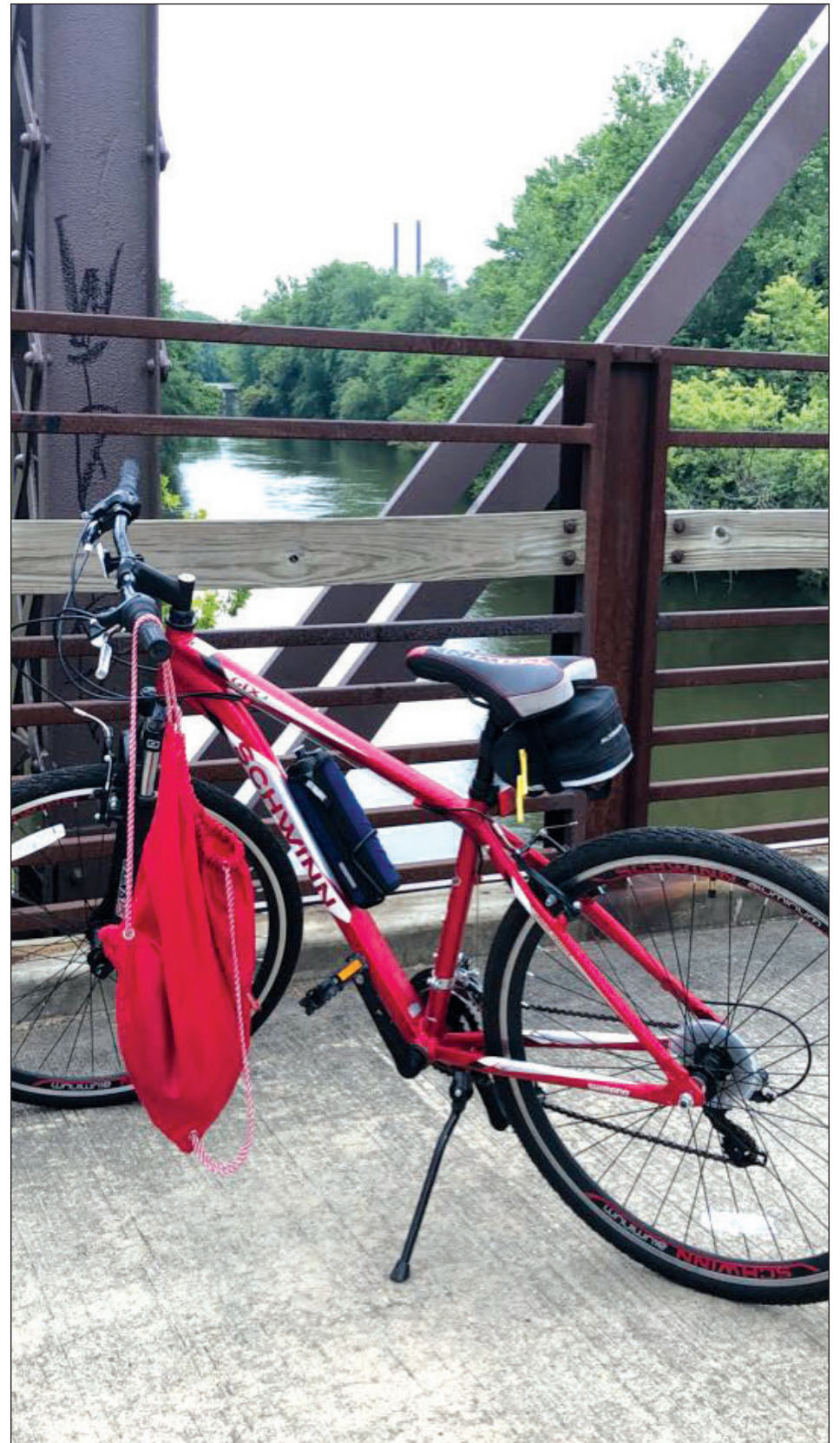


Photo by Sydney Stalneckner / The Jambar

Jacob Harver plans to document his active transportation journey, which involves biking, running and hiking across the Mahoning Valley.



Photo courtesy of George Nelson

Local journalists (left to right) Ernie Brown, Malaynia Spiva and Aaron Dean discuss the challenges of representing minority groups in a field with low rates of diversity.

Local journalists discuss obstacles and opportunities in panel

By C. Aileen Blaine
The Jambar

In a panel discussion held last Thursday, titled “Obstacles and Opportunities: The Future of Black Media,” three local journalists shared their insights, perspectives and experiences as Black journalists working in the Mahoning Valley.

Ernie Brown, retired regional editor at The Vindicator; Aaron Dean, anchor at WYTV; and Malaynia Spiva, reporter for WFMJ, served on the panel. Hosted by Youngstown Press Club, the discussion’s main focus was put in a local context, and it highlighted issues such as racism and lack of diversity that occur in newsrooms across the nation.

George Nelson, president of Youngstown Press Club and an assignment editor at The Business Journal, opened the conference at the Williamson Auditorium at Youngstown State University.

“As media outlets — and as a society as a whole — we continue to grapple with racism and its horrific legacy,” Nelson said. “Every George Floyd — every Ahmaud Arbery — serves as a fresh reminder of the centuries of injustice inflicted on Black Americans.”

Arthur Byrd, press club member and former photo-journalist for WFMJ, served as panel moderator, asking questions focussing on issues the journalists have experienced

in their careers and issues they’ve encountered in the industry itself.

Each panelist said they’ve witnessed a severe lack of minority representation in the newsrooms they’ve worked in.

“In my experience in newsrooms — I’m on my third newsroom right now — I’ve always been in the minority,” Dean said. “I’ve never really experienced a diverse newsroom. ... You have to have a diverse group of people in charge.”

As a young girl, Spiva said there weren’t many Black female role models to look up to in the news industry. She’s chosen to stay in the Mahoning Valley so she can serve as a potential exemplar for the next generation of girls.

“I’m from here, and I didn’t get to see a lot of Black women on my TV screen,” she said. “It’s important for young Black girls to see Malaynia Spiva on their screen. I know it’s a cliché, but representation does matter.”

According to data collected by Pew Research Center, while there are over 100 Black newspapers in the United States, only The St. Louis American has a circulation of over 50,000.

In the newsroom, only 7% of employees and 6% of news directors are Black, presenting a disparity in minority representation.

“It’s important to really make sure that your news-

rooms are diverse, that they reflect your community and then some,” Dean said.

Another point of discussion centered on the decrease in opportunities for journalists as the diminishing print market shrinks.

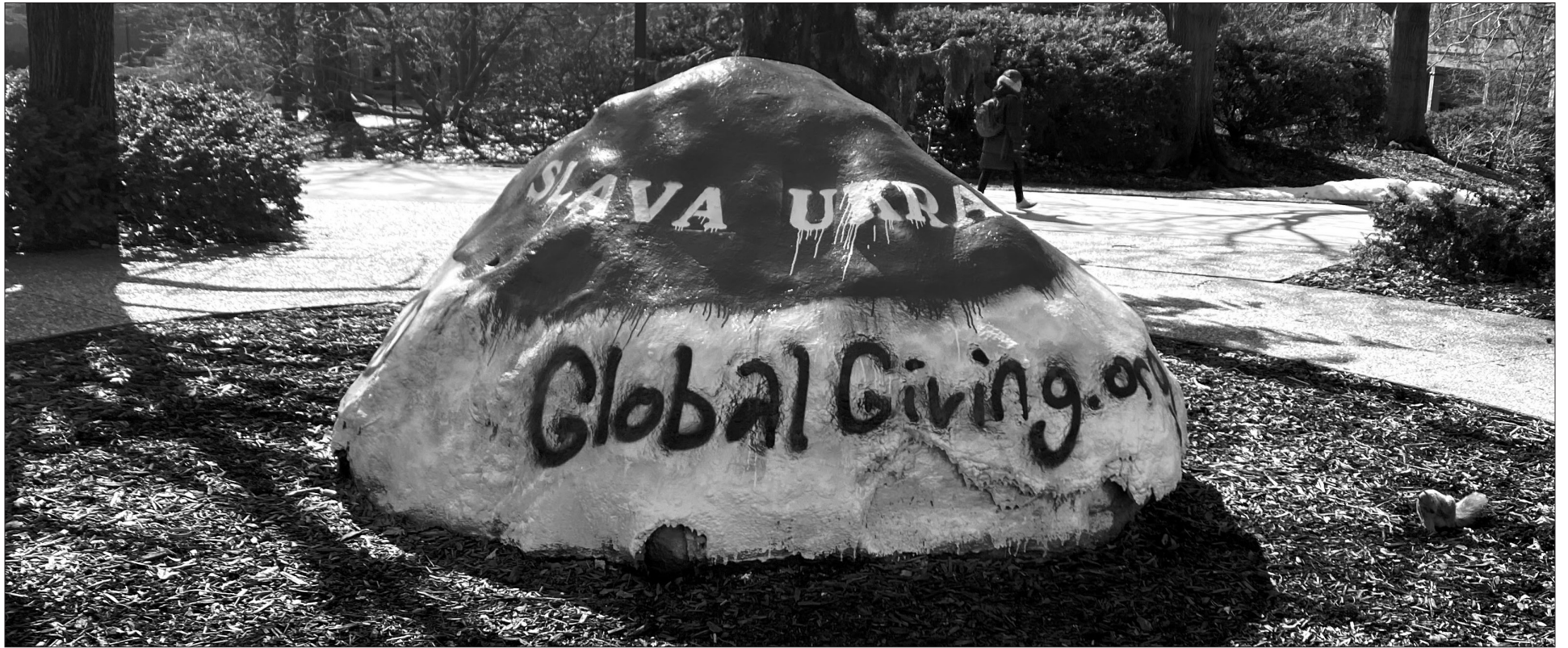
“If you lessen the opportunities, you lessen the chance that more and more Black people are going to get involved in those opportunities,” Brown said. “Most of the people making the decisions are not Black. Therefore, they’re going to be looking at people that look like them within those particular positions and make their decisions.”

Combined with the shift from print publications to exclusively digital content, the future of the traditional newspaper is seeing a major adjustment. Not all print publications transition to an online format, leaving many to die out completely.

“There are a lot of counties throughout this country where there’s no local newspaper, there’s no local coverage. There’s no one to hold accountable politicians,” Brown said. “[Some politicians] do what they do when there’s nobody to challenge them.”

Brown stressed the importance of the local press’s duty to serve as the voice of the people in a given area.

“We challenge the powers that be to make sure they are representing ‘We, the people,’” Brown said.



Students paint the rock in support of Ukraine.

Photo by Samantha Smith / The Jambar

Man on the street: Students' thoughts on Russian and Ukrainian conflict

By Samantha Smith
The Jambar

Youngstown State University recently painted the rock in the center of campus the colors of the Ukrainian flag in light of the current conflict.

Students expressed their thoughts and opinions on the current situation between Russia and Ukraine. Carly Houser, a freshman early childhood education major, explained what she has been thinking.

"I think it's really heartbreaking and sad what's going on," she said. "I think it's best if all of us just try to come together as a country and just work together."

Anna Maillis, a senior in high school and a College Credit Plus student, felt similarly about the two countries.

"I think it's just being dragged out and I think it's very wrong," she said. "There's a lot of kids there, and I just

think everything going on right now is insane."

Mason McVicker, a freshman chemical engineering major, added his input on the matter.

"I think it's horrible," he said. "I don't see what Ukraine did wrong recently or anything that has [caused] Russia to advance into Ukraine and take it over."

"There's a lot of kids there, and I just think everything going on right now is insane."

— Anna Maillis,
YSU College Credit Plus student

Freshman fine arts major Terri Randolph explained that she doesn't like to get into politics but wants the

current situation to dissolve.

"I guess I'm just hoping that everything works out," she said. "I'm not too into everything that's happening, but I do know that I really don't want a war."

Students also mentioned what they think should be done to help Ukraine in light of the invasions and attacks.

"I feel like we should provide the resources to help them defend," McVicker said. "But I wouldn't say get super involved right now until it breaks out super bad."

Nick Allen, a freshman chemical engineering major, agreed with McVicker.

"I think we should give some resources, food supplies, shelter," he said. "As of right now, I don't think we should directly fight unless it is necessary."

A website, "globalgiving.org" was also painted to promote different charities for students to look through and donate to if they can.

WORD SEARCH

F	S	Y	K	N	E	Z	Y	Y	A	M	J	X	S	N	O	I	S	E	B	N	X	D
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D	G	T	J	A	K	R	Q	M	J	F	V	D	W	P	H	O	O	S	B	R	F	D
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- Baby

Bacchus

Carnival
- Fattuesday

Flash

Floats
- Krewe

Lent

Mardigras
- Confetti

Crown

Doubloons
- Gold

Green

Kingcake
- Masks

NewOrleans

Parade

Purple

THE JAMBAR POLICY

Since being founded by Burke Lyden in 1931, The Jambar has won nine Associated Press Collegiate Press honors. The Jambar is published weekly in the spring and fall semesters. The Jambar is free for YSU students and faculty.

EDITORIAL POLICY

The editorial board consists of the editor-in-chief, managing editor, news editor, sports editor, arts and entertainment editor and head copy editor. These opinion pieces are written separately from news articles and do not reflect the opinions of any individual staff member. The Jambar's business manager, multimedia journalists and non-writing staff do not contribute to editorials, and the adviser does not have final approval.

LETTERS TO THE EDITOR POLICY

The Jambar encourages letters to the editor. Submissions are welcome at thejambar@gmail.com. Letters should concern a campus issue, must be typed and must not exceed 400 words. Submissions must include the writer's name and telephone number for verification, along with the writer's city of residence for publication. The Jambar does not withhold the names of guest commentators. Letters are subject to editing for spelling, grammar and clarity. Letters will not be rejected based on the views expressed in them. The editorial board reserves the right to reject commentaries and letters if they are not relevant to our readers, seek free publicity, fail to defend opinion with facts from reliable sources or if the editorial staff has decided that the subject has been sufficiently aired. The editorial board will request a rewrite from the submitted writer based on these requirements. The Jambar will not print letters that are libelous, threatening, obscene or indecent. The views and opinions expressed in letters and commentaries on the opinion page do not necessarily reflect those of The Jambar staff. Editorials do not necessarily reflect the opinions of the faculty, staff or administration of YSU.

Quote of the week

"The future belongs to those who believe in the beauty of their dreams."

-Eleanor Roosevelt

The Jambar Editorial

Ukraine's lonely battle

Ukraine has been tirelessly engaging in a conflict by itself against a country that has roughly three times its population.

Day after day, we learn and study the past as the present unfolds. How we can do better not only as students, but as human beings is suddenly gripping the hearts of not just us at Youngstown State University, but the billions of people around the globe who tune in daily to see the trauma forced onto a peaceful country.

The United States of America and

many other countries that are a part of NATO — a coalition aimed for strategic defense and protection of innocent lives — have been doing their best to provide aid and comfort to those impacted by the tragedy of the conflict.

At what point do we look at what is happening and the deaths that are adding up and say there's more to what we can do than send blankets and rations?

Ukraine, admittedly, is not a part of NATO, and cannot be granted the protections of countries that are; however, the

point of NATO is to act as a political and military allegiance, collective defense, a transatlantic link and to provide strategic concepts.

The fight of the Ukrainians is a fight for freedom — something we as Americans pride ourselves so highly for upholding. Should we wait for the conflict to end to hold Russia and President Vladimir Putin responsible for his war crimes?

We, The Jambar staff, send our condolences to the families wrought with grief through a needless conflict.

The Jambar Column

Adam's advice corner



Adam Telesz

Every day as I walk from hall to hall across our beautiful campus, I notice so many confused individuals going about their daily routine, struggling with moral, social and philosophical dilemmas, not knowing what the answers are or where to turn to. How will I ever pass this class? How do I get her to love me? Is there a God? If you are one of these fellow lost souls swimming in this fishbowl, look no further than this column as I will work assiduously in an attempt to fill the void.

Be the person who brings the doughnuts to work: Are you the type of person who feels unnoticed at work? Do you often notice that you are one of the most capable and studious employees but are often passed up by management? Often in professional, corporate environments, hard work and dedication are not enough to rise up the ranks — becoming the doughnut-bringer will fix this.

The unfortunate reality of professional life is that, to some extent, you will be sub-

jected to a revolving popularity contest — and who hates a person who brings food for everyone?

This transcends doughnuts and can often be extended to bagels and other carb-based delicacies. Be friendly and bring food. Oh, and if you do, don't bring the fruit ones, stick with glazed — everyone likes glazed.

Always put your shopping cart away: Life can be messy. Life can be painful. Sometimes we lose a piece of our heart, we watch loved ones struggle with illness and lose the inevitable race against mortality, sometimes she finds another guy who is taller and a lot funnier than you. Sometimes these soul-wrenching losses can have you asking, "What is it all for, what is the point?" Well, I can tell you, Kemosabe, it's about cleaning up

after yourself.

If you are ever going to find a purpose, it is within, and it is only within that personal responsibility will make your life flourish. Attempting to make your life your main responsibility will give you a reason to carry on and will leave you looking in the mirror, shocked, at how far you've come all while minimizing catastrophic events. Putting your shopping cart away is the ultimate litmus test for evaluating self-responsibility.

There is no law saying that you have to do it, and there is no gain or loss by doing it or not doing it. Simply put, it is a much deeper reflection of your sense of personal integrity and is a glimpse into the nature of your soul. Putting your cart away shows that you can, so when you do, slam it into the buggy depot as hard as possible and run away.

Buy real estate: Okay, not literally, but hear me out. Everyone needs a space, a place where they can fit in, a place where they can make friends, a place where they can meet lov-

ers, a place of acceptance.

Oftentimes in life it can feel like we don't have a place, and when that happens, the self-doubt creeps in and the good times come to an end. But it doesn't have to be that way, it doesn't have to start with a space — it can start with a passion.

That hobby or discipline you've had random dreams about, do it, and do it well. That cello you wanted to rent? Take your parents credit card and rent it — play it until your fingers are calloused. That pottery class you wanted to try but you talked yourself out of because "no one can make money from making and selling cups"? Do it, fail, and fail publicly — so when you are impressive at it, people will see it publicly.

Create your own space, and one day, people will want to be what you are, and then the people will come. But also, literally invest in real estate — the universe isn't making any more land, and equity yields sizable returns after many years. This goes both ways.

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*must be available Wednesday afternoons

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Men's basketball tournament hopes cut short

By Cameron Stubbs
The Jambar

The Youngstown State University men's basketball team had its historic season cut short as it took a loss in the first round of the Horizon League Men's Basketball Championship.

This loss to Robert Morris University was the third straight for the Penguins. The last two came while on the road during the regular season.

Finishing off the regular season, the Penguins matched up with Wright State University.

The Raiders took down the Penguins 84-71 despite four Penguins scoring in double figures.

Leading the way was sophomore Shemar Rathan-Mayes with 20 points and senior Tevin Olson with 19, while also knocking down four 3-pointers.

Senior Michael Akuchie and junior Dwayne Cohill both scored 12 points each.

Wright State had two players score 27 or more points,

overwhelming the Penguins' defense.

Of the 84 points scored by the Raiders, 54 of them came down inside the paint. Many of these points came off good passes, which is why Wright State beat out Youngstown State in the passing game with 13 more assists.

The 13-point loss was followed by a 14-point loss to Northern Kentucky University in the next game. The 75-62 loss caused more problems for Youngstown State.

Olison led the scoring with 15 points followed by sophomore William Dunn with 14 points. Sophomore Myles Hunter also contributed off the bench with 13 points.

The Norse won the game by outshooting the Penguins. 48% from 3-point led the way for them as the Penguins' last lead was at the 3:51 mark in the first half.

The losing streak continued into the round one matchup versus Robert Morris.

The 77-73 loss came down to an action-packed final minute where Cohill scored 11 points to try to lead a comeback.

Being down by as many as 20 points, the Penguins fought to get back in the game and continue their tournament play, but a well rounded game by all of the Robert Morris starters stalled the comeback.

Going 1-for-18 in a 12-minute stretch was the main culprit of the loss. Shots not falling contributed to spirited defense as well.

Head coach Jerrod Calhoun saw this firsthand and commented on it in his post game interview.

"I just think the ball didn't go down," Calhoun said. "When we didn't score I think we let that affect our defense."

Three straight losses have the rest of the season up in the air for the Penguins. Now, it's a waiting game as there is still hope to be invited to a postseason tournament.

Stay up to date with this announcement, as well as other sports going on during this time, at ysusports.com

Women's lacrosse: 'Wins, losses & heartbreaks'

By John Ostapowicz
The Jambar

On Friday, Feb. 18, the Youngstown State University women's lacrosse team captured its second consecutive home victory 19-6 over Saint Francis University at the Watson and Tressel Training Site.

The win improved the Penguins to 2-1 on the season as the team saw six different scorers find the back of the net. Freshman attacker Natalie Calandra-Ryan led the team's effort for a second straight outing.

Calandra-Ryan was the difference maker on offense with five goals scored on eight total shots. She also picked up a pair of ground balls to help aid the Penguins' victory.

Calandra-Ryan has been a standout player since the start of the season. She leads the team with 13 goals scored and 19 draw controls, as well as second on the team in total points scored with 16.

Because of her efforts against Duquesne University on Monday, Feb. 14 and Saint Francis, she was named Mid-American Conference Lacrosse Offensive Player of The Week. She became the third player in program history to be recognized with the award.

In regard to earning the award, Calandra-Ryan has been working hard on and off the field to be the best she can be when it comes to playing the game effectively.

"I feel completely honored — it's obviously a very hard accomplishment to earn. Especially with so many players in the MAC league, but being the next Penguin to bring it in feels really good," she said

Besides Calandra-Ryan, freshman attacker Sydney Bumstead, redshirt-sophomore midfielder Emma Carter, sophomore attacker Erin Clark and sophomore midfielder Lauren Ottensmeyer all found the back of the net twice in the team's win.

Clark continued her fantastic season

by tying her career-high and season-best five assists in a single game. She also nabbed three draw controls and two ground balls.

Sophomore goalie Mikaela Staranko made her season debut in the cage, playing the entire second half. She posted a career-best five saves on eight attempted shots during her 30-minute outing.

On Wednesday, Feb. 23, the team's conference opener against Central Michigan University was postponed because of poor field conditions. This was based on a combined decision from officials and coaching staff.

This past weekend, the Penguins were back in action as they dropped a 15-10 decision against Niagara University on Sunday, Feb. 27 at Farmers National Bank Field.

Youngstown State was down early in the first period 4-1 until the team turned it around to score 5-of-7 goals attempted in the second period.

Despite the loss, seven different Pen-

guins were able to score in the contest. Erin Clark had another dominant performance as she led the offensive charge with three goals.

Calandra-Ryan was also a bright spot in the game as she was the only other multi-goal scorer with two. At the net for the Penguins, graduate student goalie Savannah Clarke had a dominant performance with 15 saves.

With an upcoming game looming, Calandra-Ryan is preparing to push herself to the limit as she looks to continue her outstanding season.

"Pushing myself against my teammates — especially those one-on-one matches and getting my shots in each time — that helps me become a better player," Calandra-Ryan said.

The Penguins are set to host the University of Akron today, March 3 at the WATTS in what will be their 2022 MA conference opener.

Track & field looks to continue dominance in outdoor season

By Mikayla Mustard
Jambar contributor

The Youngstown State University track & field team hopes the 2022 season will add to its long list of wins. Since 1994, the YSU track & field program has enjoyed 17 conference championships.

So far this season, the Penguins have five straight weeks in the top-15 of the U.S. Track & Field and Cross Country Coaches' Association, making them the region's highest-ranked Horizon League team. They're currently ranked 13th in the Great Lakes Region.

Sprint and hurdles coach David Townsend is in his 10th season at YSU. Since he began, YSU has been nationally recognized.

"The key aspect that separates us from the rest is our recruiting and the way that we train our athletes and the way that they respond and the depth we have on the team," Townsend said. "We are a team with four talented individuals in each event which allows you to dominate."

Townsend coached former 2020 YSU graduate hurdler Chad Zallow to be one of the top in the country and carried him to first-team All-American honors and NCAA Indoor Track & Field Championships.

Townsend looks to do the same with some of the athletes he has now.

Penguin newcomer Anthony Woods is utilizing his fifth year of eligibility at YSU to be a part of the pro-

gram. The sprinter was previously at the University of Cincinnati, where he earned a few school records.

"Anthony came in this year to be a part of our team when we really needed him, his impact was immediately felt. He has run probably in the top 15 times in the world. He brings us into the national spotlight once again," Townsend said.

In his first appearance in the 200-meter blocks as a Penguin, Woods chalked his third event victory of the season with a time of 21.77 seconds to win the men's event. Some of his best events include 60-meter: 6.78 seconds; 100-meter: 10.40 seconds; 200-meter: 21.19 seconds. He is nationally recognized for these times.

"It is a really cool thing to be recognized by everybody as a top runner in the country," Woods said. "It is kind of new to me because I was hurt the past couple of years, and to finally be able to show everybody what I can do is pretty cool."

In the jumping world, junior Alexis Prater and sophomore standout Emily Bee are coming off successful seasons.

Prater recorded a fourth-place finish in the long jump at the outdoor championships last season and said she's looking to do even better at this year's conference championships.

"A huge thing that defines our program is the talent that we have as a team and the way that the coaches are able to make everyone better to progress our talent and be extremely supportive," Prater said.



Photo courtesy of Robert Hayes

Sophomore Emily Bee ranked 10th in the 60 hurdles.

At the YSU Collegiate Invitational this winter, Bee ran a personal-best time of 8.87 seconds to finish second. Bee is ranked 10th in the league in the high jump, 10th in the 60 hurdles and seventh in the long jump.

"Before I came to YSU, track for me was very individual," Bee said. "Coming here and having a team driving me has helped me to be so successful."

As the indoor season ended, the 'Guins are prepared for another successful outdoor season, kicking off March 18.

Penguins race to monumental finish

By Kyle Wills
The Jambar

The Youngstown State University track & field teams had a historic showing at the Horizon League Indoor Track & Field Championships Feb. 26-27 held at Watson and Tressel Training Site.

Day One of the championships was highlighted by graduate student Anthony Woods who ran the men's 60 meter in a Horizon League Championship record time of 6.63 seconds.

For the women, junior Jessica Stever took the women's long jump event title

with a YSU record of 5.94 meters. Clocking a time of 8.39 seconds, senior Madison Murry set a YSU record during preliminary heats of the women's 60-meter hurdles competition to take the top qualifying time into Sunday's event final. Junior Morgan Cole stood atop this year's podium in the women's 5000-meter run after clocking the second-fastest time in school history with 17:01.13 to take the event title.

Both the men and the women paced the competition during the day as the men finished with 81 points while the women had 68.

On Day Two, the men claimed their seventh straight league title with 211 points while the women closed out the championship weekend setting a Horizon League record for most points scored across a championship meet.

Senior Nicole Squatrito set a new YSU school record in the women's 800-meter run to pick up just the second 800-meter conference title in program history with a time of 2:11.11. She earned just the second Penguin league title in the women's mile with a personal-best time of 4:55.89. Cole tallied her second league title in as many days with a victory in

Sunday's 3000-meter run with a time of 9:51.81

Becoming the only Horizon League to ever accomplish the feat, regardless of event, senior Sean Peterson clinched a Horizon League record fifth-straight 800-meter league title with a time of 1:52.81. Anthony Woods helped the Penguins garner a ninth league title in the last 11 indoor seasons with a first-place finish in Sunday's 60-meter dash final, clocking a time of 6.78 seconds. Junior Jakari Lomax notched back-to-back conference championships in the men's triple jump, jumping 15.14 meters.

Women's basketball conference champs for 1st time since 1998-99

By Kyle Wills
The Jambar

After an offseason where the transfer portal created uncertainty with nine newcomers, the Youngstown State University women's basketball team finished the regular season on top of the conference, becoming the regular season Horizon League Champions for the first time in program history.

In a battle of the two best in the Horizon League on Feb. 24, the women fell to Indiana University–Purdue University Indianapolis 68-45.

Junior Jen Wendler led the team with 11 points off 5-of-7 shooting from the bench. That would be one of the only bright spots as the offense struggled in the game, shooting only 31% from the field. The Penguins' inconsistencies started out of the gate as they were only able to score 3 points in the first quarter.

Defensively, Youngstown State couldn't do much to stop the Jaguars as IUPUI shot over 48% from the floor, including 50% beyond the arc.

In the regular season finale Feb. 26, the women took on the University of Illinois Chicago, defeating the Flames 61-54. Senior Lilly Ritz led the way for the Penguins with 23 points and 8 rebounds, while sophomore Malia Magestro and junior Paige Shy followed behind with 18 and 10 points.

In an offensive turnaround, Youngstown State shot over 45% overall, including a 16-for-20 performance from the free-throw line.

On the defensive side, the team was able to force 15 turnovers and allow only two second chance points.

Horizon League honors were released Monday, Feb. 28, recognizing three players and the head coach. Ritz was rec-

ognized as All-Horizon League First Team, senior Chelsea Olson earned Second Team, and junior Mady Aulbach, along with Ritz, made All-Defensive Team.

Head coach John Barnes thought his players' accolades were well deserved after all the hard work they contributed.

"I'm really happy for Lilly, Chelsea and Mady. Mady Aulbach has done so much defensively and sometimes behind the scenes, if you have a bunch of numbers, you don't get the recognition. The coaches really saw her worth," Barnes said.

He was also honored with this year's Horizon League Coach of the Year.

The women earned a first-round bye and second seed in the Keeps Horizon League Women's Basketball Championship, and they will next play in the quarter-final game against Oakland University at the Beeghly Center at 7 p.m. tonight.

Barnes said the outcome will come down to who can execute more after playing these teams multiple times during the season.

"We're focused on doing the little detailed work right now. We're not overdoing it in terms of practicing. We played all these teams at least twice, so we have a good idea of what they're doing," Barnes said.

