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LIMITING OPTIONS AND OPPORTUNITIES



Photo by Jessica Stamp / The Jambar

Located on the fourth floor of DeBartolo Hall, the department of English and world languages displays insights to its programs.

Sunsetting foreign language programs

By Jessica Stamp
The Jambar

At Youngstown State University, students who decide to major in a foreign language will find their options limited.

In previous semesters, Spanish, Italian, German and French were offered as majors. But with a lack of financial funding and student enrollment in those courses, French was reduced and offered as only a minor, and it seems Italian is also heading in that direction. Soon students will only be offered Spanish

as a major.

“There are people to fill those positions, but the number of students, in the view of the administration, are not sufficient to justify the position,” John Sarkissian, former department of world languages and culture chairperson and professor of Latin and Ancient Greek, said. “So, it’s not a supply issue, but a demand issue.”

The department of world languages and culture

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YSU students concerned about anti-Asian discrimination

By Jillian McIntosh
Jambar contributor

International student Verena Son, a junior art major from South Korea, has experienced discrimination since coming to Youngstown State University.

“In McDonald’s on the campus ... they were kids ... they [were] just like, ‘Ching Chang Chong’ to me. It was like, ‘Oh my God, do they know this is actual racism?’” Son said.

Others have looked at her appearance, slowed their speech and assumed her race.

“I also had an issue with Uber. Once I got Uber, I kept getting canceled by the drivers,” Son said.

She said her trouble with securing a ride came after the former U.S. president stressed the connection between COVID-19 to China.

“After the pandemic, I didn’t know how much it [racism] would be huge still,” she said. “I feel scared because I see a lot of newspapers that read, ‘Asian students got attacked on the street.’”

YSU police Chief Shawn Varso said there have been no reports of hate or biased crime against the Asian community at YSU.

“A hate crime is any criminal action against an individual or their property by using as a reason for it against somebody’s gender identity, race, sexual orientation, national origin and [being a] veteran,” according to Varso.

However, Nicole Kent-Strollo, dean of students, said she’s concerned about racism that is not reported or

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MANAGING EDITOR

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merged with the department of English due to reduced funding and a lack of students majoring in foreign languages.

According to Cleveland State University's department of world languages, literature and culture webpage, it currently offers its students three language majors: Arabic/Middle Eastern studies, French and Spanish. Students can minor in six languages. YSU's language program offers five minors: Italian, Spanish, French, British and American Literature, and linguistics. Students can also take a year of coursework in either American Sign Language, German, Latin, Ancient Greek, Arabic, Chinese or Hebrew.

Certain language classes are offered and available during different semesters. Students can take Spanish, Italian and French in the spring while German, Hebrew, Arabic, Latin, American Sign Language and Chinese are offered in the fall.

Not all students at YSU are required to take a foreign language course as part of their major. Most STEM majors do not have to take a foreign language, allowing them to focus more on science, technology, engineering and mathematics. According to the YSU website on foreign language testing, the only STEM majors required to take a foreign language

are those studying astronomy, biology, chemistry, physics, geology and some individualized curriculum programs.

Learning about a different culture can help students better understand and feel more connected to the world. Being open to experiencing a new language can have its challenges of restructuring one's mindset about even the student's native language. According to Diana Palardy, associate professor of Spanish, a student's way of thinking and their viewpoint of the world expands with the knowledge they gain.

"It helps give another perspective of the world, both culturally and linguistically," Palardy said. "It also helps people to understand their native tongues better, as it forces them to think of how a language is constructed and reflect on those parallel structures in their native language."

According to YSU's department of English and world languages website, the department's goal is to "educate citizens to use language effectively and to appreciate the history, diversity and complexity of their culture." The website states it hopes to improve the student's ability to speak, listen, think, read and understand diverse cultures.

Jennifer Behney, associate Italian professor in the English and world languages department, said students learning to

speak with others in a different language enables them to exchange information more easily.

"It's important for [students] to become global citizens who are able to communicate with people who are different from themselves and who are ready to travel or to work in situations, for example, online where they're dealing with people from other parts of the world," Behney said.

Students with a language major are highly marketable and beneficial to potential employers, according to Palardy.

"Students who major in a language can teach in high schools. Some of them go on to become translators and interpreters," Palardy said. "Some students use their language skills in other types of jobs in which their bilingual skills are an additional asset."

The TESOL, Teaching English to Speakers of Other Languages program, is designed to educate and train students on how to teach English to those who speak only a foreign language.

The students in the program become TESOL endorsed, which is an endorsement on licensure and enables them to teach any pre-K to 12th grade English learner in Ohio.

The TESOL program can be considered a minor with six classes.

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seen publicly, and because some people may not be aware their statements or actions are discriminatory.

"I'm always concerned about what I don't see. That is so common, especially in the setting that we are in," she said. "We have students who are clearly dealing with professors, potentially, who are superiors."

YSU offers multiple resources to support students who believe they're experiencing discrimination on and off campus, Kent-Strollo said.

The Penguin of Concern form on the website should be filed in cases of discrimination, Kent-Strollo said. It also addresses racial bias, mi-

croaggressions, assault and behavioral concerns involving mental health.

Varso said a student who believes they've been a victim of a criminal action should immediately contact the police department at 330-941-3527.

"I would tell the person to contact us and we can be there in a matter of seconds in some aspects," Varso said.

He also said if a student witnesses an incident, they should be aware of the safety of the person being discriminated against, as well as their own safety.

"If it is something where it's a violent action, the best thing you can do is call the police department. We can come over and intervene," Varso said. "If it is not, speak up for

the individual and document as much as possible."

He advises taking pictures, videos and getting information such as names. These can be used as evidence.

For Son and other international students, distinguishing what microaggressions are can be difficult.

"And a lot of international students will get confused because we get through a lot

[moving alone to a different country], and sometimes we just don't understand because we just came here," Son said.

Students can file a report to the YSU Concern Assessment Referral Education team by visiting ysu.edu/student-affairs/care-team. Families of students, faculty, staff and community members can file a report as well.

Examples of microaggression:

- Speaking slowly
- Assuming one's race
- Making remarks on their English accent
- Making stereotypical jokes
- "Your English is very good."
- "So, you're Chinese, right?"
- [Speaking a foreign language randomly]
- "Oh you look 'Americanized,' you've changed. It looks good, that's good."

FINDING HEALTHIER WAYS IN LIFE

'I was terrified': Student shares experiences with binge drinking

By **Cara Kalouris**
Jambar contributor

Binge drinking had a traumatizing effect on one Youngstown State University student. The sophomore, who spoke to The Jambar on the condition of anonymity, shared her experience.

"I remember drinking about seven, maybe eight mixed drinks, and after that, nothing," she said. "I blacked out and don't remember a single moment of the night. The next morning I woke up in a random apartment on a random couch. I was terrified. I was so scared that something bad happened."

She said this instance inspired her to be more responsible when drinking with her friends.

"After that night, I made the decision to never do something like that to myself ever again," she said. "Not being in control of your actions, physically or mentally, is a very scary experience. I wish [I would've] known the risks of binge drinking before I had to learn the hard way."

According to the National Institute on Alcohol Abuse and Alcoholism, binge drinking is defined as a pattern of drinking alcohol that brings blood alcohol concentra-

tion to 0.08 grams of alcohol per deciliter.

For adults, this level corresponds to males consuming five or more drinks and females consuming four or more drinks in a frame of two hours. One drink is equivalent to a 12 fl oz beer, a 5 oz glass of wine, or a 1.5 oz shot of distilled spirits.

Teresa Peck is an RN and MSN with the nursing faculty at YSU. She takes students to local hospitals for clinical experiences, where she said the patients are often college students who binge drank.

Peck said binge drinking affects the central nervous system, brain, liver, kidneys, heart and pancreas. These effects can be short and long term. Some short-term effects include a drop in blood sugar, dehydration, loss of electrolytes, irregular heart rate and increased blood pressure.

"With long-term binge drinking, cancers of the liver, mouth, throat and the esophagus are common. Breast cancer is increasing in women," she said. "You also have long-term risk of increased hypertension and heart attacks."

She said if you encounter someone who's binge drinking, it's crucial to know what to do if they experience alcohol poisoning.

"The best thing to do is to call 911. People don't want to do it because they don't want the student to get in trouble," she said. "But it's better to do that than to have somebody pass out and die."

Jacob Haskins, case manager for student advocacy and support, facilitates help for individuals who fill out or are the subject of Penguin of Concern referral forms.

"Any time that there is something going on in a student's life and a faculty member, friend or a parent thinks they can benefit from some additional outreach, they turn in the form," he said.

He said most students who binge drink use it as a way of coping with mental health issues. He urges students to use the resources provided on campus.

For the YSU sophomore who had the incident with binge drinking, she hopes her story will help other students avoid similar experiences.

"It's inevitable for college students to drink," she said. "Instead of telling them not to, it's extremely important to bring awareness so they can help themselves and their friends."

COVID-19 detected in on-campus dorm

By **Abigail Cloutier**
The Jambar

Though cases of COVID-19 on campus have been decreasing, Youngstown State University announced Wednesday that there have been increased levels of

COVID-19 detected in Kilcawley House.

For the week of Nov. 21, YSU reported 22 cases, including 19 students living off campus and three employees. There were no reported cases in students living on campus.

The university tested 25 students and

staff through its voluntary testing program. None came back positive.

The office of Environmental and Occupational Health and Safety said elevated levels of the virus were detected in the wastewater from the dorm. The office stressed that there are no students

in Kilcawley House who have reported COVID-19 symptoms.

The office said the Kilcawley House janitorial team has increased cleaning and sanitation in the halls, and students are asked to continue to follow COVID-19 guidelines.



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WALKING THE STAGE



Photo by Henry Shorr / The Jambar

Fall graduation is set for 2 p.m. Dec. 19, 2021 in the Beeghly Center. COVID-19 protocols will be in place.

Graduation settles into new normal

By Henry Shorr
The Jambar

For the first time since December 2019, seniors graduating in the fall will have the opportunity to receive their diplomas in person inside Beeghly Center. It has been a journey for Youngstown State University's administration to get to the point where it feels that the University is ready to hold in-person graduation for seniors.

However, YSU President Jim Tressel and Provost Brien Smith believe that the protocols and vaccination rates of the school are strong enough to have this event inside.

"For this fall graduation, we felt that we'd be okay to follow our protocols and with the amount of vaccinated students and faculty, we just thought it would be safe and very meaningful to have commencement this December in the Beeghly Center," Tressel said.

He added the fall graduating class is usually smaller than in the spring.

"The fact that our students, faculty and staff have done a good job with mask protocol, we felt that people would do a good job following that for commencement," Tressel said.

Smith attested that the students want to walk for their diplomas.

"The students want to have a graduation ceremony. We did this virtually before and the students did not

enjoy that process. We also learned that many students were disappointed that they couldn't [walk] in person and invite their family, friends and loved ones to be there live," Smith said.

Tressel and Smith are both excited to see more normalcy return to student life, as well as to properly commemorate the achievement of earning a college degree.

Graduating senior and psychology major Sierra Ellis is also glad that she gets to hear her name called live and not through Zoom.

"I'm super excited because getting it online or just through the mail is just not the same for four years of hard work. Walking the stage and getting that diploma is the best feeling in the world. You feel like you accomplished everything," Ellis said.

She started at YSU before the pandemic took hold, and now she's able to finish her time here with some semblance of normalcy.

"YSU has really opened my eyes to more diversity. It's nice meeting foreign students. Overall, it's been a very outstanding experience," Ellis said.

Judge Aliyah Sabree will be the graduation speaker. Sabree was a YSU basketball player and graduated with a bachelor's degree in biology in 2006. She went on to become an attorney with Detroit's Department of Water and Sewage and now works as a judge in Michigan's 36th district. Smith had nothing but praise for Sabree in his remarks about her.

"She's quite a remarkable lady. One of the things that are notable about her is how fast she has accomplished things in her life — so she is a really hard worker. To garner her accolades at a point so young in her career is quite impressive," Smith said.

He said he likes to develop a student-centered culture where students of all backgrounds can thrive and grow despite any struggles they may have experienced.

"So Aliyah — in every way that she can, serving in the courts — tries to find an angle to help those [in need]. It's not just all about punishing those that have done something wrong, but what is a program that she can find for them to help them grow and move beyond where they are now? So it's that heart and spirit that we think is very much Youngstown State University," Smith said.

He added that he's "not trying to be corny but it's true — Aliyah makes us Y and Proud."

Graduation will take place at 2 p.m. Dec. 19, 2021 in the Beeghly Center. Tressel and Smith would like to congratulate all graduating seniors on their achievement and remind people to follow safety protocols.

"We want to thank everyone because this is so important for our graduates and their families. Secondly, of course, we want to make sure that we all do a good job following protocols and having a good safe meaningful fall commencement and I feel fully confident we will," Tressel said.

TAKING PRECAUTIONS

Making fire safety a focus over the holidays

By Austin Caroline
Jambar contributor

Semester's end is a hectic time, with students focusing on studying for finals and preparing to go home for the holidays. With their attention on these things, students get distracted from other important things, including fire safety.

Olivia Cupp, director of Housing and Residence Life at Youngstown State University, said she and her staff always stress to students the importance of fire safety.

"Life safety is paramount. This is why we also take fire drills very seriously and do these [drills] twice a semester in all facilities," Cupp said. "It's our goal for students to take all evacuations, drill or not, seriously and not be complacent."

April Edwards, the Youngstown fire department's chief inspector for the Fire Prevention Bureau, said a good rule of thumb for students when it comes to fire safety is to watch their cord usage when they leave for the holidays.

"Definitely unplug any electrical devices that you may have: curling irons, computers or even air fryers. If you have strings of Christmas lights to decorate with, make sure those are unplugged prior to leaving," Edwards said. "Watch your extension cord usage. Extension cords are a temporary use only, put it away when it's done being used."

Edwards said students should also practice fire safety when it comes to cooking.

"Make sure that your cooking area is kept clean and free of grease or food debris. Make sure your clothing is tight-fitting when you're cooking, you don't want long, flowy sleeves as those could potentially catch fire," she said.

According to Edwards, the fire department has seen an uptick in calls stemming from incidents involving air fryers, as the appliance has become more popular, especially amongst college students.

"Make sure the basket for [air fryers] is kept grease-free and make sure to remove food debris," she said.

YSU police Chief Shawn Varso said if alarms sound,

students should take them seriously.

"The majority of the fire alarms we receive are from burnt food," he said. "You never know, especially with a cooking fire, when it may go from just something smoking in the pan to a full-on grease fire."

According to the National Fire Safety Council, if you're in a building with a fire, you need to take all precautions. Check all doors with the back of your hand to make sure they're not hot before opening them. Make sure to close them as well, so you don't add more fuel to the fire.

The council also recommends that if you are in a situation where there is smoke to stay low to the ground and cover your nose and mouth with a piece of cloth. In the unfortunate event that a part of you, whether it's your hair, clothes or your skin have caught fire, remember to stop, drop and roll.

Academic senate moves vote forward

By Sydney Stalnecker and Elizabeth Coss
The Jambar

Youngstown State University's academic senate motioned to move forward with voting on two proposals during the academic senate meeting held Tuesday. First, it proposed a vaccine mandate and followed up with the opposition to retrenchment and reduction of faculty and programs.

According to Chet Cooper, the chair of the academic senate, only 35 of 79 senators voted on the vaccine mandate proposal. Of those 35, 51% voted in opposition of the mandate while about 46% supported the mandate. One senator abstained.

YSU President Jim Tressel was the first to speak at the meeting, stating that he was not there to debate on the proposals. Instead, he suggested the members of the academic senate acknowledge the challenges the university has faced over the academic year.

Tressel also encouraged the senate to be prepared to institute a vaccine mandate because the vaccine may be mandated federally, in which case the decision would no longer be up to the university.

"Institutionally, we always have to think about what could be the most extreme situation that could occur," Tressel said. "What if we are mandated from a federal standpoint?"

Student Government Association conducted a survey over multiple platforms for students to answer.

The responses were from 13% of the student body. Around 53% of participants were in opposition of a vaccine mandate, and 44% were in favor of it, with over 2,000 responses.

Following the motion to move forward with voting for a vaccine mandate, the senate then discussed the recent moves for retrenchment of faculty and programs.

Albert J. Sumell, senate member and chief negotiator for the faculty union, proposed the resolution stating that the senate wasn't against the administration or athletics, but believes YSU is not desperate enough to be making cuts, citing bad priorities.

The senate's resolution in opposition to retrenchment and reduction states YSU has sunsetted 26 programs and terminated faculty despite Neal McNally, vice president of finance and business operations, publicly affirming Nov. 10 that "YSU is 'fiscally sound overall.'"

Sumell said McNally's quote indicates that "we are not in a fiscally dire situation that should warrant the need to engage in retrenchment and terminate qualified, full-time faculty."

Following the decision to push the resolution, Provost Brien Smith addressed the senate by discussing financial reports and funding obtained through the COVID-19 pandemic.

"In this current academic year, as [Vice President] McNally points out, we're really fiscally sound and that's because we're still living [on] the COVID-19 dollars. About \$10 million, and so that's really saved us, as it has many institutions," Smith said.

Despite noting retrenchment is needed to cut costs and increase savings, Smith said it is not always desirable. However, Smith wants to make sure the university improves not only enrollment, but retention.

Twenty-two of the 35 voting members, about 63%, voted in favor of the resolution, and about 31% were against the proposal.

Following the senate's decisions, the board of trustees will receive the proposals and vote on them today.

‘Employers, what do you want from us?’



Photo by Mia Albaugh / The Jambar

Sue Miller advises students to dress conservatively for job interviews.

By Mia Albaugh
The Jambar

The goal for almost every student after graduation is to enter their field — but the landscape of professionalism is changing.

Jake Protivnak, the graduate program director of the counseling masters program at Youngstown State University, said there are different kinds of expectations in the workplace today compared to when he entered the workforce after college.

“I’ve seen different businesses or work environments relax some of those informal expectations,” Protivnak said. “I don’t necessarily say it’s less professional — it’s just a different type of expectation.”

Respect, inclusiveness and consideration for the perspectives of others are traits Protivnak said are important to have as an employee.

Clinical assistant professor of Family and Community Medicine of Northeast Ohio Medical University, Dr. David Bitonte said there are many things that can describe professionalism today.

“Being a professional certainly entails being competent, reliable, compassionate, having a proper demeanor, having a very positive attitude [and] being self-motivated,” Bitonte said.

He has seen a change in what is accepted as a professional appearance throughout his years in the medical field. From medical school into his career, a white coat, collar shirt and tie were a daily must. Today, he said he sees a mix of casual style elements, even saying ties are phasing out.

When it comes to a professional look, Protivnak said it’s not always best to dress up.

“Someone may think they’re being professional by how they’re dressing themselves, but they’re separating themselves from their customers, their clients or their students,” Protivnak said. “It hinders them from being effective employees because they’re not connecting with their clients, students or customers.”

Sue Miller, a senior academic advisor at YSU, has also noticed a difference in the physical appearance in the workplace.

“Whether you agree with it or not, tattoos. You just did not have a tattoo, and if you did, you were going to cover

it up. Now it’s more acceptable in the workplace,” Miller said. “Sometimes it depends on how many tattoos you have, and facial tattoos, it might be off-putting if you are going to be in a professional environment.”

Miller spent 18 years in the business world working in marketing, advertising and communications. She also spent six years working for the English Journal at YSU.

“When you look in on an environment like folks working in California at high tech places, anything goes. I don’t know that that’s true in middle America, here,” Miller said.

His advice for students seeking employment is to dress conservatively during a job interview.

“You only have one time to make a first impression, and I think a lot of folks forget that,” Miller said.

Jeffery Allen, dean of the Bitonte College of Health and Human Services, also said the first impression made in an interview is important.

“Don’t assume that you’re going to be interviewing for a job with someone that is a same-age peer to you,” Allen said. “In many cases, those individuals making the hiring decisions are going to be as much as a generation older than you are.”

Allen also said unprofessional posts on social media can come back to haunt a job-seeker during a job interview.

Bitonte said everyone should be respectful and courteous online, reminding students that anyone can read what you post.

“Some unfortunate folks have gotten themselves in trouble or lost their jobs,” Bitonte said.

Carla Mattiussi, coordinator for career development at YSU, said the major change in the workplace she’s noticed is remote working. She said employees are now working where they are productive.

When seeking a job, Mattiussi said Handshake is a resource for students and recent graduates looking for jobs or internships. She said Handshake levels the playing field as students will compete with peers for entry-level jobs.

Other sites, such as Indeed, have students compete for jobs with people who’ve already been working in that field for years, making it more difficult for them, Mattiussi said.

Campus residency numbers on the decline

By Mia Albaugh
The Jambar

Campus residency numbers continue to decline, reflecting a national increase in college students commuting to classes.

According to the Youngstown State University Preliminary 14th Day Enrollment, the number of college students that were living in on-campus housing was 6% of students in 2020.

Most YSU students — 90% out of about 12 thousand — are commuters, according to the report.

From 2016-2020, the number of YSU students living in campus housing has continued to decline, from 888 to 713. The biggest drop in numbers was throughout the course of the pandemic in 2020, when there was also a loss of students attending college, as stated in the report.

On a national scale, it is reported very few students live on campus, according to a survey report by Higher Learning Advocates.

The “education insiders” surveyed in the report included policymakers, politicians, and government staff working on higher education policy; leaders of higher education institutions; and leaders of associations, organizations and think tanks working on higher education issues.

While 62% of Americans thought that a majority of first-year students live on campus, only 13% do, according to the survey report by Higher Learning Advocates.

“Picture an 18-year-old from a middle-class background who gets support from parents and goes to school full time,” an education insider from the survey report said. “That is probably the experience of most of us in the policymaking community. But that is increasingly not representative of a college student today.”

An explanation could be the cost of living on campus. At YSU, the non-Penguin promise rate is \$4887.50 per semester: \$9775 for the academic year, averaging \$1,600 a month, as stated by the YSU housing contract. According to the survey report by Higher Learning Advocates, 55% of students qualify as financially independent. However, 42% live at or below the poverty line.

The average cost for nearby off-campus living for a one-bedroom apartment is about \$600-\$700 a month, according to Apartments.com.

In a statement made by the United States Census Bureau, it is difficult to measure where college students live. The question of ‘Where is home to a college student?’ lacks a clear-cut answer.



Photo by Mia Albaugh / The Jambar

The number of students living in Kilcawley House is on the decline.

WORKS OF ART



Photos by Kaitlyn McCarthy / The Jambar

Colorfully displayed on Andrews Avenue, Youngstown State University students create a memory mural to show their appreciation for the city of Youngstown.

YSU art students complete Andrews Avenue memory mural

By Kaitlyn McCarthy
The Jambar

Students in Youngstown State University's department of art collaborated with Lit Youngstown to create a memory mural on Andrews Avenue. A year later, 13 YSU students finished the bright and bold display curving along the road behind campus.

"I started the class that provided a platform for the mural to happen. We offered a mural class for the first

time at YSU in fall of 2020. I designed the class to provide a hands-on experience," art professor Dragana Crnjak said.

The mural serves as an appreciation for the city of Youngstown as well as a learning experience for students. Mia Mondora, a senior majoring in interdisciplinary studio art, said her favorite part of working on the mural was the positive feedback from the community.

"Constantly, cars would stop by and give us moral

support, thank us and say how beautiful the mural is," Mondora said. "There was nothing better than knowing that our mural will bring happiness into the surrounding community."

Every student created a different part of the project. Each part of the project represented a different part of the city. Junior studio art major Jayme McKay focused on the beauty of Mill Creek Metroparks on her part of the mural.

"My contribution to the mural was the trail of tulips

leading to the Mill Creek Rose Garden archways. Mill Creek [MetroParks] is such a staple landmark and I wanted to represent the natural beauty in the area," McKay said.

Crnjak feels the class is beneficial for art students because it teaches them to collaborate with others. Although this was a group project, each student could be creative with their contribution to the mural.

"The students are coming up with great ideas. I hope those [ideas] are being supported," Crnjak said.

The wall is almost 1,000 feet in length, and the mural is over 100 feet long. Interdisciplinary studio art major

Lindsay DeLullo said the size of the mural made her feel more confident as a painter.

"This was the largest of all I have ever worked on, and I can affirm wholeheartedly that it gave me much more confidence to paint on a much larger scale," DeLullo said. "Generally, I paint and draw on a small scale, but being forced to confront this wall — which was three times my own height in places — has broadened my horizons."

One of Crnjak's main goals for her class is to influence everyone who sees the mural, not just her students. Since the mural has so many parts to it, many different

cultures can appreciate the art.

"I hope that the mural celebrates — but also projects — complexity in the Youngstown area. It really reflects the complexity and richness of diversity and voices we have here. I hope people who drive by can [appreciate it]," Crnjak said. "We designed the mural in mind to reference historical and cultural aspects of the city and memories of the people who live here."

According to Crnjak, larger projects like this mural require problem-solving to complete. She also thinks that she, along with the students, have learned from this experience with the mural.



The abstract mural pulls a statue outside of the McDonough museum into focus.

PLANTING SEEDS OF DISCUSSION



Photo by C. Aileen Blaine / The Jambar

Justina Gazso's (center left) winning art piece from the Mental Health Awareness Art Contest is unveiled at a ceremony at the Student Counseling Services office.

Winner revealed at Mental Health Awareness Art Contest

By C. Aileen Blaine
The Jambar

Students and staff members anticipated the unveiling of the Mental Health Awareness Art Contest's winning piece at an open house hosted by Student Counseling Services. A framed photo sat expectantly beneath a red sheet.

The piece was by clinical, addiction and school counseling graduate student Justina Gazso.

"Each person has a different plant kind of growing and shifting, and having a different phase of where it's at," Gazso said. "The goal was to have a variety of facial expressions as well as tones in it, because so many people have things that they're going through."

Anne Lally, assistant director of Student Counseling Services, said she developed the idea for the contest as a way to encourage students to engage in the campus discussion regarding mental health.

"[The contest] is to raise awareness for mental health, reduce stigma surrounding mental health services, but — very importantly — it's to give our student body an

opportunity to have ownership of the student counseling services," she said.

The contest also featured submissions from three other students, and the pieces were judged on the basis of how well each addressed the following themes:

- Reducing the stigma of mental health and seeking treatment
- Advocating the promotion of mental health awareness
- Representing positivity, inclusivity and diversity within the campus community
- Showcasing a creative, enduring message

The submissions also came with written explanations of the works' meanings, which were considered in the judging process. The judging panel featured a diverse range of campus community members, such as a layout design artist and a student representative from the YSU National Alliance on Mental Illness group.

The contest ran from Sept. 7 to Oct. 8. Its purpose was to raise awareness for mental health and reduce the stigma surrounding seeking mental health services.

"Each person has different struggles that they're go-

ing through, and that impacts them differently," Gazso said. "With time, energy and more time and effort, you're able to bring back life into yourself, just like you can with plants."

The artworks are on display in the counseling services waiting room as a tribute to student involvement in mental health awareness.

Lally said she wanted to start the contest two years ago, but the pandemic delayed it until this semester. She hopes to host the event each fall.

"My goal really is for students to ... increase their comfort level with coming to student counseling. Seeing artwork from their fellow students being displayed here ... speaks to them that this is their center," Lally said.

Gazso encouraged those who think they may need help or are struggling to reach out.

"Sometimes people get nervous and anxious with the aspect of where they are or where their 'plant' is at, and they worry that it's unsalvageable," Gazso said. "It's easy to focus on the darkness as it becomes overwhelming ... As your perspective shifts, it's easier to look at the life around you and see more of the brighter areas."

Critical conversations on campus

By **Samantha Smith**
The Jambar

The importance of voicing one's thoughts and opinions was recently shown by one of Youngstown State University's student organizations, Black Student Union.

As stated on BSU's campus webpage, its purpose is to "promote the recognition and involvement of African American students at Youngstown State University with the intention of creating a strong voice on campus and to make an impact on the decisions regarding students of the university community."

The organization held an event Nov. 19 called Critical Conversations that covered topics of college burnout, cancel culture, critical race theory, current law and politics and more. The discussion allowed students to voice their own opinions and learn others' points of view on certain topics.

David Hughley III, chairman of BSU and junior accounting major, talked about racial justice, mental health and current topics dominating the social landscape.

"We talked about burnout in school. We talked about

[whether it's] 'Are we completing assignments? or Are we learning?'" Hughley said. "Sports, how are they political now? Have they always been political? With Lebron [James], [Colin] Kaepernick, Simone Biles, racial justice and mental health. That's becoming a huge thing

"We wouldn't be ourselves if we all said the same thing."

— **David Hughley III**,
chairman of BSU

in sports in our everyday life and even the way we talk to one another."

Hughley explained why these topics are important to discuss and hear about from everyone.

"Nowadays, people feel they are forced to say this one thing or they're forced to the next thing and they are not themselves," he said. "I don't necessarily agree with you every two seconds, but I would like to know your mindset, where you're coming from. We wouldn't be ourselves if we all said the same thing."

Hughley said BSU hopes to make Critical Conversations an annual event on campus, along with other events the organization holds such as their winter formal event.

"Come see some BSU events. We'd love to have people and ... to have a good time," Hughley said. "Take a break because you need it. It's all about school and work-life balance."

Students interested in joining the organization can either contact Hughley at dehughley@student.ysu.edu or Kameya Parks, president of BSU, at cparks@student.ysu.edu

For more information on BSU, visit its webpage or its Instagram page [@ysu_bsu](https://www.instagram.com/ysu_bsu)

YSU engineering students give Little Squaw Creek a facelift

By **Emily McCarthy**
The Jambar

Last spring, the Little Squaw Creek Stream Renovation project was brought to Youngstown State University engineering students in the Civil and Construction Engineering Technology program. A second phase of the project has been announced to take place next spring, following a \$200,000 grant.

Robert Korenic, associate professor and program coordinator for the CCET program, introduced the project to his hydraulic and land development class. The class completed some analysis work on the site with two of the partners they

had for the project, Liberty Township and Davey Resource Group, who was the construction manager.

"This summer, I was contacted again that there would be a second phase of the project and they wanted to know if I would be interested in actually writing part of the grant to potentially get the money for the project," Korenic said. "I jumped at the opportunity because the scope of work is kind of the same as the first phase of the project."

Korenic said he will be heavily involved in analysis and design for the project. All of the grant money will go toward constructing the park, including surveying,

earth work, design, tree removal, planting new trees and plants and reconfiguring the stream bed. He also said one of his goals at the university is to do research projects with the students that reflect what they are going to be doing when they go out and practice in their fields.

"These are the types of projects that you will be working on when you practice. These are the types of things that I do when I practice engineering," he said. "More importantly than that, it is an opportunity to work with students on a research project that is relevant."

He said the project is not only benefi-

cial to YSU students, but the community he lives in as well.

"The other thing that was really intriguing about this project is I am actually a stakeholder. My property abuts Liberty Park," he said. "It's very nice to finally see someone taking interest in that park, which is rather large, and for years it has gone kind of unkempt or uncared for. People would use it, but it needs to be brought up to speed in terms of modernization. In the first phase of the project — when we did the analysis with my class — I went down and took some photos of the old stream channel, and to see what it looks like now is really beautiful."

THE JAMBAR POLICY

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

EDITORIAL POLICY

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

LETTERS TO THE EDITOR POLICY

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

The Jambar Editorial

Snack on that

Youngstown State University has very few healthy food options on and around campus. Youngstown also lacks a grocery store, classifying the city as a food desert.

When on campus, students can choose from Wendy's, McDonald's, Dunkin', Starbucks, Chipotle, Chick-fil-a, Hot Heads, Jimmy Johns and Taco Bell — just to name a few.

These places offer very few healthy options. The main goal of these restaurants is to make quick, tasty food that appeals to the majority of the population. Obviously, the most popular menu item is not going to be a salad.

Not to mention, salads at fast-food restaurants are usually low-quality since they are not a popular item. In the

height of the pandemic, McDonald's actually halted its sales of salads because the company sold so few of them. It was losing money due to all the lettuce it was wasting.

In addition to a lack of healthy food, there is also a lack of options for those with food allergies or sensitivities. Several members of The Jambar editorial team are gluten-sensitive, and we have very limited menu options on campus. Those with severe nut allergies also face difficulties finding uncontaminated food.

Some college students are too busy to pack a lunch every day, and those who commute may occasionally forget.

For those who live on campus and have a car, the nearest grocery store is in Liberty.

About 35% of college students are considered overweight or obese, According to the National College Health Risk Behavior Survey.

The National Center for Health Statistics published a study in 2018 which covered fast-food consumption of adults from 2013 to 2016. The study found 45% of adults ages 20-39 eat fast-food on any given day.

Having limited, unhealthy food options allows YSU to continue contributing to this statistic.

Letter to the Editor

Breastfeeding in public

Dear Editor,

This letter is to bring to light the issue of breastfeeding in public. Breastfeeding is a natural and beautiful act that a mother can do to provide for her infant. Breastfeeding is the most ecologically sustainable way to feed an infant and offers many benefits to both mothers and babies. The issue related to breastfeeding in public is highly attributed to the sexualization of the breast. In western cultures, breasts have dual functions. They are a body part that is sexually at-

tractive and involved in sexual activity and provides milk and nurture to children. Women who breastfeed in public often feel uncomfortable as well as the people around them due to the breast being a sexually attractive body feature.

In the United States, women can breastfeed in public, but as stated before this can cause an uncomfortable situation for the mother and those around her. My stance on the matter is that women should be able to breastfeed in public in a conservative way. There are many breastfeeding covers and positions

a baby can be fed in without the entire breast being exposed. Clothing should be worn that allows easy access to the breast and appropriate coverage to make both mom and those around her comfortable.

Thank you,
Emma Wukelich
RN, BSN Student
Youngstown State University

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Women's basketball starts 5-0, first time in 5 years

By Joseph Frattaroli
The Jambar

Youngstown State University's women's basketball team has been on a five-game winning streak since they defeated the University of Akron on Monday Nov. 5 at Beeghly Center.

At Oakland University's Athletics Center O'rena, the Penguins defeated the Golden Grizzlies in the Horizon League opener with a score of 79-68, in what was the first Horizon League match for both teams. The win put the Penguins 3-0 overall, continuing their undefeated streak. Senior forward Lilly Ritz led the team with 24 points and 9 rebounds, a

career high. Junior forward Paige Shy also scored a career-high of 18 points and had eight rebounds. The team shot 56.3% from the field, dominating the Grizzlies at 39.4%. Youngstown State was 27-of-48 from the field, 12-of-23 from 3-point range, and 13-of-20 from the free-throw line.

On Nov. 20 at Calihan Hall, the Penguins took down the University of Detroit Mercy 64-56. Ritz again led the Penguins, scoring 25 points and beating her previous career-high by one point. Senior Chelsea Olson was another contributing factor to the victory as she achieved 14 points with 8 rebounds and 7 assists. The win left the Penguins to advance

4-0 again, saving their undefeated status. Youngstown State shot 46.3% from the field while Detroit Mercy trailed with 35.6%. The team shot 25-of-54 from the field and 4-of-18 from three point range — three of which were scored by Paige Shy — and 10-of-11 at the free throw line.

At Beeghly Center on Nov. 26, the Penguins overcame Long Island University with a score of 70-55. This win solidified Youngstown State's first 5-0 start since the 2015-2016 season. Again, Ritz was dominant as she scored 20 points this game with 10 rebounds and one assist to lead the team. This was her third game in a row where she scored 20 points and her second double-double. She was followed

by Olson who scored 12 points, had 8 rebounds and 4 assists. Junior guard Mady Aulbach led the team in assists with 7 in total, scoring 2 points herself and 4 rebounds. LIU shot 34.5% from the field, severely trailing YSU with an even 50%. The game was settled in the paint with YSU scoring 40 points from under the basket. YSU shot 26-of-52 from the field, 5-of-18 from 3-point range, and 13-22 from the free-throw line.

The Youngstown State women's basketball team will continue its season in conference play as it travels to the University of Wisconsin-Milwaukee on Dec. 2.

Family legacy still kicking at YSU

By Yousof Hamza
The Jambar

On a warm September night, Colt McFadden lined up to kick the most important field goal of his career. Youngstown State University was down three points in the 2021 season opener against the University of the Incarnate Word with two seconds remaining in the game.

The 41-yard field goal was good.

Moments later, McFadden lined up to kick an even more important field goal. The 27-yarder was to win the game in overtime.

The kick was good.

"You approach it like any kick — it was just the preparation that our coaches have put me through, the challenging scenarios — they truly prepared me for moments like those," McFadden said.

McFadden's legacy did not begin there, though — his legacy began with his family. His father, Paul McFadden, was a kicker for Youngstown State in the 1980s, then he was drafted into the NFL and is a member of the YSU Athletics Hall of Fame.

His mom, Dianne Kosko, formerly known as Dianne Rappach, is also in the Hall of Fame. She was a standout women's basketball player for YSU from 1988 to 1992 and holds the school's 3-point record.

Colt is the second son to be a kicker for Youngstown State. His brother Connor also had a prolific college career. He now works as a geologist in Pittsburgh.

Colt felt destined to be a kicker. He grew up hearing the stories of his father and had the example of his brother growing up.

"I think if you're a McFadden, you're automatically a kicker by default," he said.

McFadden did not start his career as a Penguin. He played two years of college football just down the road at Kent State University before transferring to Youngstown State in 2019.

The fifth-year senior initially wanted to try someplace new, but ended up returning to Youngstown.

"I'm so thankful I have the opportunity to come back home and represent Youngstown State, it's truly one of the best decisions I have ever made," McFadden said. "It's ultimately a responsibility to uphold our family name."

Part of being a football player is being a role model and community member. The football team engages in several community service events throughout the year, and McFadden sees these as essential duties.

"I think that is a very important aspect of being a student athlete — let alone a football player — here at YSU," McFadden said. "It's our responsibility to give back to this community, to do whatever we can because everyone says we're role models. It's part of our job."

McFadden wants people to know it's not just about raw physical size and talent. It's about hard work and passion, and anyone can succeed if they put their mind to it.

"It comes down to how much you're willing to sacrifice, how much you're willing to give up to not only make yourself a great player on the field, but a great person off the field," he said. "I think that truly ties everything together: you just have to work really hard and you have to love playing the game of football."

Being a football player isn't just throwing the ball or tackling other players, there are a diverse array of other talents and positions. McFadden is one of those with special talents, a kicker. It is a specialized position that only attracts attention when the game is on the line or they mess up consistently.

"It's certainly a kind of different position when you look at the game of football. It's one that I've learned to fall in love with. I really enjoy all of the challenges that come with being a place kicker," McFadden said.

During the 2021 fall football season, McFadden went 8-9 for field goals and was an Missouri Valley Football Conference Honorable Mention. He will be returning for a sixth year in 2022 to attend graduate school.

McFadden believes he has grown tremendously through his long college career, especially since he returned to Youngstown.

"I'm truly just trying to enjoy these last two years and just enjoy the ride this has been and do everything I can to represent Youngstown and be the best player I can be," he said.



Photo by Yousof Hamza / The Jambar

Michael Akuchie continues to lead the Penguins through team injury.

Major injury leads to offensive struggles

By Kyle Wills
The Jambar

The Youngstown State University men's basketball team had a rough weekend Nov. 19-21 at the YSU/J. Arnold Wealth Management Company Basketball Tournament, losing two out of three games.

Youngstown State had a stellar first game Friday, Nov. 19 against the University of St. Thomas as the team would shoot 55% from the floor and 69% in the second half. The Penguins topped the Tommies 79-75.

In the contest, senior guard Garrett Covington went down early with an achilles injury, putting an end to his fifth season.

"Garrett going down, it could be a major loss, tragic. We run everything through [Michael Akuchie] and Garrett pretty much, so we're going to change our plan of attack," head coach Jerrod Calhoun said.

Despite the injury, Youngstown State still managed to prevail as senior forward Michael Akuchie continued his strong early season play, recording 20 points, shooting 8 of 13, while also snagging eight rebounds.

This performance was Akuchie's second 20-point showing through the team's first three games. With the offensive losses of Naz Bohannon and Darius Quisenberry through the transfer portal, Akuchie is looking to take over a void on offense.

"I've been here for five years. I know I'm smart enough to know where to get my points. I'm patient enough to know when to attack, making certain reads," he said. "It's a certain level of confidence I have that I trust myself going into every game. I know that's part of what I

have to do for us to win and just be an offensive threat every night."

Senior guard Tevin Olson led the second half surge, in which he scored all 12 of his points to go along with his five assists. Olson also had a stellar defensive performance, blocking four St. Thomas shots and snatching a steal. Sophomore guard Myles Hunter also had a great performance off the bench, scoring 14 points in 27 minutes.

Shooting from behind the 3-point line kept the Tommies in the game as the team shot 50% beyond the arc, draining 17 of 34.

On Saturday, Nov. 20, the Penguins did not have similar fortune as they fell to Southern Illinois University Edwardsville on a buzzer beater 69-66.

Even with the key loss of Covington the previous day, the men would enter the second half of the contest leading 39-31. The first half for Youngstown State featured a 13-of-26 shooting performance and 14 free throw attempts, as well as a strong defensive showing, snagging 16 boards and swiping the ball five times from SIU-Edwardsville.

However, the Penguins couldn't hold off SIU-Edwardsville's strong second-half play. The Cougars would shoot 11-of-22 in the second half and were at the free-throw line frequently, shooting 18 times from the line.

Akuchie would once again lead the Penguins in scoring with 14 points, 8 coming off 9 free throw attempts while Olson and Hunter each contributed 10.

Youngstown State would be defeated again Nov. 21 at the hands of Niagara University 58-53 as the Penguins struggled to get the offense rolling, shooting 33.3% as

a team.

The team's rocky offensive showing continued from deep as it could not get anything to fall beyond the arc as it shot 4 of 24 from 3-point range.

The Penguins would go scoreless for almost seven minutes to start the game before sophomore guard Shemar Rathan-Mayes got the team on the board with a pair of free throws. Rathan-Mayes also led the team with 12 points.

Despite the offensive struggles, the men battled defensively to keep themselves within reach as Akuchie and Olson were aggressive, grabbing 10 and nine rebounds. Junior guard Dwayne Cohill, sophomore guard Daniel Ogoro and senior forward Jamir Thomas also contributed on the glass as Cohill finished with six while Ogoro and Thomas both finished with four.

The men missed the presence of Covington on offense as the three-time All Horizon League Defensive Team selection is one of the team's best cutters. A season ago, he saw a rise in points per game as his game average rose from 8.5 to 12.5 and was off to a great start this season, scoring 11 and 18 points in the team's first two games.

"[Covington's] probably our biggest voice in the locker room prior, toughest kid, probably our best defender, our best cutter," Calhoun said. "I thought we'd be able to rally and play without him, but we need some practice, try to figure this thing out. We were really exposed with our youth."

The Youngstown State men's basketball team will look to turn things around 8 p.m. Dec. 2, on the road against the University of Wisconsin-Milwaukee.

Athletics receive \$100k donation

By Yousof Hamza
The Jambar

Former Youngstown State University defensive coordinator Mark Dantonio donated \$100,000 to the athletic department for use in its graduate assistant program. The donation will be used to help cover the tuition

and stipends of graduate assistant football coaches.

As a part of the donation, the football grad assistant positions will be known as The Mark and Becky Dantonio Graduate Assistant. The home coaches booth in the Don Constantini Multimedia Center will be renamed to The Mark and Becky Dantonio Coaches Booth.

Dantonio was Youngstown State's defensive coordi-

nator from 1986-1990 under current university President Jim Tressel. Dantonio was also the defensive coordinator at The Ohio State University under Tressel before becoming the head coach at the University of Cincinnati and Michigan State University. He retired from coaching at Michigan State in 2019.

Disappointing season ends on high note

By Yousof Hamza
The Jambar



Jaleel McLaughlin celebrates 6-yard touchdown run.

Photo by Yousof Hamza / The Jambar

The Youngstown State University Penguins concluded their 2021 football season with a 35-18 win against the Southern Illinois University Salukis on Saturday, Nov. 20. This was the first road win for the Penguins since they defeated the Salukis back in November 2017.

The Penguins dominated the entire game and never trailed the Salukis. Youngstown State opened up the scoreboard with a 6-yard touchdown run by senior tailback Jaleel McLaughlin with 6:24 left in the first quarter.

In his final game, McLaughlin led the Penguins offense with 185 rushing yards on 25 attempts with three touchdowns. His performance earned him the Missouri Valley Football Conference Offensive Player of the Week award, his second such award of the season.

McLaughlin also earned First-Team All-Conference honors.

Redshirt freshman quarterback Demeatric Crenshaw ran for 30 yards and passed for an additional 91 yards with two touchdowns and two interceptions. Crenshaw's performance throughout the season earned him the MVFC Freshman of the Year award. He is also a finalist for the Jerry Rice Award for the best freshman at the FCS level.

The Penguins dominant run game would not have happened without senior offensive lineman Jordan Velez's MVFC Offensive Lineman of the Week performance.

This game was one the Penguins' best performances. Unlike the game against Western Illinois University, the Penguins maintained composure through all four

quarters.

In that competition, the Penguins held a 35-14 lead going into halftime. They had a 35-7 lead at one point but ended up losing 35-38.

Head coach Doug Phillips felt the players did not manage their high emotions during the game.

"[The] hardest thing is, once you lose that momentum, how do you get it back?" Phillips said.

However, several weeks later after losing multiple straight games, senior tight end Josh Burgett felt the team was managing its highs and lows despite the losses.

Team management and chemistry seem to have been the theme throughout the season. Players and coaches believe those elements are a crucial part of the process of building a football team.

While the Penguins finished the season 3-7, all of their wins came against playoff teams: University of the Incarnate Word, Missouri State University and Southern Illinois.

Despite the disappointing season, the Penguins had some bright spots. The team is tied for first in offensive red zone production with 100% red zone efficiency. The team also has the 16th most rushing yards despite playing one or two games fewer than most schools.

McLaughlin led the Penguins' rushing offense throughout the season with 1139 yards, which placed him 6th in the nation.

Despite the productive rushing offense, Youngstown State placed sub-100 in all passing stats.

The Penguins will kickoff next season at home against the Duquesne University Dukes on Sept. 3, 2022.