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BROADENING HORIZONS FOR FUTURE ENGINEERS



Photo by Mia Albaugh / Jambar Archives

The ETC allows engineers to have more space to learn.

First-year engineering program moves to ETC

By Henry Shorr
The Jambar

Youngstown State University's first-year engineering program has moved to the Excellence Training Center, providing a dedicated space for new engineering students to learn the broader aspects of what it means to be an engineer.

Cory Brozina, head of the first-year engineering **Engineering**, Page 2

program, is thrilled about the new space.

"Ever since I've been here — and this is my sixth year — I've been trying to get a space, a dynamic space for the first year engineering program so we can work on design projects and things like that," Brozina said.

COVID-19 concerns

How anxiety is affecting students' learning experience

By Kara Boerio
Jambar contributor

Whether it's peers not following protocols or concerns about returning to remote learning, the COVID-19 pandemic is causing anxiety for Youngstown State University students.

Erin Hungerman, assistant dean of students, has seen many comments on the YSU app regarding the mask policy not being enforced.

"I know wearing a mask isn't always the most convenient or pleasant experience, but it's the safe, respectful and appropriate thing to do on campus," she said.

The university has had its mask policy in place for some time now, and she said the expectation is that people are aware of and compliant with the policy.

"The more individuals we have following the mask policy, the more positive reinforcement there is for others

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6-DAY WEATHER FORECAST

Thurs.



High: 33°F
Low: 21°F

Chance of Precipitation:
40% Chance of showers

Fri.



High: 43°F
Low: 29°F

Chance of Precipitation:
70% Showers Likely

Sat.



High: 34°F
Low: 9°F

Chance of Precipitation:
40% Snow

Sun.



High: 21°F
Low: 4°F

Chance of Precipitation:
0% Partly Sunny

Mon.



High: 26°F
Low: 8°F

Chance of Precipitation:
30% Chance of Snow
Showers

Tues.



High: 30°F
Low: 22°F

Chance of Precipitation:
0% Mostly Cloudy

Information courtesy of National Weather Service

Engineering

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An incoming engineering student at YSU does not simply pick an engineering major — they need to take the first-year engineering program to get a baseline knowledge.

Brozina has run the program out of the computer lab in Moser Hall in the past. He remarked that the computer lab was a good space for certain aspects of the program, but very lacking in other aspects, namely the design portions. Now that they are in the ETC, he believes things will only improve from here.

“We’ve got a classroom that we use over there for the computing side, data analysis side. And then we’ve got our

own dedicated space right outside this classroom space that is our first-year engineering project space,” Brozina said.

He said he is excited for the opportunities this provides to both current and prospective students. Current students have their own space where they will be able to learn and showcase their work.

“The students love it so far. It’s the brand-new space, it’s nice and professional. It’s just a great opportunity for students to have ownership of a space, especially in their first year,” Brozina said.

He sees the space as a big pull for new students as well. The new space is large and innovative enough to get students curious about engineering.

“High school students that visit YSU —

that’s going to be one of the places that they are going to go to and they’re going to say, ‘Well, okay, wow, this is pretty cool, this is a nice building, they’re doing neat things over there,’” Brozina said.

Ultimately, Brozina said he is happy that the students have their own space on campus dedicated to teaching them the wider science of engineering.

“It will give the students an opportunity to realize what engineering actually is. Typically, students just think it’s math and science, but it’s not. It’s a lot of this engineering design,” he said. “Having this place gives us more opportunities to showcase that aspect and for students to participate in these design projects in the first year.”

Anxiety

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to do the same,” Hungerman said. “We have resources, such as the incident reporting form and student complaint form, available to aid in that process.”

Hermilee Gomez, a freshman criminal justice major, said she sees guidelines not being followed inside classrooms.

“The mask thing, yes, but we’re not social distancing, not at all, and we’re not cleaning desks,” Gomez said. “I just feel like there’s a lot that they can do that they’re not doing.”

She also said she’s scared in-person classes will have to transition back to remote learning.

“I can’t focus online. I’m a very hands-on person, and even if it’s just writing something down or asking questions to the professor, [it] makes it way easier rather than when you’re [on] a computer,” she said.

Brandon Cantwell, a junior English major, was looking forward to returning to campus for in-person classes. He said being stuck in the house made his head feel like it was “going to explode” from being in a repetitive routine, and he often felt distracted.

“Whenever I go to an online class, I would just sit there and just play games on the side, especially when the material is something I really need to focus on,” Cantwell said. “It’s kind of nice to be in-person where you know the material really sits, and I feel like I’m

more productive on campus anyway.”

Connor Tarr, a junior finance major, said it was difficult to adjust from online to in-person classes.

“Just after having class for a year and a half online, I have to get back into the routine of getting out of bed early, getting a shower, eating breakfast and driving to campus,” Tarr said. “Stuff that I haven’t done for a year and a half that was kind of difficult to get back into that rhythm.”

Tarr said he understands why other students have concerns with in-person classes. Still, he said the university is doing enough to keep students safe while at the same time trying to return to a traditional learning environment.



Masked students head to class.

Photo by Kara Boerio / The Jambar

COVID-19 update: campus sees a decrease in cases

By **Sydney Stalnecker**
The Jambar

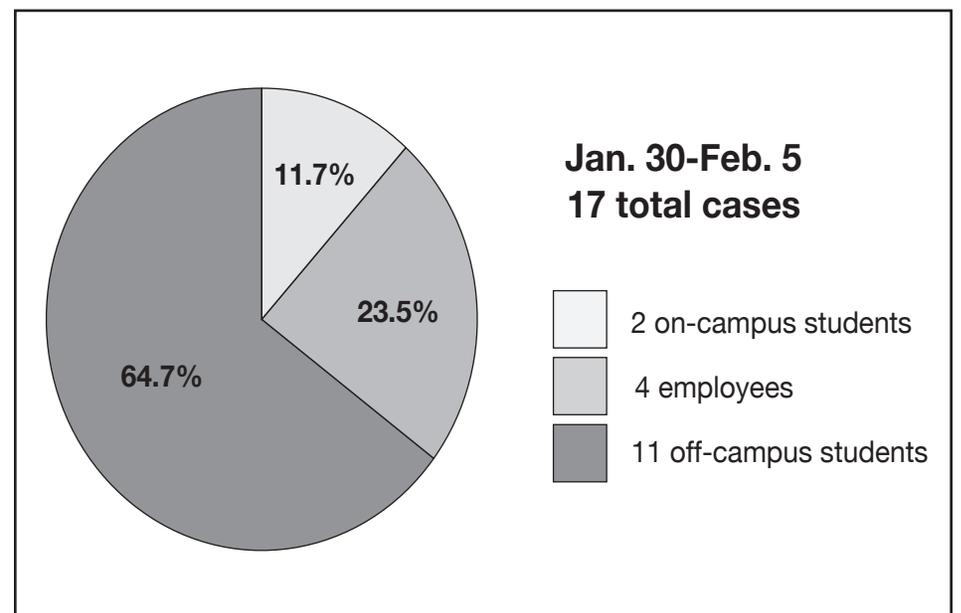
The number of reported COVID-19 cases at Youngstown State University are at a new low for the spring semester.

YSU reported 17 cases of COVID-19 last week, Jan. 30-Feb. 5. Of those, 11 were students living off campus, two were students living on campus and four were employees.

The university hasn’t reported cases this low since the week of Aug. 22-28, 2021, the week just before the fall 2021 semester began.

Through YSU’s asymptomatic voluntary testing program, 16 people were tested last week. All tests came back negative.

Stay safe, Penguins!



MOVING UP IN RANK

YSU alumnus promoted to colonel

By Rick Williams
Jambar contributor

Promotion ceremonies in the life of a military member are time-honored traditions that are important to share with family and friends. However, at the current high “optempo” at which our military has operated the past 20 years, this ideal is not always possible.

Though he had to wait over 21 years, U.S. Army officer and Youngstown State University alumnus [2000] Gerald “Jerry” Nunziato was finally able to share the momentous occasion with family and friends, as he was promoted to the rank of colonel in the United States Army. The event was held at the Carl Nunziato Veterans Resource Center at YSU Saturday, Jan. 15, 2022. Over 60 people were in attendance, including Jerry Nunziato’s uncle and the center’s namesake, Carl A. Nunziato, accompanied by other friends and family.

Col. Nunziato was commissioned as an armor officer in 2000 through the Army ROTC program at YSU, where he graduated with a bachelor’s degree in civil engineering. He subsequently completed a master’s degree in management from University of Maryland Global Campus. Over his 20-year career, he has served in many military roles and received extensive military education.

During his promotion ceremony, Col. Nunziato said,

“Being able to conduct the ceremony at the Carl A. Nunziato Veterans Resource Center made the entire ceremony much more special because it was a further extension of everything my uncle has done in support of veterans. The center also represents YSU’s commitment to its veterans, and that is something that needs to be continually recognized and highlighted. Youngstown and YSU are special places that represent the grit of this nation and veterans play an important part in their shared history.”

When asked how he has continued to serve and be away from his wife and family, like so many soldiers do, the colonel quoted G.K. Chesterton, “The true soldier fights not because he hates what is in front of him, but because he loves what is behind him.”

Jerry credits his wife, Rhiannon, with much of his success, acknowledging how she stepped away from a corporate job and her native Seattle, to work at a cancer nonprofit upon his assignment to Ft. Hood, TX. colonel Nunziato recognizes the struggles of family when on duty.

“We will have been married for approximately 7 1/2 years, but only lived together for about a third of that time. As a means to give her stability with her job, I am currently living in D.C. for school while she is at our house in North Carolina. We see each other at least monthly,” Nunziato said.

Col. Nunziato also greatly appreciates his service for the opportunities it provides.

“On the surface, my over 21 years of service has provided the promised opportunity to see the world — five deployments, 17 moves and 20 countries visited. It has also given me the opportunity to work with the best this nation has to offer, and the ability to work with several members of our allied nations. The Army has also allowed me to truly appreciate family and have my eyes opened to the world. It’s been a wild journey with a handful of rough spots, but I wouldn’t change a thing.”

Nunziato projects that he may have another three to five years left before he decides to retire, but upon retirement he plans to let his wife have the show.

“She [Rhiannon] has done a remarkable job balancing her career with my journey; however, it is my time to balance so she can continue kicking ass. Rhiannon recently received another big promotion, with many more to come, so I need to make sure we have the flexibility to allow her career to continue flourishing.”

Col. Nunziato is currently attending the College of International Security Affairs, Fort McNair, Washington, D.C.

*****Editor’s Note: This story was submitted by Rick Williams and edited by the Jambar editorial staff for AP style.**



Photo courtesy of Rich Williams

Gerald “Jerry” Nunziato receives his colonel rank at a promotion ceremony.

News Brief

WOMEN’S RETIREES OF YSU TO OFFER SCHOLARSHIP

The scholarship committee of the Women Retirees of Youngstown State is accepting applications through March 1, 2022, for the 2022-2023 academic year. The scholarship is awarded to a full-time, junior female student who has a minimum of a 3.0 GPA. The recipient must be a U.S. citizen and be enrolled in a degree-seeking program. Information about the scholarship is available at ysu.edu/finaid/scholarships. Application forms may be printed from the website or picked up at the Office of Financial Aid and Scholarships located on the second floor of Meshel Hall at YSU.

HELPING OUT WITH ADVICE

Tips and tricks for writing your best research paper

By **Samantha Smith**
The Jambar

Youngstown State University's Writing Center, located in Maag Library, offers in-person and online appointments for students in need of writing assistance.

Ben Unger, a senior psychology major and tutor for the Writing Center, explains what the center does.

"We are a center where you can come and have any written assignment reviewed," he said. "We give advice for individual assignments, but also on how to improve your writing overall."

The center is free for all YSU students to use for any of their classes.

Emily Vero, a sophomore integrated language arts major and tutor, explained one of her best tips for students writing a research paper.

"Definitely plan it out," she said. "If you just go in a week before it's due and you try to sit down and say,

For the Maag Library
Writing Center,
in-person hours are:

Monday - Thursday 9 a.m.-5 p.m.
Friday 10 a.m.-1 p.m.

'Okay, I'm going to write this research paper the week before it's due.' Chances are, it's either not going to happen or you're just going to be very, very stressed out."

Unger said his recommendation to students is to create an outline for their paper before writing.

"I always recommend an outline, even if it's super brief," he said. "Just getting your main ideas planned out so you can keep your ideas all together and organized."

Angela Messenger, coordinator of the Writing Center, said one of her best tips for students is to look over the original prompt of the paper to make sure they have everything they need.

"I think revisiting whatever prompt of the assignment sheet your professor provides you [with], because not every research paper is looking for you to do the same thing," she said. "And really, the heart of a research paper is to educate yourself on the topic."

For more information on the Writing Center, visit its webpage or stop by its office in the lower level of Maag Library in room 171.



**Watch JambarTV to stay up to date
with campus news.**

thejambartv.com/jambar-tv

Venture out with Adventure Rec

By **Samantha Smith**
The Jambar

Youngstown State University's Andrews Student Recreation and Wellness Center has a variety of programs and events available for students. One program in particular is the Rec Center's Adventure Recreation.

R.J. Markowitz, coordinator of Adventure Rec, described the program.

"Adventure Rec encompasses a whole bunch of different things here at YSU. The main thing I think most people know about is the climbing wall," he said. "Some of the lesser-known things we do are different trips and different events across campus and out in the communi-

ty."

It also allows students to rent out equipment for any trips, including camping, kayaking, backpacking and more.

Markowitz explained some of the events for this semester Adventure Rec will be offering to students.

"For this semester in particular, we have a ski trip and hiking trip in March, finishing up with our crate stacking event, and then we're bringing back our bouldering competition," he said. "In April, we are doing something we haven't done before — we are going to the Go Ape zipline and outdoor obstacle course."

In the crate stacking event, students try to stack as many crates as possible while on a belay system. Markowitz said

it will be safe and fun for participants.

The bouldering competition is an event where students from different universities come to YSU to see who the top climber of the group is.

Go Ape Zipline and Adventure Park is an outdoor course with different obstacles in the trees, according to Markowitz. This is something Adventure Rec has not offered before and will be a different experience for students participating.

Other events that Adventure Rec has previously offered include whitewater rafting, standup paddleboarding and kayaking trips. Along with those, it also hosted an overnight backpacking trip last semester.

As well as these big events, Adventure

Rec will also invite students to Mill Creek MetroParks to boulder and free climb on small rock formations, and clean up the climbing area at the park.

"We're trying to not only recreate in that area, we're also trying to preserve and make it nice for everyone," Markowitz said.

For more information on Adventure Rec and to register for any events, visit its webpage. Students can also stop inside the rec center to see the climbing wall and sign up for any events in the administrative office at the rec.

"We want to provide students with an experience or an opportunity that they might have never had before," Markowitz said.

YSU student to participate in national powerlifting competition

By **Shianna Gibbons**
Jambar contributor

With only four months of training, Jessica Johnson, a senior marketing and management major, has qualified to compete in a national powerlifting competition. She wants to share her love of the sport with other students by starting a powerlifting club at the Youngstown State University.

Johnson will compete in Chicago March 28.

"I am excited to hopefully see how hard I can go, but the goal is to place," Johnson said.

Powerlifting is a strength sport that consists of three different movements: back squat, bench press and deadlift, with the competitor trying to lift the maximum weight in these three movements.

In September 2021, Johnson was recommended to try out Rustbelt Barbell & Fitness in Liberty, where she was introduced to the sport of powerlifting.

"The people, like the community, everyone is supportive of you, and so I decided to start powerlifting, and I fell in love with it," Johnson said.

Johnson had success in January 2021 at her first, considered local, tournament in Cleveland, where she came

in first for her weight and teen-three class. Johnson lifted a combined total of 355 kilograms or 782.6 pounds.

Isaac Whistler, Johnson's coach and a full-time powerlifting coach, said the initial goal was to get her to qualify, but then she went beyond that.

"She signed up in November. We had the whole intent to make the qualifying total, then go from there. Two months went by, she put on 70 pounds on her total, and she just crushed the total," Whistler said.

To qualify for the national tournament, athletes need to lift a combined weight of 310 kilograms, or 683.4 pounds.

Johnson's goal for the national tournament is to push herself.

"[My goal is] to see how strong I can get from my last meet. I didn't really push it for the first meet," Johnson said.

Garrett Kellar, assistant professor and program director of exercise science, said there are numerous benefits of strength conditioning and powerlifting.

"The more strength someone has, the more metabolically active their body is. Muscle mass is associated with less risk of numerous diseases, so the benefits greatly outweigh any potential risk of injury," Kellar said.

Powerlifting, he said, uniquely targets the most basic movements in everyday life.

"The three movements of powerlifting are the most functional type of movements that can be done by the human body," Kellar said. "They should be exercised our whole lives."

In addition to her studies and preparation for the national tournament, Johnson is working to establish a powerlifting club on campus before she graduates this semester.

"We have about 20 people who are interested and we are working with, to get it started," Johnson said.

YSU has a multitude of club sports on campus, but there are no strength-focused clubs. Kellar said a powerlifting club would benefit the campus.

"It is fantastic. The more active we can get everyone is great. When people want a club that involves some form of exercise, it is always great," Kellar said. "A powerlifting club would be unique."

For more information about the powerlifting club, contact Jessica Johnson at jjjohnson12@student.ysu.edu

NURTURING THE BRAIN



Photo by C. Aileen Blaine / The Jambar

Karen Schubert, director and co-founder of Lit Youngstown, meets with the members to talk about this year's 'writer-as-subject' themed book discussions.

Munch on this: Lit Yo hosts Food for Thought discussion series

By C. Aileen Blaine
The Jambar

Upon the ornate chairs and rugs of the parlor of St. John's Episcopal Church, members of Lit Youngstown gather together to view a film relevant to the month's book discussion. While the chandeliers sparkle overhead, the group discusses topics both lighthearted and serious.

Karen Schubert, director and co-founder of Lit Youngstown, said the book discussions have been around for several years. However, the addition of the accompanying films is new this year with help from Laura Beadling, associate professor of English and film studies at Youngstown State University. Beadling has been able to bring her insights and scholarly knowledge to the table as well.

"We thought it would be really fun to have a companion film series that were all biopics about writers so that we could explore that extra dimension that film offers beyond the book, in addition to the book or beside the book," Schubert said.

The Food for Thought discussions run September through May. This year's theme focuses on the "writer-as-subject," or instances where the protagonist of a work is a writer.

Upcoming books are as follows:

February: "Begin Again: James Baldwin's American and its Urgent Lessons for Our Own" by Eddie Glaude

March: "World of Wonders" by Aimee Nezhukumatathil

April: "The House of Broken Angels" by Luis Alberto Urrea

May: "The Planter of Modern Life: Louis Bromfield and the Seeds of a Food Revolution" by Stephen Heymen

"We're reading books that are autobiographies, memoir biographies and fiction," Schubert said. "It's not surprising that writers write about writers, and there's a really interesting interior landscape there."

The discussions are informal and meant to foster conversations about the themes present in the works, as

well as the potential creative process behind the works themselves. Schubert said one of the things she enjoys most is how each group member is able to contribute different ideas and noticed details to sustain the discussion.

"I love that, as people who love books and films, you just completely disappear into that work and you lose track of where you are," Schubert said. "I think that's just one of the great pleasures."

Some of the biggest takeaways, according to Schubert, is that many writers endure hardships that affect their subsequent works, such as J.R.R. Tolkien's experience as an English soldier during WWI that led to his crafting of "The Hobbit."

"It reminds us that a book walks around in the world without its author, but there's always a context and it's interesting to know a little bit more about that context," Schubert said.

The Food for Thought book discussions occur on the second Thursday of each month at the Michael Kusala-ba Library.

The Food for Thought film series takes place on the third Thursday of each month at 6 p.m. at St. John's Episcopal Church. For more information on books, authors or upcoming events, visit lityoungstown.org

A BRUSH OF ART



Photo by Jessica Stamp / The Jambar

In the Weller Gallery Show at Mills Creek MetroParks, the Mahoning Valley Watercolor Society is presenting its artwork in an exhibit called 'A Splash of Color.'

Local art group brightens the world with color

By Jessica Stamp
The Jambar

At Mill Creek MetroParks, the Mahoning Valley Watercolor Society is displaying local artists' artwork in the Weller Gallery Show.

The exhibit is called "A Splash of Color," and the members of MVWS were given free range to paint whatever they had in mind. The point of the display is to brighten up the world with color because of the pandemic and hardships people in the Mahoning Valley are going through.

"Right now, when the world is so dark, what we need more than anything is creativity," Elizabeth Ford, co-president of the MVWS, said. "I think the name of the show says it all, 'A Splash of Color'... we're just hoping to put a little more joy into the world."

The exhibit will showcase 31 artists who used watercolor, plein air watercolor, acrylic and alcohol ink.

Noreen Yazvac, co-president of the MVWS, used to work at Youngstown State University at the Center for Student Progress. She believes the MVWS is a way for

members to calmly express themselves through artwork in a world that currently seems chaotic.

"What we bring to the community in the way of art is very meaningful as well because right now — especially during this time of COVID — we're in this period of stress and so much unrest in society," Yazvac said.

She said she has done research on serotonin levels in the human brain and has found that, like with chocolate and being in love, creating art after a stressful day can help people relax and increase serotonin levels.

"It seems that artwork is a way to calm people down and help them relax," Yazvac said.

MVWS began 40 years ago in 1982 and had 11 members. Now the group has about 70 members and is hoping younger artists join.

"The nice thing about our group is anyone can join," Ford said. "There are people who have shown their paintings at international shows and there are beginners too, so it's a wide range... we're always looking for younger members."

Yazvac added that the MVWS wants to bring in more young artists since they are important as future artists

in the community.

Ford recommends checking out a painting by one of the original members of the group, Mary Kay D'Isa.

"When you go to the show, walk out the far door and go around the corner and you'll see a painting by one of the original members of the group who's no longer with us anymore, but her paintings have been hanging there at Mill Creek for probably 20 years," Ford said.

Ford took a watercolor course at YSU about 12 years ago and found the students in the course to be talented. She also thought the course helped show what an amazing hobby watercoloring can be.

"There's something very satisfying about using water, paint and a brush and paper to create something, so it's a wonderful medium," Ford said.

The exhibit is free and will be displayed until April 17. It is located at the Fellows Riverside Garden, inside the Davis Center and in the Weller Gallery Show.

For more information about the Mahoning Valley Watercolor Society, call Elizabeth Ford at 330-314-4700 or Noreen Yazvac at 330-509-1363.



Photo Contest

Do you want your photo featured in The Jambar?

All current YSU students and faculty: send your photos to jambarnewspaper@gmail.com for your chance to be featured!

Photos by Jambar Staff



Students gush over bad dates

By Elizabeth Coss
The Jambar

Valentine's Day has long been a day known to many for going on dates and spending time with loved ones, but some students at Youngstown State University might dread getting back on the scene after some past dates they've experienced. Here are some of the worst dates students have gone on.

Cara Bornemiss, senior education major:

"[The date] happened a few years ago, and someone I knew asked me out. He had this whole elaborate plan to go to dinner and the movies, and he made it seem like he had everything planned out. So, the night came and I was so excited and he picked me up. He started driving the opposite way of literally everything that we talked about, and somehow we ended up at Mosquito Lake. It was freezing outside in the middle of winter, he looks at me and goes, 'So are we going to do this or not?' I was so uncomfortable and annoyed that I called my friend to come pick me up."

Ian Chepke, sophomore business administration major:

"The worst first date I went on was my freshman year. It started when I met this girl in the Honors College, and I wanted to ask her out, but she ended up leaving this meeting that I was in before I ever got the chance to talk to her, but I knew her name. I ended up emailing her through the YSU email. I don't know how it worked, but she ended up saying yes, that she wanted to go out with me, and I asked her out to coffee.

"We went and we were sitting over in Dunkin' [Donuts] for about an hour, maybe two, talking, and eventually this guy that she knew rolled up. He sat down and you could tell that he didn't like that I was there because he was into her. I tried to be pleasant with him and talk and keep

him included in the conversation, but he kept cutting me off, and she kept telling him, 'Maybe you should go do your work,' and eventually he decided to try and make friends here. He looked at me and he goes, 'Hey, did she tell you about the weirdo that emailed her the other day asking for her number?' I didn't know what to say at the time, but in the movies you always see the guy go, 'No,' and play it off, so that's what I did. I played it off and I go, 'No, no, no, no, she didn't tell me that story, I didn't hear about it.' Eventually, the girl ended up going [to the other man], 'That's the guy, that's the guy that emailed me.' [The relationship] never ended up going anywhere, that's the only date we ended up going on."

Aly Montanez, sophomore business administration major:

"We planned on going to the movies, but beforehand he was like, 'Hey, let's meet at the park,' so I said okay, and we both parked our cars in this really random, vacant parking lot and I got out of my car and he was like 'Hi,' and I said 'Hey.' We started walking and he was silent the whole time. I tried to make conversation with him, but he kept nodding and I was like, 'Okay, so where are we going?' and he was like, 'Oh, we're just going to go on the trail,' and I was like, 'Okay.' We were walking around Boardman Park's trail for like 20 minutes before I looked at my phone and was like 'We're going to miss the movie.' He goes, 'Oh, okay,' and we turned around and went to the movie. He didn't talk at all during the movie, and kind of just sat there and was falling asleep. When I got back to my car, I was like, 'Yeah, this was great, I'll definitely see you next time,' he said, 'Okay.' He said maybe like, 15 words the whole date."

While having bad dates is an unpleasant experience for many, they make for hilarious stories to share in the future forever.

Love advice from The Jambar staff

Here at The Jambar, we consider ourselves experts in all forms of communication, and as Valentine's Day draws near, who better to give you advice than your student media crew?

Sydney Stalnecker, our editor-in-chief, believes that how you prioritize your significant other is the clear way to show your affection.

"I would say don't waste your time with someone who is uninterested. If someone is interested in you, they will show it and you will know," Stalnecker said.

Managing editor Elizabeth Coss is a firm believer that happiness is the key to creating the best relationship you can be in.

"I think the best love advice I can give to somebody is to honestly just go for it. If you're happy with somebody, and , consistently happy with somebody and it feels good and it's good for you, and it's healthy and you're enjoying it, then that's how you know it's right," Coss said.

Head copy editor Laurel Stone knows that finding your best friend in your partner is key to a thriving relationship.

"Your partner should be your best friend — they should be someone you want to go and do stuff with. The person you are spending your time with should be the person that you want to spend your time with. If you want to be with someone else, then you're not with the right person," Stone said.

Lastly, but certainly not least, Kyle Wills, our sports editor, said the key to making a relationship work boils down to what you do, and how you go about it for someone.

"It would be the little things," Wills said. "Hold the door open for people, don't try to be too out there, just stay in your comfort level."

However you choose to go out and about celebrating the month of love, choose kindness above all else, Penguins.

Love, The Jambar Staff

Quote of the week

"'Tis better to have loved and lost
Than never to have loved at all."

-Alfred Lord Tennyson, In Memoriam
A.H.H.

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.

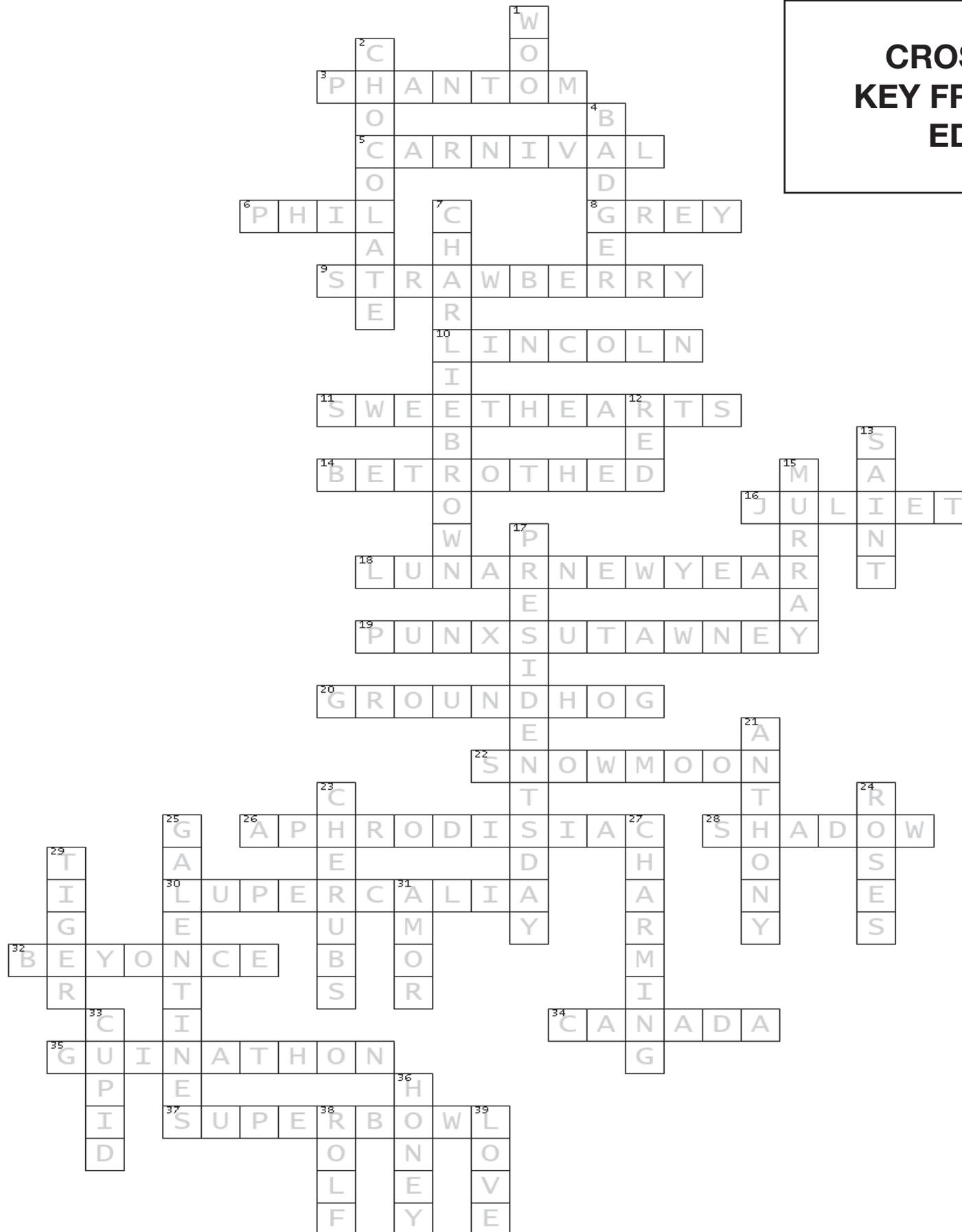
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The editorial board consists of the editor-in-chief, managing editor, news editor, sports editor, arts and entertainment editor and head copy editor. These opinion pieces are written separately from news articles and do not reflect the opinions of 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.

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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.

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The Jambar Editorial

Are zoomers doomed to a loveless fate?

If there's one thing the pandemic hasn't made any easier, it's meeting romantic prospects. Between fears of spreading the virus and the compulsorily virtual landscape we're forced to navigate, it's not easy squeezing love into the mix.

It's not just the pandemic zoomers have to blame for our loveless woes. Recent studies and surveys available through the Centers for Disease Control and Prevention show that on average, Generation Z might be one of the more sexually inactive generations, even though the floor is open for discussion on the matter.

Columnists and opinion writers have all kinds of speculations on the causes of our loveless plights, but not many are able to offer up any solutions.

What are we to do? Are zoomers really doomed to a loveless fate?

Writer Treena Orchard of Phys.org says the shifting attitudes toward sex, sexuality and "hookup culture" may skew how some respondents answer survey questions. For example, some participants make clear distinctions between what constitutes hooking up, "seeing someone" and dating, with increasing levels of intensity. Other factors, such as financial constraints and social pressures, made respondents feel limited in how far they feel comfortable taking the next step with a relationship.

No matter what the label is, the important thing is to do what is best for you. If a casual hookup is what you need, then go for it — as long as the other party knows it for what it is. If you're look-

ing for love, best of luck. Happily single where your only joy of Valentine's Day is buying half-off chocolate the day after? That's perfectly fine. We aren't here to judge.

Generation Z is breaking societal standards set before them. No longer are women being told they have to be married and homemakers. No longer are men being told they have to be the primary source of income for a family. Times have evolved enough to give people a choice in their lives, and that freedom should be free of judgment.

Just because what you choose to do is different from what someone else may do does not mean that one method is right or wrong.

However you're spending Valentine's Day, we hope you have a happy one!

The Jambar Column

Love advice from a stupid cupid

For as long as I have been a columnist, there is one topic that has been requested more than any other. I have been approached over a dozen times regarding this subject, but I have always rejected it because I don't feel like I am the writer for the job.

What is this mysterious topic that I have avoided for nearly three years? Dating advice.

There is a simple reason why I have never discussed relationships in my columns. It isn't because I am uncomfortable with the topic, nor that I prefer to keep that part of my life private.

No — I just don't date.

I've had a few crushes over the course of my life, but that's about the extent of my experience. Dating has always felt so stressful. Currently, I barely have the energy to deal with my own problems, much less someone else's.

Socially, that hasn't stopped me from becoming a bit of an Aunt Agony. I've never worn the rose-tinted glasses — the idea of romance does not fog my judgment. Somehow, I have become the go-to friend for relationship advice.

So, perhaps I can help shed some light



Mac Pomeroy

on your own relationship.

First of all, if you see a red flag in your relationship, take it as a red flag. Stop collecting them, stop trying to color over them. A red flag is a red flag.

In order to understand that, you first need to know what a red flag looks like. Same as any other kind of human interaction, this changes from person to person. For me, a red flag is when someone says they have never seen the 2004 *SpongeBob SquarePants* movie, but that one is obviously just me.

There are some universal red flags. If they repeatedly make jokes at your expense, despite you telling them that you don't find that funny, that is a red flag. If they do not respect your boundaries and constantly try to force you into situations that you did not consent to, that is a red flag. If they attempt to isolate you from friends and family, claiming your loved ones are being manipulative or toxic

without giving proof of their claims, that is a red flag.

Red flags can be things that make you uncomfortable. They can make you feel small, they can make you feel scared. Sometimes they'll be obvious and your gut will tell you to leave immediately, but not always. Red flags may be more quiet and passive, issues that you feel are small and you'll need to learn to accept.

Learning to identify and accept red flags is a very important skill for finding a potentially healthy relationship. But, not every problem is necessarily a red flag, it might just be a disagreement.

Another thing to keep in mind when dating is to never enter a relationship with the intention of changing the other person. People can and do change, but it won't be because you force them to.

If you enter a relationship hoping a person will change something about themselves, stop. Is this something that if they don't change, you can live with? If not, that person isn't for you, and it's best to move on.

Finally, the most important thing when it comes to relationships and dating is communication. I really cannot

stress enough how important this is. Communication is the absolute key to any type of relationship with any person, especially romantic.

If you have a problem, talk to the other person. If you feel afraid to talk to them, think about why that may be. Are you worried they won't listen? Are you concerned about negative backlash? Keep that in mind when considering if this relationship is good for you. But if you feel safe, talk to them. Let them know what is going on.

Relationships are extremely challenging. Even the strongest relationships will have their ups and downs. They take work to keep together. It's important to know when it's worth the effort and when it's time to abandon ship. Even with that in mind, don't let the fear of heartbreak stop you from trying if that is what you want.

Now, if you will excuse me, I am going to spend my Valentine's Day crocheting a sweater and watching *SpongeBob* by myself. Stupid Cupid can put his arrows away and leave me be.

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Photo courtesy of Sports Information

Danae Rugola tees off at the Roseann Schwartz Invitational on Sept. 13.

Women's golf splits matches on the first day of the Motor City Cup

By John Ostapowicz
The Jambar

Sunday, Feb. 6 was a big day for the Youngstown State University women's golf team as it teed off on the green to start the spring season at the Mission Inn Resort's Las Colinas Course in Florida to compete in the Motor City Cup.

The golf team was able to defeat the seventh-seeded Northern Kentucky University 4-2 during the opening match of the tournament. The team was able to advance to the semifinals championship bracket with the win.

In the victory over Northern Kentucky, junior Danae Rugola was a standout superstar on the green. She helped the golf team by earning an individual victory as well as going 1-0-1 in individual matches.

Other Penguin individual standouts included freshman Lizzie Saur going 2-0, junior Christian Lewis 1-1 and senior Victoria Gräns 2-0.

In the semifinals, the Penguins lost the contest to the third-seeded University of Wisconsin-Green Bay 3-2-1. Green Bay was able to earn three individual victories in the match to beat Youngstown State.

Saur earned a 3-1 victory for the Penguins while Gräns and Rugola each tied in their matches. The team finished 1-1 on the first day of tournament play.

Despite the loss, the team placed third, where it would face the fourth-seeded Oakland University on the second day of the tournament.

Monday, Feb. 7 started off with a heartbreaking loss to Oakland to finish fourth place at the Motor City Cup match play event. The second-seeded Penguins dropped

a 4-2 decision to the fourth-seeded Golden Grizzlies in the third-place match.

The Penguins finished fourth in the match with a 1-2 overall record. Lewis and senior Tori Utrup each earned individual victories.

Rugola, Saur, Gräns and sophomore Madie Smithco each dropped their individual head-to-head matches on Monday. However, Lewis and Saur were able to finish the event with a 2-1 record in individual matches.

Youngstown State will continue its spring schedule Monday, Feb. 28 through Tuesday, March 1 at the RiverTowne Invitational hosted by Charleston Southern at RiverTowne Country Club in Mount Pleasant, South Carolina.

Men's basketball heats up despite the weather

By Cameron Stubbs
The Jambar

The Youngstown State University men's basketball team has been on a hot streak as of late, putting up its best winning streak since the first week of December. The streak is now at four straight and the team is looking to continue its success.

The faceoff Feb. 3 against Indiana University-Purdue University Indianapolis, a team Youngstown State split the season series with in last year's matchups, resulted in a 61-55 win.

Four players reached double figures, led by junior Dwayne Cohill with 14 points.

Senior forward Michael Akuchie secured his fourth double-double of the season by scoring 11 points while grabbing 10 rebounds.

Sophomore Myles Hunter scored 12 points in his second straight game and fellow sophomore Shemar Rathan-Mayes also contributed 11 points.

IUPUI is 2-18 and 0-9 in Horizon League play, but it put up a valiant effort against Youngstown State by putting up a better shooting percentage, as well as out-rebounding the Penguins.

The Jaguars shot 46% from the field and grabbed 34 rebounds compared to the 29 the Penguins had. IUPUI was led by graduate student guard B.J. Maxwell, who scored 22 points. Jaguars sophomore guard Bakari LaStrap led them with 10 rebounds.

Youngstown State overcame the losses in the

shooting percentage and rebounding battles with attacking inside the key and drawing fouls. Being able to get to the line 20 times was a big factor as the Penguins knocked down 16 free throws. Rathan-Mayes scored 10 of his 11 points by free throws.

The difference in points off turnovers won Youngstown State the game as it created 17 turnovers and scored 16 points from them. This was the killing blow for IUPUI, as it only had 2 points from 10 turnovers.

Head coach Jerrod Calhoun discussed the team's success as a whole in a recent press conference.

"We're excited about the opportunity — our team has gotten better over a month — I think the kids have really locked in and bought into the gameplans, and you're seeing us execute those, but we understand the competition that awaits. It's a great opportunity for the fans of Youngstown State to watch this team," Calhoun said.

Youngstown State's game against the University of Illinois Chicago on Feb. 5 was much closer down the stretch. It came down to the final seconds, which resulted in a close 66-64 win. The Penguins split this season series last year as well.

Senior Tevin Olison led Youngstown State with 21 points while Cohill followed right behind him with 19 points. Akuchie recorded his second straight double-double with 11 points and 11 rebounds, and it was his fifth overall this season.

Multiple leads were surrendered by both teams as there were 16 total lead changes. Neither team led by more than 9 points.

The Flames were led by junior guard Damaria Franklin, who scored 23 points.

The game came down to the last seconds where a missed free throw by the Flames was secured by the Penguins' lead scorer Olison.

Youngstown State won the rebound battle this game, but the biggest factor overall was the points in the paint difference.

The Penguins scored 44 points in the paint — 24 more points than the Flames — and set an aggressive agenda going forward.

Calhoun described the team's feeling of playoff chances in light of its recent victories.

"These are real meaningful, impactful games that will impact where we finish up in this league, do we finish top four, do we get that first round bye. There's a lot at stake, [Youngstown State] has a chance to punch their ticket for a postseason tournament, at this level the CIT and the CBI. Those are really important for the development of our program," he said.

The men's basketball team returned home to Beeghly Center to host the University of Oakland to start its five game homestand. For news, stats and highlights, visit www.ysusports.com

Next up on the schedule, Youngstown State will take on University of Detroit Mercy at 7 p.m. Feb. 11 at home in Beeghly Center. Tickets are available now, or catch the game on ESPN+ or 570 WKBN.

Remaining men's basketball schedule

Feb. 11 vs. Detroit Mercy - 7 p.m.

Feb. 13 vs. Robert Morris - 12 p.m.

Feb. 17 vs. UIC - 7 p.m.

Feb. 19 vs. IUPUI - 2 p.m.

Feb. 24 @ Wright State - 7 p.m.

Feb. 26 @ Northern Kentucky - 7 p.m.

Penguins get wiped in toilet paper capital of the world

By Kyle Wills
The Jambar

The Youngstown State University women's basketball team was able to come out on the better end of its Wisconsin road trip as the Penguins split their two matchups in the Dairy State.

The women lost their second consecutive game when they were defeated late in double overtime to the University of Wisconsin-Green Bay 70-69. Both teams were neck and neck through all six periods, but two Phoenix free throws in the final seconds gave Green Bay the final lead.

The Penguins didn't do themselves any favors as they struggled to handle the ball and turned it over 26 times. The team tried to make it up offensively from 3-point range as 43 of the team's 61 shots came from beyond the arc. However, of those 43 from deep, only 12 found the net.

Senior forward Lilly Ritz was once again dominant as she finished with 19 points and 8 rebounds. Senior guards Chelsea Olson and Lindsey Mack, as well as junior forward Paige Shy, also ended the game with double-digit points as they finished with 10, 11 and 12.

Despite coming out on the wrong end, head coach John Barnes was impressed with the way the team battled.

"You have a double overtime loss in which the game was incredibly tough. We had to use every ounce of energy during that game," Barnes said.

The team then looked for redemption in Brew City as it faced off against the University of Wisconsin-Milwaukee, defeating the Panthers 60-56. It was again a tight game for the Penguins, but a 19-9 third quarter run helped push them on top.

Mack helped the offense with a team-high 16 points off the bench. Ritz and sophomore guard Malia Magestro were the only other Penguins to score in double figures as they finished with 11 and 10.

As a team, the women improved their sloppy play and took better care of the ball with 11 turnovers and shot a higher percentage around the perimeter at 43%. It also had great performances from the sidelines to account for 23 bench points.

After back-to-back losses, the team was in a need for a change in momentum.

"That was a huge win. Not only for just trying to stay on top of the league, but also we lost a couple games, maybe [the team's] confidence wavered a little bit," Barnes said. "Milwaukee is a very good team. We haven't won there since 2016, I think, so that was huge for our team to show a lot of character, a lot of heart, [and] a lot of toughness."

Youngstown State has now tied the school record for most Horizon League wins with 13, and it moved a half-game ahead to reclaim sole possession of first place in the conference standings.

The women's basketball team will look to carry the momentum into this weekend as the team is again on the road. It will battle with Cleveland State University tomorrow night at 7 and with University of Purdue-Fort Wayne Sunday at 2 p.m.

"We did a good job taking advantage of playing at home. Now that four of our last six are on the road, we're going to have to steal a couple road wins to stay on top of the league and that's a big challenge," Barnes said.

Remaining women's basketball schedule:

Feb. 11 @ Cleveland State - 7 p.m.
Feb. 13 @ Purdue Fort Wayne - 2 p.m.
Feb. 18 vs. Northern Kentucky - 7 p.m.
Feb. 20 vs. Wright State - 1 p.m.
Feb. 24 @ IUPUI - 6 p.m.
Feb. 26 @ UIC - 2 p.m.



Paige Shy and Malia Magestro perform their signature handshake against Detroit Mercy on Jan. 28.

Photo by Kyle Wills / The Jambar