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CVS CLOSURE RAISES CONCERNS WITHIN UNIVERSITY COMMUNITY

The former CVS Pharmacy located on Park Avenue in Youngstown closed its doors this month. The signs were removed from the building at the beginning of the school year.
Photo by **Kamron Meyers/The Jambar**

AMANDA JOERNDT

Students who suffer from a chronic illness may need medical attention at unexpected times throughout their day. That's where drug stores such as CVS Pharmacy can play a crucial role in Youngstown State University students' and faculty's daily routine.

For Haley Drennen, a sophomore pre-business major, taking her daily insulin is vital for survival since she was diagnosed with Type 1 diabetes at 16 years old.

Drennen said she received her medications from CVS Pharmacy on Park Avenue, within walking distance of YSU. She relocated her prescriptions upon its recent closure.

"I moved all of my medications to a new CVS in Niles. ... Actually, there's no CVS near me where I currently live," she said. "I actually asked my mother to pick it up on her way home from work when it's there."

Drennen said one of her biggest concerns regarding insulin is the medication needs to be refrigerated at all times.

"I have a pump that continuously pumps insulin in [my body], and I also take multiple doses throughout the day depending on what I eat," she said. "A Type 1 diabetic can actually die within 24 to 48 hours if they don't have insulin."

According to Drennen, YSU's main concern should be providing a pharmacy for students that's within the boundaries of the university.

"I can't imagine having to deal with Type 1 diabetes and then having to worry about taking the bus to get my medication," she said. "I don't know how I would ever have time for that, and if there are students who do that then that's amazing. I know there's multiple conditions where people need their medications

daily."

Drennen has relied on Disability Services in Kilcawley Center during her time at YSU and uses its resources in the case of a low blood sugar episode.

"I'm registered with Disability Services not because it labels me, but it provides accommodations to me that can help me with being a student and a Type 1 diabetic," Drennen said. "It lets me send an email to my teacher if I'm driving in the morning and my blood sugar goes low."

Drennen is the founder of the Youngstown chapter of the College Diabetes Network in hopes to bring awareness to the disease and provide a support group for other students that suffer from a chronic illness.

"There's about eight active students, but I have a mailing list of 22 students," she said. "I think it provides an important group for them to come to if they need it."

YSU President Jim Tressel said the university is amid discussions about finding a space on campus for a pharmacy center.

"In my mind, the natural location would be Kilcawley Center, and if you could find a pop-up pharmacy just so we could have those services for our faculty, staff and students during normal work hours," Tressel said.

He said creating space for a new pharmacy can pose several challenges along the way.

"That's the difficult part about making a pharmacy where CVS was. ... There's a lot of square footage, and the revenue obviously didn't meet those expectations," Tressel said. "As we've talked with some pharmacists, we've found that they only need maybe 500 to 800 square feet, not 14,000."

Just days later, the Mercy Health facility in downtown



YSU students relied on the CVS Pharmacy facility just within walking distance of the university. Now, many students will need to relocate to a different pharmacy for daily medications. Photo by **Kamron Meyers/The Jambar**

Youngstown opened its St. Elizabeth Hospital pharmacy to the public in response to the closure of CVS.

Ginger Berrie, director of retail pharmacies for the Great Lakes Group, said quick adjustments were made to convert the pharmacy to a public facility instead of a private sector.

"We pretty much quickly understood the ramifications on the neighborhoods and access to pharmacies, so that was a quick huddle to say, 'We are going to make sure that everyone can come to our pharmacy that needs to,'" she said.

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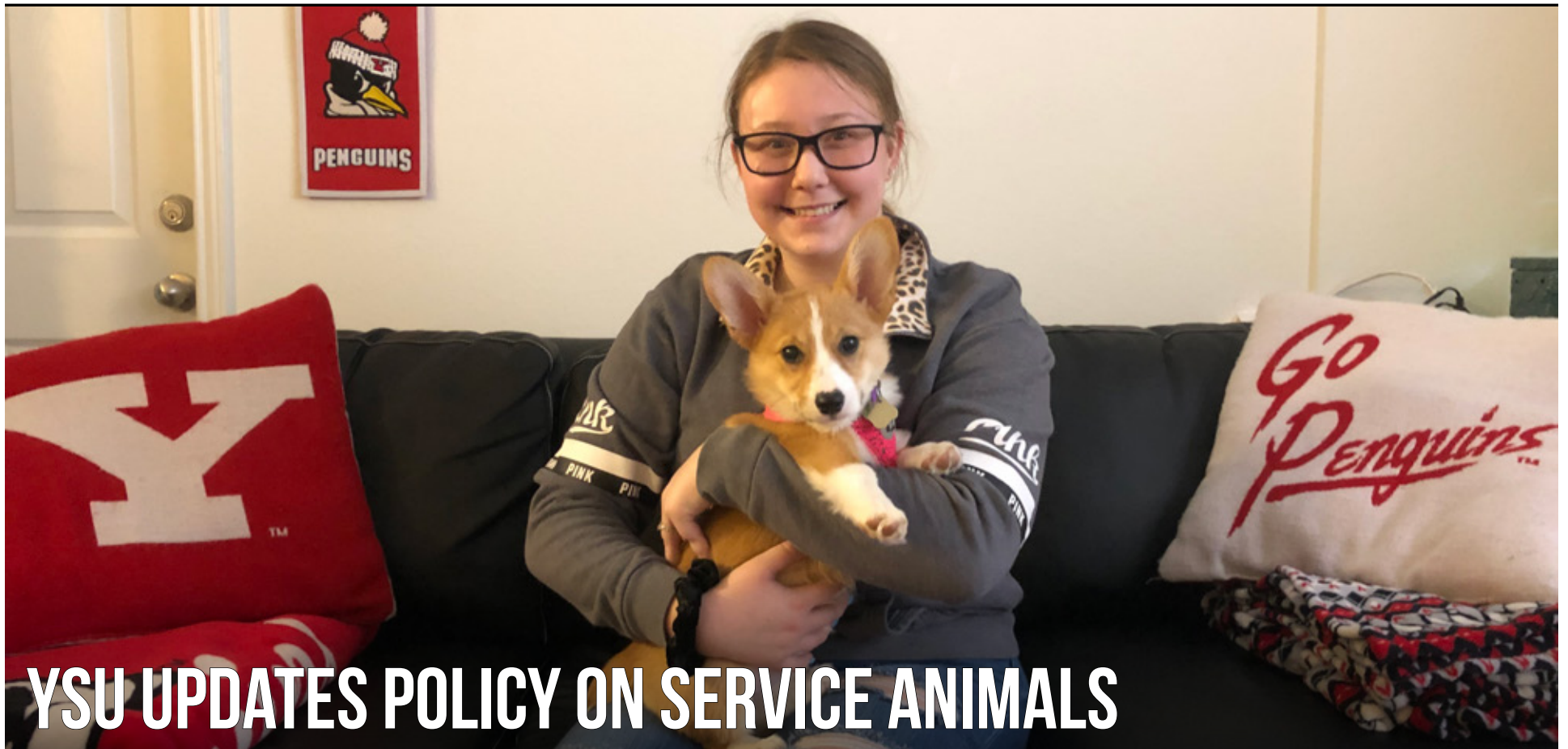
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YSU UPDATES POLICY ON SERVICE ANIMALS

Megan Cutlip poses with emotional support dog Emma, a three-month-old Pembroke Welsh Corgi. Photo by **Alyssa Weston/The Jambar**

ALYSSA WESTON

The policy on service animals, service-in-training animals and emotional support animals on campus was recently revised by representatives from the Youngstown State University Division of Student Experience, Disability Services and the Office of Human Resources.

Students and staff were made aware of these changes by a campuswide email on Jan. 13 from the YSU Division of Student Experience.

Similar to federal and state laws, students, employees and visitors with documented disabilities are allowed the use of service animals on university grounds.

Students in university housing are allowed to use emotional support animals if approved by the Office of Housing and Residence Life and Disability Services.

Eddie Howard, vice president for student affairs, said the newly revised policy eliminates the gray area between service animals and emotional support animals.

"The policy really clarifies the difference," he said. "If people have issues, that will be listed [within the policy] for you to read and fully understand what the guidelines and a policy set."

Sally Frederick, a sophomore individualized curriculum major in the College of Health and Human Services, uses her medical alert dog to aid in dizzy spells that result from an undiagnosed vertigo condition.

"One second, I'm standing. The next second, I'm on the ground. She will let me know when I have to sit down," Frederick said. "If she continues to alert when I'm in a chair, that's when I know it's going to be bad and I need to be on

the floor. Then she'll sit there and eventually get up and let me know I can get up."

In Frederick's opinion, there are basic guidelines the general public should know about service animals.

"Don't talk to the dog. Don't touch the dog. The dog is working. Even if you just go, 'Oh my God, a dog,' that distracts her for a split second, and it's enough that she can miss key points that would save me from falling," she said.

After spending five years unable to leave her house, she invested in a service dog and decided to pursue a career that would help disabled people gain access and information on service dogs.

Frederick said without her service dog, she wouldn't be able to attend YSU.

"I want to make a difference for people who don't know how to get a service dog and weren't sure where to start to get the knowledge to train their own," she said.

According to servicedogcertifications.org, service animals can cost upward of \$25,000 and aren't always covered by insurance.

With her individualized degree, Frederick hopes to make service animals more accessible to those who need them.

She said YSU Disability Services has been a great resource for her and helps inform professors of the situation.

Megan Cutlip, a senior criminal justice major, said her therapist saw a need for her to have an emotional support dog to help with stress and anxiety after she was hit by a car four months ago.

Unlike service animals, Cutlip said her emotional support animal is not allowed to attend classes with her. Instead, the

dog stays at her on-campus apartment.

"I think a lot of people don't know that [emotional support animals] can be very helpful, and even though it's a very long process to get an emotional support animal, I feel like it is very beneficial for you, especially if you're struggling," Cutlip said.

For Cutlip, her emotional support dog eases her stress and anxiety.

"When I come home to her, she gets, like, all excited and runs up to me at the door. It just makes a bad day turn to a good day," she said.



Emotional support dog Emma is rewarded with a treat. Photo by **Alyssa Weston/The Jambar**



WHEN NEW YEAR'S RESOLUTIONS FALL FLAT

The Youngstown State University Andrews Recreation and Wellness Center offers spinning classes. Photo by **Kamron Meyers/The Jambar**

ABIGAIL CLOUTIER

One question that some may pose as they venture into the new year is, "Why do people fall off the wayside with their New Year's resolutions?"

Health and fitness resolutions usually dominate the new year. Brandon Maffitt, a senior music education major, has big plans in mind for his 2020 resolution.

"Two goals of mine are to try and run between 800-900 miles and to do a half-marathon this year," Maffitt said. "I fell behind this last week. I'm planning to literally hit the ground running now. I'm determined to make it happen this year."

Managing a health and fitness routine as a student often comes with its own challenges.

"I don't know if it's a lack of motivation or just getting so cluttered with everything else in their lives. ... But at the end of the day, that just cheats yourself," Maffitt said. "If it's really something you want to accomplish, you have to put everything else aside and commit to it."

Lindsey Bechter, a senior dietetics major, works in the Wellness and Resource Center inside of the Andrews Student Recreation and Wellness Center, which helps students and athletes manage their diet and overall well-being.

Bechter said the Wellness and Resource center was completely booked last week and this week.

"We also have a lot in the beginning of the fall semester as well, but there's more now just because of the whole New Year's

resolution thing," she said.

According to Bechter, taking a resolution "piece by piece is where you see more successes."

"Specifically on campus, I feel like a lot of students aren't using resources as well as they could," she said.

The YMCA downtown Youngstown facility also suffers from the same rise and fall in participation, according to Meri Fetkovich, senior director of health and wellness at the YMCA.

"We definitely have an increase with the New Year's resolutions, which is fantastic," Fetkovich said. "Some people do manage to hang on, so it's excellent. They keep that momentum going."

Fetkovich recommends starting small instead of trying to take on a big goal all at once.

"I've seen people that you would have never thought stick with it because they come in with such a negative attitude, and then they end up loving it," she said. "It's all about finding something that you really enjoy doing and that you want to do."

Bechter said setting realistic goals is crucial when sticking with a New Year's resolution.

"Saying I want to lose 30 pounds in six months is not realistic," said Bechter. "There's no smart goal to that. ... If you can keep your stress levels down and you can focus on one thing at a time, there's more success."

According to Bechter, she is currently working on a Nutrition Education Series with the rec center to help combat some of these issues.

"I wanted to create an education series where students can come and learn little bits and pieces about normal nutrition," Bechter said. "We're going to talk about goal setting, what to look for when you're trying to make a change in your habits."

The Nutrition Education Series is once a month in the President's Suite of Kilcawley Center from 5:30 p.m. to 6:30 p.m.



The YSU recreation center is busier in the beginning of semesters, according to Lindsey Bechter. Photo by **Kamron Meyers/The Jambar**



YSU ALUMNUS 'PAYS IT FORWARD' TO THE COMMUNITY

A Pay it Forward Box located on 600 Youngstown-Poland Rd. in Struthers. Photo by **Kamron Meyers/The Jambar**

BRIANNA GLEGHORN

The holiday season may have come to an end, but a Youngstown State University alumnus is making the season of giving a year-round occasion by placing Pay It Forward boxes around the Mahoning Valley area.

The Pay It Forward boxes provide items for anyone in need of food, clothes or blankets.

Joseph Danyi, owner of Youngstown Computer, said he was inspired to start the boxes by his and his son's favorite movie, "Pay It Forward."

"We were big fans of the movie 'Pay It Forward,'" Danyi said. "It's a cool concept where one person does a random act of kindness and it inspires another to do it and it grows. My son and I had the idea to do this ourselves to see how many people we could inspire."

According to Danyi, residents of other areas have reached out to bring this idea to their community.

"Every year we try to add one of these things," Danyi said.

"Since we've started doing this, we've got probably tens, dozens of people who have wanted to do the same thing and move one of these boxes into their own communities."

In Danyi's opinion, having these boxes available for those in need can help eliminate hunger in the area and encourage others to help.

"The purpose would be if you're struggling, you come and take something, and then later on when you get whole again you can go back and give something," he said. "We hope that that circuit connects."

Danyi said he is always looking for new areas to place boxes, but maintenance with each box can be a challenge at times.

"There's a good deal of responsibility that comes with hosting one of these boxes because you do have traffic," he said. "You've got to be able to tolerate the extra traffic that it brings and the responsibility of keeping it nice and clean and up on repairs."

Doug Reed, lead pastor at Bridge of Hope Church in Boardman, said the church has been hosting a box for several weeks with a successful turnout.

"It's been really cool, and I know me and my wife put stuff in there. Some people from the church put stuff in there, and then I've been here when people come to pick stuff up," Reed said. "I've helped people put stuff in their car, and that's been really neat to watch."

He said when Danyi approached him with the idea to host a box at the church, he agreed immediately.

In Reed's opinion, the idea is a simple way to give.

"This is literally no strings attached, and people can come and give what they want and take what they need. I love that kind of concept," he said. "There's no system, no filter."

Reed said the reason for having these boxes is to help those in need and give back to the community.

"The purpose is to help people, and if we make a connection out of it, great. But that's not why we do it," he said.

Pay It Forward boxes can be found at three different locations: 600 Youngstown-Poland Rd., 11836 South Ave. and 7580 Glenwood Ave.

THE MOCHA HOUSE OPENS DOWNTOWN

The Mocha House, a local eatery most known for its coffee, baked goods and Greek specialties, opened a new location in downtown Youngstown.

The restaurant is on Eastern Gateway Community College's campus and serves breakfast, lunch and dinner.

After six months of construction, the Mocha House had a soft opening Jan. 20, but it will announce a grand opening with a ribbon cutting later this month. An official date has not been set.

Kalli Georgalos, Mocha House manager, said she believes the

Youngstown location is unique because it's located near such a tightknit community.

"I feel like we're an immediate first connection to a lot of the locals, whether that be people in the schools, people working around the city or people living in the city," she said. "It's such a close connection to them and I'm really happy that we are able to be here to cater to this community."

The Mocha House is open daily from 7 a.m. to 7 p.m. and hopes to take Pete's Points in the near future.



Desserts displayed at the Mocha House in downtown Youngstown on Wednesday morning. Photo by **Alyssa Weston/The Jambar**



YSU ALUMNA CROWNED MISS OHIO USA

Stephanie Marie Miranda, former YSU student, gets emotional after winning the Miss Ohio USA 2020 title. Photo courtesy of **Edwin Shaw Photography**

ALYSSA WESTON

A 2018 graduate from Youngstown State University was crowned Miss Ohio USA 2020.

Stephanie Marie Miranda, originally from Puerto Rico, earned a Bachelor of Arts in communications and said her experiences at YSU helped shape her into the pageant queen she is today.

"I think my communications major definitely helped me just get loose and really find out who I am in my voice when it comes to talking to other people," she said. "But with all the skills that I learned from going to class and really focusing on my degree really helped me develop my voice and who I am up on the stage in front of the camera."

Miranda is no stranger to a national pageant stage with the titles Miss Ohio Latina 2013, Miss Ohio International 2015 and Miss Latinoamérica 2018 under her belt.

According to Miranda, following pageants is huge in Puerto Rican culture, and she's aspired to be on the Miss USA stage from a young age.

"At the end of the day, it's still me. Each time I won a specific title or specific crown, it's still Stephanie. I want to continue that even with [Miss] Ohio USA," she said.

Miranda's tactic for a successful pageant is to not view the other competitors as competition and to focus on self-improvement.

"The competition is you. You always want to do better than

you've ever done in any other competition or any day of your life," she said.

Miranda's platform is focused on bringing awareness to Alzheimer's disease, which affects Miranda personally because her grandmother suffers from the illness.

"People who know the person [with Alzheimer's disease] is who really suffers because they see that their loved one completely gone. It's actually called the disease that takes the human soul because the human is literally physically perfectly fine, but the brain is just not there anymore," she said.

Miranda stressed the importance of keeping your mind moving at a young age.

"This generation is so focused on social media and things like that that they don't understand that the most beautiful thing you can have is your brain," she said.

In 2019, women of color simultaneously held the titles of Miss Universe, Miss America, Miss USA and Miss Teen USA for the first time in history. Miranda said as a Latina, giving minority women a national platform is important to showcase different cultures.

"Being able to just represent my culture on the stage is one of the things that makes me even more proud of being on that stage. I love my culture to death. I take it wherever I go," she said. "It's so beautiful to see [different cultures] on the stage of Miss USA and having everybody looking up to all the girls and saying, 'Well, if she can do it, then I can do it too.'"

Adam Earnhardt, chair of the Department of Communication, said the department is "Y and Proud" of Miranda's success.

"A big part of these competitions focuses on presentation skills. Stephanie has a lot of natural charisma and charm, but she honed her presentation skills in YSU's communication courses and in her work with pageant coaches and advisers," he said.

Miranda will compete in the 69th annual Miss USA pageant during the spring of 2020, but an official date has not been announced.



Stephanie Marie Miranda is crowned Miss Ohio USA 2020 on Nov. 9, 2019. Photo courtesy of **Edwin Shaw Photography**



Juan Rivera, pastor at Victory Christian Center in Coitsville, speaks at the annual MLK Day of Observance in the Chestnut Room of Kilcawley Center. Photo by **Kamron Meyers/The Jambar**

TINA KALENITS

On Jan. 20, the nation remembered the words and legacy Martin Luther King Jr. left behind.

To commemorate him, Youngstown State University students joined hands on Jan. 16 in the Chestnut Room of Kilcawley Center to remember the powerful and nonviolent messages King believed and preached.

King fought against segregation and racism, and he believed in nonviolence and equality for everyone.

“Dr. King once declared, ‘Darkness cannot drive out darkness; only light can do that. And hatred cannot drive out hatred. Only love can do that,’” Juan Rivera, pastor of Victory Christian Center in Coitsville, said.

Rivera was the keynote speaker of the event and said King’s

“I Have a Dream” speech still resonates 50 years later.

“As we celebrate the life and legacy of Dr. Martin Luther King Jr., we likewise recognize the fact that over 50 years after he delivered a speech that serves as a prophetic supposition for an entire generation,” Rivera said.

He said it’s crucial to remember King’s messages and that every person matters.

“Whatever your major, your profession, your ethnicity, your background, your upbringing, your gender, your experience, your past or your history, be light by being who you are,” Rivera said. “You are fearfully and wonderfully made. You are not defined by your past, by your upbringing, your circumstances or your laugh.”

Eddie Howard, vice president of student affairs, said King spoke against any segregation and believed that a system only works if all parts are working together.

“Our hope today is to create an experience that is one that will bring people together. The goal is to help people understand the importance of Dr. Martin Luther King’s legacy,” Howard said.

He said King would be excited to see events like what was held at YSU.

“To have something that reminds us of the importance of how important it is for us to come together and connect, that we’re stronger as a unit as opposed to separate parts, is the piece that I think that Martin Luther King would be excited at,” Howard said.

YSU President Jim Tressel said it is a special day for YSU students in remembering a powerful voice amid segregation.

“Our desire to make sure that we do an extraordinary job observing the life and legacy of Martin Luther King Jr. is important to our campus,” he said.

Tressel said everyone in the Youngstown community is

currently on a journey “to make sure that every single person in this community is appreciated and treated properly and respected and challenged.”

Stefanie Marek, a sophomore media communications major, said she learned more about King’s life through the event.

“I thought it was very moving. ... I thought that the keynote speaker was very funny,” Marek said. “And he incorporated a lot of his, like, aspects of his life about immigrating to the U.S., which I thought was really neat. This was all about equality for everyone.”

Marek said her favorite moment of the ceremony happened at the end.

“I really liked how everyone linked arms and we, like, swayed,” Marek added. “I recommend going to next year if we do another one.”

On April 4, 1968, Martin Luther King Jr. was fatally shot. King would have turned 91 this month.



Eddie Howard pictured with YSU President Jim Tressel. Photo by **Kamron Meyers/The Jambar**



Award recipients pictured at the MLK Day of Observance. Photo by **Kamron Meyers/The Jambar**



FACULTY MEMBER GRANTS STUDENTS OPPORTUNITY TO STUDY ABROAD

A photo from the Bahamas trip led by Ron Shaklee, chair of the YSU Department of Geography and Urban-Regional Studies. Photo courtesy of **Mckenzie Learn**

ABIGAIL CLOUTIER

While most Youngstown State University students walked the stage in Beeghly Center during fall commencement, Mckenzie Learn crossed a beach on San Salvador Island to earn her diploma.

Learn graduated with a degree in geography during the trip, which was led by Ron Shaklee, chair of the YSU Department of Geography and Urban-Regional Studies.

"In 2018, I went on the trip, and two of my friends actually had their [graduation] ceremony on the island," Learn said. "You're able to have an intimate ceremony with someone you've seen as a mentor all throughout college and being able to share that experience."

But the unforgettable moment meant Learn had to take out a loan her last semester of college.

"I know as a senior wanting to go on the trip, it was more of a financial burden for me," Learn said. "I had to take out another loan to go on the trip. While my last semester of college should have been around \$4,000, it ended up almost being \$7,000. ... But

I wouldn't have changed a thing."

To defray that expense for students, Shaklee created the Shaklee Honors Study Abroad Scholarship in partnership with the YSU Foundation.

"It's for students who may not be on other honors scholarships," Shaklee said. "Not everyone in honors is getting honors money. It's intended to help people who may not be able to do this kind of thing."

In the future, Shaklee will crowdfund the scholarship through donations from alumni who went on the tropical ecology trip to the Bahamas.

Shaklee said he has been leading the honors research trip for over 30 years and the trip is a "life-changing experience for a large number of reasons."

"For many of them, it's their first trip outside of the United States. For some, rare but a few, they have never been on an airplane before," he said. "Usually, about 50% haven't been on an international excursion. It really opens their eyes."

Many of the students develop a sense of community with their peers since they are all experiencing a different culture together.

The research completed over the last three decades has contributed to the Gerace Research Centre, which is part of the University of the Bahamas.

"They're contributing to the Bahamians, who may not be able to afford to put together a group of 20 people to go out and do research," Shaklee said. "That makes it a more fulfilling experience."

Students also have an opportunity to participate in different types of research, which include studying the effects of climate change on the island and studying localized weather.

Learn said she completed a research project that measured the salinity of drinking water in the Bahamas.

"I didn't realize how bad the well field was the first time I went on the trip," Learn said. "We had salinity readings of over 10,000, and salinity readings we have in the U.S. are under 100."

Taylor Tomb, a junior education major, said the ecology trip enriched her academic experience.

"You get to travel and gain school credit for it," Tomb said. "I met so many new people."

Tomb said she encourages other students to apply for study

abroad programs before they graduate.

"I think his scholarship is going to be amazing for YSU," Tomb said. "I would highly recommend doing [study abroad]. You're only young for so long, too. Before you have responsibilities and obligations, go and see new things before it's too late."



Dave Parker (left) uses a GPS to obtain coordinates of a dig site in the Bahamas in December 2017, while Brent Jones (right) screens for artifacts. Photo by **Kamron Meyers/The Jambar**



Photo courtesy of **Mckenzie Learn**



LAURA OGRAM: FROM BRASS TO BUSINESS

Laura Ogram, freshman accounting major, decided to return to YSU for a fresh start after graduating with a music education degree in 2017. Photo (left) courtesy of **Laura Ogram**. Photo (right) by **Frances Clause/The Jambar**

FRANCES CLAUSE

Laura Ogram and 54 other musicians from the Dana School of Music's wind ensemble performed at Carnegie Hall in 2015, becoming one of her favorite experiences during her music career.

This was Ogram's second year at Youngstown State University and fourth year of her music education degree with a focus on French horn after transferring from Kent State University.

But after graduating from YSU in 2017 and spending two years teaching, this wasn't the end of her journey at YSU.

"At the end of my second year, I realized that this wasn't my passion, and I had always been passionate about music. ... But I think I overlooked the aspect of teaching," Ogram said. "I don't think my personality necessarily lines itself to being in such a social setting all the time."

Facing the decision of what step to take next, Ogram decided to return to YSU as an accounting major at the Williamson College of Business Administration.

"I love it so far; it's like a complete 180 from music. Which, I love both, but I like that I can have a passion for something else as well," she said.

Switching majors is more common than some may believe. According to the National Center for Education Statistics, about 80% of students in the United States change their major at least once.

And for some students, switching majors is not the only aspect

they want to change. The National Student Clearinghouse Research Center found 37.2% of college students transferred institutions at least once within six years.

"I definitely had some pushback with my decision. ... A lot of people told me, 'It's the district you're teaching in. If you were in a different setting or in a different district, you would be happy,'" Ogram said.

"But for the most part, a lot of my previous professors, family members, friends were all very supportive because I think they saw I wasn't really thriving being a teacher," she added.

Elliot Kwolek, a graduate clarinet student who played in ensembles with Ogram, said he is excited to see what she will do in her new field.

"[Ogram] always seemed so determined to do music, so when I heard she switched careers, I was surprised," he said. "However, I know she has a good work ethic and can make the career switch easily. A new start is a new outlook on life."

Noah Cline, a French horn performance major, said Ogram was always helpful during his first year of college.

"I can understand that music wasn't what she actually wanted to do, but I'm so incredibly happy she found something that she enjoys," he said.

Ogram said although she would have saved a lot more money, she would not change anything about her college journey.

"I wouldn't be the person I am, and I still will always have a place in my heart for music," she said. "I think having been a teacher, I have so much respect for teachers. I just feel that really gave me a sense of what it means to work hard and push through

even if you're not in the greatest situation for yourself."

Ogram offered advice for students who are considering changing their major or institution.

"I kind of made the decision all by myself, and I wish I would have reached out to mentors, to professors or even just to family," she said. "I think it's important to talk to the people around you."



Laura Ogram performs with her French horn in Bliss Recital Hall. Photo courtesy of **Laura Ogram**

HOW TO BE IN CONTROL: ACCEPT YOU AREN'T

MAC POMEROY

Having been born with numerous physical problems, I'm used to things being out of my control. These things include not being able to run or hear very much, the tumors that grow on my bones and, of course, the surgeries that come as a result. Many choices in my life have been out of my control, and even though it has always been like this, that doesn't mean I'm OK with it.

Everyone experiences points in their life where things are out of their control. This doesn't always come from unfortunate genetics like in my situation, of course. It can also include things such as death, a friend moving away or a common hangout location closing. Often, these changes aren't welcomed, and they take a toll on our lives.

It can be difficult to cope with things that are completely out of our control. It can be frightening, confusing or even painful. But regardless, you can get through it. While there are steps you can take to help, it is first important to realize how strong you already are.

Often, it feels like we forget the strength of people. Yes, even in dark situations, people can usually find a spark of hope, a simple beam of optimism. For me, I remember a time when I wasn't feeling so strong about my body.

I was young and didn't know what I do now. I would often look at my peers and see them run or jump. I won't lie, it hurt. I wanted to join them, but it was always out of the question. It was never within my own control.

After years of this negative behavior, I started to realize that, while my muscles and bones do affect my life, this is my life. My body has always been this way. I was not struggling to survive or thrive; I was already living.

Once you realize your own inner strength, you can focus on further coping. A key part of this is focusing on the elements in your life that you can control. Let's back away from my own example and use a more general one. Perhaps a close friend has recently graduated and will soon be moving away for a work opportunity.

You can't stop them — it's their own life, and this is what

will be best for them. However, there will be a noticeable gap in your life without them. They were a huge part of your daily life, and you frequently spent time together. You trust them greatly. While you can obviously text or video call, it won't be the same.

The key thing to do is to focus on your life. As I mentioned, you can't stop them. But you can schedule a time to study for your classes. You can find a new hobby. You will be able to decide what to do now that they are leaving.

This may sound vague, but it truly is all that you can do. When the situation around you seems out of your hands, you must focus on what isn't. For me, I'll never be 'in control' of my own physical abilities. It just isn't meant to be.

But I'm in charge of my own mind. I'm in charge of what I decide to do with the abilities I have. And I can say for a fact it gets a lot better.

Things being out of our own control can be frightening. But remember what is in your control, and remember that you are strong. You will make it.

YOUNGSTOWN'S LABEL AS A 'PHARMACY DESERT'

Upon the recent closure of CVS Pharmacy on Park Avenue, many Youngstown State University students, faculty and Youngstown residents are left with no pharmacy resources to turn to in times of need.

A Mahoning Matters article stated the definition of a pharmacy desert is a neighborhood in which most inhabitants live more than a mile away from a pharmacy, if people have access to private vehicles. That distance decreases to a half mile in neighborhoods where most people don't own cars."

The Mercy Health facility in downtown Youngstown made its private hospital pharmacy a part of the public sector just hours after hearing the unexpected news of the CVS closure.

With other health center facilities stepping up in the community, there are still pockets left unequipped, such as Youngstown State University.

The university has a growing student population with a portion of the students unfamiliar with the Youngstown area. With no pop-up pharmacy center located on campus, this can potentially be a turnoff for prospective students.

Discussions are underway for the Mercy Health walk-in clinic on the corner of Wick and Lincoln avenues to extend its services to better the students, staff and faculty at YSU. But what can be done to better assist urgent medical needs?

Providing a transportation service for students who are unable to get to the nearest pharmacy can eliminate the stress and worry placed on those in need of daily or monthly medications.

Building a pop-up pharmacy on campus can add a new dimension to the university and attract more students and faculty to downtown Youngstown.

Taking the time to narrow in on the neglected pockets of the community can help the Youngstown population grow and attract out-of-towners.

Downtown Youngstown is within miles of Trumbull County, with access to a nearby Walgreens and Giant Eagle.

For many students, their access to these facilities is limited, and they must rely on friends or family to access other pharmacies.

Students who suffer from chronic illnesses rely heavily on their prescriptions and medical equipment. When those resources are taken away, several unnecessary obstacles can get in the way of having a successful academic education.

Haley Drennen is a sophomore pre-business major who was diagnosed with Type 1 diabetes at 16 years old. Taking insulin multiple times a day through her insulin pump is a vital part of her survival.

Drennen relies on her insulin pump 24/7, sometimes making it challenging to complete her schoolwork.

Now that the CVS is closed on Park Avenue, Drennen is dependent on her mother to help pick up her monthly medications from the CVS Pharmacy in Niles.

While Drennen has a reliable source of transportation for her own medications, she fears for other students who are unable to travel to off-campus pharmacies.

She recently founded the Youngstown chapter of the College Diabetes Network with intentions to spread awareness and understanding for the disease. Diabetics and nondiabetics are currently active in the YSU chapter to better understand the life-consuming disease.

Providing an alternative route for students to gain access to critical prescriptions is needed on campus now more than ever.

For more information on how you can become a student member of the Youngstown chapter of the College Diabetes Network, email Haley Drennen at youngstown@collegediabetesnetwork.org.



WORLD-RENOWNED JAZZ ARTIST STRIKES A CHORD WITH DANA STUDENTS

Jamey Aebersold tests the audience on their music knowledge and demonstrates jazz scales at YSU Jazz Day and Saxophone Symposium. Photo by **Frances Clause/The Jambar**

FRANCES CLAUSE

"Take listeners' ears on a journey from the first note to the last note," Jamey Aebersold, world-renowned jazz performer, said as he gave Dana School of Music students advice on musical phrasing, improvisation and playing solos.

Aebersold was the guest artist of YSU Jazz Day and Saxophone Summit at Bliss Hall, where his clinic and master class were the highlights of Saturday's nine-hour event.

Aebersold graduated from Indiana University with a master's degree in saxophone in 1962 and was awarded an honorary doctorate from the same university in 1992. His summer jazz workshops, instructional books and "Jazz Play-A-Long" series continue to teach students from around the world.

"Each time we have new clinicians come to YSU's Dana School of Music, we get the chance to gain outside insight that we wouldn't get had these clinicians not been able to visit," Billy McKinney, senior music education and member of Dana's saxophone studio, said.

McKinney said as a future teacher, events like this are important because it gives him and other music majors a chance to take in new perspectives of music.

"I really learned that there is more to jazz than just playing a ton of notes in a solo," he said. "Jamey made sure that when we play solos in jazz music that each note is carefully picked to make musical sense."

"Jazz solos are supposed to showcase our playing abilities,

sure, but they are also supposed to showcase our musical thinking when it comes to phrasing," he added, reflecting on what Aebersold demonstrated. "Essentially, the solo must sound as musical as it is virtuosic."

Aebersold dissected harmonic and melodic devices common in jazz, discussed improvisational techniques and challenged audience members on their music knowledge through demonstrations on saxophone and piano.

Kent Engelhardt, professor of jazz studies, said the center of Aebersold's teaching is the idea that all musicians can improvise.

"Whether or not that means you become a great jazz player, a great blues player, a great rock-and-roll player or a great country player, [Aebersold] opens improvisation up in such a logical way to people," he said.

Engelhardt said he was fortunate to attend two of Aebersold's jazz camps when he was young, and it set him on the path to what he does now.

"This event shows incoming students that we're serious about the study of jazz, and it's also an opportunity for them to get to hear some of our really terrific student musicians and faculty play," he said.

Aebersold joined Dana students in playing a blues composition by Clifford Brown, a jazz bebop trumpeter, during his clinic. He was later joined by Dana faculty who closed the event with the sounds of their ensemble.

"Getting to play with him after all these years was so cool," Engelhardt said. "It's almost as if the years melt away from him when he plays, and he seems forever young."

Engelhardt said if there's one thing he hopes students took away from the event, it's that the positive energy among the ensembles at Dana is growing.

"The students have become a community," he said. "That sense of community is really important, and that's not always easy to find."



Saxophone enthusiasts browse and test the instruments on display at YSU Jazz Day and Saxophone Symposium in Bliss Hall. Photo by **Frances Clause/The Jambar**

WHAT KEEPS THE UNIVERSITY UP AT NIGHT: ERM WORKS TO IMPROVE CAMPUS

KELCEY NORRIS

In order to keep a university financially afloat, committees are formed to find where money and resources are in danger of being misused.

Enterprise Risk Management is one of these committees dedicated to identifying potential risks at Youngstown State University.

Susan Viglione, risk management officer at YSU, leads the committee to ensure risks are not ignored and that they are met with acknowledgment and determination.

According to Viglione, the committee works as a unit with various departments to find solutions to potential risks.

“Generally, different departments individually determine what the risks are, and then they develop, whether they realize it or not, mitigation plans,” Viglione said. “The purpose of ERM is to take everything at a middle ground and bring it up kind of like a pyramid to the top, where each risk is analyzed and evaluated from more of a bird’s-eye view.”

ERM is outlined in five main steps: identify, analyze and prioritize, mitigate, monitor and communicate.

Viglione said members of the committee use the process to determine what risks exist and what needs to be improved in each department.

“We interviewed 30 key stakeholders around campus and

asked, ‘What keeps you up at night?’” Viglione said. “We’re finding out what one area of the university is doing about a risk, looking at it and asking, ‘How can we improve what we’re doing about this?’ We’re communicating and combining so that we’re consistent.”

Viglione implemented ERM to streamline the risk management process. The system encourages communication between departments across campus.

“The traditional risk management is sometimes a little fragmented and can be negative,” Viglione said. “Now we’re getting a little bit more proactive and sharing what we’re doing. We’re much more systematic about how we approach risk.”

Julie Gentile, director of the Office of Environmental and Occupational Health and Safety, said she feels the committee does a lot for the university.

“The fact that we have a committee making things better for the students and faculty ... helps mitigate some of the potential liabilities that could happen and prevents them from happening before they do,” Gentile said.

Working alongside Viglione, the two push communication and consistency for managing risks. The campuswide process includes routine meetings, dedicated department representatives and clear mitigation plans.

“Documentation of the process is important. If the players change, the process stays the same,” Gentile said. “It means that

you can implement it across the board. It can be used in human resources and in the biology department. It’s all the same.”

As her position includes overseeing health and safety for students and faculty members, Gentile stressed the universal need for risk management.

“No one wants people to get hurt on campus. No one wants significant liability issues to come about because of mishandling of documents,” she said.

Kelli Miller, director of YSU’s Internal Audit, ensures the university’s complies with various procedures.

“It’s a combination of the audit work as well as a testing of policies, as well as consulting with departments to see how we can do these things better,” Miller said. “My position also affords opportunity to do some consulting with different departments and individuals on campus.”

Serving on the committee gives Miller an overview of risks on campus.

According to Miller, she also focuses on how the policies and procedures can best suit the campus community.

“I’m fortunate to take back to my position every day the knowledge we have been able to glean from the ERM process and incorporate that into the annual audit risk assessment that the internal audit department does,” Miller said. “We prioritize where the areas are that we think we could have issues so we can get ahead of them.”

CVS PHARMACY

Continued from Page 1

Berrie said the St. Elizabeth pharmacy can refill a variety of medications.

“The outpatient pharmacies in the hospital can discharge medications so we can fill anything, ... whether it’s short-term antibiotics or long-term blood pressure treatments,” she said. “But we’re not a pharmacy in the same respect as a CVS would be where we carry more snacks and sodas. ... We are surely a pharmacy.”

Jonathon Fauvie, public relations and communications manager at Mercy Health, said the pharmacy is placed in a convenient location inside the hospital for public use.

“Our current pharmacy is right inside the main lobby,” Fauvie said. “So, it’s not like you have to traverse through the facility to get to that.”

Plans to extend services offered at the Mercy Health walk-in clinic on campus are under review, according to Fauvie.

“As we continue to serve that student and faculty population, those will be indicators of what services are needed at that facility,” Fauvie said. “All of that is to be determined at this point.”

The Jambar reached out to the CVS Pharmacy located on Mahoning Avenue, and it declined to comment on the closure of the Park Avenue CVS.



Wick Primary Care, the walk-in health clinic located on the corner of Fifth and Lincoln avenues on Youngstown State University’s campus, plans to extend the services offered, but the plans are currently under review. Photo by **Kamron Meyers/The Jambar**

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THANKS,
EMMA HAMILTON, EDITOR, PENGUIN REVIEW



Vaulting INTO THE MEDICAL FIELD

Penguins pole vaulter Brock Wooten attempts to clear the bar during the YSU Mid-Major Invitational in February 2019. Photo courtesy of **YSU Sports Information**

BRIAN YAUGER

Being a college athlete isn't easy. It's long hours and it's tough work. Nursing isn't an easy major either. To participate in one is tough enough, but to tackle both at the same time is a difficult feat to pull off.

Brock Wooten, a pole vaulter at Youngstown State University, is one of four members of the men's track and field team that took on the daunting task of being an athlete while studying nursing.

How he does it is simple. At least now it is as a senior.

"Time management is one of the biggest things I've learned in college," Wooten said. "Coming from high school it's so much different because everything is blocked out, but in college there's a lot more variability in your schedule. ... My day is very regimented. Now it's just normal."

YSU's track and field program has consistently been one of the school's best athletic programs over the years. Countless titles and awards have been won over the quarter-century tenure of coach Brian Gorby. Wooten thinks the program has hit another level over

the past couple of years.

"I think the program has gotten a lot more success-oriented, per se," Wooten said. "The coaches are the same, but we're getting better people that are more driven to run that conference rather than just being lax about it."

What made him decide to take on the challenge of the nursing world is inspiring. While in high school, his grandmother received hospital care. The nursing staff opened his eyes to what he wanted to do going forward.

"I can remember one of the times I went in during that period, that in the time that I was there I felt very welcome," Wooten said. "It was a completely different environment than I ever experienced before. They made a bad situation much better."

His experience made him want to reach out a helping hand to the people in need and their families.

"I'd like to do that for somebody else's family and make them feel completely welcome and make them feel comfortable," Wooten said. "In that setting, you're seeing people dealing what's possibly the worst situation they've been in in their lifetime. To extend the

care to their close relatives in their time of need can really change their outlook."

This past weekend, the Penguin track and field team hosted the YSU Invitational. Wooten placed first in the unseeded pole vault category, clearing 13 feet, 11.75 inches with a 4.26-meter vault. The preparation for a meet like this is as tough as it sounds.

"Two days before we started carb loading and then work on the recovery aspect," Wooten said. "Making sure you get adequate sleep is one of the things our trainers push. ... Ice baths, stretching, doing a minimal workout the day before, something to get all the lactic acid out from earlier in the week's practice, then we hunker down and get everything straight."

As a senior, Wooten hopes to end his career with a bang. Like most athletes, a conference title is the main goal, but Wooten would like to best himself one last time.

"Indoor track is my main focus point, but to cap off the year I'd love to set a new personal best," Wooten said. "I want us to sweep outdoor in conference, and I think we have the ability to do that."

COLUMN: WIN IT FOR YOUNGSTOWN

BRIAN YAUGER

After a grueling regular season and playoffs, the matchup is finally set for the 2020 Super Bowl. The Kansas City Chiefs will face the San Francisco 49ers.

This column is to, for lack of a better word, endorse supporting the 49ers to win this year's Super Bowl.

Granted, there's a ton of bias. I'm not even going to try to be objective here. I absolutely detest the Chiefs. I've hated them for years and anyone who knows me knows that.

But that's not why I'm writing this. If you want to hear me yell about the Chiefs, just ask me in person.

Anyway ... Many of my co-workers and I will be sitting down Feb. 2 to cheer on the 49ers to win their sixth Super Bowl title.

The San Francisco 49ers have ties to Youngstown through the DeBartolo family, and they aren't afraid of showing that off. Just go back a few months to when the 49ers stayed in Youngstown the

week before their game in Cincinnati.

We don't need to go over the story of the DeBartolos again, but here's the CliffsNotes if you don't know already.

Edward DeBartolo Jr., a graduate of Cardinal Mooney High School, purchased the 49ers in 1977 while the team won five Super Bowls.

In the late '90s, he ceded control to his sister Denise DeBartolo York, who still owns the team today. Remember the DeBartolo Corporation building on Market Street in Boardman? That's the corporate headquarters.

But the local tie is not the only reason to be supporting San Francisco.

Just last season, the 49ers went 4-12, which is an amazing turnaround. My conspiracy theory is that someone in the 49ers organization used the Golden State Warriors in a "Soul Stone" scenario, and that makes me laugh.

Richard Sherman is awesome. I can't say it enough how much I

love this dude. His career was basically over after an Achilles tendon injury left him sidelined. Seattle decided to part ways after he was the face of its franchise for years. Sherman signed a deal with the 49ers as a chance for redemption and has made the most of it.

George Kittle is also great. Once we resume the Igloo Review, please, George, come on the podcast.

The 49ers have a female coach on the staff, which is remarkable to witness. Katie Sowers, an offensive assistant coach with the team, will become the first woman to coach in the Super Bowl. She's worked her way up through the ranks and will hopefully inspire future generations of girls who want to pursue coaching one day.

Kyle Shanahan was the Browns' offensive coordinator in 2014 until he stepped down after a disagreement of whether or not Johnny Manziel should be starting. For those curious, Shanahan was the one who got the last laugh in that situation.

I could keep going, but basically, go Niners. Do it for Youngstown. And please, bring the trophy on your next visit.



WOMEN'S TENNIS LOOKS TO BOUNCE BACK

Imaan Hassim is one of the leaders for the Penguins women's tennis team. Coach Mickael Sopel will lean on her experience as the season goes on. Photo courtesy of **YSU Sports Information**

PRESTON BYERS

Youngstown State University women's tennis coach Mickael Sopel is used to winning.

Since Sopel took over the women's team in 2013, the Penguins have won five Horizon League team titles. However, last year yielded little glory.

The young team, hampered by injuries, finished the 2019 dual season with a 6-18 record, which was the worst of Sopel's YSU career. The Penguins also came out on the losing end of nearly every close match, which wasn't the case in previous seasons.

"It brings you back to Earth when you have been winning five times in a row," Sopel said. "We have a strong league and, as you see, the most little details that make you win tournaments can — if you don't take care of those details — lead to you not making it at all."

YSU's struggles weren't due to a lack of talent, though, Sopel is quick to point out.

In one of its final matches of the season, YSU defeated

the University of Illinois at Chicago, the eventual conference champions, in UIC's only league loss of the year.

That win against UIC, in addition to a strong fall season, gives Sopel hope that his team will be able to climb back to the top of the league.

The team will look to their two captains, Imaan Hassim and Cassandra Moraleja, who also are the only two seniors.

The two are great leaders and serve as examples of successful student-athletes for their younger teammates, according to Sopel. In July 2019, Hassim and Moraleja were among the five YSU women's tennis players named scholar-athletes by the Intercollegiate Tennis Association, an honor awarded to varsity letter winners who earn a GPA of at least 3.5.

Hassim and Moraleja, who are from South Africa and Australia, respectively, are also examples of the team's diverse roster. All six players are from different countries, and none are from the United States. According to Sopel, that diversity only helps.

"I believe diversity is always a strength if you are able to take

the best of it," he said. "That's what we have been able to do in this program. Diversity brings a lot of different perspectives. All the players come from different countries, different coaches, different approach, different views on a lot of things. When you bring that all together and you get the best out of everyone, we all learn from each other. We'll get stronger every day from that interaction and building that together."

Sopel, despite watching his team fall short of their goals last season, fully expects to win his sixth league title in April, when the Horizon League women's tennis championship is played.

"That's always what we are aiming for," Sopel said. "That goal never changes. We have the talent; we have the team."

The Penguins, who were projected to finish fourth in the Horizon League preseason poll, will begin their dual season on the road against Bowling Green State University on Jan. 24. They will then travel and play the University of Toledo the next day. Conference play begins March 21 against the University of Wisconsin-Green Bay.

YSU MEN'S HOOPS LOSES TWO ON THE ROAD

CHRISTINA SAINOVICH

The Youngstown State University men's basketball team just ended a two-game road stretch against the top two teams in the Horizon League.

The team traveled to Northern Kentucky University on Jan. 16 to play the No. 2 seeded team in the conference. The Norse proved to be too much for the Penguins to handle as they fell 88-63.

Despite the loss, the Penguins saw a dominating performance from junior guard Garrett Covington. He totaled 17 points and was the only player to break double-figures in scoring for YSU. Darius Quisenberry also grabbed seven rebounds in the game.

The Penguins looked to rebound Jan. 18 at Wright State University. The team put up a tough battle against the top-ranked Raiders but ultimately lost the game 79-72. Quisenberry scored 19 points and added six assists and two steals in the game.

Christian Bentley gave YSU quality minutes coming off the

bench as the team's backup point guard over the two-game span. He said he has adjusted to his role on the team and wants to do whatever it takes to improve.

"I've accepted my role," he said. "I'm real happy with it. I just want to help the team because winning is the most important thing to me."

Bentley said there are lessons to learn from each game played.

"In every loss, there is something you can learn," he said. "So, from this weekend, we took two losses. We're just going to learn from them and try to move forward and be better for the rest of the season."

Penguins coach Jarrod Calhoun said he found some positives in the team's two road losses.

"We played in two of the best environments in the Horizon League," Calhoun said. "So I think there's a lot to gain from it. ... We learned a lot about some things we've got to clean up for this week."

He was also pleased with the way his team stayed focused during the Wright State game after the loss to Northern Kentucky.

"I was really proud of the way we responded on Saturday. I think Wright State is not only one of the best in the Horizon League but probably one of the best mid-major teams in the country," Calhoun said.

The Penguins are in the middle of conference play, and Bentley said they feel the pressure to perform in the upcoming home games.

"As the season is coming to an end, the conference is really close right now," Bentley said, "There's a lot of teams at 4-3 just like us."

Calhoun said the players are motivated for their next five home games and are ready to prove themselves in the Horizon League.

"We still have a lot to play for," he said. "We're really excited about this week and really the next five games."

YSU will be in the Beechly Center for the next five games. The Penguins will host the University of Wisconsin-Milwaukee on Jan. 23 and the University of Wisconsin-Green Bay on Jan. 25.



WOMEN'S BASKETBALL BACK AT BEEGHLY

Maddie Schires attempts to dribble past a Cleveland State defender in the Penguins' loss to the Vikings on Jan. 10. Photo courtesy of YSU Sports Information

NATHANAEL HAWTHORNE

The Youngstown State University women's basketball team is back at Beeghly Center after a five-game stretch on the road.

The team picked up back-to-back wins to close out the road trip, beating Oakland University 79-74 and the University of Detroit Mercy 62-47. With those two wins, the team improves to 11-7 on the year and 4-3 in the Horizon League.

"That was a huge road swing for us," Penguins coach John Barnes said. "We've got a lot of freshmen, a lot of young players playing a ton of minutes. Road swings are hard enough for a veteran group, but to have a young group be able to do that gives us a lot of confidence."

Young players are getting more playing time because of the amount of injured starters. With at least four players sidelined due to injury, Barnes looked to the younger players to step up to the spotlight.

Freshman Jen Wendler has stepped up in a significant way. In the wins against Oakland and Detroit Mercy, she posted 22 points, 15 rebounds and shot 100% from the free-throw line, going nine-for-nine. Among other things, that performance led to Horizon League Freshman of the Week honors.

"She was a player we were talking about redshirting possibly because she needed that extra time to get used to the speed of the game and the size of the players," Barnes said. "I think everyone can see how she's growing and getting better and for her to win Freshman of the Week was a great honor for her."

Barnes is also relying on the leadership of junior Chelsea Olson. To round out the road trip, Olson picked up 29 points, 21 rebounds and went 3-6 from 3-point range, securing Horizon League Player of the Week honors.

Barnes said with the injuries on the team, Olson has been put in a situation she's not used to, but she's lived up to expectations.

"She handled it great," Barnes said. "She stepped up her scoring, she stepped up her rebounding and lifted her game, which obviously helped us win."

The Penguins have also gained some help elsewhere. In the game against Oakland, junior Ny'Dajah Jackson dropped a season- and career-high 23 points, and freshman Gabby Lupardus put up 18 points. Against Detroit Mercy, freshman Quinece Hatcher scored 15 points.

Coming up, the Penguins will square off against the University of Wisconsin-Green Bay on Jan. 24 and the University of Wisconsin-Milwaukee on Jan. 26 in a two-game homestand.

Barnes said both games will be difficult, but his priority lies with Green Bay.

"It's going to be a difficult game, but we somehow have to find a way to rise to the occasion," he said. "With Milwaukee ... It's going to be a tough battle and it's normally close. You just got to find a way to make plays at the end, but definitely protect your home court."

Tipoff against Green Bay is scheduled for 7 p.m. and tipoff against Milwaukee will be at 1 p.m.



Chelsea Olson was named Horizon League Player of the Week for her efforts on the road trip. Olson finished with 29 points and 21 rebounds across the two games. Photo courtesy of YSU Sports Information