



VETERANS RESOURCE CENTER: THE FIRST STEP FOR TRANSITIONING STUDENT VETERANS

Student veterans who graduate from Youngstown State University receive a YSU-themed challenge coin. Photo by **Kamron Meyers/The Jambar**

RACHEL GOBEP
AMANDA JOERNDT

More than 275 student veterans attend Youngstown State University, and to ease the veterans' transition from military life to college life, the Carl A. Nunziato Veterans Resource Center had Warrior Awareness Training for faculty and staff.

The training seeks to provide its participants with a deeper understanding of the student veteran population at YSU.

Rick Williams, associate director of veterans affairs, discussed topics such as basic information about the military, veterans in transition, the GI Bill, mental health and on-campus resources for veterans.

Williams said the resource center aids with the transition veterans have when they begin their journey in college, but each veteran's transition is different.

"[The resource center] is more for the veterans who left high school, joined the military, was gone anywhere from four to 20 years. And now when they separate from the military, they have this shiny GI Bill they want to use, and they're coming back to school for maybe the first time in several years," he said.



Rick Williams, associate director of the Carl A. Nunziato Veterans Resource Center, conducted the first Warrior Awareness Training in February. Photo by **Kamron Meyers/The Jambar**

These nontraditional veterans may have a spouse, children and bills while facing the same issues traditional students encounter, according to Williams.

"With the military, that adds another layer of complexity on top of it because you've got this military culture that you've learned, maybe you've been to war, maybe you've seen some things, maybe you're dealing with some aftereffects of war," he said.

A sophomore engineering major spent 12 years of active duty in the U.S. Marine Corps, including multiple deployments. He said the issues he encounters are not just past issues but always ongoing.

The engineering major said he never wants to experience a situation like the December 2018 YSU lockdown, again.

A sophomore nursing major and 5-year U.S. Navy veteran said everything he does is now an assessment and evaluation – from where he sits in a classroom to where doors and windows are located.

"There's real boundaries to going to college now. Plus, coming out of the military, those experiences that you bring with you, you almost feel segregated. ... [College students] don't understand maybe what you've been through," he said.

The nursing major said he now has real world expenses being in his 30s. When he first attended college before joining the military, that was not an issue.

Williams said student veterans find a sense of community in the center and have said they couldn't be in college without it. YSU is one of three campuses in Ohio that has a stand-alone resource center.

He said it can be seen as a "one-stop shop" that provides veterans with services such as waiving application fees and tutoring in math and writing. There's also a study hall and computer lab in the center.

Williams said he sees 30 to 40 student veterans on a regular basis.

"A lot of veterans find that when they go to class and they're with traditional students, just the conversations that take place or the discussions in class, even the professors at some point truly don't understand what being a veteran is all about or what serving in a war zone is like," he said.

Williams said by coming to the resource center, student veterans will find people who understand them, their challenges and what they have encountered during their military career.

The sophomore nursing major said the center is the one place on campus where student veterans can feel a sense of community.

"[It's] where we can share our story. ... It's the place where we can come and know the people in this building truly understand what we're going through," he said.

The resource center currently has two employees: Williams and a secretary. YSU recently authorized the center to employ a coordinator, and it is in the process of interviewing candidates.

Currently, the resource center doesn't employ a counselor or psychiatrist.

"Any veteran on campus who divulges to me that they're suffering from depression, PTSD or [another mental health issue], nine times out of 10 they're already connected to VA resources," Williams said.

According to the Department of Veterans Affairs, over 1.7 million veterans received treatment in a VA mental health specialty program in fiscal year 2018. A study conducted by the Substance Abuse and Mental Health Services Administration found that only 50% of veterans who need mental health treatment receive these services.

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Nicolette Powe, assistant professor of public health at YSU, led a “Let’s Talk About Sex” discussion on March 3 about healthy intimate relationships in the Jones Room of Kilcawley Center. Photo by **Kamron Meyers/The Jambar**

KELCEY NORRIS

March honors the multitude of accomplishments by women throughout history, and 2020 marks the 100th anniversary of women’s suffrage and the passage of the 19th Amendment.

The women of Youngstown State University are celebrating these accomplishments by hosting several events this month.

Tammy King, interim dean of the Bitonte College of Health and Human Services, is a part of YSU’s “19th Amendment Celebration, 100 Years of Women Voting Dinner” on March 26 at the DeBartolo Stadium Club.

The 19th Amendment to the U.S. Constitution “granted American women the right to vote, a right known as women’s suffrage, and was ratified on August 18, 1920, ending almost a century of protest,” according to History.com.

King said the event is to remind people how important it is to get out and vote.

“The passage of the 19th Amendment really changed, for all of us, our future,” she said.

Catherine Cerccone Miller, the first female mayor elected in Mahoning County, will be the keynote speaker, and King said the event will celebrate the accomplishments of all pioneering women.

“We have to really pay respect to the women who came

before us,” she said. “We don’t realize how fortunate we are.”

King said she hopes Women’s History Month will remind people to raise each other up and support one another.

The event is co-hosted by the YSU Women’s Club and the Bitonte College of Health and Human Services.

Cryshanna Jackson Leftwich, associate professor of politics and international relations and director of the Women’s and Gender Studies program, said the community involvement for this year’s celebration was overwhelming.

“This year, I didn’t have enough chairs in my conference room. There were about 20 people who came from the community and different departments who wanted to help with ideas,” she said.

With her role in the Women’s and Gender Studies program, Jackson Leftwich said it is important to identify diversity among women as individuals.

“Each woman is different with individual needs. Each group can focus on some issues, whether we’re looking at white women, black women, women who want to stay at home and women who are working moms,” she said. “Our goal is looking at their differences and how we can support them.”

Nicolette Powe, assistant professor of public health at YSU, led a “Let’s Talk About Sex” discussion on March 3 about how students can have healthy intimate relationships.

“People might be intrigued to come because they’ll wonder, ‘Is she really going to be talking about sex. ... Like sex sex?’” she said. “It’s really an opportunity to talk about sexual health and how we can have an open conversation about informed consent and shared decisions.”

Powe said March is an ideal time to appreciate the numerous accomplishments of women in medicine throughout history.

“From the American Red Cross to the American Heart Association, the list goes on,” she said. “When you think about women’s history, the question is, ‘How can we honor these women who have come before us?’”

Powe said she does not suggest one intimate lifestyle is better than another.

“Everybody has a choice. We want to make sure that they don’t make decisions based on lack of information. ... Also making sure that they understand what resources or services are available for them based on the choices they will make,” she said.

Powe said she wants to raise awareness of public health concerns in the area.

“If, by chance, you choose to be sexually active, let’s explore avenues that can make that activity safer,” she said. “If you choose not to, here’s some avenues for you as well. ... I intend to provide the facts and let people make their own decision.”

STUDENTS ENCOURAGED TO SHARE INTERNATIONAL TRAVEL PLANS DUE TO CORONAVIRUS

Youngstown State University is calling attention to the potential disruption of students’ international travel plans during the university’s spring break March 7-15 due to COVID-19, the coronavirus disease that appeared in late 2019.

The university sent out an email Monday prompting students to “consider the very real possibility of additional travel warnings, new entry and exit control measures, and even quarantines implemented with very little notice during

the coming weeks.”

The email stated this can affect the timely return of students and staff to campus after spring break.

The Centers for Disease Control and Prevention has raised travel advisory levels and issued travel notices for several countries, including China, South Korea, Iran, Italy and Japan.

Eddie Howard, YSU’s vice president for student affairs, encourages all YSU students with international travel plans for

spring break to share their travel itineraries with the university online.

“YSU will continue to monitor developments both at home and abroad and communicate with the campus as needed,” Howard said in the email.

Contact the International Programs Office with any questions regarding travel or reentry to the U.S. at 330-941-2336.



NEDA WEEK BRINGS AWARENESS TO EATING DISORDERS

Positive messages are laid out on a table during a NEDA Week event. Photo by **Brian Yauger/The Jambar**

ABIGAIL CLOUTIER

The Youngstown State University community held weeklong events for National Eating Disorder Awareness Week, or NEDA Week, to educate students about eating disorders and help combat these issues.

The events were sponsored by YSU's Student Counseling Services and the Andrews Student Recreation and Wellness Center. A panel discussion Feb. 24 educated students on various eating disorders and encouraged discussions on difficult issues involving eating disorders.

Lindsey Bechter, a senior in the coordinated program in dietetics, helped bring NEDA Week to campus.

"Last year, I bumped into a friend of mine who also worked [in the rec center] and graduated," she said. "We felt that hopefully the following year we were able to bring NEDA into campus rec a little more. So it's nice that this year we were able to bring in some activities."

Currently, YSU does not have a National Eating Disorders Association chapter on campus and Bechter said it "requires a lot of people on board to make it work."

"The person that helped me bring [NEDA Week] to the campus rec last year tried to get it started a couple years ago," she said. "Unfortunately, she wasn't successful. ... It's a huge organization."

The rec center's wellness programs website aims to offer students with eating disorders "an opportunity to share their

stories, see themselves in others' stories, and recognize that their experiences are valid and welcome, no matter where they are in relationship to food or their bodies."

Ryan McNicholas, associate director of campus recreation, said it's important to help all students become educated on the topic.

"We want to make it as successful as we can, whether it's expansion of the programs or moving the week to have more of an establishment on campus," he said. "Just helping as many students as we can. ... We're open to suggestions."

While some of the events focused on eating disorder awareness and education, other events such as Pink Gloves Boxing and a bouldering competition at the climbing wall in the rec center focused on wellness and physical health.

"A lot of people talk about using [exercise] as a coping mechanism. It kind of serves as an outlet, and it can be used in a negative way, unfortunately," Bechter said.

"But from the experiences that I've had, it has served as great stress relief and a way of expressing yourself," she added. "You find people who went through the same thing — it's a bonding thing."

Mason Edmunds, YSU alumnus and prevention specialist at Meridian HealthCare, said the rec center is already looking at ways to improve NEDA Week in the future.

"Eating disorders or just those two words put together, they don't necessarily scream, 'Hey, come to this event,'" he said. "So it's about pivoting the marketing and telling students that

they're in a safe place when they come to these events."

The rec center is also looking at ways to include more interactive and creative events and possibly incorporating them into Welcome Week at the beginning of each semester.

Other events, such as an "Exploring Your Relationships with Food" discussion and "Shop w/ the Registered Dietician" informing students on how to grocery shop on a budget, took place the week of Feb. 24.



A NEDA Walk T-shirt is covered by several positive affirmation cards. Photo by **Brian Yauger/The Jambar**

YSU ACADEMIC SENATE LOWERS UPPER-DIVISION CREDIT REQUIREMENT

BRIANNA GLEGHORN

Youngstown State University's Academic Senate approved a change to all major requirements during a meeting on Dec. 4, 2019, requiring students to complete at least 39 upper-division credit hours instead of the previous 48 credit hour minimum.

Gary Walker, chair of the Academic Standards Committee and professor and chair of the Department of Biological Sciences, said the change was brought to his committee's attention several years ago but was not approved.

"We considered it, but we voted not to change that at that point," he said. "Then somebody wanted us to reconsider it and bring it to the board."

Adam Earnhardt, chair of the Department of Communication, said he proposed lowering the upper-division credit requirement to the Academic Senate several years ago.

"We've been at this for two and a half years," he said. "My initial proposal was to lower this to 39 hours from 48 hours, and it was just basically in line with everything that we saw across the state."

When the amount of credit hours required for a major was lowered to 120, no other credit hour requirements were altered, according to Earnhardt.

"We were reducing the number of overall hours required for a degree at YSU from 124 to 120," he said. "Then nothing else, we didn't change anything else. We just changed that."

Walker said YSU has one of the highest upper-division

credit hour requirements among Ohio universities.

"When we studied it around the state, we found some universities don't have a universitywide limit or minimum," he said. "They leave it up to the colleges and the programs. We've discovered that YSU's 48-hour upper-division [minimum] was the highest."

According to Kent State University's website, "baccalaureate programs require the successful completion of minimum 39 upper-division credit hours of coursework."

Earnhardt said this approach is common at universities across Ohio.

"If we look across [Ohio], most of the universities are letting their own programs or departments decide for themselves what the upper-division hour requirements should be in their programs," he said.

In Walker's opinion, the minimum can be a hurdle students face when completing their major.

"[Students] have plenty of total hours, they satisfied their degree requirements, including the upper-division of the degree, but this was piling more upper-division credits on just to graduate," he said.

Earnhardt said programs and curriculum for each department are disparate.

"They're trying to create this one-size-fits-all with programs with upper-division hours," he said. "So it might be easier for some programs to meet the standard upper-division hour requirement than others."

Earnhardt said he witnesses students still not meeting the upper-division requirement after completing every course

required for a major.

"We have students who are struggling in some cases to meet that," he said. "We get a lot of students transfer to us from other programs, and when they get to their senior year, they're struggling to meet that 48-hour requirement."

During the Dec. 4 Academic Senate meeting, a second proposal, which has not been approved yet, was initiated to allow programs and departments at YSU to set their own requirements.

"Why not let programs decide for themselves what that should be?" Earnhardt said. "Then, they're the best arbiters for what their students need, for what their program should be, and that just made the most sense."

Jacob Labendz, an academic senator and assistant professor of Judaic and Holocaust studies, said having a minimum requirement is important for quality education.

"Coming out of Youngstown State should mean that you've been asked to and succeeded in digging deep into a wide range of topics and ideas invested with materials at a significantly high level," he said.

According to Labendz, the purpose of upper-division courses is to enhance students' knowledge of their field at a higher level.

"It's fundamental to what we do here," he said. "We're teaching certain levels of expertise, discipline specific. But also, more broadly, it's about cultivating an advanced learner."

The upper-division credit hour decrease will take effect at the start of the 2020 fall semester.

COLUMN: A PENGUIN IS GRIEVING

J. HARVARD FELDHOUSE

Darian Keyser was a superstar in Jamestown, Pennsylvania. He was a noticeable presence in the community not only with his 6-foot-6 stature but also with his heart, dedication and deeds.

Darian was very involved in extracurriculars as president of his Jamestown High School class four years straight, a member of Spanish Club and the National Honor Society and a reporter for the student newspaper. He was a devout Christian active in his church and youth group.

He was a fantastic basketball player. Last year, he was key

in the team's 2019 District 10 championship. This year, as team captain and the only senior on the team, he scored his 1,000th career point, making him one of five students in the school's history to achieve this. He was committed to study and play basketball at Geneva College.

He was a son, brother, boyfriend, classmate, teammate and friend.

Personally, I wasn't close to Darian, but the Jamestown community is small. I graduated with 44 classmates that I knew my whole life, and Darian was set to graduate with 29. I knew him, I knew his family and I knew his friends.

His influence on those around him is undeniable. The moment I heard of his death on Feb. 17, my heart broke for his family. His father, Brian, is the school principal, and his older sister, Mikayla, was my teammate on the girls' basketball team. I can only imagine the pain they're going through.

With that in mind, I task the YSU student body with this: love. Mikayla Keyser is a student here. She may be absent now — and for good reason — but I'm sure she will be returning to her classes soon. If you see her in class or around campus, give her all of the love and support you can.

A Penguin is grieving; let's huddle and keep her warm.



Senior criminal justice major and military science minor Jordan Hall pictured with Penny. Hall is a part of the Army Reserve Officers' Training Corps program at YSU. Photo courtesy of **Jordan Hall**

A LOOK INTO THE ARMY ROTC PROGRAM

MICHAEL WOLFGANG JAMBAR CONTRIBUTOR

Students at Youngstown State University can learn leadership and management skills offered through the Army Reserve Officers' Training Corps program on campus.

The Army ROTC program was established at YSU in 1950 as the United States entered the Korean War. Since the program launched, it has commissioned over 1,000 officers for service in the U.S. Army, according to the YSU ROTC website.

Kyle Ritenour, a senior public health major and military science minor, has been involved with the ROTC program for four years. Ritenour decided to join the program because he enlisted first in the U.S. National Guard.

"My recruiter came to me, and he also convinces people and tells people about the program," he said. "It is a great program to be a part of. You build friendships and the cohesion with everyone here is just great."

Jordan Hall, a senior criminal justice major and military science minor, has been a part of the ROTC program for three and a half years. Spring 2020 will be his final semester.

In May, Hall will be commissioned as a second lieutenant in the army.

"I will be an infantry officer. I plan on staying in the army for eight to 10 years before getting out and joining the FBI or the [Drug Enforcement Agency]," he said.

Joseph Paydock, chair of the Department of Military Science, has been working in the ROTC for over 20 years and has worked full time at YSU since August 2016.

ROTC courses are one credit hour and students have no obligation to join the Army by taking a course. Courses include introduction to ROTC, introduction to leadership and leadership laboratories, according to the YSU website.

"You take an ROTC class every semester that you're in school, whether you are a criminal justice major, engineering major or whatever the case may be," Paydock said.

He said students can join ROTC at any time as long as they have at least four semesters remaining in pursuit of their degree, including graduate courses.

There are different ways that ROTC cadets can earn money. Alumni have formed scholarships and donated money back.

The program offers four-, three- and two-year scholarships to qualifiers. Scholarships include full tuition, a monthly stipend of \$300-\$500 and \$600 in annual book allowance. The Carl Nunziato Scholarship is offered in honor of the decorated Vietnam War veteran.

"The amount of scholarship opportunities that this program has to offer is amazing, and every student has a chance to get one," Hall said.

Additionally, the ROTC cannon crew takes pride presenting and firing the Civil War-era ceremonial cannon in support of YSU athletics and student activities, most notably during home football games.

"I would absolutely recommend the course to anybody," Paydock said. "It teaches you about the Army and about leadership skills."

YOUNGSTOWN NEEDS YOU: POVERTY AWARENESS

KELCEY NORRIS
JAMBAR CONTRIBUTOR

While the majority of students at Youngstown State University have access to food, warm clothing and a roof over their heads, more than one-third of the surrounding community is not so lucky. University and community organizations in Youngstown are fighting back to help those less fortunate.

According to the U.S. Census Bureau, 36.2% of Youngstown residents are living in poverty, which is a steady decrease since 2014, when the poverty rate was 40.7%.

For the entire nation, 15.5% of Americans lived in poverty in 2014 — showing that the poverty levels in Youngstown are over twice the national average.

Amanda Fehlbaum, professor of sociology, said poverty is typically defined as a deficiency in common necessities. This can be material goods such as clothing or food as well as the loss of income or a family member.

She said individuals who are impoverished can struggle to get out of their current situation.

“Poverty can happen at any time,” Fehlbaum said. “You can be doing everything ‘right’ and be one burst appendix away from thousands of dollars in bills you have to scramble to pay.”

Outside influences such as reliable transportation and childcare are also factors that cause insufficient income. Fehlbaum said poverty involves more than just employment.

“The idea behind picking oneself up by the bootstraps is very common. Being in poverty affects not just the amount of money they have, but it affects a person’s social capital, their access to education, their health,” she said.

Organizations and nonprofits in Youngstown provide support for individuals in poverty. One such organization is Catholic Charities. Terry Vicars is a case manager working primarily with homeless individuals in the county.

“We have an emergency assistance program that helps ... with utilities and food assistance,” he said. “We have a senior program that helps people get groceries and schedule doctors’ appointments, as well as a Hispanic ministry, which is just about nine months old.”

Vicars, who has worked at Catholic Charities for 22 years, said his undergraduate degree in philosophy and religious studies ties in perfectly with his career.

He said the city needs to take action and provide more outlets for those in need. Organizations exist to help the homeless population, but the number of people in need can be overwhelming.

“Resources are always in short supply. For example, the Youngstown Rescue Mission, while we’re very fortunate to have them, their family unit ... has been chronically full for at least four years,” he said.

Community members, according to Vicars, need to adjust the way they think about people in poverty. This is the first step to improvement.

“Get this thought out of your head that they are lazy,” he said. “They may be running circles around you as far as the number of hours they work in a week. ... Let’s change our attitudes.”

Poverty Awareness in Youngstown, also called PAYO, is a YSU organization dedicated to helping those in need. Marta Hergenrother, a senior psychology major, said PAYO brings

awareness to both poverty and homelessness in the greater Youngstown area.

“We offer students the opportunity to engage in service activities like volunteering at soup kitchens,” she said. “We do a can drive and donate everything we collect to The Salvation Army so they can be distributed to food pantries around the area.”

Hergenrother said PAYO also hosts a carnival every year for charity and is also looking to donate other items, such as winter coats.

“In the Youngstown area, there’s a lack of access to ... food because Youngstown is a food desert. There isn’t a grocery store in the city proper. Housing can also be a huge [struggle] for people in Youngstown,” she said.

In order to improve the situation, Hergenrother said people living in suburban areas need to take action to help.

“Educating other people and letting them know that there are so many people in Youngstown living in poverty,” she said. “Especially the people who live in the suburbs ... because it’s so easy for people to get stuck in their own bubbles. The city needs to educate those in the suburbs and encourage them to help.”

Hergenrother said she was inspired to get involved in PAYO and similar organizations because she was fortunate to have access to necessary resources growing up.

“I went to high school with a lot of kids who grew up in inner-city Youngstown and whose families were in poverty or close to it,” she said. “Being exposed to their problems and what they have to go through shocked me. It opened my eyes to what a lot of people have to go through.”

VETERANS CENTER

Continued from Page 1

Although the center does not have the resources to help with mental health issues, Williams said they refer students to the Youngstown VA Outpatient Clinic on Belmont Avenue, the Cleveland VA Medical Center and the Veterans Service Commission of Mahoning County.

“If they’re not willing to do that right now ... We’ll get the county veteran service commission involved and they have people there that know the paperwork and will get them into the medical system so that they can be seen by a professional,” he said.

Williams said if depression or stress is related to academics, he will refer veterans to the YSU Student Counseling Center.

Williams has been with the resource center for over seven years and said he has become a mentor for numerous student veterans on campus.

“They’re very comfortable coming in here and sharing their issues with me. ... Most of the time it’s education- and academic-related issues,” he said.

Additionally, nearly one-third of the 12 million veterans in the United States aged 21-64 report having a disability, according to employment data for veterans with disabilities on

adata.org.

This can include what is termed an ACS disability, which is “difficulty with one or more of the following: hearing, vision, cognitive, ambulatory, self-care and independent living.” This may or may not have been acquired during military service.

It also may be a service-connected disability, which is “a disease or injury determined to have occurred during military service. The Veterans Administration assigns a disability rating as a percentage from 0% to 100% disabled. It can also be a combination of the two.”

YSU’s Disability Services provides accommodations for student veterans based on their specific needs, according to Gina McGranahan, associate director of Disability Services.

McGranahan said she hopes to begin scheduling appointments in the resource center over the summer to encourage student veterans with disabilities to use Disability Services.

“We aren’t saying they’re weak because they have a disability,” she said. “This is not something they chose. It’s something that [may have occurred] because they enlisted. We’re here to support them.”

McGranahan said people who use Disability Services can choose what accommodations they use and it’s completely confidential.

Sixteen people attended the Feb. 21 training, and Williams said there are nearly 30 signed up for the March training session. The training also included a student veteran panel, where they shared their experiences in the military and on campus.

McGranahan attended the awareness training and said it’s important for faculty and staff to attend future training.

“They need to see and listen to the students ... coming from them and what they experience,” she said.

Williams said he was inspired to create the awareness training by Ohio University. It lasts two hours and includes lunch.

When a faculty or staff member completes the training, they receive a magnet and a lapel pin, which can lead to student veterans being more at ease conversing with them.

“If a student veteran were to walk into an adviser’s office and they see that awareness training magnet, they’ll be like, ‘So this person knows about veterans,’” Williams said.

The resource center obtained a \$5,000 grant from Wells Fargo to conduct the Warrior Awareness Training.

**The student veterans are anonymous in this story to prevent the YSU community from identifying them and asking potentially triggering questions about their time in the military.*

THE POWER OF HEALING THROUGH MUSIC AND ART IN THE VALLEY

FRANCES CLAUSE

Music and art give people a creative outlet, whether it's to hone their skills or for casual enjoyment. But both also have the ability to heal people – including those in the Youngstown community.

In music and art therapies, patients are guided through creative processes to help them with certain disorders and health conditions ranging from depression to heart disease.

According to the American Music Therapy Association, music therapy interventions can be designed to promote wellness, manage stress, alleviate pain, enhance memory, improve communication and provide unique opportunities for interaction.

For Buckeye Hospice and Palliative Care in Mineral Ridge, Ohio, the search for music therapy volunteers to share their gift with patients and their families is important.

Music as Medicine

Nicole Pondillo, a social worker for Buckeye Hospice, visits patients and incorporates music into each session.

“I like to talk to patients if they like music, if there's a specific genre of music they like or a specific musician,” she said. “Then when I am able to do my visits, I can play that music for them through Pandora.”

For patients with dementia who are nonverbal, Pondillo said it's important to consult a family member when deciding on music that won't cause a negative reaction.

“From [the patient's] background, we don't know if they had a close emotional connection to that song in a negative experience, so we have to be careful with that,” she said.

But for one nonverbal patient with dementia at Buckeye Hospice, lyrics come naturally. When Pondillo plays the patient's favorite hymns, she recalls some of the words and is able to sing along.

“Being able to be a part of those experiences has been pretty awesome with Buckeye Hospice,” Pondillo said.

Music therapy benefits many Alzheimer's patients across the country. According to the Alzheimer's Association, music may reduce agitation and improve behavioral issues that are



Buckeye Hospice and Palliative Care uses music therapy to help patients with dementia by playing their favorite songs through Pandora. Photo by Frances Clause/The Jambar

common in the middle stages of the disease.

In addition, someone with Alzheimer's may be able to recall a song from childhood, further providing them with a way to connect to others, even after verbal communication has become difficult.

Pondillo said the reason for this is because music memory is stored in people's long-term memories.

“With dementia, those long-term memories are typically the last memories to be affected, which is why music can still reach somebody in the late stages of dementia,” she said.

Pondillo believes music therapy is important to Youngstown because of the city's large population of older adults.

“Just being able to reach them in different ways than the therapies we see now and adding a different layer to it through music therapy can help them cope in ways that we didn't think were possible,” she said.

Elliot Kwolek, a graduate student in clarinet performance at Youngstown State University, said he enjoys reaching patients by volunteering to play his instrument at nursing homes and watching positive reactions.

“[The patients] just seem so happy that there's someone there visiting them,” he said. “I think that's the best part: just making someone feel happy, even if it's only for 15 minutes.”

Kwolek encourages other musicians to volunteer their time because he believes music therapy benefits everyone.

“I think it's also a good way to just practice music in front of an audience,” he said. “Music is a big part of so many people's lives.”

Art Alleviates

According to the American Art Therapy Association, art therapy is an integrative mental health and human services profession that enriches the lives of individuals and their communities.

The Youngstown community is enriched with the HELMS Foundation of the Mahoning Valley, a nonprofit organization created to honor the life and vision of the late artist Ryan Giambattista.

The organization's mission is a collaborative effort between various groups and individuals, utilizing art as a tool to assist people struggling with their mental health and developmental and physical disabilities, according to the HELMS Facebook page.

Terri DiGennaro, HELMS chairwoman and Giambattista's mother, said her son was a street artist and HELMS was his signature, or “tag.” DiGennaro feels the interest in art and mental health, recovery and treating addiction has only grown since the organization's inception.

“What we did is bring in therapists from Akron and had a meeting with the providers of the [Mahoning County] Mental Health and Recovery Board,” she said. “We explained what art therapy and what the therapists' credentials were.”

DiGennaro said this meeting was an eye-opening experience for everyone involved because art therapy is not widely known in the area.

“I found a couple of art therapists, and Alta [Behavioral] Healthcare hired the very first full-time art therapist,” she said.



Josh Ford of Youngstown incorporates mental health topics into his art and has participated in the HELMS Foundation art shows. Photo courtesy of Josh Ford

“And then we have another full-time therapist at Meridian HealthCare.”

But to reach these goals, art shows were held with the local chapter of the National Alliance on Mental Illness, called NAMI, and these art shows only grew when The Soap Gallery in Youngstown offered to host a fundraiser.

“People sent in so much art, and they were individuals who had struggled or had family members with struggles,” DiGennaro said. “Some artists put their names on [their art] and others did not because of the stigmas.”

Josh Ford of Youngstown is an artist who participated in the HELMS Foundation art show at The Soap Gallery, and he received second place for his work that depicts a person turning to violence to deal with pain.

“I feel like if you want to make change, you got to open up topics,” he said. “My job as an artist is to provoke feelings, to provoke people to talk.”

Ford's advice to other artists is to not follow in everyone else's footsteps.

“By dancing to your own song, you will change the world through strong images,” he said. “People see that one image or one painting that might provoke them, see how they truly feel and they might have a breakthrough.”

To learn more about art therapy services in Youngstown, contact the HELMS Foundation at helmsmv2018@gmail.com or 330-727-5850. For volunteer opportunities in music therapy, contact Buckeye Hospice at 330-531-7543 or visit BuckeyeHospice.com.



HELIX SAXOPHONE QUARTET READY TO REPRESENT

Helix Saxophone Quartet plays in front of students at the Dana School of Music and were selected as semifinalists for the North American Saxophone Alliance 2020 Biennial Conference. Photo courtesy of Andrew Kovaleski

KAITLYN KELLEY

The Dana School of Music's Helix Saxophone Quartet will be a semifinalist in the North American Saxophone Alliance 2020 Biennial Conference at Arizona State University on March 6-9.

With only 20 quartets selected across the entire nation, the group sees it as an honor to have been chosen to represent Youngstown State University.

Daniel Slencsak, a senior saxophone performance major, is excited to represent his school and compete against bigger schools like Michigan State University.

"This is a pretty big deal," he said. "Any saxophone quartet at any school is able to compete, and about 60 entered. ... Really big-name schools will be there, and it feels really great to represent Youngstown State."

According to the 2020 conference lineup, three of the 20 groups competing are from Michigan State University. There will also be quartets competing from larger schools such as Arizona State University, the University of Oklahoma and Northwestern University.

Since YSU's Helix Saxophone Quartet was one of the 40% of selected semifinalists, the group feels its work has paid off. According to Slencsak, only the most elite are selected.

The convention features performances from collegiate and high school soloists and quartets as well as a jazz competition

for adults not enrolled in any school. The North American Saxophone Alliance picks all entries.

Noah Landry, a sophomore saxophone performance major, acknowledges that the competition will be big, but he is not intimidated.

"If anything, it's [going to be] very exciting to see ourselves up there with some of the biggest quartets in the country," he said. "We really are grateful to be one of those quartets."

Despite the competition and preparation, the group isn't just focused on winning. All four members of Helix are excited to just perform together, arrange the songs and enjoy the traveling experience in Arizona.

Santino Almasy is the only senior music education major in the group, but he hasn't let that stop him from having a good time practicing with the other quartet members.

"I love performing," he said. "One of the songs we get to perform actually features a baritone saxophone solo, and I'm excited to be featured. It's a beautiful piece."

Almasy added he was excited to just enjoy the trip to Arizona, as he has never been west of the Mississippi before.

"Excited is an understatement," he said. "I've never been to Arizona before, and I really want to see the Grand Canyon."

According to the conference guidelines, up to six quartets will advance to the final round on March 6. The Helix Saxophone

Quartet hopes to make it to the final round, and the members thank the Dana School of Music and James Umble, professor of saxophone, for his countless hours of coaching and guidance.

The quartet members are looking forward to making their school, coach and themselves proud.



The Dana School of Music's Helix Saxophone Quartet was selected as a semifinalist for the North American Saxophone Alliance 2020 Biennial Conference in Tempe, Arizona on March 6-9. Photo courtesy of Andrew Kovaleski



WORLD LANGUAGE CLUBS CELEBRATE MARDI GRAS FESTIVITIES

Students wore masks during the masquerade ball to combine the different cultures into one celebration. Photo by **Tina Kalenits/The Jambar**

TINA KALENITS

Beads, masks and dancing filled the Ohio Room of Kilcawley Center with Youngstown State University students and faculty celebrating Mardi Gras, also known as Fat Tuesday.

The World Languages Mardi Gras Masquerade Ball consisted of diverse food, music, games and trivia from various cultures. The ball was organized by the Spanish, Italian, German and French world language clubs.

The Mardi Gras holiday is represented differently worldwide and is recognized the day before the season of Lent begins.

Alyssa Falcone, co-adviser for the Italian Club, said the world language clubs recruit students taking a foreign language at YSU and get them involved in the different clubs.

“They’re learning about the German culture, French, Italian, Spanish, and there are many different countries represented because it covers many regions around the world,” she said. “[Students] are learning about history, language and literature as well.”

Students are encouraged to speak in foreign languages during the event to experience the diverse cultures as much as possible, according to Falcone.

“We typically don’t get together as all four groups at one time. We have our own club, our own events and meetings, but we rarely [are] all together,” she said.

Falcone said students are not just learning one language

but many others through combining the cultures into one celebration.

“We get to share a little bit about our own histories, our family histories, where we come from, how we’ve arrived and a little better understanding of the world around us,” she said.

Rachel Faerber-Ovaska, a French and German professor at YSU, said the event was a student-based initiative and the students brought the idea to her attention.

“When you learn a foreign language, you’re creating a new identity with a new language, so we’re here celebrating that,” she said.

“The reason we chose it is because it’s celebrated in many different cultures, so we created a masquerade ball where all the world languages can come together,” Faerber-Ovaska said.

“[The masquerade ball] is important because it’s an opportunity for the students who study different languages to get to know each other and work together and to feel like that positive identity as well,” she added.

Francesca Byrne, a sophomore business major, said the event was a way to get to know students who speak other languages.

“It brings people together of different cultures, and I think it’s a cool way of seeing how other people celebrate and live their life and celebrate Mardi Gras in religious and nonreligious aspects,” she said.

Students were able to understand other cultures as a whole.

“You can find similarities, but you can also learn from the

differences ... from these different cultures,” she added.

Falcone said the world language clubs are planning more events this semester, including a boxing tournament.

“I wish there are more events like this, maybe a foreign film festival as well, where we have every club talking about a movie and explaining it and what it means to their culture and language studies,” she said.



A group of party attendees smile for a photo during the student world language clubs Mardi Gras Masquerade Ball on Feb. 25 in Kilcawley Center. Photo by **Tina Kalenits/The Jambar**

RALLY IN SUPPORT OF YSU PART-TIME FACULTY

A kickoff rally to show support for part-time faculty members at Youngstown State University will be held at St. John’s Episcopal Church on March 12 at 7 p.m.

The rally will include an address on part-time faculty status at the university and a puppet show featuring how YSU has set its part-time budget for the past 28 years. YSU part-time

faculty members have not received a raise for nearly 30 years.

Pay for part-time faculty is based on a professor’s education level, according to a Nov. 2018 Jambar article.

For those with a bachelor’s degree, they receive a pay rate of \$650 per semester hour. Adjuncts with a master’s degree are paid \$800, while those with a doctorate receive \$1,050.

Music and cookies will be provided for rally attendees. St. John’s Episcopal Church is located at 323 Wick Ave.

The rally is hosted by the YSU Part-Time Faculty Association. For more information, contact Jim Zupanic at jczupanic@yahoo.com or 330-539-9188, or visit the association’s website at ysuparttimefaculty.blogspot.com.



BOULDERING: A GROWING SPORT IN YOUNGSTOWN

Bouldering was approved behind Bears Den Cabin in Mill Creek Park in November 2019. Photo by **Jordan Boitnott/Jambar Contributor**

JORDAN BOITNOTT **JAMBAR CONTRIBUTOR**

Interested in bouldering in the Youngstown area? Look no further than Youngstown State University's Andrews Student Recreation and Wellness Center or behind Bears Den Cabin in Mill Creek Park.

Bouldering is different from rock climbing, according to Norm Swann, Northern Ohio stewardship director of the Ohio Climber's Coalition.

"Bouldering is extremely hard moves at a very short distance. It is climbing on rocks that are very short without a rope," he said. "Generally, rock climbing is higher. The goal is to get to the top of the boulder. Boulders are typically only 15 feet tall or so. Sometimes we do a sit-down start where you sit on your mat to get more climbing."

Swann said there are various styles of bouldering and they all can be very dangerous.

"Highball bouldering has elite climbers practicing with ropes on rocks 50 feet tall. Then there is solo climbing where you go high enough that you can die."

R.J. Markowitz, the adventure recreation coordinator for the Department of Campus Recreation, said bouldering is a more technical form of climbing.

"It is a lot more problem-solving [than rock climbing], a lot

more moving your body in unique ways."

Markowitz said people have competed on the rock wall for at least 10 years, with the bouldering competition occurring once a year.

"They've been doing some sort of series like this since the wall has been at YSU," he said.

Jacob Winters, a sophomore computer science major and member of the adventure rec team, said the team is planning a trip to Mill Creek Park over the summer, which was recently approved for bouldering.

Jamie Yohman, Mill Creek MetroParks community engagement director, said bouldering in the park was approved in the Bears Den Cabin area Nov. 12 and boulderers must follow park rules.

"The park will not supply equipment to the climbers," she said. "Climbing with ropes, anchors and bolts is banned."

Markowitz said while Mill Creek Park is for more experienced climbers, the rec center wall is perfect for beginners.

"We are very much a community down here. Everybody who comes down here, they want to climb. They want to help you climb," he said.

"Our staff is incredibly knowledgeable; they are trained," Markowitz added. "They will climb with you whether it is your first time down here or whether it's your 500th time. This is the best part to start."

Bouldering will be available in Mill Creek Park during regular park hours, while the rec center climbing wall is open 12-8 p.m. Monday through Friday.



The Andrews Student Recreation and Wellness Center offers bouldering along with rock climbing. Photo by **Jordan Boitnott/Jambar Contributor**

A BITTERSWEET BIRTHDAY

MAC POMEROY

Feb. 24 was my last day as a teenager. Now, I haven't actually considered myself a teenager in a very long time. At least not since I was 18. However, the day after that Monday was my 20th birthday.

Of course, in my usual anxious and existentialist style, the first thing I thought was that I am one-fourth done with my life. Once I got past that, I looked back on the last decade.

It isn't like I can say that I have made it in the last 10 years — I was 10. But at the same time, I seldom see many similarities between the young scared child I was and the determined yet exhausted person I am now.

It's probably safe to assume that most people reading this column are adults. Your childhood years are behind you, and in front is the rush of a busy life. Maybe you are quite a bit older than me, already deeply settled and progressing forward.

I have written a lot about the future before. It's something that I personally think about all the time, probably more than the average person. I'm very much someone who needs to make plans for everything and always have some kind of goal.

Due to this, I don't think about the past very often. I do in terms of thinking about a story to tell or even remembering extreme events. However, I never really look back and think about the person I used to be or allow myself to judge how much I've grown as an individual.

This isn't uncommon.

Most of the people in my life are focused on moving forward and finding the next right step. Sometimes, it's even

said that reflecting on the past will only hold you back. For me, there's a difference between reflecting on the past and dwelling on it. To dwell on the past or hold on to what once was even after it is gone is harmful. To reflect on the past and just see how much your life has changed is necessary.

When I was 10, I definitely pictured a very different Mac. I won't go over all the details about what I thought I would be doing; I have prior articles discussing that. There was no preparation at all for who I am now — the tie-dye haired, Dwayne Johnson-obsessed, maybe a bit overly morbid writer.

And that's what I appreciate.

Perhaps some of you are at the same phase in your life as I am. You are still within your first few years of being an adult, and you are learning who you are. Or again, maybe you are older and have figured out your own way. Either way, I doubt any of us are exactly who and where we thought we would be a decade ago, for better or for worse.

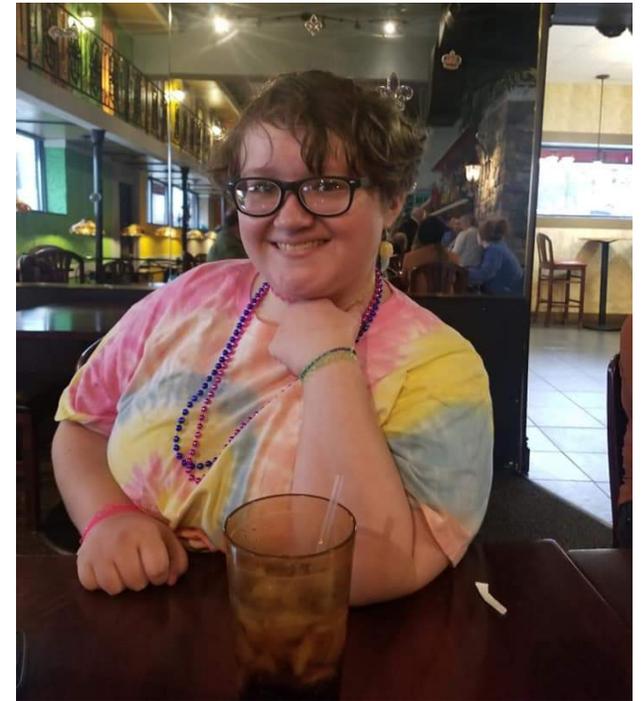
It's almost strange to think that as someone who loves plans so much, I practically skipped all of my own. And that's OK. I took the path that was best for me.

Regardless of where you thought you would be, life doesn't follow your plan. It will throw plenty at you, and you have to make choices that may be difficult. There is nothing wrong with looking back at what happened in order to realize how far you truly have come.

I know I have only gone from 10 to 20 in the last decade, but it has been a very chaotic time. I have had to learn to accept things that are extremely hard and make choices that I never wanted to consider. I have had to learn to accept myself

the way that I am and live a life that is realistic for me. I am just very blessed to have had my family by my side the whole way, supporting and believing in me.

So happy birthday, me. I hope the others go just as well.



Mac Pomeroy pictured at Charlie Staples Bar-B-Que in Youngstown for her birthday dinner. Photo courtesy of Mac Pomeroy

CRIMINALIZING SEX WORK IS HARMFUL

Eight men were arrested in a prostitution sting in Trumbull County by the Trumbull County Sheriff's Office, the Ohio attorney general's office and the Mahoning County Human Trafficking Task Force on March 2.

Each man is charged with solicitation, a third-degree misdemeanor and possession of criminal tools, which is a first-degree misdemeanor.

In Ohio, it is a crime to buy or sell sex. But making sex work illegal does more harm than good.

By legalizing sex work, the Ohio government could regulate it and protect sex workers from trafficking.

"Human Rights Watch has consistently found in research across various countries that criminalization makes sex workers more vulnerable to violence, including rape, assault, and murder, by attackers who see sex workers as easy targets because they are stigmatized and unlikely to receive help from the police," according to Human Rights Watch.

Decriminalizing prostitution eliminates a black market, gives sex workers rights and takes them out of unsafe work

conditions. Without rights, prostitutes cannot seek justice with law enforcement if they are mistreated in the workplace.

There is a difference between independent sex work and sex trafficking.

If adults want to sell sex, they should be allowed. If adults want to buy sex, they should be allowed — as long as all parties consent.

In the interest of full transparency, we'd like our readers to know one of those men arrested in the March 2 sting is a Youngstown State University student media employee.

The Jambar has been asked if we are going to write an in-depth report on the incident, and the short answer is no. Not at this moment.

This decision is not because of our opinions about the legalization of prostitution because it is a crime regardless.

But, this case as it currently stands is out of our jurisdiction. In any other circumstance, we would not report a misdemeanor that occurred off campus.

Here at The Jambar, we do not have a crime reporter or the

resources to look into every Ohio and Pennsylvania county to cross-reference if a YSU student committed a misdemeanor. Therefore, we are typically unaware of when similar crimes happen.

Our jurisdiction covers crime that happens on YSU's campus. If in the future this case affects campus, we will write an article.

We cannot in good conscious run a story out of our jurisdiction before a court date. Though he is a student media employee, he deserves the same treatment as any other YSU student.

THE JAMBAR
— EDITORIAL —

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THE STUDENT MEDIA COMMITTEE IS ACCEPTING APPLICATIONS FOR **YSU STUDENT MEDIA LEADERSHIP POSITIONS**. APPLICATION DEADLINE IS **MARCH 16**.

AVAILABLE LEADERSHIP POSITIONS INCLUDE:

Jambar Editor in Chief and Jambar TV News Director*
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Penguin Rundown Executive Producer**
Rookery Radio General Manager
Guin Yearbook Editor
Yo Magazine Editor and Jambar Arts and Entertainment Editor**
Penguin Review Editor

* must be available Wednesday and Thursday afternoons

** must be available Wednesday afternoons

QUESTIONS? EMAIL MARY DOTA (**MFDOTA@YSU.EDU**) OR
CALL THE JAMBAR OFFICE (**330-941-3095**).



FRESH SEASON FOR MEN'S GOLF IN SPRING

Zack Ford makes contact with the ball during the Firestone Invitational in October. Photo courtesy of **YSU Sports Information**

NATHANAEL HAWTHORNE

The Youngstown State University's men's golf team looks for greener pastures after a rough fall season. With one medalist finish recorded during the fall, the team is using the lessons it learned and is translating them to the spring.

"I was kind of pleased with the way we played and looks like the kids have been practicing well for Orlando this upcoming week," Penguins coach Tony Joy said. "What's important about the tournament in Orlando, it's at Mission Inn, where we have our conference championship in April."

Joy said he believes the upcoming tournament will give the team an important opportunity to practice the course and look at fellow Horizon League teams such as Wright State University and the University of Oakland, two of the stronger teams in the league.

The Penguins were selected fourth overall in the preseason poll. Compared to this time last year, the team made a four-slot jump. However, the players aren't satisfied.

"It's a huge jump to get to fourth, and how we finished last year, we felt like that was a pretty reasonable spot, but we want to be number one, obviously," junior team member Zack Ford said. "Wright State's a good team, but we're going to be chasing [it]."

Ford said the team is excited for the opportunity to be the underdogs and views the status as another motivational tool. However, Joy said he believes YSU could be the team to beat down the stretch.

"We could be one of the teams that has a good chance of winning the championship," Joy said.

One aspect the team is banking on as it moves into the spring season is experience.

Last year, the team lost one player, and many are returning players. Joy said while the jump to the spring can have its difficulties, starting on the golf course that hosts the championship rounds is a tremendous help.

According to Joy, the more times the team can play a course, the better its chance is to improve, so naturally, opening the season at a course many of the players have played on is beneficial.

With a new season beginning almost directly after another season, there is a chance to address some of the mistakes that need to be corrected.

Joy said one of the biggest obstacles the team needs to overcome is a lack of consistency. He gave an example from last season, and said in one of the early tournaments, the players didn't play that well, but the next day they did.

"The key is to have everybody play well at the same events," Joy said. "Like any sport, if we can get everybody to play up to their potential at the same time, we're going to be competitive."

The team opens the spring season at the George Mason Orlando Invitational on March 9. Following the opening rounds, three tournaments are all that stands between the start of the season and the Horizon League Championship rounds.

"We are playing very solid coming off the fall," Ford said. "We played very solid even in the winter when a couple of us played in tournaments and we played really well. I feel like we're going to have a really good chance down there."

BUFFENBARGER EARNS HORIZON LEAGUE PITCHER OF THE WEEK

CHRISTINA SAINOVICH

The Youngstown State University softball team has started out its season on a strong note with a 6-3 record, and junior pitcher Elle Buffenbarger has been a major contributor to the team's success.

Buffenbarger has pitched in five games, including four starts, early on in the season. She has earned run average of 2.62 and an overall record of 3-1.

Most recently, Buffenbarger tossed a complete game, three-hit shutout against Sacred Heart University Feb. 23. In the game prior to that, Buffenbarger threw her first career no-hitter against Norfolk State University in the team's 8-0 victory.

This is the program's first no-hitter in seven years. Buffenbarger's outstanding weekend earned her Horizon League Pitcher of the Week honors for the first time in her career.

She credited her success to her teammates and their hard work.

"I got to where I am right now with an amazing defense behind me," Buffenbarger said. "The no-hitter is just an attribute to how hard the defense and offense have been working."

She said she is extremely proud of herself and now everyone can see the hard work she put in during the off season.

"I had a little bit of a slump last year, so being able to come out and show people how much work I put into the off season is just exciting to me," Buffenbarger said.

Before she was the ace on the Penguins softball team, she was in high school still trying to figure out college. She said

she became more serious about college and softball during her senior year — that's when she started to focus on her future.

While visiting colleges, she was impressed with features that YSU had compared to other schools.

"I came here, and the facilities were so nice," Buffenbarger said. "We have the [Watson and Tressel Training Site] and other teams have to practice in the gym, so we are very lucky. Our field is nice, and I love the community atmosphere."

One of the hardest transitions was the overall expectation going from high school to college. The junior said the toughest adjustment for her to make was the time she had to put in every day.

"You think you work really hard in high school, and you put in all the time," she said. "Then you get to college and it's more time, more effort and more schoolwork, too."

Early in her freshman year, Buffenbarger found role models in some of her upperclassmen teammates. She said she wanted to be more like them on and off the field.

"My freshman year, I looked up to Lexi Roach and Stevie Taylor. They were always so level-headed and calm and worked really hard. I really wanted to be more like them," Buffenbarger said.

Over time, Buffenbarger has stepped into a leadership role on the team. She said she still tries to model her attitude after Roach and Taylor to be the best she can be for her young teammates.

"I consider myself a positive role model, like a leader on the team. I don't necessarily direct people around, but I always have a good attitude," Buffenbarger said.

The softball team is looking to extend its streak of 25 wins per season to a fifth year in a row. Buffenbarger said she has confidence in this team and how close the members are on and off the diamond.

"Each year our team's become closer. ... This year we have the closest team and best team chemistry," she said. "That's really important on the field because you can see that we are working together and building each other up and supporting one another."

Buffenbarger still has the better part of her junior year and her entire senior year to leave her mark on YSU.

She has plans to lead younger generations after she graduates from YSU. She is a general studies major and would like to use that to influence others by becoming a softball coach or early childhood teacher after graduation.



Elle Buffenbarger hurls a pitch during the Penguins' fall scrimmage against Mercyhurst University. Photo courtesy of **Robert Hayes/YSU Sports Information**



PENGUIN MEN ADVANCE IN HORIZON LEAGUE TOURNAMENT

Horizon League Sixth Man of the Year, Devin Morgan, smothers a University of Wisconsin-Milwaukee player during their January contest. Photo courtesy of Robert Hayes/YSU Sports Information

BRIAN YAUGER

Youngstown State University's men's basketball team made a second-half push to get past the University of Wisconsin-Milwaukee in the first round of the Horizon League tournament.

The Penguins scored 14 of the last 17 points in the game, rallying back from a 6-point deficit at halftime to get the win. YSU outscored the Panthers 33-21 in the second half.

"It obviously wasn't pretty, but it's March," Penguins coach Jerrod Calhoun said. "It doesn't have to be pretty, it's 'survive and advance.'"

The win gives the Penguins their highest win total since the 2012-13 season, where YSU finished 18-16.

"It felt good. It felt like it was secure," Penguins junior forward Naz Bohannon said. "We got the first one. Now, we got three more to go for a championship."

Bohannon led the Penguins with a game-high 20 points. First Team All-Horizon League guard Darius Quisenberry scored 12 points and Michael Akuchie added 10, including back-to-back 3-pointers to kick-start the team's comeback.

The balanced YSU offense was aided by a stout Penguin defense, which held Milwaukee to 10% shooting from behind the arc in the second half.

"I thought we got a lot of good efforts from a lot of guys," Calhoun said. "Just really relentless. I thought they stayed together and did an unbelievable job in the last 14 minutes of

the game defensively. I said a few days ago if we can hold teams to under 70 [points], we've got a real chance to make a run."

Quisenberry said the team's defense is the X-factor going forward.

"We bring our energy wherever we go; our defense carries with us as well," he said. "Wherever we go, our defense goes. ... That's going to carry our offense as well. We'll be fine if we have our defense with us."

The YSU football team was in the Beeghly Center, aiding in the tournament atmosphere that's helped YSU set a record 13 home wins, which is the highest since YSU made the jump to Division I.

"The crowd carried us again, similar to Wright State," Calhoun said. "Our guys fed off the people of Youngstown. ... I can't say enough about the support here and the way they've rallied for our guys. They helped us win a lot of games."

The Penguins (18-14) will travel to Illinois to take on the University of Illinois at Chicago in a Horizon League quarterfinal match Thursday at 8 p.m. on the Loyola University campus.

UIC advanced to the second round with a convincing win over Indiana University-Purdue University Indianapolis.

The YSU women saw their season come to an end in an 84-48 loss to Cleveland State University. The Penguins ended their year at 13-17 overall.

Junior forward Emma VanZanten scored a career-high 13 points in the loss, and junior guard Chelsea Olson scored all 12

of her points from 3-point range.

Assuming Mary Dunn's medical redshirt is approved, the Penguins will return their entire roster for the 2020-21 season.



Naz Bohannon puts a shot up for the Penguins in their January contest against the University of Wisconsin-Milwaukee. Photo courtesy of Robert Hayes/YSU Sports Information



PENGUINS TRACK DOES IT AGAIN

Dakari Carter runs during the first day of the Horizon League Championships. Photo courtesy of **Robert Hayes/YSU Sports Information**

PRESTON BYERS

The Youngstown State University sprinters steered the men's and women's track and field teams to the Horizon League Indoor Championships, extending their conference win streaks to five and four, respectively.

The women's team fell behind in the team standings before its sprinters scored 59 points between the 60-meter and 200-meter dashes March 1. Senior Jaliyah Elliott, who won both events, became the fourth sprinter in league history to win three conference titles.

Elliott was named the Alfreda Goff Indoor Track & Field Female Co-Athlete of the Year after setting a new league record in the 200 with a 23.66-second performance.

Penguins coach Brian Gorby was also named league men's and women's coach of the year. Gorby, who has been coaching the program since 1994, has coached more than 40 conference championship-winning teams.

He said he believes his current team may be the most complete team yet.

"From a rankings standpoint, having all five phases being this strong, this is probably the most well-rounded team, the deepest team we've ever had in program history," Gorby said. "We've had some teams that maybe had one area that's super, super strong. ... But we've got a complete team in all areas."

Besides Elliott, YSU's top track athletes include senior Collin Harden and junior Sean Peterson, as well as freshmen Alivia Bentley, Dakari Carter and Jahniya Bowers, all of whom were named the league's top freshmen.

Harden, who won the 60-meter hurdles event, scored 19 points across three events — 60 hurdles, the 400-meter dash and the 200. In addition to his 60-hurdle win, he finished second in the 400.

Gorby said Peterson, a distance runner, has been one of the team's biggest surprises. At the Penn State National Invitational on Feb. 1, Peterson recorded the second-best mile run time in school history, running it in 4 minutes, 5.19 seconds.

Peterson also won the mile and 800-meter dash at the indoor league championship. His 800 win was the third of his career, making him the second athlete in league history to win the event three times.

The Penguins' success has been relatively consistent for the last decade, and with positive reinforcement and a high-energy attitude from the coaching staff, the championships will continue.

"We're always pushing the positives. We're always bringing lots of energy," Gorby said. "We're always pushing them to go higher, farther. That's been our motto for 30 years, so it's going to continue. We've also got some great coaches that are really young. They each bring something different to the table."

After a short break, the Penguins will turn their attention to the outdoor season, which begins March 25 with the Clyde Littlefield Texas Relays and Bobcat Invitational.



The Penguins' track and field coaching staff poses with Brian Gorby's men's and women's coach of the year trophy. Photo courtesy of **Robert Hayes/YSU Sports Information**