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Dean of students talks campus programs

Brionna Scebbi | Copy Chief
Max Hess | Reporter

Dean of Students Chris Bullins presented the role his office plays on campus and its upcoming programming to representatives of the student body at Monday’s Undergraduate Student Government meeting.

The Office of the Dean of Students has a hand in the following programs and events on campus:

Student Orientation, Advising and Registration - SOAR allows every first-year student to get acclimated to campus during a day-long orientation over the summer.

Parent and Family Programs - ODOS runs several programs for parents and families of students throughout the year. These events include Falcon Family Weekend, Homecoming and Sibs N Kids Weekend.

Center for Leadership - The CFL provides leadership training for students. Once trained, Student Leadership Assistants present workshops for organizations, classes or any group that requests their help. The CFL is also home to the President’s Leadership Academy, a leadership development program.

Spirit Program - Mascots Freddie and Frieda Falcon, SICSIC, the cheerleading squad and dance team are all based in the ODOS. These groups aim to increase school spirit at campus and sports events.

Falcons After Dark - These Falcon Friday programs happen from 8 p.m. to 12 a.m. in the Bowen Thompson Student Union. Upcoming activities include movie showings, crafts, putt putt, virtual reality simulators and laser tag.

After Bullins introduced himself and explained some of the on-campus programs and events his office is involved with, the floor was open to discuss other important matters on the USG agenda. According to Senate Speaker Paul Garbarino, who is also the managing editor of The BG News, the USG has some upcoming events.

“USG is planning some big events in the future for all students and community members. On Sept. 24, there will be a town hall to get students to register to vote and be made aware of what’s on the ballot,” he said.

Another issue discussed was the proposed changes to the constitution and bylaws to be voted on at the next meeting.
What you should know about hurricane preparation

By Keralynne Frederick
Columnist

If you are anything like me, you were born in the Midwest, and the only knowledge you have about hurricanes is we name them like they’re pets and they cause a heaping load of damage (sometimes like a pet). We have all seen tons of hurricanes on the news, most recently being Hurricane Florence.

But for those of us who have never experienced an actual hurricane in person, who is here to prepare us for one? Who is to say we will be living in the Midwest forever, making bets on what the next hurricane will be named? What is the best gameplan during the event of a hurricane? What are the worst approaches when preparing for a hurricane?

So, before you move to your beach house on the East Coast, let me give you some information on how to best prepare for your next hurricane.

Tip 1: Be a hoarder.
Stock up on everything. Buy everything, I mean water, food, blankets, flashlights, that dusty first aid kit you have probably never touched and backup power banks for your cell phone. Just grab everything.

Tip 2: Bring pets.
Do not forget about your pets. Fluffy and Mittens are just as scared as you are, so don’t forget about them! Plan ahead to make sure they will have a safe place to be in case the worst situation happens.

Tip 3: Lock down the boat.
According to the National Hurricane Center, if you own a boat, you should be mindful of the weather and the damage it could do to any vessels. Be sure to take the proper precautions to protect yourself and your boat.

Tip 4: Stay updated.
Make sure you are aware of what is going on during the hurricane. Keep up on the weather updates, so you know when you are safe from the storm, whether that is via your phone, your radio or your television. Hurricanes can cause a lot of damage, so it is always a good idea to know where the hurricane is at compared to where you are. Apparently, hurricanes are known to create tornadoes as well, according to the NHC, so it might be worth looking out for those, too.

Tip 5: Find friends.
It might even be a good idea to not be in your home at all! If you are able to leave your area and kick it with some friends or family in a safer location, you might want to consider that option! Just make sure you travel several days in advance, because there will be tons of people trying to evacuate as well.

Tip 6: Travel light.
Do not pack too much! Only pack the necessities. Your autographed Britney Spears poster from 2004 will probably need to stay behind in order to pack light for the extremities in your future. It will not be an easy belonging to leave behind, but I promise it will be worth it.

Tip 7: Stay calm.
Overall, just be safe and try not to panic. Do what you feel is the right thing to do. Always trust your gut feeling, or your instinct, because you will always know what is best for you.

PHOTO PROVIDED BY THE DEPARTMENT OF DEFENSE
Hurricane Florence approaches the U.S.
Dealing with the real problem of seasonal depression

By Angelica Euseary
Columnist

The recent death of Mac Miller, 26, from an alleged overdose, should leave you thinking about how important mental health is. No one likes seeing people leave us at such young ages. Depression is a mood disorder people suffer from. Depression has the power to change energy and how you interact with people.

As young adults, it’s important for us to keep up with ourselves and how we’re doing. If we aren’t doing well, then we can’t thrive in school. That’s wasting money, and nobody wants to do that.

Seasons changing might bring seasonal depression, and it is a real thing. Symptoms of seasonal depression include fatigue, hopelessness and social withdrawal.

Pushing awareness on mental health issues helps create change and get people the help they don’t know they need or are ashamed of needing. There is no need to feel ashamed of the fact that you might need help. Everyone at some point in their lives has needed it.

Sometimes people suffer from mental illnesses and don’t even know; that’s why it is so important for us to push information about symptoms and help on everyone.

If you feel your moods changing from anything like depression or homesickness, don’t isolate yourself. Being by yourself will not help much. I understand if you’re an introvert and you need some space; that’s different. I mean, don’t isolate yourself because you think you’re alone, because that’s never the case. There are people in the University community who care and want to help.

It is so important to remember to take care of yourself, by doing whatever that means for you. Exercising and going for walks, hanging out with friends and utilizing resources around you are options.

The BGSU Counseling Center is located on campus at 104 College Park Office Building, their number is 419-372-2081. Don’t be afraid to ask for help.

“Don’t be afraid to ask for help.”
— Angelica Euseary —
Columnist

Coming to terms with college

By Miah Paloma
Columnist

The sun beamed unflinchingly, filling the air with dreaded humidity as I made my Tuesday errands. I began the morning with various songs from legends like Sam Cooke, Etta James, Mademoiselle Kitt and, of course, Mr. Cab Calloway. As the day proceeded, my music selection narrowed down to Queen’s “Don’t Stop Me Now,” Tears for Fears and various songs from Paramore. That day was the day I began a job I wasn’t sure I wanted.

Yes, I am talking about an actual job. Mind you, I have recently adopted the title of a full-time student. The term adopt is used purposefully, being that adoption is also very expensive, time-consuming, potentially draining but all the while worth it in the long run.

I swore up and down I would never work in the food service again. Thankfully, I am working in a burger joint.

The job is not difficult. In fact, the only difficulty I had was the huge likelihood I would go home smelling like beef. I came to terms with it... slowly. It’s not exactly the most ideal fragrance.

College is such an interesting concept. High school is like riding a bike with training wheels except somehow you still manage to fall over, repeatedly — and oh yes, occasionally the bike is on fire, and it’s constantly shooting down a hill, a steep hill like those in Athens, Ohio.

College is like riding a bike without training wheels, with your parents behind you pushing both literally and figuratively. Of course you can imagine when a child is learning to ride a bike they are very wobbly in the beginning and have probably fallen and cried a little. That is college.

I surprisingly haven’t cried. My tear duct well has run dry, with the exception of saying goodbye to my younger brother (it’s his fault I cried).

Anyway, college is mainly different in the fact that you can’t get through it alone. In high school, you could be as anti-social as your heart desired and coast with comfortable grades.

Whereas in college, there’s no way at all to pass without a support system, whether it be classmates, professors or family. My absolute favorite part about college is the opportunity to be different. In high school, you are labelled and no matter what; you are stuck with that label. I, for example, was always the quiet girl.

That title amuses me now knowing the reason I was quiet was not in fact normal at all. I have anxiety, and it was not until I got medicine and counseling that I realized how bad my condition was. I thought it was normal to be afraid to move in public places. By that, I mean I would sit in the same spot for hours at a time, terrified of the large crowd before me. I wouldn’t talk and I wouldn’t eat no matter how hungry I was — I’d just sit.

Now that I have broken old habits and am taking care of myself, I have set out to be different. I used to be afraid of moving in public places. Now, I thrive off of it. I purposefully write with my complicated script handwriting, openly miss my typewriter and record player and spell out my name at Starbucks. The last one does not seem that important, but after living a life where so long so many people have told me who I am and who I should be it IS VERY important. I am who I am, and that’s that. People will learn my name, and I won’t be defined any other way than what I am.

So go stand out, be yourself, do that awkward weird thing that you love and DON’T apologize for it. The world needs people that aren’t afraid to be bold.

“So go stand out, be yourself, do that awkward weird thing that you love, and DON’T apologize for it.”
— Miah Paloma —
Columnist

“Don’t be afraid to ask for help.”
— Angelica Euseary —
Columnist

“Do you know anyone affected by Hurricane Florence?”

ALLISON CRISP
Freshman | Inclusive early childhood education

“I don’t know anyone affected by it.”

ASHLEY WALLACE
Junior | Science education

“I do not know anyone who has been affected by the hurricane, but I know how detrimental it’s been to our country and other countries.”

KATELYN LEWIS
Senior | Biology

“I don’t think I know anyone who has been affected by the hurricane, but I know that it has been a really big issue lately. From what I’ve seen a lot of people are using humor to lighten the blow a little bit.”

MONICA RUSHTON
Senior | Biology

“I do not know anyone that has been affected by the hurricane, but I know that it has been a really big issue lately. From what I’ve seen a lot of people are using humor to lighten the blow a little bit.”

NOAH ROSCOE
Freshman | Aviation

“I do not know anyone who has been affected by the hurricane, but I know that it has been a really big issue lately. From what I’ve seen a lot of people are using humor to lighten the blow a little bit.”
New rides on campus

Shaelee Haaf
Reporter

Students, faculty and staff travel across 1,338 acres of the University to attend classes, club meetings, sporting events or to spend time with friends.

In an effort to provide an environmentally friendly, affordable and fast way to commute around campus, the Office of Campus Sustainability offers members of the University an opportunity to borrow a bike from the Orange Bike Rental Program.

“We encourage people to ride a bike as a means of transportation rather than driving. It’s certainly great to ride a bike for recreational, exercise, and sport purposes, as well,” said Nick Hennessy, the director of the Office of Campus Sustainability.

The Office of Campus Sustainability partnered with the University Police Department to help keep the program running. The police department donates any bikes that were declared lost or abandoned, which makes this program even more sustainable since new bikes are not being purchased. The ones in prime condition are taken to the Orange Bike mechanic, Maxwell McCray, a junior environmental science major, to be repaired before being added to the collection.

“If we’re going to charge, we want to provide the best bikes that are available,” Hennessy said.

There are currently over 50 bikes within the fleet, and more may be added throughout the year. When it first started, the Orange Bike Rental Program received its name based on the orange color of all the bikes; however, now that is not the case. The Orange Bike Garage has a wide variety of styles, brands, frame sizes and colors available to meet the wants and needs of the customer.

People who are interested in renting are required to fill out a short application, which can be found on the Office of Campus

New rides on campus Continued on page 6
Sustainability website. The earlier applications are turned in, the better chance someone has of receiving a bike.

Another requirement is renters must provide their own “U Lock.” These can be purchased at nearby stores such as Walmart, Meijer or even Amazon for $10 to $20.

Bikes are available to rent for a semester or for the full academic year. In the fall — from the first to the last day of classes — it costs $49. During the spring semester — from the Monday following spring break to the last day of classes — it costs $39. For the full year — from the first day of fall classes to the last day of spring classes — it costs $79.

"$49 a semester that includes service is not a deal that’s going to be touched anywhere near here. It’s a fantastic option, and it’s priced to make the program available to as many as people as possible,” Hennessy said.

Should a bike need to be repaired, a maintenance service is also included with the rental price. The Orange Bike Garage is located at 517 E. Reed St., a two-minute walk from Falcon Heights. The hours of the Orange Bike Garage are listed below. If a student is unable to visit during those times, they can also send an email to greenbg@bgsu.edu to schedule an appointment.

Weekly hours of the Orange Bike Garage
Monday
9:40 a.m. - 1:30 p.m.
Tuesday
8:15 - 11:00 a.m.
Wednesday
9:40 a.m. - 12:30 p.m.
Thursday
Closed
Friday
12:50 - 2:45 p.m.

The Bike Garage does have the capacity to loan out a different bike if the original needs to be left overnight. Hennessy pointed out most of the bikes, which have been brought in by renters, needed minor repairs.

“It’s a good testament to the quality of the bikes that we are renting and the way people are caring for them,” he said.

Hennessy discussed his goal for the program’s future.

“The best thing I can ask for in this program is an understanding that riding bikes could be one way to reduce emissions and that riding a bike is an alternative form of transportation that’s not too tough to achieve here on campus,” he said.

It’s not too late to send in an application. A number of bikes are still available to rent at the Orange Bike Garage. For more information, head to https://www.bgsu.edu/campus-sustainability/transportation/orange-bike-program.html

New rides on campus Continued from page 5
President Rodgers announces partnership with Mercy Health

By Brionna Scebbi
Copy Editor

The University and Mercy Health, Ohio’s largest health care provider, announced they signed a letter of intent to enter a partnership today that will increase opportunities for students looking to enter the medical field.

Once this partnership is approved, Mercy College of Ohio, a member of Mercy Health, will provide students of the University with educational and employment connections through Mercy Health.

The link between the University and Mercy Health through Mercy College is a strong one as the missions of both organizations align well, President Rodgers said, according to the University’s news release of the announcement.

This alliance between Mercy College and the University is beneficial for both schools. According to the news release, Mercy College’s six certificate and nine degree programs and the advantages the University has as a public institution will give students learning experiences that will further prepare them to enter the medical field.

The University of Toledo’s resignation from a similar partnership with the University earlier this year prompted the search for an agreement with Mercy Health. Students of the University had supplemented their pre-nursing education with the developed programs at the UT for more than 40 years.

The planned agreement between Mercy College and the University has to be approved by the Ohio Department of Higher Education, the Ohio Board of Nursing and several accrediting and government entities. The board of trustees of Mercy Health, Mercy College and the University must also approve a final agreement.

City to build roundabouts at Interstate crossing

By Adam Gretsiniger
City Editor

East Wooster St. will be experiencing a major turn in traffic.

The Ohio Department of Transportation will be building two roundabouts on East Wooster St. by its exchange with I-75. Additionally, the street’s bridge over the interstate will be renovates to include both walking and bike lanes and a new surface.

An ODOT statement said an Ohio company would be contracted to work on the changes for $10 million.

Joe Fawcett, Bowling Green City assistant municipal administrator, said though the city is involved in the project’s planning, ODOT is the main party responsible for its realization.

ODOT District 2 public information contact Rebecca Dangelo said though roundabouts are somewhat uncommon in America, this project to “update the interchange” is “definitely not the first interchange of this type” in Ohio.

The roundabouts will be single-lane circular roadways that will replace the traffic light crossings currently at the bridge. Both drivers turning on and off I-75 will join the roundabouts, yielding to traffic already in them and drive until they reach the exit in the direction they want to use.

Dangelo said the department wanted these roundabouts in Bowling Green after looking at traffic data in the area and a safety finding that determined the traffic light system in place could be improved by a roundabout to help manage the number of vehicles coming in and out of town.

However, she said the idea behind the newer system relied on ODOT’s meetings with Bowling Green State University and city officials. The roundabout concept was brainstormed to fit the “personality” of the town and city, and its aesthetics are planned to fit that character.

This system will be “more of a gateway to the city,” Dangelo said.

She said consultation meetings also helped generate the idea for dedicated bike and walk lanes on the bridge, as citizens and officials noted the great amount of pedestrian traffic on it and wanted to secure extra security for the non-car travelers.

Roundabouts are not new to Ohio, but their installation has generated criticism. Dangelo said the department is familiar with these complaints, which she said mostly came from people who did not want something fixed that was not broken.

She added, however, that department engineers encourage these changes, even when infrastructure is not in need of repairs. “We don’t want to wait until something is broken” to improve on it, she said about the department’s stance.

Construction began Aug. 20, 2018, and is estimated to conclude around the end of July 2019. Lane closures on Wooster will continue through the end of the work, as well as some highway lane restrictions.

The interchange bridge is currently down to single lanes going East and West, and both lanes are slated to close next year for a 60-day period, WTOL reports.
Learning mindfulness and meditation in the classroom

By Alicia Kobasic
Reporter

Students are getting class credit for practicing mindfulness thanks to a course taught by Bill Hupp.

“At first, it sounded like a fun class. I can use it when I am feeling stressed,” said senior Courtney Hunt when she was first looking at the course’s description.

One of the main focuses of Hupp’s class is teaching the students different forms of meditation. One form is compassion meditation, which involves chanting a repeated phrase called a mantra. One of the first activities Hupp does with his class is spend thirty minutes practicing these forms of meditation.

Hupp provides several different mindfulness practices for the students to practice at home. They range from just smiling, taking three breaths when they are becoming impatient and eating with no distractions. The students then write a reflection after practicing some of the exercises.

Along with the mindfulness exercises, Hupp has the individuals in the class practice a meditation form of following their breath for twenty minutes every day at home.

“It has only been three weeks, and it has already been life-changing. I have been practicing the 20 minutes of following the breath at home, and it has already changed the way I think and do stuff now,” Hunt said.

One activity Hupp is implementing into his class is called a talking circle. This activity has the students sitting in a circle and passing around what is called a talking stick. During this activity, he has the students share their experience with the meditation practice and the class thus far. However, the students can only talk when they are holding the stick. This gives the students a chance to hear what their peers are gaining from the activities and skills they are learning in class.

“I want them to establish a meditation practice. Not every student will continue on with the meditation practice after the semester, but I know a good percentage of students do continue with the practice. Also get a good understanding of the idea of mindfulness,” Hupp said.

Hunt hopes she can gain “anything I can pass on to others and change my way of life and become less stressed out and happy.”
Falcons come back to tie Buckeyes

Jacob Clary
Sports Editor

The men’s soccer team tied the Ohio State University Buckeyes 1-1. The Falcons’ defense was able to hold off the Buckeyes for the first 70 minutes of the match, but they ended up scoring in the 72nd minute to give them the lead.

The Falcons were close to scoring multiple times in the second half but weren’t able to capitalize on their chances until very late in the match. However, the Falcons were able to score one from outside of the box with just nine seconds left in regular time. Zach Buescher was the player who scored the goal for the Falcons.

Coach Eric Nichols talked about his feelings of the team after their tie. “Extremely proud,” Nichols said. “Being down a goal to a Big 10 opponent on the road is a massive challenge, and our team stayed dialed in... That is not easy to do.”

Both sides of the Falcons’ team played exceptionally well during the match. The offense was able to get off 17 shots during the entirety of the match, including six shots on goal. They had six more shots than the Buckeyes, which shows the offense may be heading to the direction they want to be.

Again, the defense played well. Anthony Mwembia, the goalkeeper for the Falcons, had one of his best games of the season, almost shutting out the Buckeyes. The defense was able to hold the Buckeyes to 11 shots during the whole match, including overtime. The Buckeyes also had only two shots on goal in that time. The defense is at the point for where it needs to be and showing why it is the strength of the team. Nichols talked about Mwembia and the defense.

“I agreed he was great, and our backbone is the foundation of our team... For us to have success, it is essential that they are clicking,” Eric Nichols
Falcons Head Coach

Premier League a month in

Jacob Clary
Sports Editor

The Premier League season has been going on for about a month now, and some teams have already started to distinguish themselves as frontrunners for the trophy, and others have started the season in bad form. Liverpool, Chelsea and Manchester City all look like teams who could win the title, while Manchester United and Arsenal are not looking very good.

The team who has looked the best so far is Liverpool. After last season’s successful run in the Championship League and fourth place in the Premier League, they look like a team primed to win.

Liverpool’s biggest weaknesses last season were their goalkeeper and defense at the beginning of the season before their transfer for Virgil Van Dijk from Southampton in December. They alleviated their weakness at the goalkeeper position by getting Alisson Becker, the former AS Roma and Brazilian national team keeper. Becker has only allowed a single goal this season, which is amazing compared to how terrible Liverpool’s defense was last season.

Their offense also, amazingly, got better as well. They still have one of the best three players attacking the ball with Mohamed Salah, Roberto Firmino and Sadio Mane, but they were able to make their midfield better by getting Naby Keita in the offseason, who has helped the midfield get the ball to their playmakers faster and more effectively.

Liverpool is my pick to win the Premier League, and barring a catastrophically bad run of form or an injury to a key player, I think by the end of the season the Premier League trophy will be hoisted by Liverpool.

Another team who could very well win the title are the defending champions of the Premier League, Pep Guardiola’s Manchester City. Manchester City took the Premier League by storm last season, being the first team in the league ever to have at least 100 points in the season. Guardiola’s style of soccer worked wonders with the players he has on the team, especially star midfielder Kevin De Bruyne finally showing his true potential. However, this season has already got off to a rocky start with De Bruyne taking an injury, which will sideline him until November.

The team still has enough offensive firepower to compete with the other Premier League teams, with the likes of Sergio Aguero, Raheem Sterling and Leroy Sané. Their defense is great too, with Kyle Walker being the star in the back. Manchester City has a chance of winning the title again, but it might be a bit more difficult this season.

The last team mentioned in the beginning paragraph was Chelsea, and they are doing much better than I expected.

Their offense has been great, as Eden Hazard has played like one of the best in the world, which he is. His play, as well as Willian and Jorginho, has been instrumental in helping Chelsea score their goals.

Their defense has also played great, only allowing three goals so far in their first four matches. Their new goalkeeper is Kepa Arrizabalaga, who the team got in the offseason after the transfer of former goalkeeper Thibaut Courtois to Real Madrid. He has been helped by David Luiz, Marcos Alonso and Antonio Rudiger at the backline, all playing excellent soccer as of late.

A couple other teams who might not have been obvious contenders at the start of the season to beat the likes of Liverpool or Manchester City but have played extremely well are Tottenham Hotspur and Watford. The Spurs, the nickname of Tottenham, have one of the best players in the Premier League at forward, Harry Kane. Kane has been one of the best forwards in the last couple seasons in the league, getting at least 20 goals in the last four seasons — including 30 last season. Kane got the Golden Boot in the World Cup as well, which means he had the most goals during the tournament.

The Spurs also have Dele Alli and Son Heung-Min on offense, so they will be scoring a lot of goals this season. Hugo Lloris, their goalkeeper, played for the French national team, so they also have a good player in goal. They could be a team to watch this season.

Lastly, a team no one expected to play as well as it has this season is Watford. They are tied for the Premier League lead with 12 points. They have won all four of the matches they have played this season. They are tied at third for most goals scored so far in the season with nine and have also only allowed three goals to be scored.

Their top scorer, Roberto Pereyra, has three so far, and they have a good way of getting the ball up to him. It may seem a bit early to say Watford has a chance, but a few years ago Leicester City ended up winning the Premier League, so nothing is impossible.

The Premier League has been back for a month, but the season has only barely started. The best matches are still to come, and the best teams haven’t been decided yet. That’s for the rest of the season to decide.
Players to pick up in Week 2

Parker Kern
Sports Reporter
QB: Ryan Fitzpatrick
Fitzpatrick was fantastic for the Bucs, as they marched into New Orleans and were victorious against the Saints (who almost completed an amazing fourth quarter comeback), 48-40. Fitz threw for 417 yards and four scores, plus a rushing touchdown. All in all, he scored 42 points in a standard-scored ESPN PPR league. He’s only owned by 1.9 percent of owners in the ESPN fantasy football world. If you had someone like Matt Stafford disappoint you with turnovers last week, Fitzpatrick is definitely someone to consider picking up. He’s going up against Philly’s defense this week, but with weapons like Mike Evans and DeSean Jackson, he has the potential for another big outing.
RB: James Conner
The former Pitt Panther had an amazing week against Cleveland, rushing for 135 yards, scoring two touchdowns and receiving for 57 yards. In total, he scored 34 fantasy points. Because of the big outing, he is rapidly being taken off waivers in many leagues. As long as LeVeon Bell is out, he will likely continue his success as a dual-threat out of the backfield. If he’s still a free agent in your league and you need a quality RB heading into Week 2, picking up Conner is a no-brainer.
WR: Cole Beasley
Beasley was a lone bright spot for Dallas last week, who took an “L” in Carolina against Dabbin’ Cam’s Panthers. He hauled in seven 10+ yard catches for 73 yards, giving him a total of 14 fantasy points for the week. His 73 yards led the Cowboys by a wide margin, as the receiver with the next most yards was Deonte Thompson with 27. Beasley is owned in 12.5 percent of ESPN leagues. If you need a solid WR or flex option, Beasley might be your guy, as he’s projected for a conservative 8 points against the Giants defense this week.
TE: Jared Cook
Cook exploded for 180 yards against the Rams on Monday night. It’s clear that a big, fast tight end like Cook will fare well in a high-tempo offense, like the one the Raiders have under their new, old head coach Jon Gruden. Cook is only owned in 28.4 percent of ESPN leagues. I would strongly recommend picking him up as a tight end, or dare I say, even a flex option. He’s playing Denver this week, so I wouldn’t expect another 28-point outing. However, I could see him putting up more than the 7 points he’s projected for.
ST: CHI
You almost had it, Chicago, but you’ve got to be better than that! Chicago almost, I repeat, ALMOST went into Lambeau and had themselves a rout. Aaron Rodgers went down in the first half, and it looked like he may be done for the season. Then, all of a sudden, he rose from the locker room in the second half and showed us all why he’s the best player in football, winning the game for Green Bay in a thrilling comeback. Aside from my clear bias for Rodgers and the Packers, the Bears defense put on a clinic in the first half. Khalil Mack was downright spectacular for a unit that had been called lackluster over the past few years. The Bears defense put up 13 points against Green Bay, compiling an interception, fumble recovery and a defensive touchdown. All in all, despite losing the game, the Bears defense was very solid. They’re owned in just under 40 percent of leagues. They have a favorable schedule in the next few weeks, playing Seattle, Arizona and Tampa Bay. Look for their defense to come out attacking like they did against Green Bay and hopefully score you some defensive points.

The lone racer

Paul Garbarino
Managing Editor
A settled mist. A silenced crowd. Hearts beating aggressively. Rolling sweat. Slow breaths. Time is stopped. Whistle. Set. Bang! The University’s women’s cross country team darts off the line and into the fiery crucible where the brave are separated from the cowards. It’s a brutal fight.

Thirty-one racers, the Falcons and the University of Toledo Rockets combined, spanned the field Friday night, dashing their way through the old Forrest Creason golf course. There is nothing but huffing and puffing and quick-paced strides for five-thousand meters.

While there are 12 runners on the women’s cross country team, nine endure the trial of physical strength and endurance, but only one is in the race: red-shirt senior Rachel Walny.

Mid-American Conference runner-up, 5k school record holder, NCAA championship qualifier – she has led as the fastest Falcon for the past three years and does so again against Toledo. But for the entirety of the race, she is the only one competing against the Rockets.

From the very beginning, Walny is out front with the leading Rockets, while the other Falcons fall back into the mob. The field of runners spreads out fast. Within one mile of the race, almost every runner is either on her own or running with a small group of racers close at her hip.

The course is completely flat, only to be interrupted by what seems like an anomaly approximately two-thousand meters into the race: a mountainous hill. The already draining task of five-thousand meters is exacerbated by a daunting obstacle.

Walny and the top Rocket, Athenia Welsh, glide up the hill with ease, and seconds later the rest of the field follows close behind.

They barrel back down the hill and follow the course back towards the starting line where they are bombarded with cheers from a roaring crowd of friends, fans and family. Flags, banners and spectators lined the course, following along with the racers as they seemingly tiptoed across the grass. But as the race moved on and reached the final one-thousand meters, some runners looked ready to sprint to the finish while others struggled to hang on.

Walny and Welsh turn the corner of the hill to the finish line. It’s the final 200 meters of the race. They are over 30 seconds ahead of the rest of the entire field. They’re completely alone and in a fierce duel for first place.

They’re perfectly neck and neck. Side by side. Coaches are running alongside them screaming at the top of their lungs. Spectators are in a frenzy. The battle between two titan runners is nothing short of chilling.

They make their way into the shoot of flags and towards the giant balloon-arch finish line. 100 meters. 50 meters. 20 meters. Locked in stride, it’s unknowable who will win.

Walny looks stoic and calm as she sprints her way to the end, while Welsh wears a face and form of aggression and determination. 10 meters. 5 meters. Finish.

By five-tenths of a second, Welsh slides past Walny for first.

Her loss is not without reward, however. Her time of 17 minutes and 6.5 seconds is fast enough to set a new school record in the women’s cross country 5k, breaking her previous record.

As for the team score, Walny’s efforts were in vain. Following 38 seconds later, a wave of Rockets finish behind Walny, taking the third through eighth place spots and ultimately crushing the Falcons.

The final score was 19-44, Toledo (lower scores reflect better placement).

They’re a young team, and there are a handful of young, talented runners to look out for. Freshman Katerina Shuble, sophomore Jessi Lindstrom and sophomore Sarah Hunsley were the next Falcon finishers respectively. The majority of Falcons in the race were freshmen and sophomores; the only senior was Walny. There is room for improvement, but this is Walny’s final year to prove she is worthy of the ultimate NCAA running achievement: All-American.
Expand Your Horizons Fair offers opportunities

By Heidi Larson
Reporter

Students browsed over 120 information tables about studying abroad, volunteering, internships, job opportunities, community events and more in the Bowen Thompson Student Union Ballroom.

Students checked in and earned Ziggy Points and collected stickers at each of the tables they visited. At check out, students used their stickers to earn raffle tickets. Students entered their tickets in raffles for prizes: ranging from BGSU merch to Starbucks gift cards, to a $600 plane ticket for prizes: ranging from BGSU merch to Starbucks gift cards, to a $600 plane ticket

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Handeck is now mobile-friendly, Valdez noted.

Information about community events, volunteering, civic-engagement activities and more are in the Community-Engagement Update. Students can sign up for the Update at www.bgsu.edu/CEUpdate, Valdez said.

Studying abroad might seem out of reach for students, but the University seeks to remove scheduling and financial barriers for students.

“Don’t just assume you can’t do it,” Ryan Czech, senior student services counselor said.

He recommends students plan ahead. Students can plan trips for as little as a few weeks during the Winter Session or as long as a year.

Read the rest online @ bgfalconmedia.com

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