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YSU_JAMBAR

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STREAMLINING EDUCATION



A professor teaching a class in Meshel Hall.

Photo by Dylan Lux / The Jambar

New general education models coming to YSU

By Molly Burke
The Jambar

Youngstown State University's Academic Senate unanimously approved the 2025-2026 general education model for students at a meeting March 13, building off of the 2024-2025 model.

Changes from 2024-2025

YSU's public speaking requirement, fulfilled by a communication foundations course, was removed with the 2024-2025 model. It remains unrequired for 2025-2026, but colleges may decide to require

the course for certain programs.

A senior capstone requirement was also removed for the 2024-2025 model and remains unrequired for 2025-2026.

Before 2024-2025, students were required to have two social and personal awareness credits. The 2024-2025 model instead requires three gen ed electives. Students could choose any three classes in math, natural science, arts and humanities, social sciences or a social and personal awareness class they were already taking. They could also take communication foundations.

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YSU to take over EGCC aviation program

By Molly Burke
The Jambar

Youngstown State University will take over Eastern Gateway Community College's aviation program at the Youngstown-Warren Regional Airport.

The decision is part of YSU's plan to aid EGCC students following its pause of enrollment and academic programs after spring 2024.

YSU President Bill Johnson said the program, which is operated by the Western Reserve Port Authority, will help the university engage in workforce development.

"We have a focus at YSU of workforce development, education and innovation, and this is part in parcel of that. If you look at the industry sector — pilots, air traffic controllers, other aviation-related industries — they're struggling for workforce too," Johnson said.

Johnson said bringing aviation to the university provides a path for EGCC students who were previously enrolled in the program, which was introduced in October 2023.

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Changes for 2025-2026

Different from the three gen ed electives in the 2024-25 model, the 2025-26 model allows programs to implement a "thematic micro credential certificate." The certificate may be optional or required depending on the program.

Martha Pallante, vice chair of the Academic Senate and chair of the Ad Hoc Committee, said the micro credential will require students to choose a theme with three courses from different disciplines.

"It will be a group of three courses from a pre-selected list built around a theme. For example, it might be leadership, it might be ecology. It might be statistics mining, or data mining or something like that. The three courses should be from different programmatic codes, and they'll come by a list prepared by the proposers," Pallante said. "In most cases, there will be five or six courses that students can choose from."

Students must receive a C or higher in their micro credential courses to get the certificate. Pallante said students studying an optional micro credential may count courses as gen eds if they do not get C's or higher in the respective courses.

"Other special notations on your transcript, for example your major or minor, require a minimum of a C. Currently, general education courses in which you earn a D will count toward general education. The real difference will be if the student gets a D and wants to graduate

anyway, they can use the course in gen ed and just not get the [thematic micro credential] certificate," Pallante said.

Pallante said the themes are not set yet, but they will be proposed and approved by the Senate General Education Committee. She added there will likely be eight themes in the first iteration.

For all gen ed models, students must complete writing I, a math course and a natural science with a lab. Before 2025-2026, students were required to take an additional writing course, writing II. According to Pallante, the 2025-2026 model allows programs to replace the writing II course with a writing course that applies to a program's disciplines.

"Students who are taking history and are in the humanities might take a writing for the humanities course instead of just [writing II]. Similarly, students who are doing engineering might benefit from a writing in the discipline course, [such as] writing for engineers or writing for sciences," Pallante said.

Starting in the 2025-2026 model, social sciences will be referred to as social and behavioral sciences. For both this category and arts and humanities, students will still take two courses, respectively. However, the course must be from different disciplines. Depending on the program, students may have the option to count courses required for their majors.

Which model applies to who?

The 2025-2026 model may apply to current YSU students graduating after summer 2025 and undergraduate students enrolling or re-enrolling in fall

2025, spring 2026 and summer 2026.

The 2024-2025 model may apply to current YSU students graduating after summer 2024 and students enrolling or re-enrolling in fall 2024, spring 2025 and summer 2025.

Pallante said students will have the option to stay on their current gen ed path or switch to one of these models.

"Current students have basically two options: They can continue on the current general education model, or if it streamlines what they have to take they may opt to take the new one," Pallante said. "I would recommend that current students see an advisor before fall of 2025 and talk with them about which model would be most advisable for them — which one would make their trip through the university most efficient."

Why these changes?

Pallante said the changes were made based on mandates from YSU's board of trustees and the Ohio Department of Education.

"Four or five years ago, the Ohio Department of Education introduced a series of reforms for general education at a state level for universities to streamline their education processes to make them more coherent and to, again, give them more meaning," Pallante said. "The notion was very similar to our board of trustees. They ought to have greater meaning and greater coherence. That became a program called Ohio 36 and it constitutes the transfer module guaranteed by the state if you move from one state institution to the other."

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7-DAY WEATHER FORECAST

Thu. Fri. Sat. Sun. Mon. Tue. Wed.

High: 51°F Low: 28°F Chance of precip: 0%	High: 51°F Low: 36°F Chance of precip: 0%	High: 54°F Low: 38°F Chance of precip: 91%	High: 56°F Low: 42°F Chance of precip: 25%	High: 59°F Low: 47°F Chance of precip: 91%	High: 55°F Low: 36°F Chance of precip: 56%	High: 45°F Low: 30°F Chance of precip: 69%
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Information courtesy of accuweather.com

YSU hosts discussion on gun violence

By Matthew Sotlar

The Jambar

Youngstown State University hosted its annual Centofanti Symposium on March 20 at Stambaugh Auditorium to discuss gun violence in America.

The symposium welcomed Thomas Gabor, a former criminology professor at the University of Ottawa in Canada, and Fred Guttenberg, an anti-gun violence advocate whose daughter Jaime Guttenberg was killed in the 2018 Parkland High School shooting. YSU English professor Tim Francisco moderated the event.

Guttenberg and Gabor are the co-authors of "American Carnage: Shattering the Myths that Fuel Gun Violence." The main goal of their discussion at YSU was to bring awareness to misinformation surrounding gun violence.

Guttenberg said he has become interested in politics to pass legislation that prevents deaths caused by gun violence.

"I have gone across this country working to get candidates either elected or fired," Guttenberg said. "I have worked with members of both parties who want to do the right thing on this issue. Unfortunately, it's mainly one party trying to do something on this issue right now."

In June 2022, Guttenberg met with President Joe Biden to discuss gun safety. With contributions from Guttenberg, the Bipartisan Safer Communities Act was created.

Guttenberg said the amount of heavy weaponry in America has increased in the past 20 years.

"In 2003 ... we had just about 200 million weapons in America, far fewer weapons than we have today. Today only 20 years later, we are well over 400 million weapons," Guttenberg said. "Twenty years ago, when my daughter was born, AR-15 sales were

less than 2% of all guns sold. Today, they are over 25%."

Gabor has studied gun violence for over 30 years. He previously worked with Canada's Department of Justice to understand the causes and prevention of gun violence.

"The Department of Justice reached out to me and asked to do a review of, first of all, what are the solutions that work? The field was really in its infancy at the time. What does the body of evidence tell us? I didn't have an ax to grind, I wasn't a gun owner, but I had an interest in violence in the criminology field, specifically guns and gun violence," Gabor said.

Gabor's study for the Canadian Department of Justice showed a strong correlation between an increase in gun sales and ownership with gun violence.

"Generally, what the evidence was telling us was that the more guns, the more gun violence — whether it's homicide, suicide, or accidents. So, it was really something, to me at least, a numbers game," Gabor said.

Guttenberg said historically, America was once devoted to property gun ownership and safety.

"We always passed gun laws in this country," Guttenberg said. "In fact, the Supreme Court case from last year that overturned a law that was in New York didn't overturn some radical new law that people weren't agreeing on, it overturned a law that was over 100 years old. And I tell you that because we always passed gun safety laws in America."

At the end of the symposium, Guttenberg asked the audience to properly research the statistics around gun violence to prevent spreading misinformation.

"Take the time, invest in the reading, invest in the research. Take the time to know the truth, and most importantly, go out and vote. Vote for the issues that matter," Guttenberg said.



Guttenberg (center) and Gabor (right) discuss gun violence while Francisco (left) moderates.

Photo by Matthew Sotlar / The Jambar

Aviation

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"It's a program that was in existence. It's just a natural fit, and so we made a commitment that we were going to provide a seamless pathway to all students that were involved with Eastern Gateway and this was just one of those," Johnson said.

The program will be implemented in several stages. Johnson said the details have yet to be sorted out.

"We are in the initial stages of this. There are a lot of things to consider. You've got the flight instructors, you've got other issues that have to be resolved, and we're still working through those things now," Johnson said.

According to 21 WFMJ, enrollment is open and students can learn on different levels, from private to multi-engine certifications. Tuition is expected to cost around \$19,000.

Johnson said YSU will aim to keep costs as close to what EGCC students were paying.

"Still working through [costs]. Our in-

tent has always been all along for all of the Eastern Gateway's programs to keep costs as close as possible to what students were paying Eastern Gateway. So, we're working hard to try and keep that commitment," Johnson said.

For Johnson, it's important to bring the program to YSU, especially with the use of artificial intelligence in aviation.

"I spent almost 27 years in the air force. I went through pilot training in the air force. I trained pilots in the air force. I'm an instrument-rated pilot now," Johnson said. "I don't want to fly on an airplane that's piloted by an AI pilot. I want a human being sitting in the cockpit, and I want that human being to be well trained, well skilled, and I think that's what the American people want as well."

Johnson said he is excited to continue Ohio's leadership in aviation.

"We brought aviation to the world with the invention of the airplane back in the early 1900s with Wilbur [and] Orville Wright, and we need to continue our leadership role there," Johnson said.



Photo courtesy of thearchive.com

The Youngstown-Warren Regional Airport is located in Vienna.

Former Olympian says 'I love America' at YSU

By Billy-Jack Colón
The Jambar

A former Olympian spoke at Youngstown State University on March 21 to talk about why he loves America and what makes the U.S. exceptional.

Anthony Watson competed in skeleton racing for both the U.S. and Jamaica in the Olympics. Watson was invited to speak in the Schwebel Reception Center in Kilcawley Center by YSU's chapter of Turning Point USA.

In the event titled "Why I Love America!" with Anthony Watson, he talked about his experience with "cancel culture" and the Olympics.

"Cancel culture to me is just setback situations," Watson said. "People who have lost things or have had setbacks, they've found a way to bounce back."

Watson said he believes he has been "canceled," which motivated him to work with Turning Point USA, an organization that promotes governmental rights.

"I thought, as an athlete, I had lost everything because of my moral stance on certain things. When I got locked out, my sponsors dropped me, and then they sued me on top of that so they could get all the money I spent back," Watson said.

Watson also spoke on the matter of political division, which he said he believes the government is responsible for.

"[The government] demoralize[s] the country first. Then, they destabilize it second. They create a crisis cause for blame and then they normalize everything," Watson said.

On the topic of patriotism, Watson explained why the event was titled "Why I Love America!"

"I love my country, I love the humans in my country. . At the end of the day we are one people because we all have the same things built in us," Watson said. "When you're here, the best place to understand and to know what the world really is, is to wholly experience it."

Watson discussed projects he's working on with TPUSA, including a television series called "Campus Crashers," where he visits college campuses to host games for students with differing beliefs to compete in. Watson said he hosts the series with the hope of bringing laughter amidst political unrest.

"The times we are in right now, people are forgetting that beautiful thing we call 'laughter,'" Watson said.

Additionally, Watson said he is working on a documentary with TPUSA, which he has worked on around the country.

"Right now we are filming a documentary called 'Race War.' We're going to all the historical cities that were on fire and talking to the community, finding out from people whether or not they think the government is either helping the races get united or using more division to

keep everybody separated," Watson said.

The event provided food and refreshments and hosted a giveaway for an Xbox Series X shaped minifridge. Watson stayed after the event to talk to audience members and organizers.



Photo by Billy-Jack Colón / The Jambar
Watson speaks in Kilcawley Center.



Welsh presented the first chapter of his new book at a Westside Bowl event sponsored by Lit Youngstown.

A Welsh of knowledge

By Christopher Gillett
The Jambar

A Youngstown State University professor has written a book documenting 150 years of work by the Ursuline Sisters, an organization of Catholic nuns who work to serve the Youngstown community.

Thomas Welsh, a journalism professor, wrote "The Ursuline Sisters of Youngstown," which was published by The History Press on March 11.

Welsh has written other books on local history, such as "A History of Jewish Youngstown and the Steel Valley" and "Stross': Youngstown's Dependable Store." Welsh said he was drawn to the Ursuline Sisters because of his proximity to the organization growing up.

"I grew up with the Ursulines. There was never a time when I was unaware of them. Visits to relatives often involved visits to the motherhouse. My siblings and I all attended Ursuline High School," Welsh said. "I don't even remember the first time I was aware of the Ursulines — let's put it that way. It's like, when did you become aware of your parents?"

Welsh said he wanted to write the book after doing research for another project.

"I had been doing some interviews with members of the Ursuline community about an unrelated project. I was considering a project on the Irish American community, and it turned out there wasn't a groundswell of support," Welsh said.

Welsh said he decided to pursue the project on the recommendation of Michele

Ristich Gatts, the Ursuline Sisters's media and public relations coordinator, who became the book's contributing editor. When writing the book, Welsh said he couldn't include all the history.

"I had to cut about 25,000 words because the story is complicated, and the story includes a lot of color, and I had to make some judicious decisions about what to include and what to exclude," Welsh said. "The book took about a year — I'd say a little longer than a year, and I was working on it continuously."

Welsh said the Ursuline Sisters have been a significant pillar of the Youngstown community since its founding in September 1874.

"The Ursulines are the only religious community active in local schools who had a long time presence here in the Youngstown area," Welsh said. "The profile of the Ursulines has increased, even as their numbers fell, because they became very effective at working with lay people."

For his book, Welsh conducted 30 interviews with members of the community involved with the Ursuline Sisters. The book is also forwarded by the Youngstown-raised actor Ed O'Neill, who attended Ursuline High School.

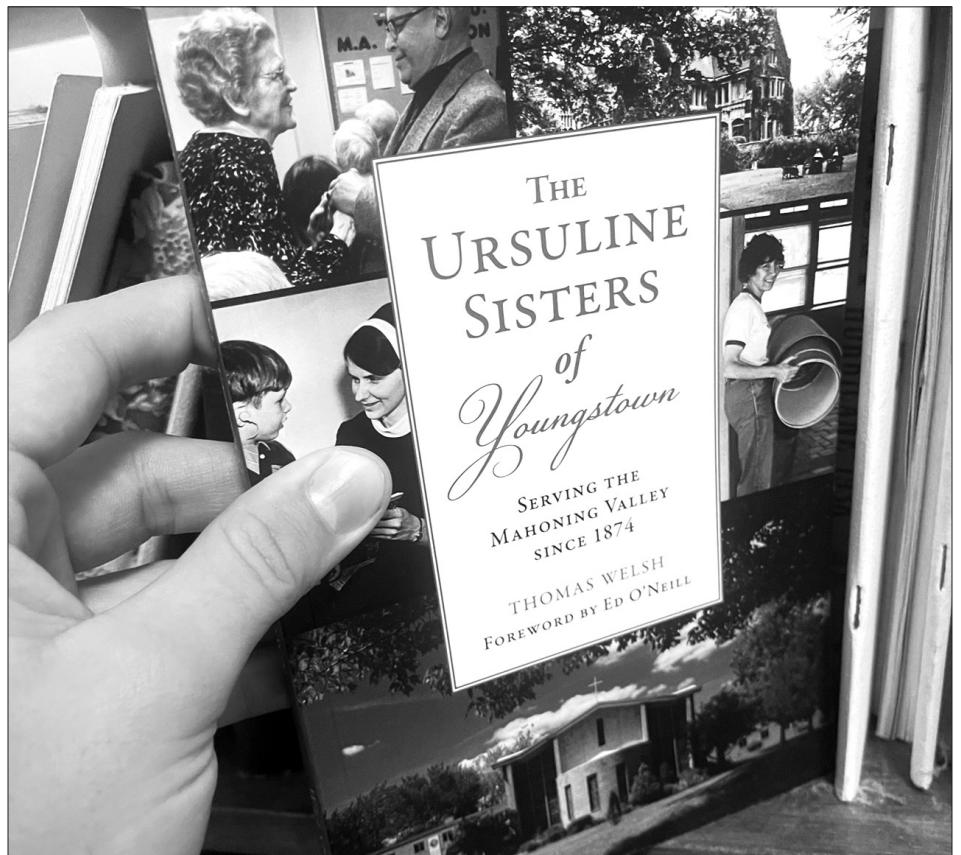
Among those Welsh interviewed was Sister Norma Raupple, who said she was grateful to help.

"It's an opportunity to be a part of a story. I just realized 60 years out of 150, I've been alive for about half of it," Raupple said. "Just knowing and supporting someone who's trying to put that in print was just very gratifying."

Welsh also interviewed Sister Dorothy Kundracik, who said the opportunity brought back happy memories.

"It was a wonderful interview because it took me back and I just start describing everything I remembered," Kundracik said. "It really stirred up some memories and I have scrapbooks and things and I looked at the pictures — wonderful memories."

Editor's Note: The contributing editor of "The Ursuline Sisters of Youngstown," Michele Ristich Gatts, is the faculty advisor for The Jambar. Gatts had no involvement in the editorial process of this story.



Photos by Christopher Gillett / The Jambar

Welsh's book came out in time for the 150th anniversary of the Ursuline Sisters' founding.

Penguins ‘swim with sharks’

By Madeline Hippeard

Jambar Contributor

Six hopeful entrepreneurs competed for a cash prize of more than \$10,000 to kick-start their businesses at Youngstown State University’s second Penguin Shark Tank competition on March 20 at the Williamson College of Business Administration.

During the event, the student contestants presented five-minute business pitches in one of two categories: business idea or established business.

The entrepreneurs presented their products to Youngstown-area business professionals, including Barb Ewing, the CEO of Youngstown Business Incubator; Danny Catullo, the vice president of ecommerce at PXX Hospitality; Leonard “Lenny” Fisher, chairman of the board at Handel’s Ice Cream and Frozen Yogurt; and Mara Cunningham, owner and operator of Yo! Crash Mobile Rage Room.

Three students presented business ideas, where they described their plans for a product. The winner in this category was John Barnyk with his business Steel City Armorers.

Barnyk, a sophomore majoring in electrical engineering and computer science, said his company 3D prints replica costume armor at higher qualities and lower costs than his competitors.

“I got my first 3D printer way early on — nothing compared to what’s out today — and ever since then, I’ve kind of balanced 3D printing with my taste and hobby in art and my major in electrical engineering to make a hobby out of 3D printing and manufacturing,” Barnyk said.

Barnyk received \$7,500 from the Sharks, which he said will go toward purchasing the equipment, materials and office space needed to start production.

Other businesses proposed were Beyond Books, a real-time interactive software that helps students better understand math and science related topics, and Floranguard, a probiotic hand scrub for surgeons made to prevent dry, cracked skin from constant hand washing throughout the day.

Three students presented in the established business category.

Ty Stricko, a freshman majoring in business management, presented the winning established business entry, Stricksportcards LLC, a sport card business he has operated since December 2023.

Stricko was given \$3,500 from the Sharks to cover advertising and rent costs. Stricko also won the audience favorite vote, receiving a prize of \$500.

Also presenting in the established business category was fifth-year senior telecommunications major Emma Courtwright of Alice’s Spell Shop, where she creates and

sells handmade, customizable resin jewelry.

Courtwright said she was inspired to start her business by the support of her friends.

“When I first started making cute little spell jar necklaces and bracelets and keychains for my friends and they were like ‘Oh my gosh this is so cool, I could see you totally making something out of this,’ ” Courtwright said. “That’s what the goal is, to make money and do what I love.”

The final established business was a jewelry company called Etherea, run by graphic design student Nathan Gostey. Etherea sells high quality, sustainable and ethically sourced pieces.

Jackie Ruller, director of the Excellence Training Center at YSU, said Penguin Shark Tank was inspired by a student worker at the ETC who approached Ruller with the idea of creating her own business.

“I went to the Burton D. Morgan Foundation, asked if there was any funding opportunity so that I could get money to support her and her desire to create her own business, and they told me to apply for a micro grant,” Ruller said. “So, I wrote the proposal requesting funds, and they ended up giving me \$10,000. And we chose to have a pitch event, the Penguin Shark Tank.”

Ruller said the Burton D. Morgan Foundation found the first Penguin Shark Tank so successful, they committed to holding two more events in 2024 and 2025.

Why the ambition is balanced nutrition

By Teziah Howard

Jambar Contributor

Diet is significant to achieving a healthy lifestyle, and nutrition plays a key role in how people develop and perform everyday tasks.

For those who engage in physical activity, diet and nutrition can be a focus. Macronutrients such as carbohydrates and proteins are essential for energy and performance.

Athletes at Youngstown State University participate in physical activity consistently, and resources are available to guide them through their nutritional journey.

Jenna Hayes, a graduate assistant and vice president of Students in Dietetics, said caloric intake is a key factor in athletic performance.

“Athletes have multiple practices a day, lifts, games and tournaments. It’s a lot of energy their bodies are exerting,” Hayes said. “The most important thing is to have adequate calories.”

Consuming calories is not just significant to athletes, but to everyone. Hayes said reflecting on nutrition is something everyone needs to do.

“Something that we can apply to both is to be conscious of what we are eating,” Hayes said. “There is a close connection between diet and how we function as human beings.”

Taking care of nutrition involves focus, which only increases with physical activity. Kalli Knoble, a dietetics major and track and field athlete, said it can be a challenge to focus on nutrition.

“Trying to balance being an athlete and eating the right things and eating enough

is difficult,” Knoble said.

While eating healthy comes with its struggles, for Knoble, her team keeps her on track.

“A lot of my teammates come to me for advice. I don’t always know the answer but I do spend a lot of time debunking myths and having arguments,” Knoble said. “That’s actually fun, teaching people what I know.”

As performance nutrition is a key factor, there are many ways to stay healthy with diet. Knoble said nutrition is diverse.

“Nutrition is so individualized,” Knoble said. “There’s no rules to it.”

While nutrition can differ from person to person, similar standards lie within nutrition for sports performance. Jancie Shina, a registered dietitian who graduated from YSU’s dietetics program, said

the lack of optimal nutrition habits can decrease performance.

“If [athletes] are not getting adequate calories, carbohydrates or adequate nutrition, then of course that’s going to affect their performance in the sense that they are not going to have the energy to perform the way they want to,” Shina said.

Shina has worked with multiple athletes over her career. She said athletes must always have priorities in what they eat.

“Understanding that the level of nutrition or calories is up here compared to an average American that’s down here,” Shina said. “Getting athletes to understand they need to eat frequently — three meals a day plus frequent snacks in between — depending on how high the activity level is.”

Spelunking through the largest caves in Pennsylvania

By Daniel Shapiro
Jambar Contributor

The Andrews Student Recreation and Wellness Center is offering a one-day caving trip to Laurel Caverns in Farmington, Pennsylvania on April 20.

The trip will take five students. Any Youngstown State University student can apply to go.

Thomas Worsham, coordinator for Adventure Recreation at Campus Rec, said there is no exact itinerary yet, but the background of the trip is set in stone.

"Once you sign up for the trip, about a week ahead of time, your trip leaders will reach out to you about a pre-trip meeting, date, that you'll discuss the departure times for that trip, as well as any other information you may need for it," Worsham said.

Laurel Caverns is the largest cave system in Pennsylvania. Its labyrinth is four miles long. According to Laurel Caverns' website, if classified as a sandstone cave, Laurel Caverns is the largest sandstone cave in the world.

The cave is also home to the largest bat hibernaculum in the northeastern United States.

Worsham said students will explore multiple parts of Laurel Caverns.

"We'll go through the lit portions of the cave that is designed for easy walking and touring and going to the unlit portions with a guide to take us through some of the deeper sections of the cave and have a really cool experience," Worsham said.

For Worsham, Laurel Caverns was the best destination for the Campus Rec caving trip.

"Several of my student trip leaders were interested in setting up a caving program,

and so with their help and some research and the internet, [we found] a cave that was going to be accessible to us, especially for beginners, and also open early enough in the year to fit it in the academic year," Worsham said.

Those going on the trip will need some required pieces of safety equipment for caving.

"Everyone going on the trip will be required to have ankle high boots with laces, as well as at least one light source, and the Adventure Recreation program can supply an additional light source," Worsham said. "I would also say that any clothes you don't mind getting dirty, and possibly ruined with going through the cave would be ideal for the trip."

Because spots are limited for the trip, students will be added to a waitlist in case of a drop after the spots are filled.

Ryan McNicholas, director of Campus Recreation, said it's important for the Rec to host adventure trips.

"It is valuable for students to get involved and meet other students to make new friends, hear about other experiences and share their perspectives as well. Our trips allow students to gain those experiences off campus and at places they may have never traveled," McNicholas said.

Worsham said Adventure Rec adds such trips throughout the fall and spring semesters.

"Adventure Recreation tries to add one overnight trip a month throughout the school year, as well as all kinds of either day trips or on-campus programs in the evening to help students get excited about Adventure Recreation," Worsham said.

To sign up for the trip, students can visit the Rec's website.

50 years of History Day

By Matthew Sotlar
The Jambar

Youngstown State University held its 50th annual History Day across campus March 23.

History Day is a nationally-recognized non-profit organization that focuses on engaging middle and high school students in history. This year's theme was Major Turning Points in U.S. History.

History professor David Simonelli said History Day is similar to science fairs.

"The short end that people understand is that it's kind of a science fair for history. Local middle school and high school kids come in and create projects either documentaries, exhibits, papers, performances or websites that are dedicated to a historical event or person," Simonelli said.

YSU is in the fourth region of Ohio for History Day. Simonelli, who is the coordinator for the fourth region, said YSU has participated in History Day since its creation.

"YSU has been hosting it since our colleague, Martin Berger, got in touch with Case Western University, where it started in 1973 or 74. So, we've been actually

hosting it probably longer than any other university in the country," Simonelli said.

Documentaries, websites and performances created by high school students were on exhibit in DeBartolo Hall.

Documentary topics included the rise of artificial intelligence and the Birmingham Civil Rights Movement. In addition to the documentaries, there was a presentation on Danish American photojournalist Jacob Riis. Website topics included the Great Depression and the Manhattan Project.

Junior high students' exhibits were showcased in McKay Auditorium in Beeghly Hall. Topics ranged from the Boston Tea Party, suffragist Lucy Stone, Sept. 11 and the COVID-19 pandemic.

High school students had exhibits on display at the Youngstown Historical Center of Industry and Labor. These included presentations on the founder of Youngstown John Young, American Red Cross founder Clara Barton and Emmett Till, an African American boy who was lynched in 1955.

Simonelli said students with the best presentations received prizes from the university.

"Kids will get prizes from us, and the best documenta-

ries, exhibits, papers, performances or websites will advance to the state competition. There's 10 regions in the state. From the state competition, you go to nationals, which are in Washington D.C," Simonelli said.

YSU history professor Brian Bonhomme acted as a judge and announcer at History Day. Bonhomme said there are specific criteria the judges search for in each presentation.

"The ability to communicate an idea in a manner that a viewer can understand what your point is when they're only interacting with your exhibit for a few minutes is very important," Bonhomme said.

Simonelli said there have been multiple area contestants that have made it to the national championship.

"I don't know if anybody in the area has won nationals that I know of," Simonelli said. "But we've had multiple people over just the time that I've been here make it to nationals. There are certain competitions where you stand a better chance than others."

The state contest for History Day will take place April 20 at Capital University in Columbus. The national competition will be held in mid-June.



SNLO donated 23 used prom dresses to high schoolers.

Photos by Gunnhildur Baldursdottir / The Jambar

YSU helps local high schoolers ‘Say Yes to the Dress’

By Gunnhildur Baldursdottir

The Jambar

The Youngstown State University’s Student Nonprofit Leadership Organization collaborated with DIVA Donations to collect prom dresses for high school students in the Mahoning Valley.

Located on Hitchcock Road in Boardman, DIVA Donations is a formal clothing closet where girls and women of all ages can check out a dress, shoes and accessories for their special occasion free of charge. In return, renters complete two volunteer hours for an organization in the community.

SNLO’s prom dress drive collected 23 used prom or formal dresses to high schoolers who cannot afford the attire they need. The drive took place March 11 through 22.

Annabelle Himes, a senior human resources major and the president of SNLO, said the dresses were collected on the third floor Kilcawley Center and then driven to the DIVA Donations.

“It was a great way to get involved — not only on campus but also in the community,” Himes said. “We just started interacting with DIVA Donations this past semester, and so far, we have loved it and had such a great experience that we want to continue to give back to them.”

Kristin Bodendorfer, the CEO of DIVA Donations, founded the volunteer-run organization in 2013. She said DIVA Donations started from a place of love that now involves the whole community.

“My daughter had a friend who was raised by a grandmother. She tried to go to a dance at my daughter’s school in jeans and a T-shirt, and they would not let her in. It was really sad,” Bodendorfer said. “We used to pick up dresses so they could go to the dances together. So, when my daughter moved out, she had 15 dresses in her closet, and that’s how

DIVA Donation started.”

Bodendorfer said DIVA Donations uses an appointment system to ensure every customer has time to find the right prom dress and receive quality assistance.

“They go around and pick everything they might need, then we ask them, ‘Do you want to be a princess or a movie star?’ That’s because a princess has a poofy gown, and a movie star has a sleek gown,” Bodendorfer said. “Next, we ask them their favorite color. Sometimes, they don’t have a favorite color, and sometimes, their prom has a theme. All of this brings us closer to finding the dress.”

Before customers leave DIVA Donations, they can receive ‘emergency kits,’ flowers and undergarments. Customers can also explore the beauty bar, which has unopened beauty products and perfumes.

“We always have different businesses, and people donate unopened beauty products to us. Then, we have our little prom emergency kits,” Bodendorfer said. “They have band-aids, safety pins, breath-sewing mints and all the little things you would need in case anything happens.”

Madison Umbel, a junior human resources major and the vice president of SNLO, said volunteering for DIVA Donations is a great way for students who need volunteer hours to gain valuable experience working in the community.

“[Volunteering] was really fun. It kind of reminded me of being on ‘Say Yes to the Dress,’” Umbel said. “Each of us was assigned an individual who came in, and we went through the whole process with them, and it was just a really awesome experience.”

Students can visit DIVA Donations’s website to book an appointment for any special occasion. The store is open Saturdays from 10 a.m. to 12 p.m.

A STROKE OF CREATIVITY

Art students awarded at juried exhibition

By John Ostapowicz
The Jambar

The McDonough Museum of Art debuted its 87th Annual Juried Art and Design Exhibition from 5 to 7 p.m. on March 22. The exhibit was coordinated with Youngstown State University's Student Art Association.

The gallery featured artwork by students with a variety of entries, such as paintings, sculptures, wood carvings and abstract pieces. The artworks were judged by juror Liz Maugans, the director of the YARDS Projects and curator of Dalad Collection at Worthington Yards in Cleveland.

In total, 17 awards were handed out to university students, which were donated by local business, retired faculty and the McDonough Museum.

Lindsay DeLullo, a senior interdisciplinary studio art major and vice president of SAA, said she credits a "sense of community" to the support of SAA.

"Having everyone help and knowing everyone for this long and going through the process three times has been wonderful. There will be great memories that I can reflect on throughout my life," DeLullo said.

SAA also handed out awards, such as the President's Award to DeLullo for "August on the Creekside: A Love Letter to Spencer and Thad" and the Vice President's Award to Justin McIntosh for "A Series of Doubts."

Other awards, such as the TREK Coffee House Award was given to Samuel Mastorides for "Hatchet," while the I

Can't Get It Out of My Head Award went to Courtney McNutt for "Waiting on the Clear & Sorry Mom."

Although the awards and debut have passed, the artworks will be on display through April 6.

Alana Carkido, junior art education major and president of SAA, said bringing a juror to award students for their hard work has always been a fun experience.

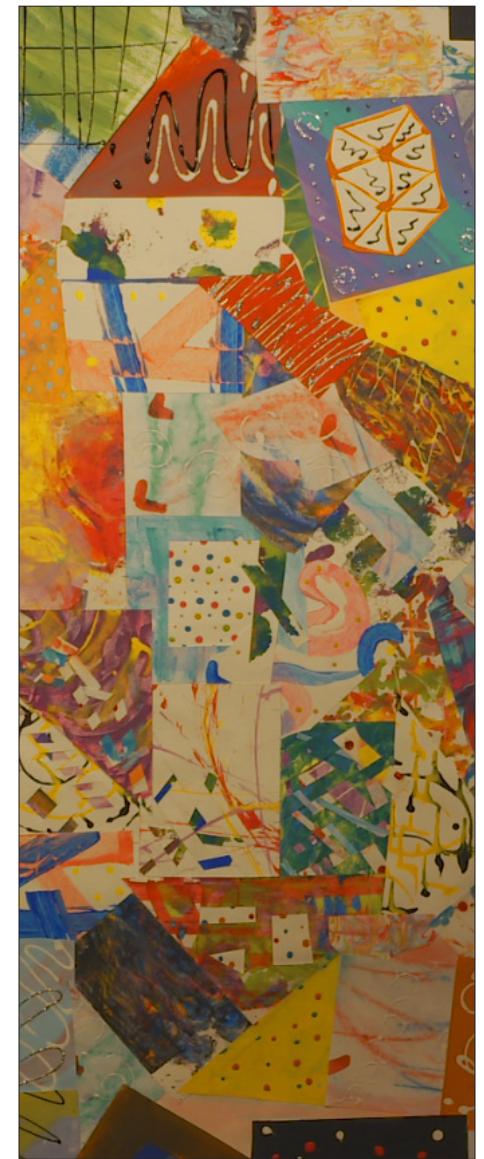
"It's a fun process to have a juror come in who doesn't know anything about the students, staff or maybe just a little bit about the faculty," Carkido said. "It's nice to have them come in and award some of the best art."

DeLullo said offering workshops and critiques on artworks will help students after graduation.

"Hosting these annual student exhibitions really helps people's confidence grow because we offer a lot of awards for people to win, and they are able to submit an unlimited number of species," DeLullo said. "It's very beneficial for teaching [students] how to become a professional artist."

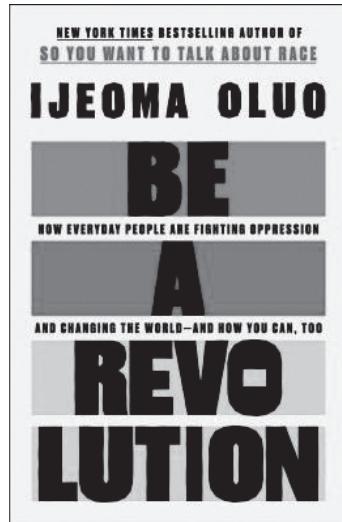
Maugans graduated from Kent State University in 1992 with a Bachelor of Fine Arts in printmaking. She has a wide range of artistic works featured throughout Northeast and Central Ohio, including the Progressive Art Collection, the Cleveland Clinic and The Riffe Center for Government and the Arts.

Throughout her career, Maugans received an Ohio Arts Council Individual Artist Fellowship grant in 2000 as well as an Artist-In-Communities grant in 2005.



Photos by John Ostapowicz / The Jambar
Artworks displayed at the 87th annual juried exhibition.

Penguin Book Nook with The Public Library

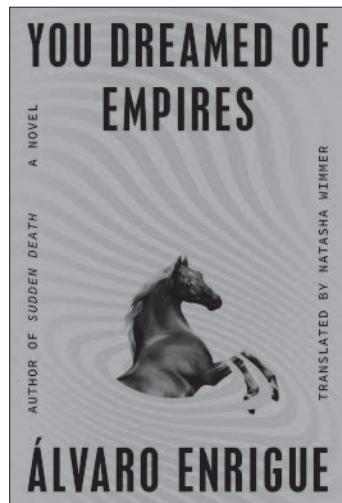


Nonfiction review

Be a Revolution: How Everyday People Are Fighting Oppression and Changing the World—and How You Can, Too

by Ijeoma Oluo

In her newest book, Oluo shines light on the work Americans are doing everyday to enact positive change from schools and housing to policing and labor. For anyone looking to feel inspired or hopeful for the future.



Fiction review

You Dreamed of Empires

by Alvaro Enrigue

A revenge tale that reimagines the supposed conquest of the ancient city of Tenochtitlan, modern-day Mexico City, with vivid, inescapable imagery of what could have been. Recommended for those enticed by magical realism and generational vengeance.



Upcoming programs

Wednesday, April 3

10 to 11 a.m.

Soul(ar) Eclipse Journaling
Registration required

Wednesday, April 10

5 to 7 p.m.

Happy Crafting: Macramé
Keychain
Registration required

Tuesday, April 11

5 to 6:30 p.m.

Food for Thought Book
Discussion
Registration required

Visit libraryvisit.org to register, get more information or find other programs

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Have something to say to The Jambar?

Write a Letter to the Editor!

Email The Jambar at

thejambar@gmail.com

The Jambar Column

Something like spring

Once a year on any ordinary day, usually in March or early April, I'll be sitting, walking or just being, and I'll say, "Oh, it's spring." That day has yet to come, and I'm starting to worry.

I know spring officially began on March 19. Well, I don't care what the calendar says. If you consider this spring, then you need to return to the Siberian deep freeze, where this is acceptable spring weather.

Yes, spring has changed drastically in the years following the Industrial Revolution. I could talk about how pollution is affecting the climate, but hopefully, you should know that. Life isn't as scenic and lovely as it was in the time of Claude Monet and Vincent Van Gogh. Look at their paintings and tell me I'm wrong.

It's not that I dislike the cold weather — I could take it or leave it. It's what people put on their music playlists that worries me. In my humble opinion, everyone should have a set music playlist for each season. Who in their right mind is listening to Journey in mid-February? Not this camper. I need something soft and relaxing to get me through the cold months.

Yet here I am, mid-March, still listening to the Eagles and the Smiths, waiting for the day I can start playing my spring and summer rock. With the way these weather patterns are looking, I may never get my Jimmy Buffett records out again.

I have a running theory that we won't have a spring this year. One day in either May or June, the temperature will go from the 50s and 60s to the 80s out of nowhere. That's what Ohio is known for. There can never be compromise. It's either freezing cold or boiling hot. Goldilocks would hate it here.



Matthew Sotlar

So, what can you do to pass the time? I like to sit back and read or watch TV, but even that gets boring after a while. There's no sense in going outside when the wind chill is 20 below zero, so I've taken to repainting all the walls in my house to watch them dry.

At least there are some days when Mother Nature gives us a reprieve from the cold. She'll toss us a 70-degree day out of nowhere, and then the next day, it'll be snowing. I'm getting so tired of switching out my sweaters with t-shirts every other day.

I've been pondering buying a scooter because I am so tired of traversing across campus only to be battered by Jack Frost. A walk from the Wick Parking Deck to Kilcawley Center feels like an arctic expedition. Last week, I swear I saw a dogsled team riding around.

To say that spring has sprung is a lie. I don't listen to Punxatawny Phil because who trusts a groundhog's weather prediction? That's like taking psychological advice from a moth. To me, Groundhog's Day is an excellent example of Americans using anything other than the metric system as a form of measurement.

"We are nearing spring." At least that's what my moth therapist tells me, and I trust him more than I do the groundhog. I would like to say that spring is right around the corner, but then again, another blizzard could be, too. At least now, I will learn to appreciate the warm weather — if it ever comes.

The Jambar Editorial

Go touch grass

There is a growing epidemic of 'chronically online' people — those who spend the majority of their time in online spaces and therefore develop their personalities to value internet culture.

According to the National Library of Medicine, there is a correlation between using social media and an increase in mental illnesses, such as depression and anxiety, which are often linked to cyberbullying and content seen online.

A remedy to being chronically online is going outside. Vitamin D, which is primarily absorbed from the sun, is a necessary vitamin for physical and mental health.

The National Library of Medicine explains the regions of the brain associated with depression and anxiety intersect with regions dedicated to vitamin D metabolism. This creates a correlation between the levels of vitamin D within the body and symptoms of mental illnesses.

The term 'touch grass' has been used in online spaces as a response to those who are chronically online, suggesting they disconnect from the internet and reconnect with nature.

The suggestion also includes talking with people face to face and getting sunlight.

Nickelodeon hosts an event dedicated to touching grass called Worldwide Day of Play. The channel and other Paramount-owned channels do not air shows for three hours to encourage children and parents to turn the TV off.

The event began in 2004 but took a break from 2019 to 2023. The hiatus, while because of the pandemic, could be considered detrimental as this period of time saw an increase of 'iPad kids.'

These 'iPad kids' are children raised to have devices in their hands at all times, conditioning them to become chronically online from a young age.

In a 2022 report from the National Library of Medicine, 20% of people ages 3-17 in the U.S. have an emotional, mental, developmental or behavioral disorder. These numbers have only been exacerbated by the pandemic.

The Centers for Disease Control and Prevention states participating in at least 60 minutes of physical activity everyday can help manage symptoms of depression.

Going outside and getting sun is crucial to overall health. An article by UC Davis Health detailed the benefits of going outside, stating "regular access to green spaces has been linked to lower risks of depression and improved concentration and attention."

Additionally, being in nature leads to better sleep, which can improve depression symptoms. UC Davis Health explains daily exposure to sunlight helps regulate one's circadian rhythm.

So, this is your reminder to go outside, become one with nature, get some vitamin D from the sun and go touch some grass.

Quote of the Week

"Think then, my soul, that death is but a groom / Which brings a taper to the outward room."

— John Donne,
English poet

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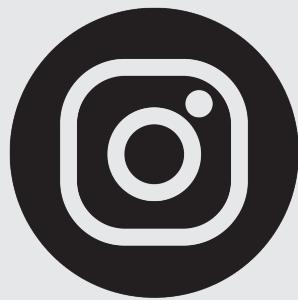
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Since being founded by Burke Lyden in 1931, The Jambar has won nine Associated Press Collegiate Press honors. The Jambar is published weekly in the spring and fall semesters. The Jambar is free for YSU students and faculty.

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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 advisor, business manager, multimedia journalists and non-writing staff do not contribute or have final approval in editorial content. Editorials published by The Jambar do not necessarily represent the views of faculty, staff or administration at YSU.

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The Jambar encourages letters to the editor. Submissions are welcome at thejambar@gmail.com. Letters should concern issues related to Youngstown State University, but may encompass outside topics. Letters must be typed and not exceed 400 words. Submissions must include the writer's name and telephone number for verification, along with the writer's city of residence. The Jambar does not withhold the names of guest commentators for publication. Letters are subject to editing for spelling, grammar and clarity and will not be rejected based on expressed views. The editorial board reserves the right to reject letters if they are not relevant to our readers, seek free publicity, fail to defend opinions with facts from reliable sources or have been adequately covered in The Jambar. The editorial board may request rewrites from a guest writer based on any of these requirements. The Jambar will not print letters that are libelous, threatening, obscene or indecent. The views and opinions expressed in letters and guest commentaries do not reflect those of The Jambar.

Correction:

In the March 21 edition of The Jambar, junior dental hygiene major Heavan Anderson's name was misspelled and her major was incorrectly listed as nursing.

WORK WITH STUDENT MEDIA

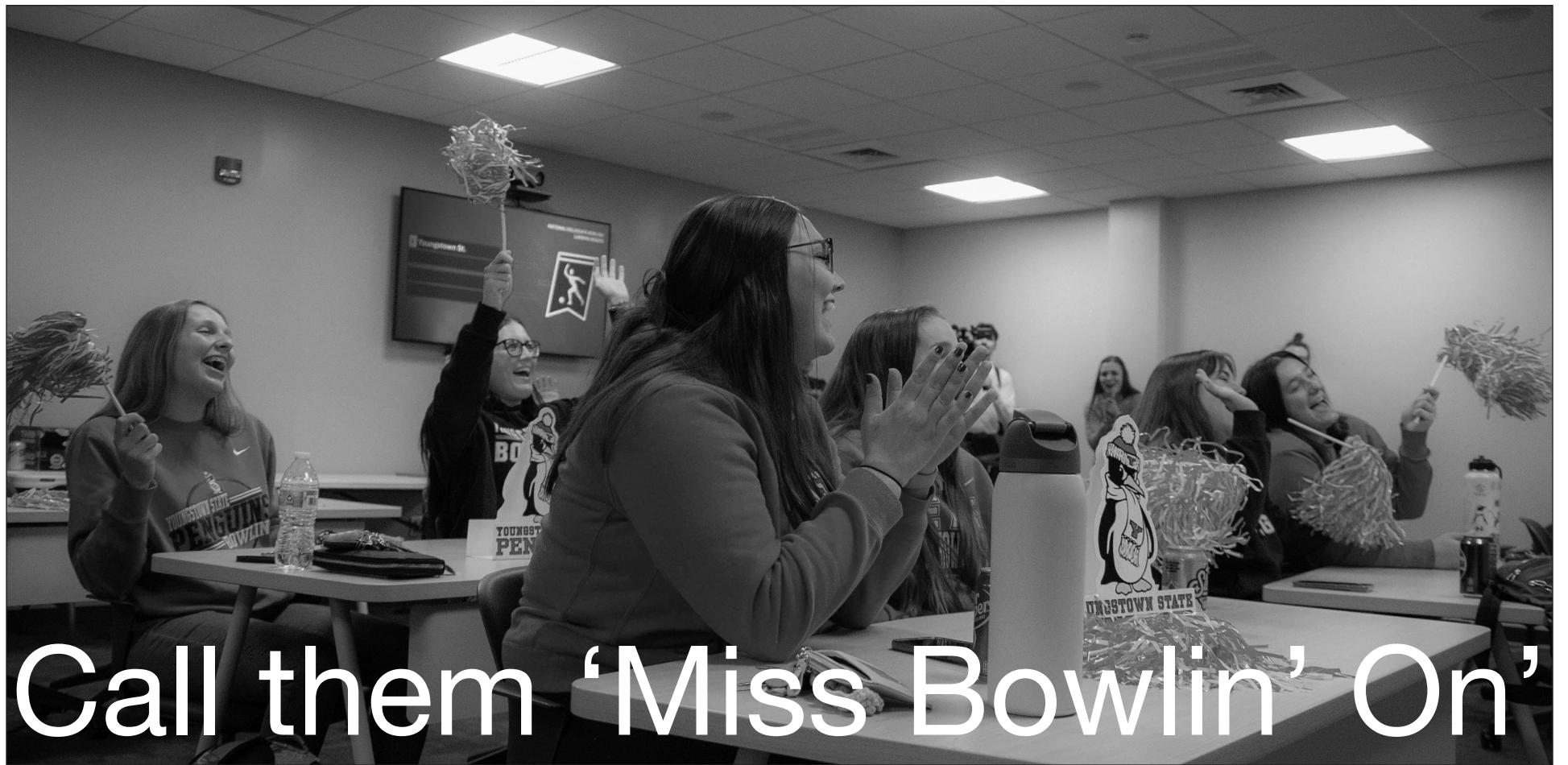
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PENGUINS STRIKE INTO NO. 3 SEED



Call them ‘Miss Bowlin’ On’

The bowling team reacts to hearing it'll continue playing.

Photo by Dylan Lux / The Jambar

By Madeline Hippeard
The Jambar

After fighting off elimination twice, the Youngstown State University bowling team finished runner-up at the Conference USA Championship from March 22 to 24.

The Conference USA Championship is a double-elimination tournament that follows the mega match format, where teams bowl standard and Baker style matches for total pinfall. This is the first time this season the Penguins have competed in the mega match format.

The Penguins started the tournament with a 1-1 record on Day One, with a win over Sam Houston State University. The 'Guins fell short to Arkansas State University.

During the traditional portion of the match against the Bearkats, Youngstown State threw five strikes in a row. Senior Kristen Moore threw three in the final frame of the match, followed by senior Madyson Marx with two, finishing with a score of 985-914.

Moore said she believes the team enjoyed the change in tournament structure.

“The kind of bowling we do at conferences and those

kinds of matches are very different. There’s a lot more effort involved because you’re essentially bowling two matches in one,” Moore said. “It’s definitely a fun environment, getting to bowl extra and try to get that extra advantage over other teams.”

Youngstown State also won the Baker portion of the match with a score of 1,030-1,011.

The Red Wolves defeated the Penguins with a score of 962-940 in the traditional portion and 1,096-1,010 in the Baker.

In Day Two of the tournament, the 'Guins once again faced Sam Houston.

Both rounds of the match were tight, with the Penguins securing an 11-point victory in the traditional round with a score of 937-926 and 1-point victory in the Baker round with a score of 869-868.

The 'Guins won the traditional round of their match against Louisiana Tech University, 982-908.

The Lady Techsters fought back, winning the Baker round, 1,023-926, and sending the match into a best of seven Baker format round, which the Penguins won, 4-1.

Head coach Doug Kuberski credits the team’s success at the Conference USA Championship and the overall

season to its togetherness.

“We’re all really enjoying each other’s company on and off the lanes. We’re enjoying the competition. Even in some of the tough moments over the past weekend and some of the big moments where the pressure was highest, you can feel the calmness,” Kuberski said. “You can feel the togetherness and the love we all have for each other.”

At the start of Day Three of the Conference USA Championship, the Penguins faced Arkansas State again.

Youngstown State won the traditional round of the match, 1,034-962, and the Baker match, 1,089-975.

The Penguins then faced Jacksonville State University in the championship round of the tournament.

Jacksonville State led over the 'Guins throughout the traditional round, ending with a score of 1,081-981.

The Gamecocks continued to overpower the 'Guins, defeating them in the Baker round, 1,186-1,112.

Heading into the NCAA Regionals, YSU received an at-large bid as the No. 3 seeded team. The Penguins will continue their postseason journey April 5 in the NCAA Regional tournament against Marian University Indianapolis.

Field athletes take on the outdoors



A YSU athlete competes at the Horizon League Indoor Championships.

Photo by Dylan Lux / The Jambar

By Marissa Masano
The Jambar

The Youngstown State University track and field team opened its spring season at the West Virginia University Stan Romanoski Open from March 22 to 23. In the outdoor opener, eight throwers represented the Penguins.

Freshman Lexus Solarz won the women's discus for the first time in her YSU career. Her winning throw of 44.52m came in her sixth and final round.

Solarz's three completed attempts in the discus included 38.88m, 36.72m and 36.03m in rounds two, three and four, respectively.

Junior Krista Perry had a best throw of 33.21m to place 12th.

In the women's hammer throw, the Penguin's top finisher was senior Emily Wolf, who placed 10th overall with a throw of 43.01m.

The next finisher for the Penguins was sophomore Grace Sparks, who placed 14th with a throw of 41.16 m. Perry had a best throw of 40.88m.

Sophomore Valeria Young was the Penguin's highest finisher in the wom-

en's javelin. Young had a best throw of 34.18m to place eighth. Sophomore India Bailey had a best throw of 32.33m to place 10th, and junior Vanessa Greaves placed 11th with a 32.19m throw.

Sophomore Connor Shingleton was the men's highest finisher in the 1500-meter steeplechase, placing fourth with a time of 4:30.33.

Junior Beau Gorby and sophomore Thomas Hunyadi competed in the men's 5000 meter, where Gorby placed eighth with a time of 15:35.25, and Hunyadi placed 18th with a time of 16:02.24.

Freshman Ryan Tetrick made his YSU outdoor debut in the hammer throw and shot put. In the hammer throw, he placed fourth with a toss of 14.57m. In the shot put, Tetrick placed 14th with a 38.33m throw in his third attempt.

The Penguins will travel to Raleigh, North Carolina from March 28 to 30 to compete in the North Carolina State Raleigh Relays.

For the outdoor season, the men's side was voted first with eight first place votes, according to the 2024 Under Armour Outdoor Preseason Poll. The women's side was voted to finish second.

Softball runs to first in Horizon League

By Dylan Lux
The Jambar

The preseason polls for Horizon League softball had the Youngstown State University softball team picked to finish fourth in the standings. After six games in league play, the team has yet to lose to a conference opponent.

After completing a three-game sweep of the University of Detroit Mercy at home, YSU traveled to Fort Wayne, Indiana for a three-game series against Purdue University Fort Wayne.

Two Penguins received Horizon League honors after the Detroit Mercy series.

Senior Sophie Howell received the Under Armour Horizon League Softball Pitcher of the Week, while senior Hailey Niederkohr was named the Under Armour Horizon League Softball Player of the Week.

Niederkohr said she was grateful for the recognition after earning the award, which she believes was a testament to her hard work.

"It's really cool ... to be recognized. I worked really hard to get that [award]," Niederkohr said. "I don't really care about stats, I just wanted to be accomplished in that moment and just be able to be recognized."

Howell said the award was unexpected, but gave credit to her competition in the Horizon League.

"It's definitely something that I never planned on getting going into the week," Howell said. "It's nice seeing that out of all the good competition — even people on our team — that I did good enough to

be recognized."

In Fort Wayne, the Penguins started off the March 22 doubleheader with a 2-0 win over the Mastodons. Sophomore Kennedy Dean and senior Elyssa Imler both scored a run in the first matchup.

In game two of the three-game series, YSU prevailed, 12-5, with 15 more total runs than in game one.

Five Penguins finished with at least one run in the contest, while freshman Lydia Wilkerson led the game with four runs and four hits.

With the season sweep on the line, Youngstown State led 2-1 after the fifth inning. No runs were scored in the sixth, but YSU took a 3-1 lead in the seventh.

The Mastodons scored in the bottom of the seventh inning, but the Penguins held them to one run, completing the sweep, 3-2.

Dean and freshmen Macy Littler and Autumn Behlke each scored a run in the game.

The Penguins took on St. Bonaventure University on March 27 in St. Bonaventure, New York.

Before the matchup with the Bonnies, YSU was 17-10 overall and 6-0 in Horizon League play.

The Penguins took the first match of the doubleheader, 16-5, as 11 Penguins scored a run, with Imler leading the game with 3.

Stats for game two of the doubleheader can be found on ysusports.com.

The softball team will host three-game conference series against the University of Wisconsin-Green Bay. Game one will take place at 3 p.m. on March 29.



The softball team celebrates after a triple play.

Photo by Dylan Lux / The Jambar

Penguins go 1-all in conference opener

By Cameron Niemi
The Jambar

After splitting two straight matches on the road in Tennessee, the Youngstown State University men's tennis team returned home for a non-conference match before the start of Horizon League conference play.

Duquesne University traveled to the YSU Indoor Tennis Center on March 16 for a three-game homestand against the Penguins. Youngstown State defeated the Dukes, 5-2, in their matches.

This marked the 20th meeting between the universities and Youngstown's fourth straight win over the Dukes. YSU picked up its sixth win of the season.

Conference play began March 22 as YSU hosted Cleveland State University. The Penguins were defeated by the Vikings, 5-2.

Cleveland State came into the matchup after facing off against teams such as Purdue University, the University of Notre Dame and No. 25 Baylor University.

In the matchup against YSU, the Vikings took the doubles point with two 6-3 match victories over the Penguins.

CSU took match wins in No. 1, 2, 3 and 6 singles in its victory over Youngstown State.

Freshman Onder Balci took a 6-3, 6-0 match win in No. 4 singles. Junior Harry Fouzas claimed a 6-3, 6-4 win in No. 5 singles, securing the team's only points in the match.

Fouzas said the team had a chance to win it, but it lost some close sets.

"We were really close. 5-2 I feel like is not the perfect score for us because we are closer than what it looks," Fouzas said. "I believe next time — if we are mentally stronger and prepare for this match, and now that we know with their new guys and being horizon league opponents — we will be even more ready."

Despite the team's loss to start conference play, the Penguins bounced

back March 23 against Chicago State University with a 6-1 victory.

Chicago State came into the match with a 3-14 overall record and 0-2 in the Horizon League.

Youngstown State took a 1-0 lead as it swept the doubles point. In No. 1 doubles, sophomore Nishant Dabas and Balci picked up a 6-4 match win.

Senior Asier Pena Ibanez and junior Nathan Favier had a 6-1 match win in No. 3 doubles.

The Penguins went to the singles play and won five of the six matches. Chicago State won the first singles.

In No. 2 singles, Dabas won 6-3, 6-2. Senior William Rassat secured a 6-2, 6-4 victory in No. 3 singles match.

Balci lost his first set, 6-4, but won the second, 6-4, to force a third set. Balci picked up the match victory, 6-1, in the final set.

Senior David Alvarez Moreno dropped his first set, 6-3, but responded with a 6-1, 6-2 set win in No. 5 singles.

Pena Ibanez won, 6-4, 6-3 in No. 6 singles to round out the Penguins victory.

Favier said conference play is important to achieve the team's goals with a few matches left on the schedule.

"These matches are tricky," Favier said. "It's nice to have the experience of the last two years to know how to get ready and also to get the boys ready as well," Favier said. "From now on it's [the goal] to win every single game and get to the NCAA [tournament]."

Youngstown State improved to 7-7 on the season and 1-1 in the conference. The team has seven matches remaining, six of which are Horizon League matches.

The Penguins will play two straight games on the road against Horizon League opponents.

The first match is set for 12 p.m. on March 29 against Indiana University-Purdue University Indianapolis. The team will round out its two-game road stint at 1 p.m. on March 30 against Northern Kentucky Uni-

