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## PROVOST SAYS YSU IS LOOKING AT WAYS TO BE EFFICIENT, CUT COSTS

Youngstown State University's enrollment is down 4.3%. According to YSU Provost Brien Smith, universities use a general rule that for every 100 students down in enrollment, there is \$1 million of lost revenue. Photo by **Tanner Mondok/The Jambar**

### RACHEL GOBEP

Youngstown State University has concerns about making the current budget work, according to Provost Brien Smith.

"To be fiscally responsible, I know that we are looking at a lot of ways to cut costs and save money," he said.

University enrollment is down 4.3%.

According to the university's official preliminary 14th-day count, enrollment is at 12,155 students, which is a decline of 541. Full-time equivalent enrollment also dropped by 3.6%, or 381 students.



Smith said universities use a general rule for relating enrollment to revenue: For every 100 students lost in enrollment, there is \$1 million of lost revenue.

The university's operating budget for fiscal year 2020 is \$163.6 million.

"I really think that we are at a point where we need to think about every hire

that we make and every purchase of equipment that we make," Smith said.

He said this process will include a review that looks at where adjunct faculty and instructors, as opposed to full-time professors, can teach classes.

The university currently has an average 14-to-1 student-to-faculty ratio, according to YSU's website.

The review will also include deciding how university programs can be more efficient, which includes program prioritization.

"Common ways that you can gain efficiency are looking at where we can deliver larger class sizes and still have high quality," Smith said.

According to Smith, at some point the university will need to look at what programs are not in demand as overall enrollment numbers in the Midwest are falling, and YSU needs to be aware of and stay ahead of the trends in enrollment.

Smith said the university may look at a way to alter those programs but may also reinvest in those emerging as hot areas of study.

"It's not uncommon that universities will think a lot about the kind of programs that they're offering and whether or not those are attracting students and students are able to get degrees in those areas," he said.

Smith said there is a high demand for psychology, social work, business and STEM programs at YSU.

He said there are also some areas that have low interest.

"They're not what you would call, maybe, a major area," Smith said. "So, for example, some areas in education might not have a lot of demand, but it doesn't mean that we're going to drop education as a degree."

Although YSU is not currently going through a reconfiguration process, Smith said he is participating in conversations with deans of colleges regarding ways the university can be fiscally responsible.

He said the discussions include the number of departments and colleges at the university and if it is the correct number.

YSU has six colleges and 36 departments, according to the university's website. The academic unit also has a College

Pictured: Brien Smith. Photo by **Tanner Mondok/The Jambar**

See **BUDGET**, Page 11

# FEATURES



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## INSIDE THIS ISSUE

### NEWS / OPINION

- 3 Student Poet
- 4 Don Constantini Multimedia Center
- 5 High School Athletic Training Camp
- 6 YSU Foundation
- 7 TEDx Coach Lecture
- 11 Penguin Positivity / Cont. Budget
- 12 Inner Circle Pizza
- 13 Opinion Column

### ARTS & ENTERTAINMENT

- 8 Penguin City Beer
- 9 White House Fruit Farm
- 10 Rob Thomas Concert

### SPORTS

- 14 Softball / Cross-Country
- 15 Horseback Riding Class
- 16 Football Preview

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# YSU STUDENTS OVERCOME DIFFICULTIES WITH A GRAIN OF SALT

Gigi Vigorito, a freshman at Youngstown State University, holds her self published poetry book, "With a Grain of Salt." Photo by **Shawn Williams/The Jambar**

## ALYSSA WESTON

When faced with adversity, many people use creative outlets to overcome their hardships.

For freshman computer science major, Gigi Vigorito, writing is a way for her to express her feelings.

She decided to self-publish a collection of poems titled "With a Grain of Salt" inspired by strained relationships with friends and family but mostly influenced by her mother's death in January.

Vigorito's mom was diagnosed with ovarian cancer, but she ultimately experienced a fatal opioid overdose.

"It's just sad because with addiction you know that they are going to die or get better," she said.

According to the young author, the book has an overall theme of overcoming pain.

"When you read my book, I want you to be able to relate it to any hardship that you've been through," she said.

The book title, "With a Grain of Salt," was inspired by times of hurt that Vigorito had to grow past; she was always just told to "take it with a grain of salt."

"As bad as things get at the end of the day, nothing's that serious. You just have to take it with a grain of salt to get over it," she said "The book goes from, like, hurting to recognizing the hurt and overcoming it."

Vigorito said she typically writes dark fantasies but wanted her first published book to be easily digested for readers. She hopes her first book can open a gateway of possibilities for people to find her work.

"Everybody likes things that they can relate to. So, I figured, I've always wanted to get my [writing] out there one way or another. This was the first series of things I've written and had ideas for the art and was able to visualize," she said.

Although each poem is not individually titled, Vigorito said the beauty of her favorite poem in the collection may be interpreted completely different by a reader.

"One day, I was really upset about my mom passing. I just wrote a poem, kind of like, 'If there was one more chance that I had, I would like to go to Mount Olympus to be able to see you again, or go to the Plutonium Shore,' so it has Greek references."

Trystyn Thornton of Louisville, Kentucky, illustrated the

book. Thornton and Vigorito were classmates at Niles McKinley High School in Niles, Ohio.

Thornton said her favorite illustration from the book is a dagger.

"With it, I decided to draw the dagger as an Italian stiletto knife. There's no real deep meaning behind this, but it's something that I wasn't entirely familiar with. I tried my hardest with it, and it turned out to be my favorite from the entire project," she said.

Overall, Thornton said she enjoyed the book and thinks it's "absolutely amazing."

"It's beaming with feeling at every turn of the page. The words flow seamlessly, and the raw emotion is something that anyone who loves poetry will enjoy," she said.

Vigorito hopes the poems can inspire confidence in anyone going through a difficult time.

"With a Grain of Salt" can be purchased for \$8 at [www.blurb.com/b/9544772-with-a-grain-of-salt](http://www.blurb.com/b/9544772-with-a-grain-of-salt).



The Don Constantini Multimedia Center is now open on the visitor side of the Arnold D. Stambaugh Stadium. Photo by **Heather Newsome/The Jambar**

## KELCEY NORRIS

Students watched as maintenance workers raised a giant, red letter Y high into the air, attaching it to a newly renovated visitor side of the Arnold D. Stambaugh Stadium.

This symbol rests atop the newly constructed Don Constantini Multimedia Center, a home in the making for the athletics program at Youngstown State University.

Don Constantini, a YSU alumnus and entrepreneur, donated \$1 million to construct the multimedia center, complete with radio booths, multiple press boxes and classroom space for the sports telecommunication program.

Kevin Davis, video specialist and part-time athletics communication faculty, is hopeful the center will simplify the process and allow for more in-depth athletics reporting.

"This facility helps out a lot because it allows us to use this master control room for all of the athletics, not just football," Davis said. "It allows us to use less equipment and only buy the equipment we really need. We'll be able to buy the best equipment we can afford and use it effectively."

Davis said some of this equipment for the media center is primarily located in the master control room, the newest hub for all athletics at YSU.

"With a bigger control room, we'll have seven channels of

replay," Davis said. "We had replay for volleyball, but now we can show plays in softball and soccer, and before there was no room for a replay system in those control rooms."

Not only will the new facility expand capabilities for university athletics, professional sports broadcasters such as ESPN will not have to use as much manpower to film university athletic games.

"ESPN and other broadcasters used to have to do everything themselves in the control room, but now they'll want to come here because we have easier access and can do everything for them, especially sports technical students," Davis said.

Guy Harrison, assistant telecommunication studies professor at YSU, has been anticipating the construction of the media center and what it will bring to the university.

Harrison said he volunteered to teach the first sports broadcasting class housed in the multimedia center.

"It's the classroom of the future ... You can't get much closer to the action than that," he said. "Students will learn everything behind the scenes and in the classroom while being in close proximity to the actual equipment."

In addition to the new control room, students will also have space to interview athletes and coaches.

Monica Kurjan, a junior sports broadcasting major, said she has also been anticipating the new addition of the stadium,

which will help further her sports broadcasting education.

"I'm very excited about the new multimedia center," Kurjan said. "It's the main reason I chose to come to YSU."

The multimedia center will also house a classroom for the telecommunication and sports broadcasting students, giving them a chance to learn hands-on and behind-the-scenes operations.

"It's really important to know everything, especially all the work that goes on behind the scenes," Kurjan said. "You have to know how to edit your own videos and write your own scripts. It's really important to understand how the control room works and everything that goes into making the show perfect."

When constructing the multimedia center, the administration hoped to give students another avenue of experience during their college years.

"My dream is to be a sideline reporter, and I'm really thankful for the opportunities YSU has already given me and will continue to give me in the future," Kurjan said. "I've been able to do a lot of postgame interviews, participate in a hands-on way with the athletic department and make player-journalist connections."

**See more photos on page 11**





# WORLDWIDE GRANT GIVES YSU OPPORTUNITY TO HOST ATHLETIC TRAINING CAMPS

Students in the Master of Athletic Training program at Youngstown State University practice wrapping ankles. Photo by **Rachel Gobep/The Jambar**

## BRIANNA GLEGHORN

Local high school students will be wrapping ankles and practice bracing at a new camp hosted by the Master of Athletic Training program at Youngstown State University.

The Diversity Enhancement Grant from the National Athletic Trainers' Association Ethnic Diversity Advisory Committee provided the program with funds to start an athletic training camp for high school students, educating them on why an athletic trainer on the sidelines is a necessity.

The grant was given to the Master of Athletic Training program to promote ethnic diversity in the field and create an initiative to bring more high school students to YSU's campus.

Morgan Bagley, program director for the athletic training program, said the goal of the camp is to bring awareness of the profession to high school students.

"Our profession is young in the world of health care," Bagley said. "Our goal is to take this grant to the local high schools and, although we're a master's program, show them that they can still learn about athletic training."

Bagley said because athletic training is a new profession in the sports medicine realm, people don't realize what athletic

trainers do on a daily basis.

"We are more than just people with water on the sidelines," she said.

Bagley wants to bring "new growth to the program and to educate high school students."

The students will spend the afternoon learning how to examine an injury, what treatment is needed and whether it warrants a brace or a trip to the hospital.

Along with learning about athletic training, the students will receive a free T-shirt, a Gatorade beverage, CPR certification, a campus tour and the opportunity to meet YSU President Jim Tressel.

The students will earn a free YSU football ticket and also work with first-year graduate students on the sidelines of a YSU football game.

Bagley said in each quarter, four students will follow the athletic trainer on the sidelines while the rest are given time to enjoy the game.

"When they're not on the sidelines, they'll be able to go to the game, get a hot dog and see from the stands what we do on the sidelines," she said.

The program works closely with the Youngstown City School District, where YSU alumni work at local high schools as athletic trainers and second-year graduate students work with the trainers as graduate assistants.

Erin Pavick, a second-year athletic training graduate student, is looking forward to the camps and educating students about what it takes to make it in the industry.

"I think it's important for high school students; not even just those who are interested in athletic training, but for everyone else as well," Pavick said. "For those interested, they can see what it's like and get a little hands-on experience and learn some new skills."

Jessica Gavin, an athletic trainer at Chaney High School, said this is an opportunity for students to know what an athletic trainer does and potentially see it as a career.

"The camps are to advocate for the athletic training profession," Gavin said. "I think that it's just a great way to get the younger population involved and to actually learn what the profession is."

The first camp will begin on Sept. 28 with another session planned for the spring semester.



## YSU FOUNDATION SETS RECORD FOR SCHOLARSHIPS FUNDS

Tiffanie Thomas, scholarship coordinator, (left) and Heather Chunn, vice president at the YSU Foundation. Photo by **Heather Newsome/The Jambar**

### BROOKE ZUCCO

Youngstown State University has been committed to financially serving the student body, crediting the Youngstown State University Foundation for going above and beyond to help students get the most out of their college education.

The YSU Foundation set a record number of scholarship funds awarded to students through donations from the YSU alumni “We See Tomorrow” campaign in the form of an endowment.

The foundation has served the student body for 53 years, offering \$8.5 million in scholarship funds to 5,394 students this year alone.

The “We See Tomorrow” campaign raises funds for educational opportunities and academic excellence among other campus improvement projects.

Paul McFadden, president of the YSU Foundation, believes the campaign is reaching its full potential by helping fund students’ education.

“We’re very fortunate. Our goal was \$100 million, and we’re at \$95 million. It’s been a wonderful success for us,” he said. “This campaign has brought in over \$40 million in scholarship endowment, so we’ll have a wonderful legacy for our university.”

McFadden said the gratefulness of the students that receive scholarships prompts further donations.

“Our students have to write a thank-you note,” McFadden said. “[Our donors] want to help people and those thank-you notes show them the impact they’re making on a kid’s education.”

Tiffanie Thomas, scholarship coordinator at the YSU Foundation, said there are a variety of scholarships for students who apply for them.

“There’s a scholarship for every type of student you can think of,” Thomas said. “Whether it’s the high school you went to or the county you grew up in ... anything you can think of.”

Thomas said next year’s scholarship application is currently

online, and she encourages every student to be aware of the scholarship opportunities.

“One application is tied to 300-plus scholarships. It’s so easy,” Thomas said.

Many students are supported financially by scholarships funded through the YSU Foundation program, helping them further their academic success.

Hannah Donkers, a sophomore forensic science major, said the scholarships help diminish the worry of not being able to pay and let her focus on classes.

“Instead of, ‘I can’t get my degree because I can’t afford it,’ or, ‘I’m going to get kicked out of school because I can’t pay for it,’ I don’t have to pay it back at all,” Donkers said. “That’s a wonderful thing for when these years are up and I have next to nothing to pay for my degree.”

Students can find the application under the tuition and financial aid section of the YSU website.



# TEDX COACH OFFERS FREE PUBLIC SPEAKING STRATEGIES TO YSU STUDENTS

**MADISON NALBACH**

Kymberlee Weil, an award-winning speech strategist, taught students at Youngstown State University how to tell their story using five key elements at a lecture Sept. 4 in the Williamson Hall Auditorium.

Weil has coached over 100 speakers globally, teaching them what it takes to tell a story through lecturing.

Weil said she discovered her drive for coaching people about creative storytelling at a young age.

"I have pretty much spoken all over the world, and I have had a passion for speaking and storytelling since I was a little girl," Weil said. "I have an athletic background, so in sports I was usually always the one who had the microphone."

According to Weil, there are five key elements to complete any story: setting, snap, struggle, shift and success.

The setting describes where they are and the snap is the moment in time when something changes, which then leads into the struggle.

The shift happens when there is an insight and a decision-making process, resulting in the end result of success.

Weil said a well-told story connects the speaker to the audience, cements ideas and brings lessons to life.

"I've been a student of story for many years and working with speakers all over the globe with high-stake short-formed talks," Weil said. "These are like TED-style talks and other talks where everything is on the line. You don't have an hour to tell a story, you have minutes, even seconds in some cases."

Students created their own stories with various engaging exercises during the lecture to build a connection with the

audience around them.

After completing the various activities, students left with the ability to tell a story of their own.

Adam Earnhardt, chair of the Department of Communication, said it is important for students to learn Weil's coaching techniques so they can develop their own story along with making connections with other students.

"It forces you to think about how we tell stories, how we talk about ourselves and how we brand ourselves regardless of what you're doing," said Earnhardt.

Earnhardt said bringing together the Williamson College of Business Administration and the Cliffe College of Creative Arts and Communication created an opportunity for students to come together and advance their communication skills.

"Anytime we can co-host an event like this with the art department, communications, the Williamson College of Business and other places across campus, it gets more people involved," Earnhardt said. "More people get to hear and get to learn great strategies to become better communicators."

Hannah Thomas, a junior business administration major, said, "Creating a story is something great that everyone has that chance to have, and it gives you the ability to make connections with people."

Weil coached the speakers attending the TEDxYoungstown event on Sept. 7 at the DeYor Performing Arts Center. She worked with the speakers on developing content for the performance and delivery of their presentation.



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# PENGUIN CITY BREWING COMPANY CREATES COMMEMORATIVE MILESTONES

The Penguin City Brewing Company is the first local brewery to sell beer at Youngstown State University football and basketball games. Photo by **Heather Newsome/The Jambar**

## AMANDA JOERNDT

Youngstown State University football fans can now sip beer out of a commemorative can with Penguin City Brewing Company's limited-edition beer cans featuring YSU's 1994 championship football team.

The company is the first local brewery to sell beer at YSU football and basketball games.

The beer will be sold for the 2019 football season and 2019-2020 men's and women's basketball seasons.

Mark Brungard, health and physical education teacher at Poland Seminary High School, led the 1993 and 1994 football teams to their championship victories, earning a spot in the YSU Athletics Hall of Fame.

Brungard said he was "very blessed to enter at a time [at YSU] where there was a lot of talent on the team and great coaching staff in place."

"My very first year I was a practice player and didn't play any games, but I watched the season unfold that took us to a national championship, and I wanted to be a part of that in a bigger form," he said.

Brungard was the backup quarterback to Nick Cochran for his second year on the team and started working his way up the ladder to earn a spot in the 1993 and 1994 championship games.

"It gave me a lot of opportunities to meet people, career options, and I didn't have to leave this valley to have a platform to be a teacher and a minister," he said. "I just feel like I've been able to have an impact, so football really set up a great

career for me."

Brungard said he makes an effort to attend a game or two each season and hopes to attend a game this year to purchase a limited-edition Penguin City beer can.

"For this company to make a tribute to [the 1994 championship anniversary] and make this commemorative can is pretty sweet, so I hope to get one and keep it on my shelf," Brungard said.

Michael Pontikos, the brand manager of Penguin City Brewing Company and a marketing instructor at YSU, said the company sponsored YSU's athletics department last year and decided to take the partnering a step further for this season.

He said the ability to work closely with YSU athletics inspired the idea for the limited-edition design.

While Pontikos works closely with Penguin City, he also teaches several marketing courses at YSU, instructing students on what it takes to develop unique brand ideas.

"It's nice to show [my students] that I practice what I teach, and it takes time when developing a brand," Pontikos said. "Designing a logo can be very easy, but when you're involved in a brand like Penguin City ... It takes time and there are so many different factors that go into it."

### Another Milestone for Penguin City

Penguin City Brewing Company was formed in the heart of Youngstown, and it has come a long way since being established in 2017.

Over 300 locations across the Valley serve Penguin City, and one initiative the company has made a priority this past

year was the grand opening of its new brewing space at the B&O Station.

Youngstown community members are welcomed to the B&O Station once a month where the company sells different brews to the public such as Penguin City beer, its flagship product, with food provided by the Boxcar Lounge.

Penguin City will also release a new hard seltzer, Lost River, in September.

The hard seltzer was created through a partnership with White House Fruit Farm to produce a fresh and crisp flavor, according to Aspasia Lyras, co-owner of Penguin City Brewing Company.

The first flavor of Lost River will be peach ginger, made with White House Fruit Farm peaches.

Lyras said along with creating a new, local hard seltzer, Penguin City will be donating a dollar from every case purchased to the nonprofit Friends of the Mahoning River.

"With the Lost River name and the Mahoning River right in our backyard here at the brewery, we thought the Friends of the Mahoning River would be a perfect fit," she said.

According to Lyras, the B&O Station was a great location for the company's new brewing center and a "nice place for people to discover."

"I know there's some YSU students that come down here and say it's the first time they've been here," Lyras said. "We definitely wanted this beer company to tie in with the people of Youngstown and at YSU."





# PUMPKIN SPICE AND EVERYTHING NICE AT WHITE HOUSE FRUIT FARM

Customers visited White House Fruit Farm with their families on Saturday to enjoy the gift barn, live local music, food vendors, pony rides and many more activities. Photo by **Frances Clause/The Jambar**

## FRANCES CLAUSE

The smell of pumpkin cinnamon doughnuts, apple cider and homemade coffee marked the beginning of White House Fruit Farm's Fall Festival Weekends on Saturday.

Customers visited with their families to enjoy the gift barn, live local music, food vendors, pony rides and many more activities that have become part of the farm's identity.

The family behind the success has been bringing happiness to the Valley since the late 18th century: the Hull family.

Scott Hull said the family views the fall harvest as a time to celebrate over 200 years of their agricultural tradition in the Youngstown area.

"My best memories are from bringing in the new apple crop and then making the fresh apple cider that pairs so perfectly with our blueberry doughnuts," he said, recalling memories of fall preparations on the farm. "When the leaves turn, the apple trees fill and the smell of fresh corn permeates the air, we really look forward to putting on a show."

But fall at the farm had to start somewhere, and Hull said the festival weekends' humble beginnings started with a small

barn that was cleaned out to sell apples and cider.

"Decades later, we welcome tens of thousands of visitors to our farm every fall weekend in one of the largest agritourism events in the United States," he said.

Kim Sisco, who is a third-generation family member, grew up on the farm and said the process of preparing for fall is almost year-round.

"We open the [gift barn] building the weekend after Labor Day. We're open through the end of October, concentrating on fall and giftware, and then the whole building flips over to Christmas," she said.

"Everything we do is right here," Sisco added. "We do have some other businesses that come in and join us. Our food vendors are independent."

A popular stop for families visiting the farm is the Cozé Coffee Bar, which is open on weekends throughout the year. Artisan sodas, milkshakes and teas are also on the menu.

Emily Smith, the cafe's manager, said autumn is her favorite season to make specialty drinks for customers, which are all the product of successful experimentation.

"We roast [the coffee] ourselves, and we make all of our

own flavors," she said. "So, all of our coffees are unique to us."

The fall season calls for Cozé's flavors of toasted marshmallow, pumpkin spice and brown sugar cinnamon.

"We do a drink called the Bonfire," Smith said. "It's toasted marshmallow, mocha, salted caramel, cinnamon — it's divine. We do it frozen, so it's that perfect fall flavor."

From Cozé Coffee Bar to all the homegrown fruits and vegetables, Hull believes there is something for everyone at the fall weekends, including Youngstown State University students who want a perfect fall experience.

"Bring your friends, take some of our famous blueberry doughnuts and cider out by our lake, listen to our featured local musicians, take a wagon wide through our fall foliage, grab pumpkins to carve and take some pictures at our sunflower fields," he said.

In his experience, the best remedy for semester stress is to find a happy place, and he said their farm is that place for so many YSU students.

The Fall Festival Weekends are Saturdays and Sundays from 11 a.m. to 5 p.m. and will continue throughout October.





## ROB THOMAS ENDS YOUNGSTOWN FOUNDATION AMPITHEATRE'S DEBUT CONCERT SEASON

Rob Thomas performs at the Youngstown Foundation Amphitheatre. Photo courtesy of **Jim Trocchio**.

### CAILEY BARNHART

Warm weather greeted concert goers as Rob Thomas ended the national concert season at the Youngstown Foundation Amphitheatre on Sept. 5, bringing along Chris Trapper and Max Frost on his Chip Tooth Tour.

The singer spent time introducing his band and stressing the importance the members bring to the show, giving each member a solo highlight on their instrument.

Trapper, who is most known for his songs “Avalanche” and “This Time” from the 2007 film “August Rush,” opened the show with just an acoustic guitar. He now performs folk-rock, but he started his career in The Push Stars, a ‘90s rock band.

Frost is a singer, songwriter, producer and multi-instrumentalist. He describes his set as a “concert meets science project.”

Frost recently headlined his Gold Rush Tour, which celebrated his first album, “Gold Rush.” He also opened for twenty one pilots on their sold-out Bandito Tour.

But before opening for twenty one pilots, Frost replaced ARIZONA on a handful of dates during Panic! At The Disco’s

latest arena tour.

“It was amazing. Panic! At The Disco was my little practice run; I only did three shows,” he said. “I think it really prepared me for the twenty one pilots shows because it gave me arena experience before just going out on a full tour.”

Thomas opened the show with “I Love It” and then performed 20 more songs. His set list included his most recent single, “One Less Day (Dying Young),” as well as songs from his solo albums, Matchbox Twenty hits and even a cover of “Let’s Dance” by David Bowie to get the crowd excited.

Thomas first found success with Matchbox Twenty in 1996 with their debut album “Yourself or Someone Like You.” The band never officially split up but went on hiatus in 2004 to allow members to pursue other projects. It was during this hiatus that Thomas released his first solo record, “Something to Be.”

During his performance of Matchbox Twenty’s hit “If You’re Gone,” Thomas made an announcement that prompted a round of applause from the audience: “I will see you next year when I hit the road with Matchbox Twenty.”

Thomas described the phenomenon of being a rock star

and then stepping off stage and returning to normalcy.

“I’m onstage with Matchbox [Twenty] and we play this arena show, and I feel like a rock star — like I’m 11 feet tall,” he said. “Then I walk off the stage, immediately get on the bus and I have to walk my dog in the rain.”

“Now, I want you to understand these two different mindsets,” he added. “I’m onstage, 11 feet tall, all sweaty and stuff. I run to the bus, go off and grab a poop bag so I can go and take my dog out in the rain.”

Thomas said it was this story that made him realize this walk was his dog’s “rock star moment” and inspired him to write “Little Wonders” for the Disney film “Meet the Robinsons.”

“I used to sing his songs to my daughter when she was 5 years old,” said YSU alumna, Dawn Wrask, about Thomas’s music. “We came to the concert tonight, and [my daughter] is now 25 — talk about the best gift to this mom! Thanks Rob Thomas and his great band.”

The Youngstown Foundation Amphitheatre will have one more free show Friday, Sept. 13, featuring Disco Inferno before officially closing for the season.



# NEW MENTAL HEALTH INITIATIVE AT YSU HOPES TO SPARK POSITIVITY

## ABIGAIL CLOUTIER

A senior biology major at Youngstown State University and a YSU alumna partnered with the Student Counseling Services and Andrews Student Recreation Center to establish a new mental health initiative called the Penguin Positivity Program.

The initiative, created by Hannah Haynie and Ashley Amendol, hopes to inspire positive and uplifting energy across YSU's campus.

The Penguin Positivity Program creators plan to scatter wooden boards around campus featuring messages of positivity and support while directing students toward resources both on and off campus that can strengthen their mental stability.

Haynie said she wanted to bring the initiative to YSU's campus to encourage and help students going through tough times that may go unnoticed.

"I hope that students not only feel comfortable here, but when they do need help that this is something that helps them," Haynie said.

Joy Polkabla Byers, executive director of the Andrews Student Recreation Center, said the boards will be in four locations on campus: Kilcawley Center, the Stavich Family Bridge connected to Meshel Hall, Christman Dining Commons and the Student Veterans Resource Center.

"This is their voice," Polkabla Byers said. "They have the opportunity to set the future for how we look at well-being on campus. If there are needs not being met, this is a great opportunity of theirs to tell us how we can help them."

According to Haynie, Penguin Positivity will direct students to mental health resources that may not be well known, including Wick Primary Care on Wick Avenue.

"It's wonderful that [YSU] started a partnership with Mercy Health, so now we have more resources," Haynie said. "There are a lot of groups on campus that would give us the support that students need. They just don't know it's there."

Ann Jaronski, director of Student Counseling Services at YSU, said having a student-run mental health campaign like Penguin Positivity is important for students who need support.

"All of our services are for YSU students," Jaronski said. "So without their interest ... without saying what they want and what they need, it's hard for us to deliver appropriate care to students."

While it is not confirmed when the boards will be placed around campus, students and various organizations already want to get involved.

"We have a Penguin Positivity committee through the Honors College made of students who are interested in upkeep, which is really important because we want this to have a lasting impact," Haynie said.

The Student Government Association and the psychology and counseling honor societies have shown interest in joining and promoting Penguin Positivity.

"If the community embraces this ... then it would be an awesome opportunity for other groups, departments and divisions on campus to be supportive and get behind this," Jaronski said.

## BUDGET

*Continued from Page 1*

The academic unit also has a College of Graduate Studies, Honors College and Youngstown State Online, which is distance education.

Smith said the university is not necessarily heading in the direction of department and college consolidation, but "there's no way that we're going to continue to ... move toward exciting new programs, unless we can free up funds and find a way to be more efficient with what we do."

He said he prefers to engage the academic community in a discussion.

"It's not my style to sit in my office, lay a spreadsheet out with numbers and start marking through programs to get rid of them," Smith said. "If, in fact, we need to find efficiencies, and I think we do, then my preference is to engage faculty,

chairs, deans and even students in discussions."

One way the university plans to do this is through the Strategic Planning process.

As part of the process, the YSU community will weigh in along with the Strategic Planning Organization Team to develop a strategic plan at YSU that "facilitates positive change, builds on our current strengths, improves the culture of community, and positions YSU to be more successful in the face of a constantly changing higher education landscape," according to YSU's website.

The team is composed of students, faculty, administrative, staff and board of trustees representatives.

Smith said the university will not look at each program as a number but as what each program entails and the impact it has

on the university and community.

The process of reviewing programs and reorganizing has occurred in local universities as well.

According to cleveland.com, the University of Akron began to phase out 80 degree or degree-track programs in August 2018. Smith said YSU is not currently at that level of cutting, but it may need to happen.

"When you look at a school that has a sharp decline in enrollment, there is not even close to enough money to balance the budget," he said. "And that's where you move through some pretty large cuts."

Smith said he does not see the university dropping programs at the end of the fall semester, but program prioritization can give YSU insight on which programs may need to be cut.



The Don Constantini Multimedia Center. Photos by **Heather Newsome/The Jambar**



Photo by Rachel Gobep/The Jambar

## YSU'S INNER CIRCLE PIZZA ANNOUNCES PERMANENT CLOSURE

When students gathered for classes at the start of the fall 2019 semester at Youngstown State University, many were looking forward to stopping by Inner Circle Pizza for an order of Buffalo wings and fries along with an ice-cold beer to greet old friends and make new ones.

But when students walked up to the front door, they were greeted by a sign that read, "Closed for summer break," which has been taped to the front entrance since the end of the spring semester.

Customers were stunned and a little confused as to why the restaurant never returned to its normal operating hours at the start of fall term.

According to a WKBN web article, the owner of the property, Stephen Stefanic, said he is experiencing health issues and can no longer continue running the business with interested buyers in the building.

The Inner Circle Pizza YSU location is marked as permanently closed on Google. It reads: "Inner Circle PIZZA-YSU is recorded closed at this location."

The location has been a YSU landmark since the 1970s and still held a significant impact as a place for students to

hang out with friends, grab a bite to eat in between classes and kick up their feet to relax after a stressful day.

Many generations of Penguins have made their mark at the YSU Inner Circle, from one class to the next, in hopes of keeping the operations up and running for years to come.

Inner Circle Pizza was not just a hot spot for students to gather throughout the day. It was also a place of employment for students and the community as bartenders, hosts, servers and cooks.

Many Inner Circle Pizza patrons took their frustration and concerns to Twitter, creating Inner Circle Twitter accounts providing daily updates on Inner Circle's status.

According to a Twitter post by user @hollymm16, who claims to be a former employee, Inner Circle Pizza failed to notify her of its closing and she had to learn through a news article.

The tweet states, "Working at a new place after you've been at your previous job for seven years feels really weird."

The Jambar staff reached out to her for further comments, but she did not respond by the time this article was published.

Students will no longer have a place to study in between

classes while enjoying the numerous meal options or attending weekly open mic night sessions hosted by Tom Metheny to sing along to country tunes.

While business was booming during the day, the nightlife was like no other.

The abrupt closure of Inner Circle Pizza sparked gossip among the student body and left everyone wondering for the first weeks of the semester what would be the final call on the business.

With almost 50 years of putting smiles on students' faces, Inner Circle's closure will forever change the campus lifestyle, and students will reminisce about the memories formed at the pizza joint at the corner of Lincoln Avenue and Elm Street.

**THE JAMBAR**  
— EDITORIAL —



# DON'T BE A BYSTANDER; DO SOMETHING

**MAC POMEROY**

I rarely get mad, but recently I found myself quite upset after witnessing a man in a wheelchair who clearly needed help getting through a crowd. He was in a manual wheelchair and was struggling to push his wheels.

At first, I didn't walk up to him. I am disabled as well, and my legs aren't any good. I hoped that someone would come over and give him some assistance.

But as time went on, no one did. I saw many people stop, stare at him and keep walking. Yet, not one person stopped and offered him help. My blood was boiling.

Obviously, these people passing by probably didn't know what to do. They might not have worked with a disabled person before, so they didn't know how they could help. Or they may have even been worried that offering would have embarrassed him.

It can be easy to take the sidelines when we see others struggling. Who knows what is really going on? Can you even help them? Maybe someone else will come along.

We need to realize that if everyone takes the position of bystander, then no one will help. There is no guarantee in any situation that another person nearby is more qualified to step in.

Sometimes, you need to take the risk and just ask.

In the man in the wheelchair's case, I was hesitant to do anything. I allowed myself to get mad for a moment while forgetting that I was acting as a bystander as well. Yes, I have my issues, but that doesn't make me unable to help.

I did not have any experience actually handling a wheelchair before this. I momentarily thought I may be too weak to help him at all, but I swallowed my fears and walked over.

"Hi, can I help you get out of here?" I asked.

He immediately said yes. It was obvious that he was stuck and wasn't sure how to get himself out. I placed my hands on the handles and took a deep breath before I began to push.

Even if we don't know what we can do, it is up to each of us to step up. The first step is to ask. If it ends up being that your help is not needed, it never hurts to check.

Does the person need help carrying their books? Do they need you to walk with them to the other side of campus?

Finally, examine if what the person needs is something you can do. For me, pushing the wheelchair was a bit difficult, but I could do it. It was a little awkward, and it took some patience, but we got out of that crowd.

Perhaps stepping up seems intimidating. Maybe you aren't sure why you need to, and you would rather not get involved with someone else's problems. However you feel, it's important to push past this and see the people in front of you.

They need your help. As simple as it is to push them out of your mind and keep walking, it isn't so simple for someone in need. They may not be able to wait around for who knows how long for the next helper to arrive. They need someone to notice and rise to the challenge.

So, how about it? Will you be the one to step in and push the chair?

## CLASSIFIEDS

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### OTHER

#### NEED BIRTH CONTROL, PAP SMEAR, STD TEST? PREGNANT?

Dr. Hill, 1350 Fifth Ave., near YSU campus, all insurances, walk-ins. Mon-Sat - 330-746-7007, [askthedoctor@aivhealth.com](mailto:askthedoctor@aivhealth.com), answered confidentially.



Penguin City Brewing Company's new brewing and distribution center is now located at the B&O Station. Photo by **Heather Newsome/The Jambar**



## YSU SOFTBALL WARMS UP AS THE WEATHER COOLS DOWN

Penguins infielder Maddi Lusk swings at a ball. Photo courtesy of **YSU Sports Information**

### BRIAN YAUGER

While fall is mainly the time for football, it is also the time for Youngstown State University's softball program to prepare for the upcoming season.

"It was a short summer," Penguins coach Brian Campbell said. "It just made it a lot easier when we came back because a lot of these young ladies have played during the summer. It's exciting to come back and be able to get out on the field right away and be able to put everything together."

The players are also excited to get back on the field.

"We're super excited here for fall ball," senior infielder Maddi Lusk said. "We have a lot of new approaches and we're just excited to get back into the swing of things and just put it all together."

Junior outfielder Yazmine Romero is not only excited to play, but she's also ready to embrace a leadership role as an upperclassman.

"I'm the oldest one in the outfield now, so I'm excited to have a chance to be a leader," she said.

While no actual wins or losses come from these games, it's a good way to incorporate new strategies for the regular spring season.

"We're able to get some live reps, see some live pitching, get to try people out in new positions and just get a feel for everything," Lusk said.

Romero is excited to play a few games with a laid-back approach as opposed to the constant grind of the regular season.

"It makes a huge difference," Romero said. "Instead of just jumping into spring, jumping into the season, it's only home games. It's okay; the games don't technically matter. You're just working on getting better and having fun."

Lusk said the team is also able to see how the freshmen play.

From a coaching perspective, a laid-back slate of games is needed to introduce the freshmen to the college level.

"At the end of the day, it's about experience in college, and we have seven freshmen on this team," Campbell said. "When you get into college as a freshman, the speed of the game is a lot

quicker."

According to Campbell, the women are hitting the ball harder and pitching is a lot different.

"There's some adjustment periods that they have to go through, and I think this really helps them," Campbell said.

YSU is a young team and is coming off a 25-29 season.

With the emergence of pitcher Addy Jarvis and outfielder Grace Cea as freshmen and a program-record 11 consecutive wins, the Penguins have a lot to build on. Mixing in the freshmen players is the first step to achieving their goals.

"I think that's what's exciting because you have a mixture this year," Campbell said. "I understand from last year, we were young. Those younger ones do have some experience now, and I think just mixing in the freshmen with this group is exciting."

The Penguins start their slate of games on Friday, Sept. 13, when they take on Cuyahoga Community College at 4 p.m. and Slippery Rock University at 8 p.m.

## YSU CROSS-COUNTRY LOOKS TO REPEAT HORIZON LEAGUE CHAMPIONSHIP

### MICHAEL EVANKO

The Youngstown State University cross-country team returns for the 2019 season, looking to keep the momentum of winning another Horizon League championship.

The Penguins won the championship in two out of the past three seasons.

Coach Brian Gorby emphasized the expectations for the season as winning the Horizon League championship or bust.

"Every year, the standard around here for us has always been championships," Gorby said.

Junior Derek Basinger agreed.

"I think that based on our position and our results in the Horizon League the past several years that a championship is always going to be our primary goal," Basinger said.

This year's team is unique compared to past years' teams. In YSU's 2018 Horizon League championship season, the men's roster had five seniors while the women's team had two.

Both teams don't have any seniors and have a combined nine juniors on the roster.

Although neither the men's and women's team has seniors, Basinger and Nicole Squatrito are up to the leadership challenge.

"I've taken on more of a leadership role," Basinger said. "It is also weird, though, not having the older guys to go to maybe, so it's an adjustment. It's fun, though. I enjoy it."

Squatrito is excited not only for this year but also for when she is a senior.

"It kind of feels great because ... we're very young, and that means whatever we do this year, we're going to come back next year 10 times stronger," Squatrito said.

With inexperience on both teams, the early season is a key time for the underclassmen to get valuable runs under their belt.

"The first part of the year is going to be kind of a learning curve a little bit, and then hopefully [we'll] gain some experience and really get our season rolling kind of going into October," assistant coach Eric Rupe said. "So these early meets in September, [we] kind of learn from them and take that in October."

YSU participated in the Tommy Evans Invitational in Akron,

Ohio, Sep. 7. The Tommy Evans Invitational is a 4-mile race for the men, which is different than its routine 8-kilometer race distance. For the women's team, the race was its standard 5-kilometer distance.

In 2018, the men's team finished in first place while the women's finished fourth. Juniors Tyler Polman and Basinger led YSU, finishing in 10th and 12th place with times of 20:12 and 20:21 respectively.

On the women's team, juniors Mackenzie Scott and Squatrito finished in 10th and 16th place with times of 18:45 and 18:51 in 2018.

On Saturday, Sept. 7, the men finished fourth out of seven with the women following suit, also finished fourth out of seven. Tyler Polman, Derrick Basinger, Morgan Cole and Nicole Squatrito each finished in the top 15 overall.

The cross-country team will take part in the All-Ohio Cross Country Championships on Sept. 28.





# HORSEBACK RIDING CLASS NOW OFFERED AT YSU

The horseback riding class is held at Watkins Quarter Horse, a horse farm in Canfield. Photo by **Rachel Gobep/The Jambar**

## RACHEL GOBEP

Youngstown State University students now have the opportunity to get out of the classroom, strap on their boots and step onto a farm through a new horseback riding class.

There are 14 students enrolled in the class held at Watkins Quarter Horses, a horse farm in Canfield.

Amy Watkins instructs the class on her farm and has coached the YSU equestrian team for six years. She said not only is the class helpful for the girls on the team but also for students in general.

There's a variety of students in the class, from those who have never been around horses to students who have ridden their entire life.

Rick Higham, senior general studies major, said he has always been interested in horseback riding, but he only rode in guided trail rides.

"I started at ground zero, so I didn't have any experience at all with horses," Higham said.

He said he is most interested to see if he can handle a horse.

"I'm almost 200 pounds and the horse is 1,100 pounds, so physically there's a big difference there, but when you take charge of that horse, and when you show him that you're the alpha of the pack, they do listen."

Stephanie Dessler, a senior biology pre-veterinary track major, said this is her third year on the equestrian team and she has been riding horses since she was about 7 years old.

She decided to take the horseback riding class as a way to continue riding in college.

"It's hard for me to find time to ride my own horse and do barrel racing like I did, so this is a nice way to do that and continue to have fun," Dessler said.

She said the class gives her the opportunity to help others learn about horses.

"For me, I'm very shy, so this is really pushing me, but it's also something I need to break out of my shell," Dessler said.

Students said their time on the farm gives them a break from their daily routine and is a stress reliever.

"If you're having a bad day, [when] you come out to the horse farm, you'll forget about all your troubles," Higham said.

Watkins said when students come to her farm, she can see the stress on their faces.

"By the time they leave, their body language is different," she said. "They're relaxed. They're excited. They're happy. They're smiling."

Watkins said horses are therapeutic.

"They are gentle giants," she said. "They can teach you a lot about yourself."

The students are in the classroom once a week, where they learn the basics of horse handling, and they receive hands-on training at the farm on Thursdays.

The basics include how to lead a horse, lunging, mounting, grooming and cleaning stalls. It's then taken a step further with

the opportunity to ride.

Watkins said the instructions are done with safety in mind.

"These are 1,200 pound animals," she said. "They do have a mind of their own. It's not like throwing a football or hitting somebody with a hockey stick."

Watkins said she loves teaching the class and looks forward to it throughout the week.

The horseback riding class is offered through the Department of Kinesiology and Sport Science and is open to all YSU students.



Rick Higham pets a horse in the horse barn. Photo by **Rachel Gobep/The Jambar**





## DOWN TO THE DETAILS: PENGUINS LOOK TO BUILD FROM STRONG START

Nathan Mays scans down the field for a wide receiver. Photo by **Brent Bigelow/The Jambar**

### BRIAN YAUGER

With the Youngstown State University football team starting 2-0, football fans would expect the team to be more enthusiastic.

However, the Penguins are considering what they did wrong in last week's game, and how they can improve for their matchup Saturday against Duquesne University.

YSU won 54-28 against Howard University, but in the weekly press conference Penguins coach Bo Pelini chose to focus on what the team needs to improve in order to succeed.

"I think we've made progress," Pelini said. "There's a lot of things that we're doing, some good things, in all three phases, but there's a lot to clean up."

After sorting through the film, the team knows what they need to improve going forward. Pelini thinks it's all resolvable.

"I think we learned a lot from the film, and now we have to put it to practice," Pelini said. "Offensively, we were doing some good things, but we left some plays out there. Everything I've seen is very correctable, but we need to keep working and keep getting better each day and that's what it comes down to. We'll be ready for Duquesne."

The team's issues stemmed from fundamentals.

"I thought defensively our attention to detail at times was

lacking; our communication of getting in and out of checks and everybody being on the same page, that has to get better," Pelini said. "It's the detail that allows you to play better. That comes down to fundamentals, technique. It's the little things."

This more detail-oriented approach all comes down to leadership, which has been a stark contrast from last year.

"We weren't sure where we going to get the leadership from, and this year I think there is a different dynamic," Pelini said. "There's more continuity and I think it's showing."

Pelini said the team understands they have to change to be good.

"They also know we have a lot of work to do to become a really good football team, and if they continue to bring that type of energy and effort to the practice field that we have then that gives us a chance," he said.

The Penguins defense has eclipsed their turnover total from last season with nine compared to last year's seven.

"Turnovers are big on our defense," senior linebacker Cash Mitchell said. "We try to get the ball back to the offense as soon as possible so they can do their thing."

The Penguins lead the Football Championship Subdivision

on the ground with 731 rushing yards, averaging 7.31 yards per carry and second with nine rushing touchdowns. Braxton Chapman's 132 yards and London Pearson's 126 yards is the first time since 2016 that the Penguins had multiple 100-yard rushers.

Quarterback Nathan Mays is on a three-game streak with at least two touchdown passes. After ending the 2018 season with two touchdowns against Illinois State University, Mays continued with two against Samford University and two more against Howard University.

Mays has been analyzing his play so far and recognizes things to improve but knows he's in the right headspace to handle it.

"Personally I felt like there's a few throws that could have made a little better and made it easier on some guys," Mays said. "In terms of the mental aspect of the game, I felt very well prepared and knew where I was going on every play. A couple of them execution wise didn't fall the right way."

The last time YSU started 2-0 was 2013, when they finished 8-4. That season they also took down Duquesne 59-17.

Kickoff is scheduled for 2:05 p.m.