FEMALE OWNERSHIP

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Women-owned businesses recognized in city

In Bowling Green, women prosper as business owners alongside their male counterparts. There are 45 businesses in the city owned by women, said former Bowling Green Chamber of Commerce Executive Director Earlene Kilpatrick. Many of these businesses have placed stickers in their store windows, advertising they are a woman-owned business.

Haley Reese, owner of The Golden Vanity beauty lounge, spoke about the importance of the stickers posted in the front windows of women-owned businesses.

“It’s important that people don’t forget that women are pretty strong too,” Reese said.

Establishing strength as a business owner — and as a person — was familiar for Reese, who had overcome a major car accident. This led to the purchase of what would become The Golden Vanity after it “had fallen into her lap,” Reese said.

Reese exemplified the personality of a proud business owner with her confident grin and demeanor — even at seven months pregnant. Reese felt she did not have more to prove than her male counterparts and even looked to them for advice throughout her career.

The salon owner said when stabilizing a business you must “seek out information from other businesses, whether owned by a man or woman, and always learn from them to improve yourself and your business.”

The focus is on creating an equal playing field for both men and women rather than trying to outdo one another.

Lisa Palmer is the owner of Calico, Sage & Thyme and the newly opened Tea Thyme, which made its official opening in September.

“I don’t feel like I have more to prove to men because I am a woman,” said Palmer, who followed her initial statement with a smirk. “They have more to prove to me!”

In 2016, Lisa Palmer purchased Calico, Sage & Thyme from Barbara Rothrock, who created the store in 1975. Palmer decided to purchase the store after her children left for college. She was looking for something to keep her busy outside of her medical career in Toledo that she is still actively employed at.

Calico, Sage & Thyme offers many goods, including a variety of teas, honeys and jams, with teas being the most sold product.

Read the rest online @ bgfalconmedia.com
Traveling on my own while living my best life

Morgan Ward
Columnist

Traveling without your parents can be really scary. There are so many questions that go on through your head: what will happen if I need backup money? What do I do if I miss my plane? What will happen if I get lost?

First off I just want to say, RELAX! Traveling alone or with a friend is so adventurous and a life-changing experience. This past summer I decided to go on a trip with my best friend to Florida for four days and three nights. It was probably the most fun I had that whole summer, and I wouldn't change anything about my experience.

We have talked about this trip for months. As the summer crept to a close we decided to just do it. The first big step was finding the right time to take off work and have people cover shifts. With working 40 hours or more a week, it can be hard to have people cover. The next thing we discussed was travel. Her dad was kind enough to bring us to the airport and we decided to just do it. The first big step it seems to have been.

The first day and night were pretty chill. We went grocery shopping, swam and watched a movie. The next day was my favorite day because it was beach day. We went to the Boca Raton Beach. The water was some of the clearest I have ever been in. I could even see the fish nibbling my feet and the crab that stuck to my bathing suit. We also strolled the strip of shops in Boca Raton. These were some really expensive shops no one had heard of unless you are a townie.

The next day my friend decided to sleep in pretty late, so I decided to jump in the pool and tan for about two hours. The Florida sun did wonders for my skin. That night we decided to go out to dinner with her cousin. He brought us to a really fancy restaurant and drove us in his Tesla. Living this lavish life has always been a thought in my mind, and it was weird to be in the reality of it.

The last day we decided to go jet skiing. We did this in a private inland bay area where there were million- and even billion-dollar houses.

That night we went out for the night to experience the Fort Lauderdale nightlife. It is so different from downtown Bowling Green but still equally fun. The night ended with tacos, Mexican candy and hot tub dipping.

I was so sad to leave the next day because that travel experience on my own was so worth the money and time. I want to travel when I am older for my job, and this was the perfect opportunity.

Don’t stop talking about sexual assault

Meredith Siegel
Forum Editor

Accused men are hoping we’ve forgotten about the credible allegations against them. We haven’t.

Louis C.K. and Aziz Ansari have both popped back up in the Comedy Cellar. Both men were accused of sexual misconduct and both have stayed out of the public eye a little longer.

We’re still drowning in more and more accusations, which are proving how prevalent an issue sexual violence is. Yet, both C.K. and Ansari think this is an opportune moment to try to win back public favor, or at least show their face in comedy again.

What they’re not considering is that women and sexual violence survivors of all genders are furious right now. Survivors are forcing senators to acknowledge them by trapping them in elevators, while we discuss how that should happen more.

If I were C.K. or Ansari, I would be staying out of the public eye a little longer and hopefully consider the lives of the women they’ve impacted.

But like a lot of other men who think it’s not that big of an issue, and it’ll surely never happen to them, they don’t seem to understand the impact sexual violence has on the survivor, their friends and family. The women who understand think, yes, it could happen to them.

I have heard and been a part of discussions between men and women talking about sexual violence, sexism in the workplace or other women’s issues, and most men just don’t seem to grasp the extent of the violence women — literally all women — face.

They act surprised when a friend shares they’ve been assaulted. They act surprised when a woman tells them she struggles getting respect from the men in her workplace. I am not surprised to hear a friend share those things with me. I am sad, and I am afraid.

Women, in general but not all of us, have to internalize everything we’ve heard about sexual violence and accept that as a truth. Men, in general but not all of them, haven’t yet truly grasped the scope of sexual violence as an issue.

Statistics show 1 in 3 women will be assaulted in her lifetime. Virtually every class you ever walk into will have a sexual assault survivor in it. Every place you work will have a sexual assault survivor working there. Every time you open Tinder you will swipe past a survivor. Every grocery store, every movie theater, every bar, every gym you go to, a survivor of sexual assault will be there too.

And they listen. When you support C.K. and Ansari coming back to comedy a woman will decide not to trust you with her story or she will further blame herself for one of the worst incidences of her life. When you say it doesn’t matter if Kavanaugh assaulted Ford — he was in high school when it happened, anyway — you are alienating someone around you.

It’s time we all believe survivors, or at least believe the statistics, and support the survivors around you, whether you know they are a survivor or not.
4 reasons we should consider building earthships

Meredith Siegel
Forum Editor

An earthship, something that sounds extremely alien, is something more of us should be considering to live in. As college students, we don't have a ton of choices, so this article is something to keep in mind as we graduate and settle into our adult lives.

An earthship is a completely sustainable home made of recycled materials. Now, right off the bat, that seems extremely dingy and primitive, but they’re not. Here are four reasons we should all get earthships in the future.

1. You won’t have to pay utility bills.
   Earthships generate their own heat and “air conditioning” by design, they operate using solar panels and have a water system that collects and uses rain water. So an owner of an earthship will not have to pay for gas, electricity and water. The house, built out of dirt and recycled materials, should be completely sustainable, saving you tons of money in the long run.

2. You will grow your own food right in your home.
   You also won’t have to pay as much for food, since you can do it in a greenhouse in your home. You can grow a variety of vegetables and fruits there, and even keep chickens for eggs or meat. This way you won’t be paying for a weekly trip to the grocery store, either. You would also be eating healthier because you would be eating a ton more vegetables, probably.

3. The design of the earthship is up to you.
   When you build an earthship you get to decide what it looks like. In New Mexico, there is an earthship designed to look like a phoenix. They can be one or two stories tall, as big or small as you want and made out of the recycled materials you want. Many earthships use glass and plastic bottles to build the walls, giving a stained glass look.

4. We should all work towards being more sustainable.
   We should all be doing our part to be more sustainable, and if you can choose to live essentially off-the-grid in your own earthship, I think you should do it. While there needs to be drastic changes made to corporations destroying the environment, we should all personally be making choices that will benefit the earth as well. There needs to be a culture shift along with a legislative one, and having an earthship seems like a really cool way to do that.
Falcons prepare for Battle of I-75

Evan Hayes
Pulse Editor

The Falcons football team will look to right the sinking ship that has been their 2018 season this Saturday when they travel to the Glass Bowl in Toledo for the Battle of I-75.

Coming off an embarrassing loss to Georgia Tech last weekend in Atlanta, the Falcons (1-4, 0-1 MAC) enter the annual rivalry game with only one win against FCS opponent Eastern Kentucky. The Rockets (2-2, 0-0 MAC) present an opportunity for the Falcons to regain some momentum as they play Mid-American Conference opponents the rest of the season.

Toledo has dominated the storied rivalry as of late, having beaten Bowling Green every year since 2009. A win for either team would break a tie in the all time series record that currently sits at 39-39-4. Winning on the road, specifically against the rival Rockets, would be a huge stepping off point for the rest of Bowling Green’s season.

“This game means a lot to our alumni. It means a lot to our players; it means a lot to our student body. Again, I’m fairly new to it but it hasn’t taken long for me to grasp the importance of it,” head coach Mike Jinks said. “It’s an important game, it is a big game and it’s a personal game. So I’m excited about the opportunity, not just to get back in MAC play, but I’m excited to have them early.”

The Falcons have struggled this season on both sides of the ball, fielding a middling offense and one of the worst defenses in all of the FBS. Their rushing attack has been nonexistent this season, averaging only 85.8 yards per game on the ground (ranked 127 in FBS). On the opposite side of the ball, Bowling Green has shown they cannot stop the run. The team ranks dead last in the nation (130th) in rush yards allowed (1706) and rush yards allowed per game (341.2) and have given up 47.8 points per game, second to only UConn this year.

Sophomore quarterback Jarret Doege has been one of the few bright spots for the Falcons this year, as his continued development has propped up a Falcons offense that would otherwise be dead in the water. Doege has accounted for multiple touchdowns in every game this season and has thrown 25 touchdowns to just seven interceptions over his past nine games, dating back to last season. He threw for a career high 305 yards in last week’s loss and has shown they cannot stop the run. The team ranks dead last in the nation (130th) in rush defense.

The former North Carolina Tar Heel had an outstanding performance Sunday against the Bills, shutting them out, recovering a fumble and picking off rookie QB Josh Allen twice. It was a solid outing for Green Bay’s defense, who have been very consistent on that side of the ball, with the omission of Week 3’s game against the Redskins, where they gave up 31 points and lost. Green Bay plays San Francisco this week before heading into a bye week. Their defensive performance of this past week could be duplicated and even improved upon against San Francisco, who lost their starting QB Jimmy Garoppolo for the season, due to a torn ACL.

K: Ka’imi Fairbairn (HOU)
Fairbairn had a tremendous game against Indianapolis on Sunday, which culminated for him in a game-winning field goal. He went 3-for-4 on field goal attempts including the last-second kick, along with four made extra points. Fairbairn is emerging as an up-and-coming kicker who should be on your roster, especially if your starting kicker has been struggling or has an approaching bye week.

Waiver wire pickups for Week 5

Parker Kern
Sports Reporter

QB: Mitchell Trubisky (CHI)
The former North Carolina Tar Heel had an outstanding performance Sunday against the Buccaneers. With 354 passing yards, 6 passing touchdowns and 53 yards on the ground, Trubisky was about as spectacular passing as an NFL starting quarterback could be. Trubisky is still fairly new as an NFL starting quarterback and had a bit of inconsistency in the three starts before his Week 4 clinic against Tampa Bay. The Bears have a bye this week, but pick up Trubisky if you need an insurance policy at QB. He is a solid player who could develop into something much more.

RB: Nyheim Hines (IND)
Indy’s QB Andrew Luck threw for nearly 500 yards and four touchdowns on Sunday, and two of those touchdown passes went to Nyheim Hines. Although Hines rushed only four times for ten yards, he hauled in nine receptions for 63 yards, and caught those two aforementioned touchdown passes. All in all, he had a 28-point game in an ESPN PPR standard scoring format league. These are very respectable numbers from a running back who has not received much attention from the media or defenses alike. However, if he is able to continue to be an effective dual-threat option out of the backfield for the Colts’ offense, you might want to think about picking him up for your team.

WR: Taylor Gabriel (CHI)
I usually don’t like to write about two players from one team, however, Gabriel caught seven of Mitchell Trubisky’s passes for 104 yards and two touchdowns on Sunday. Gabriel, in my opinion, is a highly underrated talent. Heck, I thought he was so good that I picked him up in one of my leagues and started him this past week. It paid off for me. Perhaps picking Gabriel up and starting him Week 6 against the Dolphins after the Bears’ bye week could pay off for you, too.

TE: Geoff Swaim (DAL)
An amazing thing happened on Sunday: the Cowboys offense actually looked like the Cowboys offense. Zeke was slashing through the Lions’ defense, Dak Prescott was actually throwing the ball to players that were on his team and Jason Garrett clapped so much that I thought his hands were going to fall off. Jerry Jones is happy, and so is Cowboys’ tight end Geoff Swaim, who reaped the benefits of the Cowboys’ offensive onslaught against Detroit, catching three passes for 39 yards and a touchdown. Respectable numbers for a tight end that is only owned in 0.3 percent of ESPN leagues. Swaim could be the new go-to tight end for Big D, a position that has been lackluster ever since Jason Garrett left for the broadcast booth.

D/ST: Green Bay Packers
Clay Matthews was not fined or arrested for any hits this weekend, as far as I know. However, the Packers defense did show up in a big way against the Bills, shutting them out, recovering a fumble and picking off rookie QB Josh Allen twice. It was a solid outing for Green Bay’s defense, who have been very consistent on that side of the ball, with the omission of Week 3’s game against the Redskins, where they gave up 31 points and lost. Green Bay plays San Francisco this week before heading into a bye week. Their defensive performance of this past week could be duplicated and even improved upon against San Francisco, who lost their starting QB Jimmy Garoppolo for the season, due to a torn ACL.

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Top college football teams coming into focus

The college football season is in week six and many of the best teams have started to separate themselves from the rest. Teams like Ohio State and Notre Dame have won some of the most difficult games they had on their schedule while teams like Alabama, Georgia and Clemson still have some of their worst games ahead of them.

The teams going to the playoff have basically already been shown, and there probably won’t be a team to show up out of nowhere during this season. There are too many teams that are good at the top of the rankings for a surprise to show up.

There are a few teams who will almost assuredly make the playoff. I don't think there's any way Alabama doesn't make it. Other than games against LSU and Auburn left in their season, they have no one that could really challenge them, and LSU is their only real game left. We also saw last season that Alabama has already set a precedent as a team that doesn't even need to make the championship game to make it to the playoff. Because of this, they'll need to lose at least two games to not make the playoff.

Another team is Ohio State. Only having games against Michigan State and the University of Michigan to really worry about, they would need to lose games against less talented teams. An away game against Purdue could be a complication, but that's it. Dwayne Haskins has looked like everything the Buckeyes and their fans were hoping for, and because of that, they could be one of the top contenders at the end of the season.

The last of those teams is Clemson. Clemson has one of the easiest schedules in college football, with only one more game against a ranked opponent: NC State. They are not a great team, but I think if they end their schedule undefeated, there's no way they don't make the playoff. Clemson may be without the quarterback who started the season, but they have Trevor Lawrence who won the position against Kelly Bryant.

That final spot in the playoff will be decided between Georgia, LSU, Notre Dame and Oklahoma. LSU has the most difficult schedule of the four, with games against both Georgia and Alabama left to play. They will definitely decide some of the spots of the playoff with those games. They have looked very good and will win most of the rest of their games, but where their season ends will depend on the final score of the Georgia and Alabama games.

Just like LSU, Georgia has a difficult schedule as well. They play LSU of course, then they've also got games against Florida, Kentucky and Auburn. All four of these games happen one after the other, so that is definitely a tough stretch of matches for the Bulldogs. Georgia has a great team this season, but isn't as strong as they were last season. They could slip up in one of those four matches I think, leaving them open to missing out on the playoff.

“The college football season isn’t even halfway over yet, but the best teams have definitely shown themselves.”

In Oklahoma's case, they have a decently tough schedule remaining, with games against teams like Texas, TCU and West Virginia remaining. Those games are winnable for the Sooners, but they need to look like the better team in each of them, or they might miss out. They need to win the Big 12 title, or there's no way they can think about making the playoff. Kyler Murray has looked like one of the best players in the sport, and he will definitely lead this team to more wins.

Lastly is Notre Dame. Notre Dame is in a difficult position for getting into the playoff. Without a way of winning a conference championship, they basically need to go undefeated to have any chance of making it to the playoff. There's a good chance of that happening, with only a couple games left against truly talented teams. Teams like Virginia Tech and Syracuse are the biggest games the Fighting Irish have left on their schedule. They have a good team as well, and if they can make it to the end of the season without losing, they'll have a good case for the playoff.

The college football season isn’t even halfway over yet, but the best teams have definitely shown themselves, and it will be interesting to see the rest of the season and which teams separate themselves from the pack.
Student Affairs updates at USG

Meredith Siegel
Forum Editor

Undergraduate Student Government hosted Thomas Gibson, vice president for Student Affairs, to talk about three initiatives coming from the office.

“(The) strategic focus of Student Affairs is to foster pathways for student success,” Gibson said. “Everything that we do must positively impact” students and their success.

The first initiative, which will be effective this month, is a mental health and awareness campaign.

“There have been quite a few high profile celebrity suicides; it reenergized and refocused the conversation on mental health awareness,” Gibson said.

The goal is to make students and everyone in the University community aware of the resources available to them. They also want to focus on education and coping tips, so people can “help themselves and help each other,” Gibson said.

The campaign will last through the end of the spring semester, with a variety of activities and speakers. Ideas about what to include in this initiative can be directed to vpsa@bgsu.edu.

The second initiative has been in the works for a few semesters: the implementation of outdoor electronic signage for students and organizations to post signs on. These used to be cork boards, but there were problems with inappropriate or hateful messages and organizations posting on the signs, simply because there was not any way to vet what was being posted.

The University is interested in providing monitored mediums for students to show their events, Gibson said.

The University has potentially found a company that can provide what is needed for these signs. They are considering using eight electronic signs and are “probably a month or two away” from getting the signage up, Gibson said.

The last program coming from Student Affairs is a “Move for Your Mood” initiative, which has already started on campus.

The idea is to “take the activities within Recreation and Wellness outside of the building into all corners of the campus.” Those who engage in exercise tend to have more “healthy and enjoyable” life experiences, Gibson said. The schedule is on the Department of Recreation and Wellness website.

“(It’s a) great way to focus on health and wellness and to interact and network with other folks on campus,” he said. The department will also go to student organizations and hold activities for them.

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**Registration Start Dates:**

- Oct 22: Graduate Students
- Oct 22: Non-Degree Graduate Students
- Oct 23: Seniors
- Oct 25: Juniors
- Oct 30: Sophomores
- Oct 31: Freshmen
- Nov 2: Guest Students

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