



An informational board is placed in the Beeghly College of Education fourth floor to educate students on the importance of different counseling services. Photo by **Brian Yauger/The Jambar**

AMANDA JOERNDT

A free screening to detect depression symptoms will be held at the Jewish Community Center of Youngstown on Oct. 10 from 10 a.m. to 2 p.m.

Five students from Youngstown State University's clinical mental health counseling graduate program in the Beeghly College of Education will partner with Jewish Family Services to offer free depression screenings to students and community members during National Mental Health Awareness Week, which goes from Oct. 6 to Oct. 12.

Jewish Family Services and the Help Network of Northeast Ohio will be present to offer resources for students and Youngstown residents seeking different counseling services.

Ken Bielecki, executive director of Jewish Family Services, said the screenings are used to detect depression symptoms among individuals and guide them in the right direction for help.

"People can come out and hopefully talk to one of the students who is going to use one of our screening tools for depression," Bielecki said. "Those symptoms can be masked, so it's very important to get the screenings to see if there's some symptoms of depression and get the right help."

In Bielecki's opinion, even if one or two residents participate in the screenings, the event will be a success.

"If they can identify they have depression, we're going to be thrilled with that result," he said. "We do hope to get a larger-scaled crowd, but if it's small this year, we can just move forward with next year, which is fine."

Ann Jaronski, director of Student Counseling Services at YSU, said counseling services has worked hard to decrease the stigma that surrounds mental health.

"We're seeing that our efforts are paying off, and we're having phenomenal numbers of students coming in and seeking services," she said.

According to Jaronski, 304 students visited YSU's counseling services in the 2017-2018 academic year versus 359 students visiting it in the 2018-2019 school year.

She said anxiety and depression are the top two reasons why students use the counseling center.

In 2017-2018, 14% of visitors to the center were seeking help with depression symptoms, while 44% visited for anxiety issues. For the 2018-2019 school year, 17.8% of visitors came in for depression and 32.8% for anxiety.

"More students these days are willing to say, 'I need some assistance and some services,' and to seek those out, which is all awesome," Jaronski said.

Jake Protivnak, professor and department chair of counseling, school psychology and educational leadership in the Beeghly College of Education, said he hopes the graduate students volunteering at the screenings bring back real-world experiences to their classroom studies.

"Practical, hands-on experiences with individuals in the community really enforces the information and stuff they learn in the class," he said. "Being able to go out into the community and provide some skills they're learning in class will highlight their learning and make it come alive."

Protivnak said although the event is a great opportunity for the students, being able to provide services during Mental Health Awareness Week is an additional bonus.

"It's a wonderful day for the counseling students to participate in that type of volunteering," Protivnak said.

Taylor Barton, a first-year graduate student in the clinical mental health counseling program, dedicated her time volunteering at the depression screenings.

Barton said being able to volunteer at a local depression screening can be a valuable learning experience for future work in her field.

"It will also give me the opportunity to engage in a new

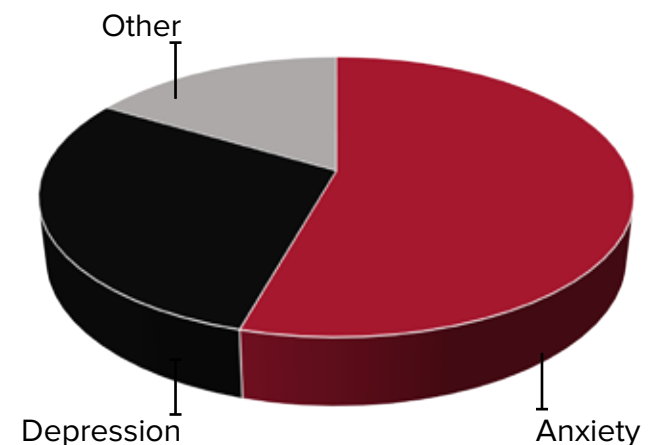
experience that I can pull from in my future interactions with clients," Barton said. "It will also provide me with an experience that I can discuss with my classmates, which could be helpful to them."

In Barton's opinion, the screenings can help individuals who participate find validation with their challenges and move forward to seek help.

"I think the really important piece of this is that some individuals might be struggling, and having this interaction in which they get screened could provide validation that their struggles and experiences are real and impactful, which could encourage them to reach out and seek help," she said.

The JCC is located at 505 Gypsy Lane in Youngstown.

Top Presented Mental Health Illnesses in the 2018-2019 Academic Year



Source:
Youngstown State University's Student Counseling Services

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VEHICLE BREAK-INS CAUSE CONCERN AMONG YSU STUDENTS

Youngstown State University Police Chief Shawn Varso said he encourages students to report vehicle break-ins, no matter how insignificant they may seem. Photo by **Brian Yauger/The Jambar**

ABIGAIL CLOUTIER

While some parking lots shut down across Youngstown State University's campus due to construction on the Cafaro Family Field intramural complex, several students have reported vehicle break-ins due to the lack of parking resources.

This has occurred after the M-90 parking lot across from the Cafaro House closed at the end of the 2019 spring semester.

According to YSU Police Chief Shawn Varso, a few vehicle break-ins have been reported on YSU's campus, but no reports have been made to the Youngstown Police Department.

"In the month of September, we've received three reports of break-ins, including one auto theft," he said. "The city of Youngstown, in the immediate vicinity, didn't report any break-ins."

Varso said he encourages students to report vehicle break-ins, no matter how insignificant they may seem.

"I think one of the things is, if nothing is taken, or only something like change was taken, they don't think it's serious enough to report," he said. "That's furthest from the truth. We take every report of a crime seriously."

Varso said students need to make sure their vehicles are locked and that an unlocked vehicle is one of the easiest ways for a thief to break in.

"Well now with the key fobs, sometimes you don't think of hitting that lock button when you get out of the car," he said. "So, just making sure you hit the lock button is the most important thing."

Varso said the importance of parking in a well-lit area with other vehicles around is crucial along with putting valuable items such as a laptop or purse in the trunk of the vehicle.

"Make sure the areas where they park their vehicles are well maintained," he said. "Make sure there aren't a lot of bushes or garbage cans that can obscure the view of the lot from the street or from the house itself."

When auto theft or break-ins are accurately reported, the YSU Police Department can determine if there is a pattern happening in the area.

Hannah Shively, a sophomore music education major, had her license plate stolen off her car, which was parked on Elm Street next to the Cafaro House.

The incident occurred during finals week last semester, three

days before Shively was slated to move out of the dorms and shortly after the M-90 lot across from Cafaro House closed.

"I drove to Boardman and back the night before, and the next morning it was gone," said Shively. "Whoever took it put the screws back but took the plate."

The closure of the lot requires over 250 students who live in the Cafaro House to find parking in university lots further away or, more often, park closer to the building on the street.

Kameya Parks, a junior theatre studies major, had her car broken into after parking it overnight on Ohio Avenue.

While nothing was physically taken from her vehicle, the contents of her car had been rummaged through.

"[Ohio Avenue] is really sketchy," said Parks. "It isn't well-lit at night."

In Park's opinion, the closure of parking lots on campus has contributed to the issue.

When students park on local streets instead of a YSU overnight lot, their vehicles do not have the protection of overhead lighting and security cameras.

EARS ENCOURAGES STUDENT ACADEMIC SUCCESS

KELCEY NORRIS

Various Youngstown State University faculty members worked together to create a system in hopes of assisting students with their academic success.

YSU faculty can offer academic assistance to students in an efficient and affordable way through the Early Alert Reporting System, or EARS, portal.

After terminating a contract with Starfish, the former program used for early alert reporting, the need for a similar-functioning application emerged.

Claire Berardini, associate provost for the Division of Student Success, sought an in-house temporary version for the academic portal.

“The purpose of the system is to help students assess and understand where they’re at in a course at any given time,” Berardini said. “If they need to make some kind of correction, the sooner we can bring their attention to it and bring people in place to help them find solutions.”

If a student appears to be lacking academically, a professor can notify the student that a change is needed by flagging them in the system.

The student is alerted, as well as facilities such as the Writing Center, the Math Assistance Center and the Center

for Student Progress.

“This process of identifying students who are either falling behind or appear to be struggling for some reason shows them they have support and the institution is behind them,” Berardini said. “It’s a really powerful thing.”

Becky Varian, director of YSU’s Center for Student Progress, said she believes taking the initiative for the academic portal will benefit students’ overall success.

“Students that don’t withdraw or finish the course with a D or F are more likely to graduate,” she said. “Our graduation rate recently climbed at YSU to over 40 percent. ... We’re moving in the right direction and we want to continue to do that.”

According to Varian, reaching out to students struggling will encourage them to change their bad habits with assistance fueled by her department.

“When a flag is raised, academic coaches from the Center for Student Progress will be reaching out,” she said. “Students who use supplemental instruction tend to complete their courses at a higher rate.”

Not only is the system’s goal to help students reach their graduation date, but, according to Varian, there has already been money saved by creating the technology in-house.

“The new system is essentially free to use,” Varian said.

Marianne Cohol, project manager of EARS, said although the program’s physical construction is complete, there was still work to be done.

“We worked with the advisers to show them how to use the application. They worked with IT to develop videos and training opportunities for faculty if they needed it,” she said.

Cohol said she believes the next challenge will be encouraging faculty members to use the system when they see a student struggling with attendance, participation or course completion.

“We will be educating the faculty on the different university resources available for the type of risks that may be identified,” said Cohol.

According to Berardini, although this is a temporary solution to early alert reporting for the university, the administration hopes it will lead to finding something that sticks.

“We’re looking for something that gives us a holistic view of the student, not just how they are in the classroom,” Berardini said. “Now we only see one dimension of a student, and we hope to see three or four that may impact their ability to be successful.”



Youngstown State University has implemented fall break for the first time. Students will have a four-day weekend to relax, destress and possibly see their families from Oct. 12 through Oct. 15. Classes will resume on Oct. 16. Photos by **Rachel Gobep/The Jambar**



AMATEUR RADIO CLUB CONNECTS WORLDWIDE

Youngstown State University's Amateur Radio Club aims to show students the practical use of radio through hands-on experience. Photo by **Alyssa Weston/The Jambar**

ALYSSA WESTON

Youngstown State University Amateur Radio Club's faculty adviser Gordon Frissora said when people were trying to figure out what was happening on Sept. 11, 2001, he went to the YSU amateur radio shack.

"[I] got on the air and was talking to somebody who was watching the planes fly into the towers. That's the value of HAM [amateur] radio," Frissora said.

YSU's Amateur Radio Club has stood the test of time on campus for nearly two decades because it connects people around the world, especially in times of need.

"Whenever nobody can get through, we can get through," Frissora, a professor in the department of criminal justice and forensic sciences, said.

Unlike YSU's student-run internet radio station, Rookery Radio, amateur radio does not require a wire or any infrastructure, just a radio and a license.

Frank Sole, faculty adviser and professor in the department of management, said the difference between the club and Rookery Radio is that Rookery depends on the internet.

"With this little black box here, I can talk to somebody else with another little black box on the other side of the world and there's nothing that connects us except radio waves," Sole said.

He said Amateur Radio Club operators need a license or need to be accompanied by someone with a license to transmit. YSU has had great success with the licensing process with a 100% passing rate.

"It's a federal license, just like WFMJ or WKBN," he said.

According to Sole, Norm Into donated approximately \$10,000 worth of equipment to kick-start the club with one station, but

when he died last year, his estate donated approximately \$30,000 worth of equipment to the club.

Now the club has more equipment than it has room for in its 10-by-10 space in Moser Hall, but it hopes to move to a new location soon to use the equipment to its full potential.

"What you see looks like a lot of equipment, but this isn't even the tip of the iceberg," Sole said.

One of the most influential things Amateur Radio Club members get involved with every year is School Club Roundup, where they compete against universities across the country.

Sole said in the past YSU has beaten "big" universities like Yale University, Michigan State University, The Ohio State University and Case Western Reserve University.

Although Amateur Radio Club is housed in Moser Hall, Sole said the club is for all students, not just STEM majors.

"It goes way beyond a hobby. There's so many important aspects of it. One of the most important things we do is provide emergency communications. When things go bad, they go bad fast," Sole said.

Alanis Chew, Amateur Radio Club's president and senior business, economics and math major, said the club aims to inspire interest in amateur radio.

According to Chew, her initial interest in the club was gained through talking to her adviser and realizing amateur radio's ability to connect with people all over the world, even astronauts in space.

Chew said the club aims to show the practical use of radio and is planning events for this academic year including a build-your-own radio workshop, tracking a helium balloon and potential field trips to other universities' radio stations.

Ethan Gill, freshman electrical engineering and computer science major, is a member of the Amateur Radio Club and obtained his

license to transmit this past summer.

Gill said the club has helped him get acquainted with what clubs YSU has to offer, and he hopes to help expand the club in the future.

"I feel it's a really good hobby to get involved in simply because it's a little bit different. It broadens your knowledge," he said.

NEWS BRIEF



Students in the fashion merchandising program at Youngstown State University participated in the National Eating Disorders Association Walk at the Cleveland Zoo. The students walked in honor and support of former student, Danielle Peters, who passed away due to complications of bulimia in 2012. Photo courtesy of **Jennifer Frank**



CONVERSATION EMPOWERED WITH COMEDY: SEX SIGNALS AND BEATING THE BLAME GAME

Anne Dufault and Anthony DiNicola, from Catharsis Productions, took a unique approach to discussing sexual assault prevention with the student body at Youngstown State University. Photo by **Heather Newsome/The Jambar**

BRIANNA GLEGHORN

In a two-day event, Catharsis Productions took a unique approach to discussing sexual assault prevention with the student body at Youngstown State University on Oct. 2 and 3 in Kilcawley Center's Chestnut Room.

Anthony DiNicola and Anne Dufault, senior educators with Catharsis Productions, travel worldwide giving sexual assault prevention presentations with an "unorthodox, humor-facilitated and inclusive approach."

The first-day presentation kicked off with a "Sex Signals" talk, showing students scenarios through skits and examples.

The presenters interrupted the skit to ask the audience for the next step in the scenario.

After each scenario, a discussion was held about what went wrong and how it made the audience feel.

The two person team used humor to make the taboo conversation more user-friendly and have discussions between students in the audience.

Dufault said the program brings humor and improv into the crowd to break down issues surrounding sexual assault prevention.

"Our motto is 'fight fire with funny,'" Dufault said. "So it's the idea that we use humor, improv and we hope to make y'all laugh because if we can laugh at things like gender stereotypes, then we can get a little more comfortable having these conversations."

According to Dufault, when students realize they have the power to change the culture and make consent a normal conversation, that is "how [they] make Youngstown as amazing and safe as possible."

"We're talking about relationships," DiNicola said. "We're talking about silly and funny things that keep us from having these conversations."

According to DiNicola, Catharsis Productions has focused on talking about its core ideas — consent, supporting survivors and being an "upstander" instead of a bystander — for the past 20 years.

"Instead of talking about being a bystander, standing by and seeing problematic behaviors happen, we talked about being an upstander. Actually intervene when you see something that's problematic," DiNicola said.

Michael VanSuch, a freshman biology major, attended the "Sex Signals" presentation and felt the presenters resembled college students.

"They made it seem like they were college students," VanSuch said. "It wasn't like some boring sex education class. They actually talked like a real student, and it wasn't just like a general overview."

He said the conversation is important to have in a college environment because it's "more than just a yes."

"It's a big deal," VanSuch said. "It's nice for YSU and other [universities] that have events like this to spread awareness and know what consent really is."

Dave Couche, a freshman biochemistry major, said the acting was his favorite part of the "Sex Signals" presentation.

"I think it's good that we got like voices on both sides that we're going towards the discussion," Couche said. "I think it wasn't really like a one-sided argument. There's like, talk about problems on both sides, which is a step in the right direction."

The second presentation, "Beating the Blame Game," was presented by DiNicola and it analyzed victim blaming.

DiNicola spoke to students about the harmful effects of blaming the victim for each incident and how to respond to the situation.

"Someone may just need to vent about what happened to them," DiNicola said. "Or maybe they want to take legal action."

In DiNicola's opinion, when people come together instead of blaming another individual, they can help in whatever way they need, whether reporting the incident or talking to a friend.

"When we are laughing and engaging in conversation, we see each other as peers," DiNicola said. "When we see things that are problematic, or when things are good ... that we can encourage the good things and call out the problematic things."

Students looked at real cases to learn how individuals are at risk of blaming the victim and to not make assumptions or excuses for the perpetrator.

A board with support and reporting resources showed YSU students where to go and who to call on campus if they need to report an incident or if they need someone to talk to.

Liza Askey, a sophomore political science and journalism major, attended the second presentation and said the humor helped ease the tension.

"I really thought this was beneficial because I feel like it's often a topic that people are afraid to talk about," she said. "This program specifically helps to spark a discussion, and it makes us maybe not so afraid to talk about it."

In Askey's opinion, the discussion educated students on the topic and how to prevent it from occurring on YSU's campus.

"I liked how funny he was," Askey said. "I feel like [DiNicola] put humor in it, and it's such a serious topic, and it made it more lighthearted and easier to discuss."

Resources on campus for filing a report are the YSU Police Department and the Title IX office, and students who need to talk with a counselor can call Student Counseling Services.

"Put us out of a job," DiNicola said. "We want to fight other battles, and this is one we can't fight. We have to do the hard work of changing our communities."



MCFADDEN FAMILY: THE CORE OF YSU ATHLETICS

Colten McFadden pictured after a play during the Youngstown State University game versus Robert Morris University on Sept. 28. Photo by **Brent Bigelow/The Jambar**

CHRISTINA SAINOVICH **JAMBAR CONTRIBUTOR**

Colten McFadden said coming back to Youngstown to be a part of the family legacy was something he always dreamed about.

Legacy runs deep at Youngstown State University, and it starts with the McFadden family. Paul McFadden and Dianne Rappach-Kosco have two sons, Connor and Colten McFadden.

Paul McFadden played football at YSU and then spent six years in the NFL. He was also inducted into the YSU Athletics Hall of Fame. Rappach-Kosco played basketball for the Penguins and was also inducted into the YSU Athletics Hall of Fame.

Paul McFadden is also the President of the YSU Foundation, which is a catalyst for the advancement of YSU and Northeast Ohio.

Connor McFadden was a kicker on the football team from 2013-2016. Now, Colten McFadden is the starting kicker for YSU.

He spent his first two years of college at Kent State University

and handled kickoff duties during the 2018 season. He returned to YSU in hopes of taking over on kickoffs, as well as being responsible for extra points and field goals.

Colten McFadden has done just that in his time at YSU and still has two more years of eligibility to represent the Penguins.

"It means everything, week two, running out of the tunnel here in Stambaugh, [which is] something that my dad and my brother have done for years. ... So getting the chance to do that was very surreal for me," Colten McFadden said.

While it was never said, he knew that his father [Paul McFadden] was thrilled with his choice to come home.

Paul McFadden said he always allowed Colten McFadden to make his own decisions about football, but he secretly hoped for his son's return to Youngstown.

"This has always been all his choice, through the recruiting process, which really was a long process for him. ... I couldn't have been more thrilled, but I couldn't give my opinion because I wanted it to be his decision, and it was. It was his decision to come back," Paul McFadden said.

Rappach-Kosco was also a big part of his athletic career, teaching him valuable life lessons through sports.

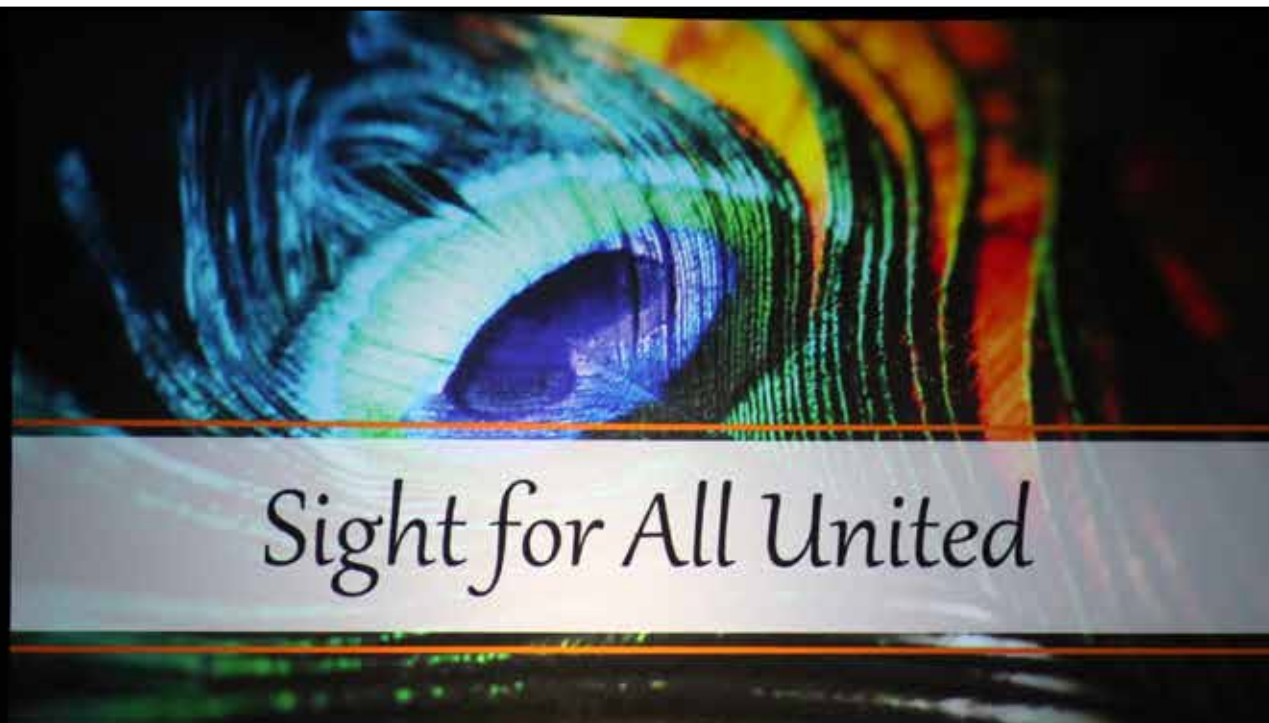
"His mother was a tremendous athlete. She knew about athletic success. She sure faced failures and challenges like every athlete does and knew how to work as a team. I know his mother has instilled with him the life skills through athletics that she learned through athletics," Paul McFadden said.

Colten McFadden did play basketball in high school but was ultimately in love with football.

"My mom definitely influenced me there. But in the end, I chose football and I'm really happy I did," Colten McFadden said.

YSU special teams coordinator and running backs coach Nic McKissic-Luke said the McFadden family legacy is very important to the university.

"To be able to have that atmosphere and the impact that they've had on the university means a lot not only to the school but definitely for us as a football program," McKissic-Luke said.



EYES SET ON EFFICIENT VISION CARE TO THOSE IN NEED

Blessing Offor performed and shared his inspirational story with his audience in the Ford Family Recital Hall on Saturday. Photo by Frances Clause/The Jambar

FRANCES CLAUSE

When Blessing Offor, season seven finalist on “The Voice,” had the opportunity to share his music and inspirational story at the fourth annual Eye Ball of the Mahoning Valley, he accepted.

Born in Nigeria with congenital glaucoma in his left eye and an accident that caused his retina to detach in his right eye at 10 years old, Offor has been blind since childhood.

Despite this, he has been performing for most of his life and has wowed audiences, including guests who attended the Eye Ball in the DeYor Performing Arts Center on Saturday.

“For me, music has been like a saving grace and something I grew with in some difficult times,” Offor said while playing the piano on stage. “Work is work, but when it’s something you have a passion for, you do something you love, which feels infinitely better.”

Sight for All United hosts this fundraising event to create support and awareness for the organization’s mission to help people in the Valley reach their visual potential.

Stephanie Champlin of Eye Care Associates said the adversity Offor has faced and his ability to overcome it made him the perfect guest artist for the Eye Ball to display its importance to the Valley.

“[The Eye Ball] helps give us funds to provide surgery, eye exams and glasses for children and adults,” she said.

“Through donations, [Sight for All United] has been able to serve over 800 people in the tri-county community.”

Since 2016, Sight for All United’s programs have enabled community members in need to receive glasses for \$10 a pair and developed city school vision programs that include follow-up eye exams.

For Offor, this type of care he needed didn’t come so quickly when he lived in Nigeria.

“No one else in my family had glaucoma or any other eye condition, so when my dad figured this out, he went to a doctor,” Offor said. “[The doctor] said, ‘Mr. Offor, I can fix your son’s eye condition if you give me \$1 million American dollars.’”

Offor’s only choice was to leave Nigeria and come to the U.S. Although this was difficult for his family, Offor said it was the best decision they could have made for him.

“[Medical professionals in the U.S.] did for me what Sight for All does for a lot of kids, which is making it possible for us to get things that we couldn’t have gotten on our own,” he said.

Through the collaboration of 40 eye doctors in the Valley and generous donations, care continues to be efficiently delivered to those in need. Youngstown State University students have also stepped in to help with the cause.

Saidah Yusuf, a senior biology major, has served as president of Students for Sight on campus for two years and

interns for Sight for All United. These organizations work together, with students volunteering at other events Sight for All United plans.

“The goal is to raise awareness to the community about vision issues that not many people know about,” Yusuf said. “A lot of people need injections, cataract surgeries and medications, so we hope to raise funds for that [on campus.]”

To donate to Sight for All United’s \$100,000 goal, visit donate.onecause.com/sfa/home.



A trombone and keyboard duet greeted guests at the fourth annual Eye Ball. Photo by Frances Clause/The Jambar



ROVR playing a set on Westside Bowl's upstairs stage. Photo courtesy of **Westside Bowl**

CAILEY BARNHART

To those who have never stepped foot inside its doors, Westside Bowl is an inconspicuous bowling alley located a few miles away from Youngstown State University's campus.

But those who have seen bands perform here know it is more than just a family-friendly bowling alley.

The ever-changing sign at the front promotes acts that will be playing on one of two stages the venue has to offer. Walking through the doors, visitors can immediately take advantage of the food, inexpensive beers and bowling.

With the stage built out of old lanes, Westside Bowl's shows are attended by college students and smaller-scale concert lovers.

Nate Offerdahl is one of the owners of Westside Bowl. He and his wife purchased the bowling alley in March last year.

Offerdahl, a YSU alumnus, earned his bachelor's degree in philosophy and psychology and a master's degree in American studies. He taught at YSU before the couple decided to turn the former Strikers Lanes into this bowling and music venue.

"We never had any intention of buying a bowling alley. The whole plan was to do, strictly speaking, a music venue," he said. "What we wanted to emulate was what you see at places like [Cleveland's] Beachland Ballroom — two rooms, a small one that can hold 100 to 150 people and a larger one that can hold around 500."

After a handful of spaces the couple were interested in fell through, Offerdahl's wife suggested that a nontraditional space like a bowling alley might be just the place they were looking for.

Local band Northern Whale has played shows at Westside Bowl, and its debut occurred at West Fest, Westside's one-year anniversary celebration. The band's upcoming Spooky Fest on Oct. 12 will mark its fourth performance at the venue.

Jake Capezzuto, Brandon Fisher and Seth Donchess, who make up half of Northern Whale, described the impact the venue has had on the local music scene.

"Upstairs at Westside Bowl is my favorite place to play in Youngstown. The stage is humongous; you have more room than you know what to do with, and that's always fun because we love moving around and dancing," Capezzuto said.

"Other venues in Youngstown are normally just bars, so it feels like a real venue. The people that come there are there to see our shows," Donchess said.

The band agrees that it is the best place to play when it comes to

Youngstown shows.

"Most places don't even have a parking lot," Fisher said, when discussing the perks the venue has to offer.

Other than shows, Westside Bowl has other types of events open to the community.

Eric Lewis hosts bingo, comedy shows and other events at Westside Bowl. Lewis is originally from Camden, New Jersey, and feels that when it comes to revitalization, Youngstown is "making all the right moves."

"Anyone who says otherwise just doesn't see it, or doesn't want to," he said.

Lewis is a regular concert attendee and appreciates the fact that having a venue like Westside Bowl so close to home allows him to skip the expensive trip to Cleveland or Pittsburgh as well as directly support Youngstown's local economy.

"Westside has helped to diversify the music that's coming to the area. Outside of classic rock, country and heavy metal, we don't get a ton of choices for live music," he said. "Shows [at Westside Bowl] are super approachable price-wise. They're accessible for folks who work mornings and have families by having earlier showtimes, too."

"There's a decent selection of food, and all of it is better than most venues, including prices," he added. "Drinks are also affordable, showing that a venue can still be profitable without having to inflate food and drink prices."



Situational Safety Talks

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BORN IN THE RIGHT GENERATION

MAC POMEROY

My dad is one of the greatest people I have ever known, but also the most headstrong. Along with being a constant rock to lean on, he is a constant thorn in my side. Just like most middle aged men, once he sets his mind about something, he rarely, if ever, changes it.

This leads to plenty of disagreements between us — nothing too serious, and we still get along great. However, one of these disagreements include our opinions on my generation: Generation Z and millennials.

Just to clarify, millennials were born between 1981 and 1996, which is when Gen Z began. So, despite being born at the beginning of the millennia, I am a Gen Zer. Although they're two separate groups, both have very similar criticisms.

According to my dad and other adults of the older generation, people born in the millennial and Gen Z lack the etiquette of former generations. Claims include that we are rude, ungrateful, caught up in our phones, overly offended and, in general, just a “bunch of soft pansies” compared to those before us.

I won't deny that perhaps some of these claims are true for some. However, society often spends so much time focusing on the flaws of the few that they ignore the great qualities of

the many.

Yes, we are heavily involved with our phones and technology, but that only means we are able to connect to each other more.

Millennials and Gen Zers take full advantage of their cell phones and are able to keep in touch with their friends, despite busy schedules.

For instance, one of my friends is in the ROTC, has a full time school schedule and works a long job. But, through apps like Snapchat, we still manage to talk everyday.

The younger generation also embraces its imperfections. Some may say we are “soft” or “lazy,” but really we have learned to take a stand against discrimination.

Yes, prior generations' members worked hard and didn't stop, but sometimes also burnt themselves out and neglected self care. Unlike what older people (such as my loving father) think, millennials and Gen Zers work incredibly hard. We work for our grades, hold jobs and have families and friends.

However, we are more likely to stop if the workload becomes too much. We can identify if something isn't worth the personal damage and stop, even if it's just to find another solution.

Those of younger generations often prioritize their own

mental and physical well-being and don't glorify overworking.

Beyond all of this, the biggest reason I like members of my generation is that we accept others more willingly than generations before us.

Walking around campus, you can see there is so much diversity in YSU's student body. Yet, we hardly seem to notice the differences of those around us. Instead, we see the similarities.

Since starting my college career, I have seen this more and more. Many of my peers are willing to go out of their way and help and befriend others, regardless of the differences among us that older generations viewed as strange or bad.

For how strong-willed my father is, we agreed on how welcoming my generation is. He is turning 52 this week and for all that I say about him, he isn't afraid to say what is on his mind. In his eyes, we had started to achieve a better reputation.

To me, our generation's willingness to accept and welcome others is why I feel that we shouldn't be given the bad reputation that often falls upon millennials and Gen Zers. This is why I will never feel like I was born in the wrong generation. I am exactly where I want to be.

COLDS, FLU, STREP THROAT — OH MY!

SIERRA KISH

JAMBAR CONTRIBUTOR

Cold season and flu season for Youngstown State University has begun, and health experts on campus offered tips on how to stay healthy.

Ryan McNicholas, associate director of the Andrews Student Recreation and Wellness Center, said to take advantage of resources on campus.

“Make sure to use the free services on campus, including the recreation and wellness center, the Mercy Health student primary care and counsel care,” McNicholas said.

The cold season can include the flu and strep throat, and Sarah Bable, office lead at Mercy Health Wick Primary Care, said having good sleep habits and getting a flu shot is important.

Mercy Health offers the flu shot and a flu kit to students. The kit includes antiseptic towelettes, tissues and a surgical mask to go over the mouth and nose.

McNicholas said YSU students may encounter stress while

being on campus, which also can influence the body's ability to fight illness.

“Come to some of the Group X classes at the recreation and wellness center, including yoga or medical acceleration to help relieve stress, as well as talking to someone in student counseling for stress if needed,” McNicholas said.

Amy Raabe, sports dietitian and lecturer, said nutrition is as important as cleanliness.

“It goes beyond washing your hands. Breakfast cannot be skipped even if it's just a little granola bar. Always have something in your stomach as soon as you get up,” Raabe said.

Many YSU food services offer healthy and hearty breakfast options. These include Dunkin', Pressed, Stone Fruit Coffee Company and the Maag Cafe.

On-the-go breakfasts like granola bars also can be found in the vending machines around campus. Along with breakfast, YSU experts said fitness is important to staying healthy.

McNicholas said that eating healthy is another important tip.

“To eat healthy on campus, to do things such as visiting the registered dietitian here and talk to people about a healthy meal plan in the dieting department,” McNicholas said.

While there aren't many grocery store options close to campus to assist students with healthy food options, Raabe offered some convenient alternatives to get healthy foods.

“Giant Eagle will deliver groceries here on campus. There is a food pantry in Kilcawley to help with tight budgets of YSU students,” Raabe said.

The YSU Student Government Association food pantry is located on the first floor of Kilcawley Center.

Bable also had advice of her own, stressing the importance of avoiding being around sick people.

“Don't drink or eat after somebody and make sure to have good sleeping habits,” she said.

The rec center is located on the second floor of Kilcawley Center, and Wick Primary Care is located on the corner of Wick and Lincoln avenues.

Visit SGA's website to view food pantry hours.



YSU HOSTS THIRD ANNUAL FALL LITERARY FESTIVAL

The rock outside Kilcawley Center promotes the third annual Fall Literary Fest. Photo by **Cailey Barnhart/The Jambar**

CAILEY BARNHART

Youngstown State University hosted Lit Youngstown's third annual Fall Literary Festival on Oct. 4 and 5. This event brought in writers, readers and literary enthusiasts from across the valley as well as across the country.

Karen Schubert, the director of the event, put in countless hours of work to plan the two-day festival for over 250 attendees. The event featured 60 presenters hosting sessions focusing on readings, workshops, craft talks, panel discussions and a book fair.

This is the first time the festival had an overarching theme. The 2019 Literary Festival emphasized cultural identity and tailored its speakers and workshops to fit this theme.

"Our focus this year is cultural identity in writing and publishing. How are marginalized voices being represented? Who is in the conversation and who is excluded from that conversation? How have monstrous-sized big businesses had an impact on who and what gets published? Do we have access to writing not in English?" Schubert said, using rhetorical questions to explain what the theme conveys.

The festival's first day took place throughout Kilcawley Center with a reading at St. John's Episcopal Church that evening.

Guests included Erica Cardwell, an African American essayist from Brooklyn, and Philip Metres, an Arab American poet from Cleveland. Both artists' work are rooted deeply in cultural identification.

The next day, readings were hosted at the DoubleTree with keynote speaker George Ella Lyon, who has written for decades on Appalachian identity.

Lyon's most popular work is her poem "Where I'm From," which

is often used in English classes and workshops as a template for individuals to turn their own life stories into a poem.

Kari Gunter-Seymour, an Appalachian writer, also held a poetry workshop and a reading at the event.

"I'm hoping to bring a little Appalachia to northern Ohio because I think some of our people up here forget that the lower portion of Ohio is Appalachian," she said.

"I am so excited to be here and bring that voice because I don't know if that voice gets to be heard much here in the North," Gunter-Seymour added.

Her workshop focused on building tension and using meditation techniques to encourage all of the senses to conjure how to express tension and fear.

"Everything we experience ourselves, as human beings, can be helpful to others. When we learn to tap into [tension] and put it into our work, we aren't only helping ourselves by getting it out of us, but we're helping other individuals who might be experiencing the same thing," she said.

The festival offered free registration to YSU students, and many literary-loving students attended the event for class requirements or as an appreciation of the craft.

Reilly Fryman, sophomore English major, and Faith Patton, freshman sociology major, were attending the event because of their women in literature course, but they wanted to attend the event regardless.

Patton plans to switch her major to English for the upcoming semester. The two were waiting to attend the creative nonfiction writing workshop hosted by Erica Cardwell.

"I think one of the reasons I decided to come to this session

specifically is because I really like to write, but I haven't written in a really long time. This seemed like the perfect opportunity to jump back in," she said.

Lit Youngstown hosts a monthly First Wednesday prose and poetry reading event that features guest readers as well as an open mic. They also host a monthly Writers Circle critique group.

The next reading will take place Nov. 6 at 7 p.m. at the Soap Gallery, and the next critique group will be Nov. 21 at 6 p.m. at St. John's Episcopal Church.



Festival attendees during Gunter-Seymour's "Building Tension" poetry workshop. Photo by **Cailey Barnhart/The Jambar**

FROM AWE-INSPIRING MURALS TO WHITE WALLS IN LOCAL SCHOOLS

Students at Hilltop Elementary School in Canfield looked forward to the day they entered second grade so they could walk through the hall with the infamous large oceanic mural titled “Underwater Alaska.”

Katie Fernstrom, a Canfield High School and Youngstown State University graduate, created the mural in the summer of 2013, spending countless hours and using gallons of paint to make detailed sea lions and orcas.

But all that is left of the mural is a white wall and a photo of the creation on Fernstrom’s Facebook profile that reads, “Rest in Peace.”

Something so beautiful and intricate was gone overnight because of the administration’s poor decision.

“No longer will the children in that school be able to look up at this painting with awe-inspired faces. No longer will classroom after classroom take pictures with it or run their hands along the wall, as if they could swim along with the animals I painted,” she said in a Facebook post.

Fernstrom was unaware the mural would be painted over until the deed was done. Despite every hour spent on this creation, a memory is the only thing left for those who were greeted by it walking through the hall every day.

But this isn’t the first time the Mahoning Valley has

suffered the loss of talented artists’ murals in schools.

Howland High School was full of various murals students painted, each with their own theme. From Super Mario Bros. to a recreation of “The Persistence of Memory” by Salvador Dalí, the creations caught the eyes of students until those too were wrongly painted over.

Aubrey Adams, a Howland High School graduate, said a piece of Howland was lost after the riddance of the murals.

“Painting over all of them happened my senior year [March 2019], which was the year I planned on creating one,” she said. “I know the school attempted to preserve the murals by creating a collage of photos of every one, but it wasn’t until they were all painted over that [students] realized they missed a few.”

Adams believed it was the best feature of the high school, as visiting students and parents from other districts always complimented the artists’ work.

“I did personally know quite a few students who created them, some as early as two years ago, which can even be more frustrating considering how new the [murals were,]” she said. “Most were dated, and you were able to see how far back some murals were made, such as the 1980s.”

Just as academics are crucial to shaping the minds of

students, the arts are equally important.

From a young age, students learn from oversized books that crowd their bookbags, but creating art gives a moment of expression. Art is how we say who we are.

A white wall where these intricate murals once stood does not say anything. All it says is that administrations are OK with erasing the work an artist can never recreate the exact same way again.

It is also disappointing to see schools with developed band, art and theater programs behave this way. If a school claims to be a strong advocate of the arts through these programs, what message is sent when erasing art that the school wanted in the first place?

THE JAMBAR
— EDITORIAL —



Katie Fernstrom’s mural, “Underwater Alaska,” before it was painted over at Hilltop Elementary School in Canfield. Photo courtesy of **Katie Fernstrom**

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JOIN MY TEAM!
Denise from Damsel in Defense is looking for a few college ambassadors that would like to spread DID's mission. Damsel's mission is to equip, empower and educate others on safety and security.
Denise will be at Pressed Coffee on Oct. 14, 2019, from 11 a.m. to 2 p.m. Contact Denise at 330-550-6600 or her website: www.mydamselpro.net/PRO27089

Youngstown State University

Law Day

October 10, 2019 from 11 a.m. – 1:00 p.m.

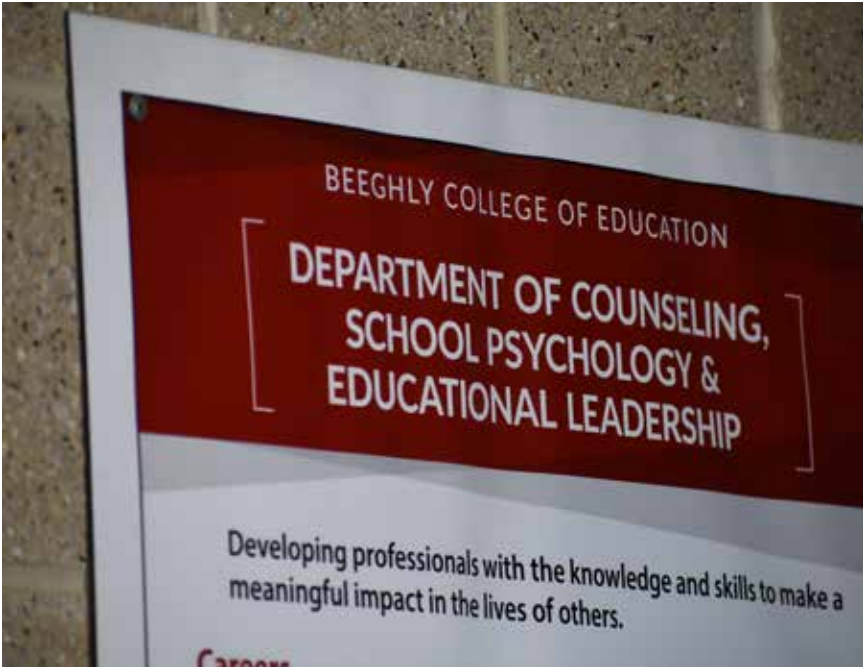
Chestnut Room, Kilcawley Center

Representatives from various law schools will be available to answer questions, distribute catalogs, applications and financial aid information. This is a unique opportunity for students who are considering a career in law to gather information about law school programs.

This event is free and open to the public.
*Sponsored by the Department of Politics & International Relations/
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OTHER

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Dr. Hill, 1350 Fifth Ave., near YSU campus, all insurances, walk-ins. Mon-Sat - 330-746-7007, askthedoctor@aiwhealth.com, answered confidentially.



A “Y and Proud” banner sits in the hallway of Beeghly College of Education representing the department of counseling, school psychology and educational leadership. Photos by **Brian Yauger/ The Jambar**

YSU WOMEN'S BOWLING LOOKS TO STRIKE HARD THIS YEAR

NATHANAEL HAWTHORNE

As the Youngstown State University women's bowling team looks to enter its fourth season as a Division I program, it is ranked 23rd in the National Tenpin Coaches Association Top 25 Preseason Poll — the highest the team has been ranked since joining the Southland League.

"[Being ranked] means that other teams know we can be a threat," junior Emma Dockery said about the ranking. "It's a dedication to the team's hard work, but results matter more than a poll does. ... We just have to go out, play our game and then the poll will take care of itself and we will keep climbing it."

In tournaments last year, the Penguins cracked the top 10 in five of the 10 tournaments they participated in. Their best performance happened at the Kutztown University Invitational, where the team placed seventh out of 28 teams.

This year, the team has added two new faces as it looks forward to the new season. Another addition to the team is head coach Doug Kuberski. Although he joined the team in December of last season, his attitude and tenacity quickly translated into success for the team.

"Gaining an excellent coach who has so much knowledge of the sport has changed the way we did things and has helped us gain the confidence that we all knew we had," senior team member Rachel Darrow said.

Under Kuberski's leadership, the Penguins went 28-25 in head-to-head matches and went 14-6 in team matches. During that time,

the team also had three wins over teams ranked in the top five. The Penguins only had one such win in two and a half seasons as a Division I program.

"Overall, I'm proud of the work we did," Kuberski said. "I thought everyone played an intricate role in our success. Of course, it's all about the ladies, and I'm very proud of the work they did."

In an interview with YSU Sports, athletic director Ron Strollo commended Kuberski and said his experience and background shows his knowledge of what it takes to lead and be successful in a Division I program.

Before coming to YSU, Kuberski was an interim head coach at Arkansas State University, a top five program, and also started both the men's and women's bowling teams at Iowa Western Community College.

For the Penguins this year, team chemistry is at an all-time high, and so are the expectations for the team. According to Darrow, she expects great things of the team.

"We have such a strong team this year," Darrow said. "We all grew close really fast on and off the lanes. The returnees made it a goal to make sure the newcomers would feel welcome since we are going to be a family and everyone should be comfortable, and I think we have done a good job of that."

Dockery also believes the team can be a top 10 team in the conference.

"We have the talent to do so, but now it's about executing and having fun," Dockery said.

Kuberski also believes the team is hungry this year, and the

members will bring excellence to every aspect of their game.

"If we stay focused on the process and how we do things, I see this group going far," Kuberski said. "This team is hungry, and they know how important cohesiveness is. It's been fun to see them work on chemistry and their identity. ... I'm excited to see them continue to build their collective identity."

The Penguins start their season Oct. 11 in the Columbia 300 Penguin Classic, held in Struthers, Ohio, which will be the first tournament on their home lanes. The three-day tournament will be one of six new tournaments the team will compete in this year.



The Youngstown State University bowling team pictured when the season began. Photo courtesy of **YSU Sports Information**

SWIM AND DIVE HOPES TO MAKE A SPLASH THIS SEASON

**CHRISTINA SAINOVICH
JAMBAR CONTRIBUTOR**

The Youngstown State University swim and dive team has a whole new look this season under first-year head coach Brad Smith and with the addition of a men's swim team.

YSU previously had a men's swim and dive team from 1964-1984. In its first year back, 10 male swimmers joined the women's team in hopes of winning a conference championship.

Smith and his staff have brought a more positive attitude than the team has experienced in previous years.

Junior freestyler Kat Keller said there is a much more positive atmosphere in the pool and on the deck this season.

"Our coaches are so much more encouraging of us, and they're also so much more supportive. So by having that in practice it's been a completely different environment by actually feeling like we should be there and we are appreciated by being there," Keller said.

The negativity on the team last season took an effect on the swimmers, and the women hope this year will be different.

"I know we want to do better than we did last year. We all struggled towards the end. It's very tiring, and we struggled to hold on by the end of it," Keller said.

Smith said he believes the team has more than enough talent to be competitive in the Horizon League and win the championship meet.

"We've got quite a few standouts. Tiphaine Saint-Gilles, she's a standout as a breastroker on the team," Smith said.

Saint-Gilles finished sixth in the 200-yard breaststroke at the Horizon League Championships last season. She will look to build on that as she enters her senior season at YSU.

While the men's team is making its return from a 35-year hiatus, the members have set high goals for themselves.

Freshman Wilson Cannon said that their training is more intense than anything he has experienced before, and they expect to be successful.

"We've set a few goals. ... We really want to win a conference championship, and we really want to get a first place relay at conference championships," Cannon said.

Last weekend, both the men's and women's teams traveled to Marshall University for the first meet of the season. The women were able to compete against Marshall. The men's team held a time trial meet because Marshall does not have a men's program.

In the first meet, Saint-Gilles brought home the lone first-place finish for the women in the 200-yard breaststroke.

Meanwhile, the men competed in a time trials, and their times will be official with the Horizon League and the NCAA.

This weekend, the entire team will travel to Pittsburgh to take on both the University of Pittsburgh and Duquesne University.

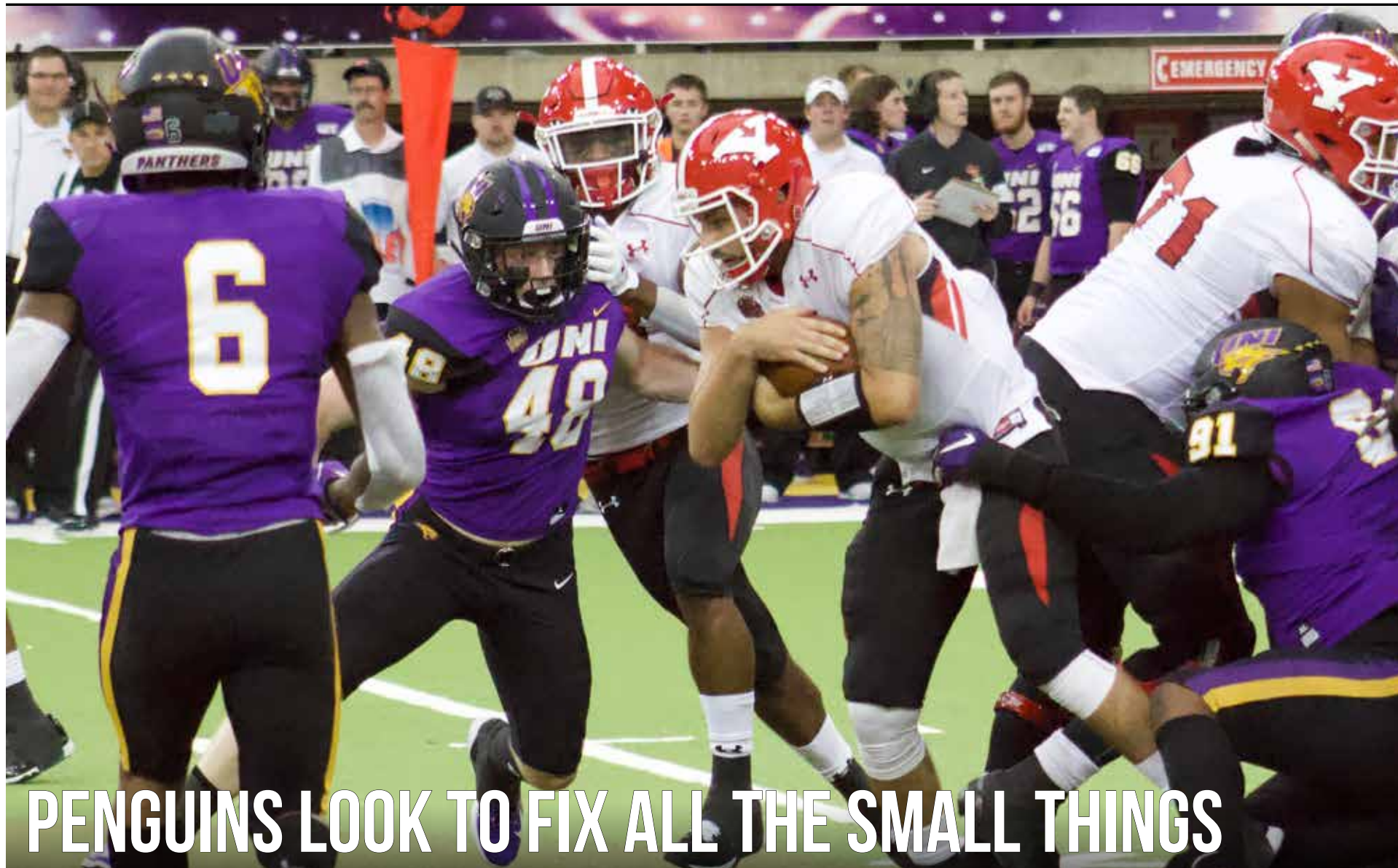
Freshman Ryan Scherer said that the team felt good in the time trial and against Marshall, but the members are tired and sore from

practices.

"We all share the same mindset on that. It's just the ability to swim against other teams and see how we can do. Yet again, it's more of a mind over matter type of meet," Scherer said.



A Youngstown State University swimmer during the Red-White meet Sept. 28. Photo courtesy of **YSU Sports Information**



PENGUINS LOOK TO FIX ALL THE SMALL THINGS

Youngstown State University had its first loss of the season to the University of Northern Iowa at 21-14. Photo by **Brent Bigelow/The Jambar**

BRIAN YAUGER

After a speed bump on the road in Iowa, Youngstown State University football faces its toughest opponent yet Saturday when it hosts third-ranked South Dakota State University.

In the opening week of conference play, the Penguins, who are 4-1 overall and 0-1 in the Missouri Valley Football Conference, had their first loss of the season to the University of Northern Iowa at 21-14. Defensive tackle Antoine Cook sees a silver lining in the loss.

"Maybe we needed that," Cook said. "Maybe we needed to lose. Maybe we needed to get hit in the mouth and learn from it and go into this next big game and hit them in the mouth. This is a must win. I'm very confident in my brothers, and it's going to be a great game."

Missed opportunities plagued YSU. As Penguins coach Bo Pelini has said in almost every press conference since taking the head coach position, "the team that makes the least mistakes wins the game."

"We felt like we let one get away," Pelini said. "We made too many mistakes on both sides of the ball and it hurt us. We

weren't able to overcome it. We had our opportunities and it didn't happen."

Like in the prior games this season, the Penguins haven't made many big mistakes, but it's the little mistakes adding up that sunk them against Northern Iowa.

"It's always the little things," Pelini said. "You have to keep buttoning down the attention to detail. The mental lapses ... You have to be able to take the game plan and the adjustments to the game."

Cook echoed the sentiments of his coach, remarking that once they fix the little things, they'll be in much better shape.

"Everything coach preaches," Cook said. "It was the little things, details. When we hit the film, you could see the little things are getting us hurt, stuff like that. That's all we've got to work on — fixing the details — and we'll be good."

The Jackrabbits bring with them the second-best rushing attack in the Missouri Valley Conference, averaging 253 yards per game. YSU now sits behind them at 248 per game.

South Dakota State University graduated All-American quarterback Taryn Christion and now have redshirt freshman J'Bore Gibbs as the starter. Gibbs has thrown for 504 yards and

six touchdowns.

"The offense is very similar, but maybe they're featuring different aspects of it," Pelini said. "They're probably limited a little bit to help the young quarterback, but they have certain things that they do, that they believe in, that they execute well, and they feature that. How they choose to do it against us, I'm not sure, but we'll be ready."

Quarterback Nathan Mays is being marked as day-to-day after an injury he suffered against the Panthers. Late in the game, he was caught between two defenders and was on crutches on the sidelines.

Joe Craycraft has been handling the No. 2 quarterback role this season and would be the expected starter if Mays is unable. Mark Waid would be backing him up. Both quarterbacks have seen playing time this season.

If Mays returns, he is coming off one of his strongest performances as a Penguin. Against Northern Iowa, Mays went 17-23 with 239 passing yards and two touchdowns.

"He fought his butt off," Pelini said after the game.

Kickoff is scheduled for 6 p.m. at Stambaugh Stadium.



SPIKEBALL SPRINGS INTO THE CLUB SPORTS SCENE

Spikeball is one of the newest club sports at Youngstown State University. To play Spikeball, only a ball and roundnet is needed. Photos by J. Harvard Feldhouse/The Jambar

J. HARVARD FELDHOUSE

Club sports at Youngstown State University have grown rapidly since the beginning of 2018, adopting more and more unusual sports. One of the newest and more obscure sports hitting the field this semester is Spikeball.

Spikeball, known also as “roundnet,” was originally a backyard toy created in the late 1980s. Chris Ruder, CEO of Spikeball Inc., created the sport after inventing it with close friends and family members.

Since then, the game has grown significantly in popularity, reaching college campuses like YSU.

According to Seth Opladen, junior finance major and team captain of Spikeball Club, Spikeball is a coed two-versus-two game similar to beach volleyball that uses a ball and a miniature trampoline.

“One team will serve it to others, and then the other team has three hits to put the ball back onto the net or it will bounce off and [the serve will] go to the opposing team,” Opladen said.

“If it hits the ground, it’s the other team’s point. If they missed the ball, it’s the other team’s point. If it hits the edge of the net, it’s the other team’s point,” Opladen said. “It’s like beach volleyball two-on-two, but you can get 360 degrees around the net wherever you want once the ball’s served.”

The game is played to 15 points, with each score worth one point. There is no time limit, but according to Opladen, a game can last anywhere from 10 to 30 minutes depending on the competitiveness of the match.

“I think the easiest part is it’s just your body, your hands and a ball, so you don’t have to learn any new equipment or anything like that,” Opladen said. “It’s relatively easy to catch on.”

Spikeball’s ease of play and versatility between fun and competition is what drew people to starting a club.

Anthony Vross Jr., junior finance management major and president and founder of the Spikeball Club, discovered the game with his friends during spring break last semester.

“We played [Spikeball] the entire vacation on the beach, and we instantly had a love for it, so we kept playing it when we came home,” Vross said. “One day, we decided to hold a couple of tournaments. We played it for fun, and then this last summer, we were starting to play so much that we’re like ‘Why not start a club and see if other people at YSU would like to play.’”

Vross said the club will wait until spring to attend competitions.

“This fall we’ve ... just been playing YSU pretty much as of now,” Vross said. “In the spring, we’re aiming to play in a tournament, a regional tournament, but they haven’t come out with a location yet. In fall, it is at [the University of] Notre Dame, but we just started and don’t want to go yet. So we’re going to wait until the spring.”

To start Spikeball Club, Vross, Opladen and the three other founders sought guidance from Domonique Sak, the coordinator of YSU Club Sports and summer camps.

“Over the summer, they came to me with about 12 interested participants, and that includes [the five founding members], so, seven,” Sak said. “They just asked ‘How can I get the Spikeball club started? What do I have to do?’ And so I walked them through all the steps of how to become a student organization first.”

Club sports begin like any other student organization, with at least five members and a roster of interested students. For club sports, they must also provide potential practice times and have two CPR-certified safety officers.

The team has grown to 22 members.

“We’re nearly at the halfway point, and so I can see their club

expanding a lot more,” Sak said. “Right now, they’re headed in the right direction.”

In the end, Opladen and Vross wanted to emphasize the fun Spikeball has brought to their lives.

“My favorite thing is just playing with all my friends,” Opladen said. “Even if it’s a two-versus-two, we have good, friendly competition. But then if we have a bunch of people, it’s always fun to go around, watch the other game, cheer on your friends and just have a good time with everybody.”

Practices are held Tuesday and Friday nights from 7-9 p.m. on Beede Field.

