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Thursday, October 7, 2021

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GINA TENNEY MURDERED IN 1985



Photo by Mia Albaugh / The Jambar

Gina Tenney Memorial Scholarship 2021 recipients are Mason Ciesielski, Ryan Flemming and Andriy Lasowsky.

Man convicted of murder of YSU student, parole moved

By Mia Albaugh
The Jambar

Bennie Adams, 64, who was convicted of the murder of 19-year-old Youngstown State University student Gina Tenney in 1985, had his parole pushed to 2028.

Tenney was an Edgewood High School graduate and a sophomore at YSU. She lived alone in a second-floor apartment in a converted house on Ohio Avenue in Youngstown.

Adams lived with a girlfriend in the apartment below Tenney, sharing an interior staircase with the YSU student. Adams was convicted on her murder in 2007, 20 years later.

Records state that on Dec. 25, 1985, Tenney first heard an intruder attempting to break into her apartment. She called her ex-boyfriend, Mark Passarello, who stayed with her until about 3 a.m. After he left,

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YSU professor arrested

Psychology professor accused of assaulting a child

By Abigail Cloutier
The Jambar

Youngstown State University officials confirmed a professor in the psychology department was placed on paid administrative leave following his arrest.

Stephen Ray Flora was arrested by Boardman Police Sept. 24 after a warrant was put out for his arrest.

On Aug. 26, Boardman police took a complaint from a parent who accused Flora of assaulting her son at Progressive ABA Therapy Group on Market Street. Flora's job at ABA Therapy Group was not affiliated with his job as a professor on campus.

The parent told police that her juvenile son has been enrolled for five months for daily school and therapy and for his ADHD, anxiety, autism, disruptive mood dysregulation disorder and a sleep disorder. The owners of the school called the parent on Aug. 25 and advised her that Flora handled the child "in an extremely rough and aggressive behavior", according to a police report.

The school owners told the victim's parent that Flora had been immediately fired.

According to the police report, Flora startled the child, which caused an outburst from the child. Flora

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she said she could hear the intruder again and called the police.

She was found dead days later floating in the Mahoning River.

The TV show “Your Worst Nightmare” aired an episode covering the murder of Tenney. According to the series’ website, the show is a 60-minute true-crime series blending the reenactments of events with commentary from law enforcement, criminal justice professionals, friends and family of the victims, and occasionally the victims themselves.

In season 3, episode 1, “A Night Alone,” college sophomore Gina Tenney discovers she has a stalker, then comes face to face with her tormentor and realizes she knows him. The episode aired Dec. 17, 2016.

The murder of Tenney remained unsolved until 2007, more than 20 years later.

Adams was charged with aggravated felony murder, rape with a violent sexual predator specification, aggravated burglary, aggravated robbery and kidnapping involving the Tenney case, according to records. Adams is serving a life sentence at Trumbull Correctional Institution in Leavittsburg.

He was originally sentenced to the death penalty in 2008 for the Tenney murder. However, the ruling was overturned when the Ohio Supreme Court reviewed the case in 2015, sentencing Adams to life in prison with eligibility of

“Adams was originally sentenced to the death penalty in 2008 for the Tenney murder. However, the ruling was overturned when the Ohio Supreme Court reviewed the case in 2015, sentencing Adams to life in prison with eligibility of parole after 20 years.”

parole after 20 years.

Records state that Adams was convicted in 1985 for an unrelated rape of a Boardman girl. He was in prison for 18 years and three months. Almost 3 ½ years after Adams was released on parole for the Boardman rape and related convictions, police officers arrested Adams and charged him with aggravated murder in connection with Tenney’s death in 1985.

The Mahoning County Prosecutor’s office of Paul Gains declined to comment on the parole hearing of Adams.

The Gina Tenney Memorial Scholarship was established in January 1986 by members of the Student Government As-

sociation.

According to the YSU page for the scholarship, Tenney was an active member of the student body on campus. She was a member of our Student Government Association, serving as vice president of Student Council and was a student assistant in the Students Serving Students program. In addition, she served as a customer and assistant director during the University Theater’s 1985 season.

The 2021 recipients of the Gina Tenney Memorial Scholarship were Mason Ciesielski, Ryan Flemming and Andriy Lassowsky.

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then picked the child up by their armpits and “aggressively placed him in the chair,” according to the report. Staff said in the report that the child said Flora was hurting him and that Flora did not stop.

The parent gave police multiple written statements from staff members who witnessed or knew of the incident. The parent told police the child had multiple bruises on their

“According to the police report, Flora startled the child, which caused an outburst.”

legs, armpits and back and provided photos to the police.

Flora is charged with endangering children and disorder-

ly conduct. His arraignment is set for 5 p.m. Thursday, Oct.

7 and his pre-trial is set for 9 a.m. Nov. 2. He has pled not

guilty to either charge.



Photo by Jillian McIntosh / Jambar contributor

Bouncing Back helps students by offering wellness workshops that give out advice and information about mental health-related topics.

Bouncing back from burnout

By Jillian McIntosh
Jambar contributor

Psychology senior Gianna Pupino is one of the many students who experiences burnout at Youngstown State University.

“I usually start to feel it [burnout] in the middle of the semester,” she said. “It’s like you physically cannot do it anymore, but you have to.”

Burnout is a state of exhaustion caused by stress over an extended amount of time, often described as feeling overwhelmed or lacking motivation.

Kristin Bruns, a professor in the college counseling and Student Affairs program coordinator at YSU, said it’s important students stay aware and address any change or seek support when burnout is suspected.

“Everyone experiences burnout differently,” she said. “They might see a lot of negativity, not having the same level of motivation as they did before.”

Amy Williams is a YSU professor who teaches graduate students in the counseling program how to use

techniques that involve maintaining self-care. She said practicing self-care and seeking support are vital in preventing burnout.

“The pandemic did unprecedented things ... which impacted every aspect of our life ... and in ways that made it harder to be resilient against the stressors and challenges,” she said.

Williams said self-care is described in four wellness pillars: biological, psychological, social and spiritual.

In addition, she said students should seek support when needed in coping with stress and challenges professionally and personally.

Bruns and Williams are contributors to a new grant-funded project, Bouncing Back from COVID-19. It will offer wellness workshops throughout the semester, providing advice and information on various mental-health topics.

“We have special events every month, which are open to the campus community,” Williams said. “Then we have the small group workshops, which are the focused small-group type activities that students can choose to

come for.”

Williams also said training will be offered to YSU faculty and staff. It will cover subjects such as prioritizing their own wellness and supporting students.

YSU Counseling Services and the campus chapter of National Alliance on Mental Illness also have been working to prevent burnout within the community.

Student members of NAMI raise awareness and advocate for the importance of mental health. The organization recommends YSU Counseling Services when a student needs a professional resource.

Pupino is president of NAMI and said recognizing when your body needs to take a break is a method to prevent burnout.

“With school, not allowing yourself to feel appreciated after you finish an assignment can cause a lot of resentment for upcoming assignments,” Pupino said.

To keep up to date with Bouncing Back from COVID-19, visit the Instagram homepage @ysu_bouncingback

COVID-19 update

Abigail Cloutier
The Jambar

Youngstown State University’s number of COVID-19 cases have continued to trend downward. On Monday, the university reported 21 cases for the week of Sept. 26 - Oct. 2, a decrease from the 33 cases reported last week.

Of those, 19 were students living off

campus and two were employees, which could be faculty, administration or staff.

This week, 44 people were tested through their asymptomatic voluntary testing program. Not one tested positive.

YSU’s COVID-19 dashboard is updated every Monday based on confirmed data from the week before. Students who have tested positive should report their case through the online form.

This week, YSU reminded students that it’s partnering with the Youngstown City Health District to offer three more

vaccination clinics on campus.

These clinics will take place Oct. 7, Nov. 4 and Dec. 2 from 9 a.m. to 5 p.m. in the Ohio Room in Kilcawley Center. All students, faculty, staff and their families are eligible for either the one-shot Johnson and Johnson vaccine or the two-shot Moderna vaccine. Appointments are required at ysu-covid.com

There has already been one vaccination clinic on campus so far this semester, where 98 students were vaccinated.

YSU sent out an email stating that free

surgical face masks and KF94 face masks are available at no charge to students. They can be picked up at Maag library, Kilcawley Center room 2075 and any of the university residence halls and apartments.

N95 respirators are also available to employees who qualify. Individuals must complete a health questionnaire at ysu.edu/request-n95-0

Any questions about masks and respirators can be answered by Tim Styranec at tmstyranec@ysu.edu

PRE-WORKOUT USE SKYROCKETS



Photo by Cara Kalouris / The Jambar contributor

Shadow Nutrition says it offers customers pre-workout with high-quality, patented ingredients.

Experts speak about benefits and dangers of pre-workouts

By Cara Kalouris
Jambar contributor

Over the past two decades, pre-workout supplements have dominated the world of exercise. Between its content of caffeine and vitamins, it claims to provide both stamina and focus to yield users the best workout possible.

With more than 12 years experience and a master's degree in food and nutrition, professor and sports dietitian Amy Raabe said pre-workout is a way to give your body a boost during exercise.

"Pre-workouts are designed to provide a stimulus for an individual to have more energy during their workout," Raabe said. "The neuromuscular pathway is in an excited state and makes the individual feel like they have a ton of energy."

According to Grandview Research, the market of pre-workout sales has skyrocketed, with a cumulative profit of \$112.6 billion in 2019. Its researchers predict the compound's annual growth rate from 2020 to 2027 will be around 8.3%.

Last year, the trend "dry-scooping" gained popularity among young people on TikTok. The term refers to when an individual dumps the supplement straight into their mouths instead of the recommended dilution in

water.

Raabe said she does not recommend the trend.

"Two major problems that I have are the risk of inhaling powder into the lungs and faster delivery of nutrients which can cause unintended reactions," Raabe said. "My strong suggestion is if you choose to try a pre-workout, mix it according to the instructions."

Since the supplement has gained such popularity, Raabe advises users to know the scientific information behind the product to ensure they are using it safely.

"The best way to get information is to first see if your pre-workout is third-party tested," Raabe said. "As far as individual ingredients, a good place to start is looking at the office of dietary supplements website."

According to Raabe, pre-workouts rely on heavy doses of caffeine and sugar, causing the body to experience hard crashes.

Some supplement sellers claim their products use healthier ingredients.

Shadow Nutrition, which has two Youngstown State University graduates among its owners, opened this year. It offers their customers a pre-workout it says increases blood flow and cellular hydration by using high-quality, patented ingredients.

Jay Wooley, one of the co-owners, graduated from YSU in 2021 with a bachelor's degree in applied science.

"Our invention provides a unique one-two punch of patented ingredients Nitrosigine and Hydromax, to deliver maximal pumps by not only increasing blood flow but cellular hydration," Wooley said.

One of his business partners, Joe West, earned his bachelor's in dietetics from YSU in 2015 and his master of Health and Human Services in 2017.

"The effects of a pre-workout are completely dependent on both the types of ingredients as well as the dosages. So, as a consumer, you should be very careful when choosing the right product for you," West said. "Pre-workouts and supplementation as a whole can be a useful tool with the right product."

Both Raabe and Whooley strongly suggest individuals who have pre-existing conditions to not take the supplement.

Fatima Mohamed, a first-year student in YSU's business administration program, has been taking pre-workout supplements for four years.

"I love how much pre-workout helps to ensure I'm giving my all during a workout," Mohamed said. "With that being said, I care so much about what I put in my body, so I make sure to use supplements that have the best ingredients. I steer clear of ones with high sugar levels and artificial ingredients."

For more information, visit ods.od.nih.gov

BATTLING FOR THE CROWN

Homecoming court members compete for the crown

By Kaitlyn McCarthy
The Jambar

Members of the Youngstown State University Homecoming Court prepare for the crowning of the homecoming king and queen at halftime during the football game against Missouri State University Saturday, Oct. 9.

Homecoming king candidates are: Mario Campalong, Noah Landry, Mark Pompeo, Connor Remington and Edward Sadler Jr.

Homecoming queen candidates are: Mya Blanco, Francesca Bryne, Shreeya Manandhar, Kierston Richardson and Rachael Thomas.

The nominated candidates each represent a student organization at YSU. Candidate Shreeya Manadhar had a particular group that she hoped to represent as a homecoming candidate.

"I don't see a lot of Asian people applying [to homecoming court] or trying to get out there. Maybe, in [the] future, we will see more diversity," said Manadhar,

a biological science major. "I'm there so that, in [the] future, we'll have more Asian students and ethnic students joining in the court."

Other candidates focused on representing the clubs that nominated them, or representing the university as a whole.

"My duties as a homecoming candidate would be to rightfully represent the students of YSU that are involved in the student organizations that I'm in. Actually, not just them. But, to represent the students at YSU as a whole," candidate Connor Remington, a music education major, said.

It is very important that candidates act as good role models for students at YSU. Since they are publicized a lot, candidates must be nice and respectful to others.

"There is a lot of publicity to it. You have to present yourself as best as you can, and I always want to bring as much positivity and light to as many people as I can," candidate Francesca Byrne, advertising and public relations major, said.

Being on homecoming court allows many of the

candidates to connect with other students at YSU.

"I love being around campus, meeting new people, getting out there, and I think this is a really great opportunity to get out there," candidate Rachael Thomas, an integrated mathematics major, said.

Candidates also connected with one another throughout their experience.

"I'm just excited to have this opportunity to share this moment with all the other candidates who made it onto the court, to truly leave our mark on campus," Remington said.

Voting ended Sept. 22. Students were able to vote through an email sent to their YSU accounts. Candidates showed their gratitude to those who took the time to vote.

"Thank you so very much to those of you who went out and voted — not just for Francesca and myself," Remington said.

Candidates are still waiting for their results and, in the meantime, are experiencing life as a YSU student on homecoming court.



Photo by Kaitlyn McCarthy

Homecoming court member Rachael Thomas is excited to be a part of the royal adventure.



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FLIPPING ONTO NEW LEVELS



Photo courtesy of Pexels.com/Tima Miroshnichenko

Gymnastics club tumbles its way onto campus

By Jessica Stamp
The Jambar

Youngstown State University's club sports has added a new club to the list: gymnastics.

Miranda Butterfield, sophomore respiratory care major, is the president of the gymnastics club and hopes to recruit more students with gymnastics experience.

"For right now, it's for former gymnasts who miss doing the sport and miss competing and being around people in that environment," Butterfield said.

Butterfield feels being a part of the club will help her and the members grow a healthy support system and learn to lean on one another.

"It'll help me make lots of connections on campus with the girls in the club and their connections outside of campus. I think it's going to be a good support system to have and it'll just be a nice little break from all the studying and the classes and everything," Butterfield said.

Since last year, Butterfield has been in contact with Domonique Sak, club sports coordinator, in trying to come up with a way to allow students with no gymnastics experience to join the club.

She aims to bring more understanding and respect for the sport and to show people how special it is to be in the environment.

"Not everyone realizes the different challenges and the different aspects that go into it," Butterfield said. "I'm just hoping to give them some variety, give them a new perspective of what it means to be a gymnast, what it means to be able to do those skills and everything behind it."

When the club was forming, she said she was surprised at the amount of former gymnasts and inexperienced students who were interested to join in the sport on campus.

"I didn't realize how many former gymnasts were on campus, and I didn't realize how many inexperienced people were actually interested in learning stuff, wheth-

"I think it's going to be a good support system to have and it'll just be a nice little break from all the studying and the classes and everything."

— **Miranda Butterfield**,
sophomore respiratory care major, gymnastics
club president

er it was just as simple as a split or forward roll," Butterfield said. "It really surprised me. I thought it was going to be very difficult to get members."

So far, the club has recruited about seven members.

FALL IN LOVE WITH LITERATURE

Fall Lit Fest to ignite creativity

By C. Aileen Blaine
The Jambar

In a small gallery with white walls bearing artwork and scuffed wooden floors home to sculptures, writers and readers will mingle to share their love of books and poetry in this weekend's Fall Literary Festival.

Karen Schubert, director of Lit Youngstown, said she is excited about the diversity of sessions, topics and experiences shared.

"I'm most looking forward to the convergence of writers and educators and publishers — people who are all really excited about the written word," she said.

The conference will feature writers from across the country, with some traveling to the Mahoning Valley specifically for the festival. Others will use videoconferencing systems in this year's hybrid of in-person and virtual sessions.

"All of our presentations are unique, they're different year-to-year," Schubert said.

A special recurring event is a poetry reading and writing award in honor of Lou Yuhasz, a Youngstown State University student who died of cancer several years ago. There also will be a multitude of workshops, seminars and readings to get those creative juices flowing. Topics will cover a broad range, from writing children's books

and humorous pieces to understanding Indigenous perspectives and exploring grief in written word.

"I really get a lot of energy from people coming together around this — around these ideas," Schubert said. "Because when people write, they're understanding the world, they're writing about their own experiences ... all of those different voices are very distinct."

Nikki Ericksen, an adjunct English instructor at YSU and children's literature author, will host a workshop to help writers improve their "worldbuilding" skills within their works.

"I touch on religion, government, geography, irrigation, agriculture and technology, along with many other aspects of worldbuilding," Ericksen said. "My workshop is intended to help writers nail down details in their world before they need them in their works."

Chris Dum, a sociology professor at Kent State University, will host a session exploring incarcerated individuals' experiences and perspectives through their writings.

"Being able to be among people who care so much about literature and writing," he said, "that's a cool opportunity, especially for the writers with us, who have been incarcerated."

Though Dum said his knowledge is more focused in sociology than creative writing, he is excited to discuss

his ideas in an open setting.

"The really exciting thing is to be able to talk about [incarcerated voices] with people who are experts about writing — just to hear the perspectives, get some feedback and share this with people," Dum said.

YSU undergraduate students are free to register for workshops, and the evening readings and receptions are free and open to the public. Sessions will occur at locations in and around downtown Youngstown, such as the St. John's Episcopal Church and the Soap Gallery, where the festival will conclude.

"[The conference] is really available for all experience levels," Schubert said. "We have incredible, accomplished writers coming in, and those sessions will be appreciated by both somebody who's just getting started and somebody who is pretty well along the way."

If anything else, the conference is a way to socialize after over a year of virtual events.

"It's so nice to hear what others have been working on," Ericksen said. "Writers work in solitude so often that sharing with actual people is great."

For those interested in learning more about workshops and featured authors, or to register, visit www.lityoungstown.org



The Soap Gallery, located at 117 S. Champion St., features artworks by Youngstown State University students inspired by the poems and books to be discussed during the festival. Photo by C. Aileen Blaine / The Jambar

REMEMBERING WHAT IS LOST



Photo by Samantha Smith / The Jambar

Youngstown Historical Center of Industry and Labor puts on a 45-minute program about memory loss.

Sparking Memories for loss at Youngstown Historical Center

By **Samantha Smith**
The Jambar

Youngstown Historical Center of Industry and Labor is providing a program called Sparking Memories for those dealing with memory loss.

Sparking Memories is an interactive program lasting 45 minutes. As stated on the center's website, the program "provides opportunities for people to make connections between personal experiences, drawing from their long-term memory in this sensory program."

Marcelle Wilson, museum site manager, explained why the program was originally created.

"I actually attended a conference in Columbus where the discussion was on people, especially children and students who are living on the autism spectrum disorder," she said. "From that we started a program with the Rich Center for Autism and we've worked on developing programs for students with autism. It just expanded into who else can we serve."

The program offers multiple activity choices for participants during the program, including visiting the Memory Cafe, Museum in a Suitcase and taking guided tours.

The Memory Cafe is a presentation discussing family, work, local history and more. It is designed to promote discussion around similar experiences with each participant.

Museum in a Suitcase is an opportunity that "provides residents with artifacts and photographs that they can discover and handle within a suitcase to help them recall memories and activities associated with the items,

and engage in conversations about the past," as stated on the website.

The guided tours at the museum grant participants the opportunity to explore different exhibits including Life At Home, The Locker Room, Immigrants, Women, and Coal Mining. This is to help trigger memories and permit socialization.

Wilson described what it is like to be able to help those with memory loss.

"We get a lot of people who come in here, and we always see them leave happy," she said. "They're happy, they have good memories, they enjoyed the time period, they like the fact that somebody wants to listen to their story."

It is \$50 per program and the museum can have 10 to 20 people in a program, depending on what the

“We get a lot of people who come in here and we always see them leave happy.”

— **Marcelle Wilson**, museum site manager

participants want to do. The museum also offers to present the program at the skilled nursing facility where up to 50 people can be accommodated. If someone wants to come to the museum for a tour, a senior citizens discount of \$6 per person plus free entry for a caregiver is

available. The museum is wheelchair accessible.

For more information, questions or to book the program, email centerofindustryandlabor@gmail.com or visit the historical center's website.



The Locker Room is one of the displays in the museum.

The Jambar Editorial

Afghanistan troops withdraw

In Afghanistan, 2,420 American troops were killed. In Afghanistan, 46,319 civilians were killed. In Afghanistan, over 212,191 total were killed. For what?

The U.S. went into Afghanistan with the intention to oust the Taliban from rule and bring Osama bin Laden to justice. But after 20 years of war, the Taliban are back in power after a hasty and messy withdrawal of US troops.

While the Taliban have started allowing girls to attend school — albeit segregated from boys — will they stay on this track of appearing more moderate?

Women are also allowed in government positions, and officials are saying they're ensuring the foot soldiers

follow the new more moderate policies, but there is still hesitation from the public.

While there have been numerous progressive changes, the improvements have largely gone to waste with the return of the Taliban.

Hesitancy was to be expected, especially since the previous time the Taliban were in power women were not allowed in public without a male and there were archaic culture guidelines that could be punished with death.

But how will they adapt to becoming a more normal government where they have to police their people and appear on the international scene?

When the U.S. pulled out, 13 men were left behind. They were honored throughout the country in empty bars with 13 beers on tables.

The men, women and children of Afghanistan were forgotten, just like the men, women and children of downtrodden American cities.

While learning lessons from our failures helps us to grow, we also must try our utmost best to avoid making these failures in the first place unless there is absolutely no other option — which isn't the case in this situation.

While the pullout was necessary, it feels like the government had abandoned the people relying on it.



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The Jambar Column

‘Okay, boomer’

In this world filled with divisions of race, borders and politics, there is yet another gap that fuels much debate: generations. Many traditional Youngstown State University college students are either classified as millennials or Generation Z and likely suffer the criticisms of previous generations. We are often mocked by our predecessors for being technology obsessed, broke and destroyers of the economy.

Many times we are credited for the destruction of our economy for not conforming to previous societal standards. Fewer women are having children, we do not pay for historically common services, and young couples are marrying later and do not own homes. To those who critique us, know that many of the situations we find ourselves in are of your doing.

Women are not having as many children because they have jobs. While it is great that sexist standards of women belonging in the kitchen are slowly be-



Laurel Stone

ing broken, many are forced to work to account for an inflated economy with barely-increasing minimum wage. No longer is a singular-income household a common occurrence with the elevated cost of living we now face. So, the next time you want to scream at your young barista for forgetting the extra cream in your coffee, remember that she is there to support herself and her dreams and does not live to serve you.

How lovely would it be to have the luxury to afford a home of our own instead of working multiple jobs and barely making monthly rent. Based on housing data from the U.S. Census, Millennials and Generation Z are paying 62% more for

homes — even after factoring in inflation — than the baby boomers.

We have been blamed for killing cable and print newspapers, preferring to subscribe to more-affordable streaming services and digital papers. Why would we allow our ever-decreasing number of trees to fall for a newspaper when we could access the same information online? And as much as I’d love to binge-watch the Hallmark Channel during the Christmas season, I don’t have spare money laying around to pay the average \$80 monthly cable bill after paying for groceries, rent and student loans.

To those who are tempted to critique us, take a step back and put yourself in our shoes, call forth your empathy. We are trying our absolute best with what we were given, from you. We have been handed a world of melting ice caps, dying polar bears and raging wildfires. We get treated like children yet get condemned when we do not act like adults.

So many of these critiques of older generations are simply because we are refusing the unfair standards set before us in favor of what is best for us or are forced to do so because of the collapsing economy we were left with. Adaptation and progress are things to be commended, not condemned simply for being different.

Before boomers say “back in my day,” they need to realize the past is past and this age is a whole new ball game. If you expect us to bear through your outdated “wisdom,” don’t be upset when you get hit with an “okay, boomer.”

Interested in advertising with The Jambar?

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Letter to the Editor

Violence in the city of Youngstown

Dear Editor,

The reason I am writing to you is regarding the increase of violence in the city of Youngstown.

According to a new article reported by WKBN on August 8th of 2021 "Youngstown has seen a spike in gun violence incidents. After incidents over the weekend, there have been over 80 shootings this year, on track to surpass the 98 shootings in the city in 2020 ... By far, the south side has seen the most violence this year, with 12 homicides."

As a Youngstown native, and growing up in the city the past 21 years there is a need for change to make strides into the right direction for the future of the Youngstown community. This increased violence, if not taken seriously, will have an effect on the young men and women in Youngstown negatively.

I give a lot of credit to the Youngstown's 'United as One' organization from seeing their efforts in making a difference as members of the community. My specific call for attention is on city lawmakers to pay our police force trying to stop and prevent future crime on our streets. Youngstown's police force has been severely underpaid the past decade, and we are losing great quality first responders as a result. The need to invest in Youngstown is a must if we hope to return to what once was a city that had great success and prosperity. John F. Kennedy once said "Conformity is the jailer of freedom and enemy of growth." I call for the city of Youngstown to stand up and make a difference for the future starting with all of its citizens.

Sincerely,
Brent Weaver

Spreading awareness for safety

Dear Editor,

Pesticides are toxic chemicals that can potentially cause severe issues to living organisms. Many individuals are unaware of how dangerous these pesticides are. It may also be unfamiliar that many everyday products may have encountered pesticides or may utilize this poison for effectiveness. It is crucial to spread awareness about the vulnerability pesticides put onto the community. The population in general is at risk from these dangerous chemicals. They are used in lawn care to control unwanted weeds, in agriculture to prevent destruction from insects, and they are put on produce to prevent decay. They then run off into rivers and local water sources, that may eventually get into the drinking water. Pesticides can be found almost everywhere: in the water, in the air, in the soil and even transmitted from mother to baby through breast milk.

Pesticides are proven to cause a vast number of health

disturbances and issues. These disturbances consist of reproductive problems, developmental problems, cancer, endocrine disorders, kidney and liver disorders, and many others. Although everyone is at risk of contamination from pesticides, there are some people that risk exposure much more frequently. Agricultural workers are in the immediate area that pesticides are utilized for growth of crops and prevention of destruction from insects. In addition, households that use toxic pesticides to rebel bugs, weeds, or to treat their gardens are at an elevated risk.

Prevention is key! Although pesticides are prevalent almost everywhere, there are ways that one can protect themselves from over-exposure and detrimental effects. The most effective way is to determine when pesticides are necessary, and when other non-chemical products can be used to solve the issue instead. If pesticides are the only option, it is important to research which

chemicals are the least toxic and unsafe for well-being. The second thing that can be done is to follow directions strictly, protecting oneself from direct contact with chemicals. Sometimes PPE, or personal protective equipment, is necessary to reduce exposure. Another intervention one can take would be to thoroughly wash all produce, especially fruits and vegetables, before eating.

The dangers of pesticides may never be fully eradicated, but it is critical to spread awareness. Parents and other members of the community should be aware of the consequences and should intervene as much as possible to prevent contamination. Minimizing the use of pesticides will help contribute to a healthier and safer community.

Sincerely,
Cierra Latronica

Want to see something covered or submit news to The Jambar?

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Come work with YO!

YO Magazine is seeking writers and staff members for the 2021-2022 academic year. All majors are welcome!

Positions needed:

- **multimedia content producers**
- **social media content managers**
- **writers**
- **editors**

Stories should be 1,000-1,500 words long, contain 5 sources and be written using correct spelling, punctuation and grammar according to Associated Press Style.

If you are interested in writing a story for YO, please contact co-editors C. Aileen Blaine and Jacob Brandenstein by Friday, October 19, at yomagysu@gmail.com, with "YO Writer Interest" in the subject line.

KICKING GOALS TO VICTORY



Junior Marcella Sizer celebrating her game-winning goal.

Photo by Robert Hayes

Women's soccer team earns first victory after rough start

By Kyle Wills
Jambar contributor

The Youngstown State University women's soccer team earned its first victory of the season following its 2-1 win over the University of Detroit Mercy Sept. 23 at home.

Junior Regan LaVigna lifted a pass over the last line of the Titans' defenders and junior Marcella Sizer found the ball in the middle of the box. Sizer's shot split the goalkeeper's legs for the game-winner.

Sizer discussed that moment of the game and how it felt to help the team win.

"Regan worked really hard and got us a corner. I had a good feeling about it," she said. "Justine took the kick and it got past a few of us, then it somehow in the back of the box. Regan shot it and I was like, 'I need to go follow her shot,' and then it landed perfectly in front of me.

"I just put it in the back of the net, so it was a really good feeling," Sizer said.

The Penguins improve to 1-6-3 overall and 1-0-2 in

Horizon League play while the Titans fall to 1-9-0 overall and 0-3-0 in league play.

Head coach Brian Shrum was excited to see the women win after battling a tough schedule to start the year.

"It's good to see the girls get that. We had a hard non-conference schedule, played on the road a lot, so it was good to see the enjoyment," he said.

After tying the first two games against conference opponents, Sizer said it was great to get the first victory.

"It was really nice to get our first win in the Horizon League after we had tied both [previous Horizon League] games, so it was good to finally win one," she said.

Sizer also said the previous overtime experience this season helped them prevail in the victory.

"During the Detroit Mercy game, we were joking during overtime. We were like, 'Oh we got this, we've done this these past two games. We can win this,'" she said. "We know how to play in overtime. We've been doing this the past two games."

Shrum said the team's ability to keep thinking ahead

helped the women in the match.

"The model that I've been teaching them over the years is just keep thinking about the next action. They played till the end, 110 minutes. Although we didn't have to go that far, so it was good to see that," he said.

After a scoreless first half, freshman Erika Maliska scored her first career goal of the match. Junior Mikayla Mustard retrieved a long corner kick and centered the ball back to Maliska, who lofted a shot over the arms of Titans goalkeeper Marisa Silver.

The Titans tied the match at 1-1 after a goal nearly five minutes later.

YSU goalkeeper Brooklynn Kirkpatrick picked up her first career win. The sophomore posted another solid game in the net, tallying six saves.

For the match, YSU outshot UDM 16-12 and recorded six corners to the Titans' four.

Up next, the soccer team will travel to the University of Wisconsin Green Bay at 6 p.m. Oct. 7 and will return home to host Northern Kentucky University at 1 p.m. Oct. 10.

Women's soccer ties for 4th time

By Kyle Wills
The Jambar

The Youngstown State University women's soccer team had a split decision this past weekend following a nil-nil draw against the University of Illinois Chicago on Saturday afternoon at home.

The Penguins were outshot by UIC, 17-10, and junior Marcella Sizer led YSU with three shots while sophomores Justine Appolonia and Elise Bush each had two shots.

The Penguins move to 1-7-4 overall and 1-1-3 in the Horizon League while the UIC Flames are now 0-8-3 overall and 0-3-2 in league play.

Despite struggling to win in overtime this season, Sizer said tying these games is better than losing.

"Going into overtime and tying a lot, we still have been getting that one point. We always want to get points during games," she said. "We're still getting a point — we're not getting zero points for not losing — and that is helping us get to where we are today in the rankings."

Sophomore goalkeeper Brooklynn Kirkpatrick said it's upsetting to not come out on top, but is grateful the team is still getting points.

"It's definitely a little disappointing to not pull out some of the wins, but [it's] definitely not a bad thing," Kirkpatrick said. "Last year, a lot of the teams we've tied, we lost to. It's definitely a good thing that we're trying and we're still getting points. I think everyone feels that way and it's helping us stay motivated."

In overtime, up to two 10-minute overtime periods are played. The first team to score will win the game, but if no goal is scored by the end of both overtime periods then the two teams will be awarded with a tie.

In the 0-0 tie against the Flames, Kirkpatrick recorded her first career shutout.

She was credited with nine saves and faced 17 total shots from UIC. Four of her saves came in the overtime periods. This performance garnered her Nike Horizon League Women's Soccer Defensive Player of the Week.

Kirkpatrick was ecstatic about the recognition, but said her first career shutout was a team effort.

"I'm so excited. That was definitely one of my goals for the season. [I'm] also super proud of the team because there were a lot of big defensive plays in the UIC game, so it was definitely a team shutout," she said. "Me winning that award is putting that on the whole back line, so I'm really proud of everyone in the backline for the shutout the other day."

This is the first player-of-the-week award of Kirkpatrick's career and the first YSU award since senior goalkeeper Zeeyana Jivraj earned the accolade during the spring 2021 season.

This week the team will travel to take on the University of Wisconsin Green Bay Oct. 7 and will travel back home to host Northern Kentucky University on Oct. 10. Sizer says improving on transitioning down field will be a key factor.

"We've been working on sustaining the ball in our half, scoring goals just in general. Transitioning from defense, playing through the midfield, and getting it up top," Sizer said.



Brooklynn Kirkpatrick kicks the ball following a goalkick.

Photo by Robert Hayes / YSU Sports Information

PLAYING WITH GOOD EFFORT



Photo by Yousof Hamza / The Jambar

YSU's Bryce Oliver is tackled by UNI players after a catch.

YSU leaves Iowa without a win

By Yousof Hamza
The Jambar

A Youngstown State University football win at the University of Northern Iowa will have to wait again after a 34-7 loss this past Saturday.

YSU has not won at the UNI-Dome since 1999 and has only won twice there in program history.

Following a pre-game speech by head coach Doug Phillips and senior tailback Jaleel McLaughlin, the team walked with confidence to the field.

"I am only one, but I am one, I can't do everything, but I can do something, and that which I can do, I ought to do, what I ought to fight for Youngstown," the team said in its pre-game ritual.

While the confidence remained with the team throughout the game, UNI dominated from the start.

YSU redshirt freshman quarterback Demeatric Crenshaw threw a career high of 37 pass attempts but also threw two interceptions. He also fumbled once accounting for all YSU turnovers.

He threw for a career high of 198 yards and also connected to senior wide receiver Jorge Portorreal for a

touchdown late in the fourth quarter. He also ran for 8 yards on 12 attempts.

McLaughlin, who had dominated in the two other FCS games, only had rushing 12 attempts for 20 yards. In the prior FCS games he averaged 189 yards per game and 2.5 touchdowns.

Phillips said there is still a lot of fight in the team. Players know that it's a process and they have to work to play complimentary football.

"They'll play with effort, I think you see that in the second half, when we come out of halftime, there's two things they're going to do: they're either going to put up 70 on you or you're going to have to fight," Phillips said.

While reflecting on the positives from the game, Phillips felt the team had a good second half.

"To be able to come out, we're going to make it easier for our quarterback, he made mistakes but guess what, he's going to make mistakes, he's got to dig himself out," Phillips said. "So to see that last drive, and see him put a touchdown on the board."

A strong point of YSU throughout the season was their efficiency on fourth down, however at UNI they did not convert either of the two fourth down tries.

"If we could keep him [McLaughlin] in before he got all ramped up we'd have a chance," UNI head coach Mark Farley said. "You credit the two guys, I don't know if it's the scheme, it's the players."

YSU's defense was led by senior linebacker Grant Dixon who had an interception and six total tackles. Senior safety Zaire Jones had four solo tackles and one assist in his defensive showing.

Former Girard standout and sophomore YSU quarterback Mark Waid had five carries for 18 yards and has since entered the transfer portal. Waid played in 12 games in his career at YSU, starting six of those in the 2021 spring season. He had 69 completions in 112 passing attempts for 599 yards, three touchdowns and five interceptions.

Going into the next game against Missouri State University, Phillips wants to ensure the team plays complimentary football. He wants players to be doing their part and making sure they act selflessly on the field to move the team forward.

The Penguins play MSU for homecoming on Saturday, Oct. 9 at Stambaugh Stadium, kickoff is at 2:00 p.m.