CAN’T SLEEP
Researchers warn of worrisome student sleep deprivation trend

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University hires new head coach
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Get vaccinated at health center
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Sleep deprivation common in college

Lindsey Haynes
Reporter

Tuition, dorm life, food and textbooks can be expensive endeavors for some college students. However, according to the Journal of the National Sleep Foundation, sleep may be a luxury that college students can’t afford.

“Sleep deprivation has impacts on students that they may not recognize. There is an association with slowed reaction time, impaired immune function, increased risk of infection, even compromised memory and learning,” the Journal of the National Sleep Foundation reported. “Certain types of learning and memory require sleep, and pulling an all-nighter may mean the student’s performance may never catch up from that episode of sleep loss.”

The University Health Center at the University of Georgia supported this in their report. Students who get less than six hours of sleep can expose themselves to emotional and physical health risks such as stress, increased weight gain, a lowered immune system, increased mental health issues, automobile accidents, decreased performance in activities that require coordination and decreased academic performance.

A study conducted by The Tartan of Carnegie Mellon reported that 87 percent of respondents believed getting less sleep had a negative effect on their mental health.

“Sleep deprivation has impacts on students that they may not recognize. There is an association with slowed reaction time, impaired immune function, increased risk of infection, even compromised memory and learning,” — Journal of the National Sleep Foundation

Ela Cohen, a freshman interior design major at the University, is an example of this. Her job at Starbucks, involvement in marching band, coursework and how much social interaction she engages in affect her sleep habits. She gets an average of three hours of sleep per night, which affects her mental health in a variety of ways.

“I've battled anxiety and depression as well as PTSD and bipolar disorder. And the less sleep I get, the easier it is to ignore all of those things, which is not good because when I get a lot of sleep, then all of them just come crashing back, and I have to deal with a lot of things at once,” she said. To compensate for the lack of sleep, she often consumes copious

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BG Spotlight:
Zach Karam
Alexander Schiavone
Reporter

Zach Karam is a sophomore business administration major with a specialization in information systems. Karam decided as soon as he arrived at the University he was going to get involved.

As a freshman, he joined Phi Delta Theta Fraternity and immediately wanted to make a difference. His initiative and positive attitude led to the fraternity making him their chapter president, in just his second semester of school. Although it was an exciting challenge, it was far from easy, Karam said.

“It was pretty hard,” he said. “I knew that I had the right ideas on how to change the chapter, but there were always going to be a few people who thought I was wrong. It is also hard to gain respect from people who have been a part of the group much longer than you as well as gain respect among other presidents who are mostly juniors and seniors.”

Although it was a tall task to take on as just a freshman, he was ready for it. Becoming chapter president helped him grow in many ways, especially as a leader. As his time as president comes to an end, he decided that it was time for another challenge. Karam ran for recruitment chair for the Interfraternity Council and he was elected to the position and gained new responsibilities.

Sleepy Students Continued on page 5
Black Friday deals you can still get

Morgan Ward
Columnist

Still want to get those Black Friday deals, but missed Black Friday and Cyber Monday? There is still a chance to get some good deals. Here is a list of all the deals still happening until the end of the week:

Amazon “Cyber Monday”
Amazon is having “Cyber Monday” deals until the end of this week. Amazon is continuing to have hundreds of sales for up to 80 percent off certain items. Their biggest deals are on electronics. Some electronics include wireless headphones, Echo Dots that are half off, a headphone and speaker set up to 70 percent off, tablets, an indoor camera security system and many other related items.

New style options
Some clothing stores are offering 30 to 70 percent off deals and includes free shipping. Some of these stores include Free People, Anthropologie, Nordstrom Rack, Ray-Ban, Old Navy, Banana Republic, Lululemon, Marc Jacobs and others.

Music lovers
Amazon Music is offering a three-month subscription for only 99 cents. Now that’s a steal if you ask me. Listeners can make and download playlists and listen to them anytime anywhere.

Glasses wearers
Need a new pair of glasses? Firmoo.com is giving new customers their first pair of glasses free. You only have to pay the $4.95 for shipping and handling. These glasses range in size, shape and color. It is a good idea to get a new set of glasses before some insurance companies require people to pay a deductible at the beginning of the year instead of possibly having glasses almost completely covered.

Big electronic deals are happening at these stores
For big deals on flat screens, phones, cameras and more check out these stores: BestBuy, Costco, JCPenny, Sam’s Club, Target, and Walmart.

Photography majors
Are you in a major that requires lots of SD cards for photos and videos? SanDisk SD Cards are half off right now. They also hold 500 gigabytes of data.

Phone on the low
The new Samsung Galaxy S9 and S9 Plus are $200 off until next weekend. Trade in an old phone and get an even bigger discount.

Music lovers
What do you do to destress during Dead Week?

HAILEY PEFFER
Sophomore | English Education
“I destress before finals by binge-watching ‘Keeping up with the Kardashians.’”

ANNA SCALETTA
Freshman | Business
“During Dead Week I relax and listen to music to destress.”

“Big electronic deals are happening at these stores”

BEN LOOMIS
Junior | Construction Management
“To destress during Dead Week I like to go to the gym and get a good pump.”

ESELE JARVIS
Junior | Forensic Science
“What I like to do for Dead Week, work out, hit the gym and chill with my friends.”
Self-care is not a luxury but a necessity

Faith Hufford
Columnist

As a fourth-year student who will graduate in May, I’ve had my fair share of the end-of-semester blues. I don’t know who out there has experienced them before, but I’m assuming it’s more than a few of the students on the University’s campus. For me, the blues are typically characterized by an inability to get out of bed, lots of lists containing what needs to be done, not very many proper meals consumed and a general aura of anxious energy surrounding me.

What isn’t seen much during the end of the semester blues is me taking care of myself. I hope those reading this are better about remembering to take care of themselves than I am, but I have a feeling many may be in the same boat as I am. For all of us, this next sentence is crucial:

Taking care of yourself is so important. Forbes magazine writer Noma Nazish writes, “No matter how indulgent or fancy the term may sound, self-care is crucial for our physical, emotional and mental well-being. You shouldn’t neglect self-care.”

I know that for myself, when I neglect self-care, my world begins to fall apart at the seams. I forget important homework assignments, I feel faint and tired, I am grumpy with my friends—but if I take even an hour to spend on myself, these negative effects begin to lessen.

Self-care can look different for each person—in fact, it should. No one is the same, and what provides me with energy will look completely different from what provides anyone else energy. The things that should remain consistent in self-care though, are that self-care, should be enjoyable to you, should provide you with energy and should be all about you.

For me, self-care is frequently sitting in my bed with my dog, drinking a soda and eating popcorn while watching Netflix or reading a book. Sometimes, it’s coloring a picture. Occasionally, I go for a walk or take a bath.

One important piece of self-care: it is not shameful. All too often, self-care is seen as whiny or needy or weak. It is none of those.

Self-care is what one does when they know themselves, know their limits and know what will help them succeed in the long run.

So, in the upcoming hectic days of the end of the semester, I hope self-care is just a normal part of the day-to-day routine here at BG as late nights at the library.

Can you find love and care on Tinder?

Miah Paloma
Columnist

We all know about Tinder, the infamous dating app. It can give new meaning to the popular phrase “to the left, to the left” 10 years after Beyonce’s hit song. The biggest question surrounding this popular app being, “is it a hoax or is there hope?”

In using this app, are we just “chasing waterfalls” like girl-group TLC warned us about? I remember when I first got a Tinder, the criticism was that it was just a hookup app. My response was simply that all apps can be used to hookup. While Tinder seems to be flawless in providing a hookup platform, is there hope for those looking for something more?

To answer this question, I reached out to the happy couple Reign and Logan. These two are the greatest example of love not knowing time, as they have every intention of going the whole nine yards and haven’t known each other a year. I sat down with Logan referring to the app, and he said “it makes it easier.”

Of course, by that he means it’s easier to meet people and date in general. Once Logan matched up with Reign, he didn’t really expect anything. But much to his surprise and joy, he was wrong. They hit it off and have been completely inseparable since. I have known Logan for quite a long time, and even I can attest to the fact that he is completely in love with Reign.

I also took the time to reach out to others: Morgan and David. These two also met on Tinder and have been happy since. They went on their first date and it was like they’d known each other for far longer. Perhaps it doesn’t matter how a couple meets, just as long as the relationship is healthy.

Due to these successes, local student Eden is searching on Tinder and Zoe intends to get one. I spoke to a student named Brenna for the sake of hearing from the other side. Brenna does not use any sort of dating apps and has a love life that is thriving. She has had no trouble talking to any guy and does not rely on anything but classic, social interaction to meet guys.

I asked Brenna how she feels about Tinder and she finds the app to be pointless saying that “it is just a platform to be catfished.”

So now what?

The way I see it, if it works for you, it works. Being a person that has difficulty in social situations, I can understand why such apps exist.

One thing for sure is that there is no shame in using dating apps. But if you use Tinder to find love, be careful.
Sleepy Students Continued from page 2

amounts of caffeine, which further affects her ability to get her work done.

“I’m either exhausted or jittery. I prefer jittery because at least I’m awake. I have a lot of stuff I need to get done in a very short amount of time,” Cohen said.

Of course, there are times when it isn’t as difficult for students to get the recommended amount of sleep. For Jules Patalita, a graduate assistant-teaching associate in the School of Media and Communication at the University, it’s all about time management.

“I have to take 20 credit hours and finish with a dissertation, and as part of my assistantship, I have to teach two sections of a class each semester. The busier you are, the less time there is for sleep and leisure,” he said. “At some point, either the leisure time has to go or the sleep time has to go. Sometimes it’s worth watching that extra hour of Netflix if you cut an hour on the sleeping end. I get about seven or eight hours of sleep per night, but I would still like more.”

While he usually gets the amount of sleep recommended by the University of Georgia, he said he experiences both mental and physical setbacks that affect his day whenever he doesn’t.

“It’s affected more when I have early morning classes because I naturally like to stay up late,” Patalita said. “For me personally, I can function on six hours of sleep. I cannot function on less than six hours of sleep very well. If I go three days in a row of six hours of sleep, I start getting the shakes, and then I know I need to go home and take a nap. Sometimes, I need to tough it through, but that night I need 10 hours.”

“I have to take 20 credit hours and finish with a dissertation, and as part of my assistantship, I have to teach two sections of a class each semester. The busier you are, the less time there is for sleep and leisure.”

— Jules Patalita —
Graduate Assistant

While workload may vary from student to student, a common thread is a need for sleep. The weekend is the optimal time for college students to get their needed amount of sleep, according to The Tartan study.

“On weekends, students appear to be catching up on their sleep with 47 percent of responses reporting seven to eight hours of sleep, and 32 percent getting over nine hours of rest,” The Tartan reported.

There can be a lot of work associated with being a college student, but studies show getting the right amount of sleep can greatly improve the mood, health and academic performance of students. As important as it is to stay up-to-date on school work and other activities, staying up-to-date on sleep can assist in that endeavor.
University grants medical amnesty to students meeting criteria

Abby Shifley  
Campus Editor

Seven University students have been granted medical amnesty, which means their need for medical attention will not result in a spot on their University record.

Many college students across the nation engage in binge drinking, according to Ohio Health. The University’s new medical amnesty policy is a response to this abuse and overconsumption of alcohol and other legal or illegal substances.

Assistant Dean of Students Jeremy Zilmer said the policy aims to reduce any barriers for students who are suffering from substance abuse or overconsumption and need medical attention. The policy protects students from violations through the University’s Student Code of Conduct if they seek medical attention.

“We want students to feel like they can report or call for help in an emergency situation when somebody needs it,” Zilmer said.

According to OhioHealth, alcohol affects people differently depending on their genetics, weight, gender, age, medications, physical and emotional health, how much food is in their stomach and the contents of their drink. Overconsumption of alcohol can also lead to weight gain because it causes overeating and contains many calories itself. Alcohol can ease social interaction, but in high doses it can also be addicting or cause impaired memory, coordination and judgment. If consumed in mass quantities — like in binge drinking — alcohol can damage the liver, heart and nervous system and can lead to birth defects.

OhioHealth lists some preventative measures that will reduce the risks associated with alcohol:

- Eat 15 minutes before drinking
- Drink water before consuming alcohol
- Don’t drink when fatigued or under emotional distress
- Don’t mix alcohol with drugs

Students abusing substances most frequently receive care at Wood County Hospital.

Students do not have to apply for medical amnesty; instead, the Office of the Dean of Students reviews a variety of incident reports and enacts the policy in appropriate cases. Zilmer said the policy has been used a total of seven times since it was put in the Student Handbook for the fall 2018 semester.

A student must meet all of the criteria in the policy to be granted medical amnesty, including the following:

- Seek medical attention, either for themselves or another, for the overconsumption of controlled substances
- Accept responsibility, obtain an alcohol and drug assessment at the Counseling Center, comply with referrals for treatment and complete any educational intervention that may be required
- Provide documentation for the completion of all the criteria
- Has not used the policy before
- Must be in good disciplinary standing with the University

Zilmer said another issue is students often don’t know the signs of overconsumption and, therefore, don’t know when a situation needs to be attended to by medical personnel.

“How do people recognize the signs that somebody’s had too much alcohol?” Zilmer asked. “Because they need to know, to be able to know when to call for help.”

A handout distributed by the Office of the Dean of Students lists some signs of alcohol poisoning:

- The person cannot be awakened
- Cold, clammy, pale or blue skin
- Slow, shallow or irregular breathing
- Vomiting while passed out and still not waking up

Other universities in Ohio have some form of medical amnesty policies.

Miami University, Xavier University, Antioch University and Wright State University have some form of medical amnesty policies (sometimes called Good Samaritan policies), according to an article by the Dayton Daily News. The Ohio State University also has a medical amnesty policy according to its website.

Ohio is one of 12 states that doesn’t have a statewide medical amnesty policy; however, universities in Ohio are adopting medical amnesty policies.

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Middle school teacher resigns amid accusations

Vaughn Cockayne
Reporter

A former city middle school teacher, Dylan Stark, was charged with a first degree misdemeanor earlier this month. This comes at the end of a month long investigation into rumors that he provided alcohol to a minor.

Stark resigned on Oct. 29, and a letter detailing the situation was sent to parents shortly before his resignation was announced. One of the predominant themes of the letter, written by superintendent Francis Scruci, is the power of rumors. According to the letter, the claims made against Stark were mostly "unfounded" and without evidence.

"Unfortunately, many people in our community without direct knowledge of the situation have created rumors that are not accurate," Scruci said in the letter. "Please keep in mind that rumors/gossip can cause harm to those who are directly involved in the situation."

This debate over presumed innocence has been dividing communities, and the nation, ever since the Senate confirmation hearings of Brett Kavanaugh. And with the recent outcry over new Title IX propositions, it seems that the debate will continue.

In the months following the explosion of the #MeToo movement onto the political stage, the other movement known as #believesurvivors also became popular. The goal of the movement was like that of #MeToo and focused on the rights of victims to be treated with dignity while telling their story of sexual assault.

Despite outrage from Kavanaugh supporters, the support for his accuser was higher than his own by the time of the final confirmation. In choosing who is telling the truth, 45 percent said Christine Blasey Ford and 33 percent said the same for Kavanaugh, according to an NPR poll on Oct. 3. This poll comes at the end of an investigation where no corroborating evidence was found to confirm Ford's testimony.

Some survivors on campus have special experience with the kind of bias that is present in emotional cases like sexual assault. "Whether a person turns out to be innocent or otherwise doesn't really matter. There's an inherent bias on both sides of it because you're going to believe whoever you're closest to," junior film production major Jillian Riley said. "So, if you're closer to the alleged attacker you're probably going to be in disbelief, rather than immediately assuming guilt."

Despite Riley understanding the rights of the accused and the danger of believing survivors blindly, she has a different perspective than Kavanaugh supporters. "Nonetheless, I think overall it is better than the presumption of innocence of the attacker, because if that was the cause, it kind of negates the emotional trauma that the real survivors go through," Riley said. "To tell someone who has the strength to speak out about an incident that they assumed to be lying and must prove it otherwise is different than telling that to the attacker."

Although support for believing survivors is strong, the same can be said for those who believe that the innocence of the accused is absolute until proven otherwise. The support mostly comes from the right and has gone all the way to the presidency, with President Donald Trump claiming it is "very scary" to be a young man in America.

While the debate over innocence is a very polarized one, some have tried to find a middle ground. One of those individuals is Tim Walsh, a philosophy professor here at the University.

"It seems as though there is another obvious position: a system that provides a presumption in favor of innocence for both accuser and accused," Walsh said. "The thought would be that we do not want a system that discourages reporting inappropriate or unlawful behavior, which is one reason for protecting a presumption of innocence for accusers, while we also do not want a system that could lead to a 'witch hunt,' which is one reason for protecting a presumption of innocence for the accused."
Scot Loeffler named head football coach

After a difficult end to a disappointing season, University administration has wasted no time in dispelling uncertainty around the football program.

Director of Athletics Bob Moosbrugger announced Wednesday morning Scot Loeffler has been chosen as the 20th head coach of the Bowling Green football program. Loeffler arrives at Bowling Green after having served as deputy head coach and offensive coordinator at Boston College this past season.

Loeffler takes over for previous Head Coach Mike Jinks and Interim Head Coach Carl Pelini, who went a combined 3-9 overall and 2-6 in the MAC this past season. The program has a 9-27 record over the past three seasons.

“I want to begin by thanking President Rodney Rogers, Athletics Director Bob Moosbrugger and the Board of Trustees for the opportunity to be the head football coach at Bowling Green State University,” Loeffler said. “Bowling Green has a rich football tradition along with an incredible academic reputation. I’m honored to be a part of this great University. My family and I look forward to developing a program that will make all BG faculty members, students, former players, alumni and fans proud! My family and I are extremely excited to begin our mission!”

Loeffler brings extensive coaching experience to Bowling Green, starting as a student assistant with Michigan in 1996. His career has also included stops at Central Michigan, Florida, Temple, Auburn, Virginia Tech and Boston College, and he spent 2008 as the quarterbacks coach for the Detroit Lions.

A native of Barberton, Ohio and Barberton High School, Loeffler played quarterback at Michigan from 1993 to 1996. A 1998 graduate of Michigan, Loeffler earned his undergraduate degree in history with a minor in political science.

“I am thrilled for Scot, Amie, Luke, Alexis and Mary Elizabeth to join the BGSU family,” Moosbrugger said. “Scot is a great match for BGSU. He is a veteran coach, an Ohio native, served under Hall of Fame coaches and is regarded as one of the top offensive minds in college football. He is a great leader, teacher and developer of young men in competition, in the classroom and in the community. I am excited to work together and support our vision for BGSU Football.”

In 2018, Boston College scored over 40 points in four of its first five games, including an average of 52.7 points in consecutive wins over Massachusetts, Holy Cross and Wake Forest. The Eagles then defeated Temple 45-35 and Louisville 38-20. The team ended the regular season at 7-5 overall.

Including the 2018 season, Loeffler’s teams will have played in 15 bowl games in the past 16 seasons he has been a college coach.

“We are pleased to welcome Scot Loeffler as our next head football coach,” University President Rodney Rogers said. “I would like to thank Athletics Director Bob Moosbrugger for his leadership during this search process. A native of Ohio and former collegiate quarterback, Scot is an experienced coach and proven leader in both the NCAA and NFL arenas. I am confident he shares our commitment to fostering a winning program that supports our student-athletes on and off the field the right way.”

Loeffler has coached seven quarterbacks who went on to play in the NFL — Tom Brady, Tim Tebow, Brian Griese, Chad Henne, Drew Henson, John Navarre and Logan Thomas. He has also directed a potent rushing attack behind sophomore AJ Dillon, who is 12th nationally in rushing yards per game this year. Dillon was the ACC Rookie of the Year in 2017 and the nation’s second-leading rusher among freshmen. He also mentored future NFL running backs Bernard Pierce (Temple) and Tre Mason (Auburn) while serving as their respective offensive coordinator.

In 2017, Loeffler’s offense posted over 35 points in three consecutive games for the first time in 15 years at Boston College. The team scored over 40 points in consecutive conference games for the first time in the program’s Big East and ACC history. The rushing offense climbed from 96th to 25th in the country, and the Eagles were one of the faster teams in the nation, ranking 18th nationally in total plays.

In 2016, his first year on staff at Boston College, the Eagles won a bowl game for the first time in nine years. Prior to his tenure at Boston College, Loeffler served as offensive coordinator and quarterbacks coach under Frank Beamer at Virginia Tech from 2013 to 2015. He mentored Thomas, who finished his collegiate career by breaking career records for passing yards, attempts, touchdown passes and rushing touchdowns by a quarterback. He oversaw a trio of wide receivers who became the first group in Virginia Tech history to each record 40 or more receptions in a season.

As the offensive coordinator and quarterbacks coach at Auburn in 2012, Loeffler mentored Mason, a 1,000-yard rusher who became the first non-quarterback to lead Auburn in total offense since Bo Jackson in 1985. Loeffler guided Temple to the seventh-best rushing average in the nation as offensive coordinator in 2011, and Pierce ranked sixth nationally, including 107 yards on the ground in Doyt L. Perry Stadium in a 13-10 Falcon victory. That team went on to win the program’s first bowl game since 1979.

“Bowling Green has a rich football tradition along with an incredible academic reputation. I’m honored to be a part of this great University. My family and I look forward to developing a program that will make all BG faculty members, students, former players, alumni and fans proud!”

— Scot Loeffler —
Head Football Coach

Prior to his time at Temple, he was quarterbacks coach at Florida under former Falcon Head Coach Urban Meyer, helping the unit to the best pass efficiency in the nation in 2009. He guided Tebow in his final season in Gainesville as he passed for 2,895 yards and 21 touchdowns. Tebow graduated from Florida with five NCAA, 14 SEC and 28 school records.

Loeffler worked with the Detroit Lions’ quarterbacks, following his tenure at Michigan in 2008. From 2002 to 2007, he coached quarterbacks for the Wolverines. Henne became the first true freshman quarterback to lead his team to a Big Ten title and start in a BCS game, while Navarre became Michigan’s first All-Big Ten first team quarterback since 1997.

Along with his time at Temple, Loeffler has familiarity in the Mid-American Conference as he was Central Michigan’s quarterbacks coach from 2000-01. Prior to that, he was a graduate assistant and student assistant at Michigan, working with Brady and Griese. He was part of the Wolverines’ undefeated national championship season in 1997.

The University will be holding an introductory press conference for Loeffler at the Stroh Center Thursday at 11 a.m.
Bowling Green football community comes together for Thanksgiving

Evan Hayes
Pulse Editor

The 2018 season was not an easy one for those in and around the Bowling Green football program. A tumultuous year highlighted by nine losses, a multitude of injuries and one major coaching change saw the Falcons struggle through their third losing season.

Early season losses to major conference opponents Oregon, Maryland and Georgia Tech highlighted how truly overmatched Bowling Green was up front - on both sides of the ball - because of injuries, a road loss to rival Toledo in the Battle of I-75 and a tough homecoming loss to Western Michigan preceded the firing of former Head Coach Mike Jinks after the first seven weeks of the season.

The Falcons finished October with a 1-8 record, facing a three-game November slate under Interim Coach Carl Pelini that came to an end with a Nov. 23 matchup against conference powerhouse Buffalo at the Doyt.

With the final game of the season coming the day after Thanksgiving, another unfortunate reality set in for those around the program; many wouldn't be able to make it home for the holiday because of pre-game practices.

For local restaurateur and Bowling Green community member, Jim Ferrell, this was one more hardship he felt the University's student athletes shouldn't have to face.

"These student athletes, it's not a cliche, they sacrifice a lot," said Ferrell, who has owned and operated SamB's downtown since 1972.

"You can't really do much for them, and when I realized that they had a game on Friday I called some people over at the athletic department and exchanged some ideas, and ultimately offered to feed them Thanksgiving dinner."

Ferrell offered to provide a sit-down Thanksgiving meal for the football team for the Wednesday before Thanksgiving, hoping to provide the players and coaches with a positive holiday meal before their final contest of the season. What happened next surpassed even his expectations.

"So the offer was that we'll feed the whole team, and it was really about the kids. Obviously the coaches were invited, but these kids are the one's risking their health playing every week," Ferrell said. "Then, like maybe thirty-five or forty other people from University administration wanted to join, and we billed them as agreed. ... They all came together, and the mood was great, it was festive, and when these kids came through the line, it was a very respectful and courteous crowd.

Conference championships and what you need to know

Parker Kern
Sports Reporter

The 2018 college football regular season flew by, as they all tend to do.

However, conference championships can make or break a team's chances of cracking it into the top four and getting a berth in the College Football Playoff.

This weekend is one of my favorites all year, up there with last weekend's rivalry week. It pits the best teams in each conference against each other, duking it out for at least 60 minutes for not only bragging rights, but also for bowl and potential playoff berths.

Here is a preview of the Power 5's championship games coming up this weekend and how I think they are going to play out.

PAC-12 Championship – 17 Utah vs. 11 Washington – 8 p.m., Friday, Nov. 30; Levi's Stadium, Santa Clara, California; FOX

Have you ever played Madden (or NCAA Football, may it rest in peace) and adjusted the game-time weather to "heavy snow"? Apparently, that's what the Cougars of Washington State did last weekend, as they were upset by the Washington Huskies by a score of 28-15. The victory by the Huskies won them the PAC-12 North, which means they will face off against the Utah Utes this weekend with a chance to take the PAC-12 crown back to Seattle. It seems as if Jake Browning has been quarterback of Washington for 100 years, and after making the playoff a few years back, it still seems as if the team is poised to make some postseason noise this year.

A win in the PAC-12 Championship would likely give the Huskies a birth in the "Granddaddy of Them All", the Rose Bowl, but they will have to fend off the Utes of Utah in Santa Clara. After watching Washington go into Pullman and dismantle Wazzu, my money is on the Huskies, but anything is possible out West.

Big 12 Championship – 14 Texas vs. 5 Oklahoma – 12 p.m., Saturday, Dec. 1; AT&T Stadium, Arlington, Texas; ABC

Red River Rivalry rematch. Try saying that ten times fast. Texas got a last-second win via a field goal in October against the Sooners, but I believe Oklahoma has played their best football, particularly on offense, since that loss. Texas comes in with a 9-3 record, with losses to Maryland, West Virginia and a somewhat stunning close loss to Oklahoma State. However, Tom Herman's Longhorns will be fired up for this game, as they had Oklahoma's number in their regular season matchup.

Oklahoma is in the thick of CFP conversations, and if they are to win convincingly enough, they will likely find themselves in a serious argument as a top four team. However, Texas stuck with them at the Texas State Fair and got the win, so this game will be very interesting. As I said about the Oklahoma-West Virginia game last weekend, time out your bathroom and snack breaks for this one. It will be a shootout.

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College students face flu season, vaccinations

Brendan Moore
Reporter

Due to the close quarters and the constant interaction with others, college campuses can become a breeding ground for the flu to spread. Because of these circumstances, the Falcon Health Center offers students at the University free flu shots from 8 a.m. to 8 p.m. weekdays. The hours are walk-in as well, so there is no need to call and make an appointment.

Even free vaccines and incentivized vaccinations, where shot recipients receive a gift card or a snack, might not be enough to encourage students to get their shot. A recent study by the National Foundation for Infectious Diseases showed that about 70 percent of college students say it is important to get their flu shots, while only 46 percent say they typically get vaccinated.

Influenza is found among the general population throughout the year, but during the fall and winter seasons, the number of cases reported tends to rise. This rise is because the cooler side of the hemisphere tends to predict when certain places will be most vulnerable to the virus.

“The exact timing and duration of flu seasons can vary, but influenza activity often begins to increase in October. Most of the time flu activity peaks between December and February, although activity can last as late as May,” according to the Centers for Disease Control and Prevention’s website.

Although researchers are coming up with more effective ways to fight the flu each year, it can be tough due to a number of reasons. Over the course of one flu season, the vaccine seems to have diminishing effects according to a study published in Clinical Infectious Diseases, a peer-reviewed journal. This decrease in effectiveness leaves a challenge for people to determine when the right time to get the vaccine is.

“My dad’s work usually gives them out for free, so my siblings and I usually get them when we are home for Thanksgiving break,” junior biology major Bailey O’Malley said.

“Other than that, I don’t really know when the best time to get the shot would be.”

Even though timing can be a challenge, just getting it can be beneficial. Many people each year fall victim to influenza, either because they did not get the vaccine or because the effect of their vaccine diminished when they contracted it.

According to the CDC’s website, “influenza has resulted in between 9.3 million — 49.0 million illnesses, between 140,000 – 960,000 hospitalizations and between 12,000 – 79,000 deaths annually since 2010.”

Getting the flu vaccine can reduce risk of contracting the flu by a large margin according to the CDC. The vaccine is said to prevent millions of flu-related doctor’s visits each year. During the 2016-2017 flu season, an estimated 5.3 million influenza-related illnesses, 2.6 million flu-related medical visits and 85,000 flu-related hospitalizations were prevented because of vaccines.

“In nursing school, I learn about all kinds of viruses and diseases such as the flu. Influenza is the technical term for the flu. I was taught two key signs that indicate someone has the flu — fever and body aches. The flu can be mistaken for the common cold, but when someone has the flu, it is way worse on the body. The flu is transmitted through air droplets and can be easily contagious when around people who have the virus,” senior nursing major Dontae Bigbee said.

The CDC’s website states people 65 years and older have a greater risk of contracting influenza. This increased risk is because as age increases, one’s immune system decreases and the protection the vaccine gives off is not as effective.

“Getting the flu shot is important for everyone to get but especially for older people because they have a compromised immune system,” CVS pharmacist Melanie Newman said.

Newman also mentioned that in some cases, the pharmacy has completely run out of flu vaccines, so it is important to get flu vaccines as soon as possible. This year has been a very busy year for the pharmacy at CVS in Bowling Green due to the amount of people coming in for flu shots. The shot should last all season, according to Newman.

For the 2018-2019 flu season, the CDC is recommending to get a flu shot, or a nasal vaccine as a substitution, to protect against the latest virus.
Students talk campus dining options

Max Hess
Reporter

Having a University meal plan gives students the freedom to choose dining options, but the temptation of junk food is present everywhere. Undergraduate students living on campus have limited dining options and even fewer ways to eat healthy foods that are convenient.

Freshman forensic science major Emily Ambrus believes dining services should make more of an effort to promote healthy foods.

“I know they try to incorporate vegetables into everything, but I just feel like they’re not doing enough. The fruit at the Falcon’s Nest is out of the way to the side. I feel like it should be more in the center, so people can see what there is,” she said.

Full-time students like Ambrus are predisposed to having irregular eating habits. This is largely due to the varied scheduling that comes with the college lifestyle.

“I usually go to the Oaks because of its location. Sometimes I’ll go to the Nest. I’ve been eating a lot of carbs, mostly pasta. I have a pretty set lunch schedule, but other than that I just eat whenever I feel hungry. Being in college definitely has made my eating habits more fluid,” she said.

One factor affecting meal schedules of students is a lot of them prefer to dine in groups with their friends. Sophomore neuroscience major Emma Stewart does this at the Union on a daily basis. Likewise, she and her friends routinely go to the Oaks for dinner. Stewart thinks that dining services does a good job at providing healthy options, especially with food that’s normally unhealthy.

“Chicken Dipity offers grilled chicken, which is what I usually get for lunch. I don’t have the money or the time to make food in Kohl, but hopefully when I move off campus I’ll be able to make stuff at home,” she said.

Evan Ham, a freshman accounting major who resides in Kohl Hall, is another student representing undergrads who opt to eat at dining halls and the Union rather than make food in their dorms.

“The most I’ll ever do is maybe microwave some mac and cheese or something like that. I don’t cook or anything like that in Kohl. I usually make cereal in the room for breakfast, and I’ll just kind of eat whenever I can fit it in,” he said.

Emma Stewart believes that promotion of healthy eating is absolutely the responsibility of the University.

“The ‘freshman fifteen’ is probably real, and now that we’re all on our own, we don’t have our parents telling us to eat healthy all the time,” she said. “To encourage and establish healthy habits now will benefit us later in life, and really, what is a school about if it’s not bettering the future?”

THE BG NEWS SUDOKU

THE BG NEWS SUDOKO

1. Award
2. Disabled
3. Spar
4. Genus of heath
5. On the road
6. Winglike
7. Expect
8. Debauchee
9. Boss
10. Child
11. Charged particles
12. Seminal fluid
13. Couches
14. Charity
15. Irregular
16. Contraband
17. Pertaining to vivid recall
18. Cream-filled pastry
19. Boss
20. Child
21. Charged particles
22. Seminal fluid
23. Couches
24. Charity
25. Irregular
26. Contraband
27. Pertaining to vivid recall
28. Cream-filled pastry

ACROSS

1. Lunch or dinner
2. Sea eagle
3. Devil tree
4. Corrosive
5. Shoestrings
6. One time around
7. Rouse
8. Daytime performance
9. Gave the once-over
10. String puppet
11. Cool
12. Steam bath
13. Amount of hair
14. Fury
15. Cup
16. Assist in crime
17. Mentally irregular
18. Spawn
19. Unmoving
20. Exuviate
21. Unmoving
22. Brand of credit card
23. Property claims
24. Arch of the foot
25. 4-door car
26. 1/100th of a dollar
27. Angers
28. Unmoving
29. Gave the once-over
30. Consumed food
31. Brand of credit card
32. Unmoving
33. Property claims
34. Makes a mistake
35. Pertaining to vivid recall
36. Layer
37. Angers
38. 1/100th of a dollar
39. High level of respect
40. Lampoon
41. Walks unsteadily
42. High level of respect
43. Consumer Price Index
44. Come forth
45. Come forth
46. At one time (archaic)
47. Throw with effort
48. Rowed
49. Spawn
50. Astray
51. South southeast
52. Ceases
53. Border
54. Dwarf buffalo
55. Sculpture
56. Dwarf buffalo
57. Cultivate
58. Module
59. Prima donna
60. District
61. Growing
62. Precious stone
63. Renaissance
64. Desire
65. Infantile paralysis
66. Countercurrent
67. Swarm
68. Preserves

down

1. Lunch or dinner
2. Sea eagle
3. Devil tree
4. Corrosive
5. Shoestrings
6. One time around
7. Rouse
8. Daytime performance
9. Gave the once-over
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55. Sculpture
56. Dwarf buffalo
57. Cultivate
58. Module
59. Prima donna
60. District
61. Growing
62. Precious stone

SUDOKU

To play: Complete the grid so that every row, column and every 3 x 3 box contains the digits 1 to 9. There is no guessing or math involved. Just use logic to solve.