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Bowling Green State University

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BGSU offers resources for sexual assault cases

Sexual assault incident still under investigation over a month later, email notifies students, faculty, staff of Title IX violation over break

Jemiah Blackshear  
Reporter

On Dec. 20, the BGSU Police Department sent an email alerting students of an on-campus incident. The email stated the incident is being investigated by police for being in violation of the nationwide Title IX policy. The Title IX policy prohibits offenses of sexual assault and discrimination based on gender or sexual orientation. This policy also prohibits any form of stalking, domestic violence and relational acts of violence.

“The University shares this information so that members of the community can take appropriate precautions.”

Students are encouraged to report any incidents on another’s behalf or ones that they were victims of. There are a few ways students are able to report offenses of this nature.

“Students can either call the police department or go to the BGSU website and fill out the ‘See it. Hear it. Report it.’ form,” Title IX Coordinator Jennifer McCary said.

This form can be found by going to the BGSU website, search “student affairs” and click “See it. Hear it. Report it.”

Both of these options are completely confidential. After an offense is reported it must go under a thorough investigation of how the offense occurred and to what extent it violates the Title IX policy. The length of the investigation is dependent on whether or not the individual wants to work with the police department or BGSU.

For example, the offense discussed in the email occurred in September, the report was filed some time in December and the investigation is still going on over a month later. For confidentiality’s sake, the option the victim chose remains unknown.

The email also includes information to help prevent incidents by encouraging students to stay safe or step in as follows:

Sexual assault is never the survivor’s fault.
On college campuses, 90 percent of sexual assaults are committed by someone known to the survivor.
Consent must be present for any sexual activity and can be withdrawn at any time.
Alcohol and other drugs might be used to facilitate sexual assault.
Remember to Step Up and Step In.
The campus shuttle service or a taxi provides safe options for transportation.

The email concludes with resources for students as listed below:

BGSU Police  
(419) 372-2346

Bowling Green City Police  
911 or (419) 352-2571 for non-emergencies

BGSU Title IX office  
(419) 372-8476

Office of the Dean of Students  
(419) 372-2843

Fraternity members at a sexual assault walk in October 2018.
Where to eat takeout when you really just need takeout

Bea Fields
Columnist

Objects strewn about the living room? Check. Dishes piled up as high as a seven story building? Check! Dreams and hobbies almost as out of reach as me and my own conscious self? Huh. Would you look at that? I think I am depressed! Ever since I graduated in December, I’ve been feeling off. Don’t worry! I am seeing a counselor and am taking something for these feels. Hobbies are the main thing that keeps me going and I don’t know what better way to pass the time till my meds kick in than writing a column about some helpful tips on the major depressive episode some of you will experience post-graduation.

If your depressive happenings are anything like mine, food and the concept of eating is a major hurdle. You usually start it all off by telling yourself, ‘You don’t have to be happy but you might as well eat,’ and repeat the unsettling mantra until you throw your hands up in the air and think, ‘Oh alright! I’ll eat.’ Once you’ve graduated and are out on the LAMB (Legal, Adult, Maybe? Barely) the convenient campus food is out of the question — you’ll have to take the hunt somewhere else. Technology has made this easy and lucky for you: the hunt is on speed dial.

1. Order from any sandwich shop that delivers.

It’s quick and the little bit of lettuce makes it easy for me to pretend that I’m eating a salad. Sandwiches or ‘sammies’ are fun. Objectively. Even if my aim wasn’t to eat but admire, I’d get a kick out of this global delicacy. Two pieces of bread and a lil “something something” in between — Yeehaw, that’s comedy! Sandwiches might not cure my depression but I feel like every sandwich I have encountered in my 22 years is rooting for me somewhere between those sweet, sweet buns. Yum!

2. Order pick up from a Mexican restaurant

Pick-up is perfect for someone who doesn’t want to cry in public. When you arrive at the place, just take a deep breath, go in and get the hell out! That’s it. No sitting necessary. Which is good for me because I like to watch funny videos to get me motivated for the day and if I had to sit next to Rebecca and her twelve other loud friends I’d- well, cry, probably. So take out is great to get out of the house for a bit and even better for the sweet release of anxiety when you get back inside.

3. Chinese food is, without a doubt, the world’s greatest pick me up.

I don’t care if you get the steamed broccoli combo, or if you are a general Tso’s thottie. Til’. You. Die. When you need it and CRAVE it, chinese food SLAPS. Plus! There’s so much of it you can make at least three meals from it. Boom. I live for the stuff and — bonus, there may be a fortune cookie within the back that just might pick my sad soul up for a bit. In fact I wrote this chomping on some steamed dumplings! I might be sad but I’m still an honest woman. Hey, would you look at that, there is something I like about myself after all. Cheers. (This isn’t meant to be tips for curing depression. Please see a doctor or a counselor immediately if you’re in need of emotional support.)
Five reasons not to support PETA
PETA's activism only serves their interest in publicity

Meredith Siegel
Forum Editor

PETA, or People for the Ethical Treatment of Animals, is back in the news, and again people are asking if they take things too far. This time they “barbecued” a fake but realistic-looking dog to prove a point about how people wouldn’t eat dogs, so why would they eat cows or something like that. And again, PETA is more interested in shocking people than trying to make actual change. They have so many offensive ads and campaigns that there’s an entire listicle about it on a website called “PETA kills animals” full of evidence on how PETA does, in fact, kill animals. Here are five more reasons why you shouldn’t support PETA, even though you shouldn’t need them because they kill animals.

1. They don’t care about actual sustainability.
The choice to stop eating meat is truly more sustainable and will lower your carbon footprint by as much as half. It is truly better for the environment to go vegetarian or vegan, but PETA doesn’t usually appeal to that when they try to convince others to give up eating meat. Instead they focus on trying to make people feel bad for eating meat in such ridiculous ways it usually doesn’t work.

2. They give bad ‘evidence’ for veganism.
One of the major things they point to is the Bible and how God doesn’t want people eating meat. This isn’t a very good argument in my opinion. They exaggerate the negative impact eating too much meat can cause, and they refuse to acknowledge that meat is cheaper and not everyone can afford to go completely vegan.

3. They don’t understand animals in general.
Not that long ago they released an ad saying a lamb was killed for its wool. Sheep are not killed for wool, and they have been bred so that they need to be sheared, so their fur doesn’t become overgrown. They have gotten into fights with scientists about animal research and even sent death threats to a woman who was studying birds to save them. PETA’s morals are not based on facts.

4. They don’t believe in owning pets.
One of their worst offenses is that PETA doesn’t believe in owning pets. In fact, members have went into yards and stolen pets before, only for them to be euthanized. While they are right in the fact that dogs and cats didn’t always behave this way, and that there is an overpopulation crisis, pets are a part of life and a good one at that. If they truly cared about the health and safety of animals they would advocate and provide money for “fixing” dogs and cats so that they don’t continue breeding. Or they could advocate against the breeding of cats and dogs with flat faces, because they start to have more health and breathing problems. The hardline stance PETA has that pets are bad is not reality, and they could be doing so much more.

5. They don’t care about actually behaving ethically towards animals.
If they truly cared about the world and the animals that live in it, they would change their practices to be more educational and fact-based. They would do real work to ensure that the breeding of pets with health problems, like flat-faces, would end. They would encourage people to give up meat and give cheap, better alternatives. But instead they create controversy, shock and general dislike from the public. Put your money, time and attention in a better place like the Humane Society or groups that rescue dogs.

Questions or comments?
Twitter: @meredithsiegel
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Winter session affects BG businesses

Brian Geyer
Reporter

BGSU’s inaugural winter session provided the opportunity for students to study abroad, catch up on classes and share quality time with friends and family; it was perceived positively by some students and faculty. Unnoticed, however, were the businesses and workers within the community that were negatively impacted by the lack of students for an extra two weeks.

Many students work in the town of Bowling Green, making a manager’s job more stressful when they go home for the holidays.

Among the businesses affected was Biggby Coffee, found a half mile from campus. Manager Julia Myers explained her struggle, “There aren’t as many people (to work), so I had to pick up a lot of shifts. Everyone’s hours were a little different; sometimes we had to send people home early.”

Myers said business was down significantly as well. She explained that BOGO Wednesdays, a deal Biggby Coffee offers every week, normally sells around 300 to 400 cups throughout the day. During the break, the cup count only reached anywhere from 150 to 200 cups.

“There aren’t as many people (to work), so I had to pick up a lot of shifts. Everyone’s hours were a little different; sometimes we had to send people home early.”

—Julie Myers—
Biggby Coffee Manager

Businesses were not the only ones affected. Students living in townhouses or apartments during the extended break had to think about their own well-being.

Junior journalism student Lindsey Haynes lives in Bowling Green for the majority of the year, working as a server at The Stones Throw Tavern & Grill. Her experiences support what other students may have struggled with throughout winter session.

“During winter session, I was lucky to get $50 a night, which made it harder to budget my money; wherever I could, I picked up shifts. I had to borrow money to pay rent this month. Not going to lie, it was pretty rough.” She also resorted to making creative Christmas presents for her friends instead of buying gifts to save money.

“I’m kind of grateful for the opportunity to get back into that again,” she commented.

BGSU is already planning for next year’s winter session. Stories of struggling from Bowling Green begs the question on how businesses will react in future years.
BGSU cross country brings back tradition of success

Abby Shifley
Campus Editor

For Jon Wenning, it was never about the money. Like many of his teammates, he joined the BGSU cross country team for his love of running, and because he wanted to improve a failing program. This mentality paid off when the team claimed second place in the Mid-American Conference in October 2018, despite being the only varsity sport on campus without funding for scholarships.

BGSU runners Tyler Phillips (second from left) and Noah Schaub (third from left) at the MAC in October 2018.

Chuck Wentz was the team's coach during Wenning's freshman and sophomore years and was the one who "beat" the drive to win for wanting to improve the team and make Bowling Green a respected name again.

Wenning's freshman and sophomore years showed that I'm not in it for the money. I'm in it for wanting to improve the team and make Bowling Green a respected team again," Phillips said. "A lot of those guys got kicked off the team by the coach when he was recruiting our class, because we brought in eight guys our freshman year that all didn't want to just be part of the team but wanted to be part of a good team."

Assistant coach Juan Carrillo fine-tuned the team, and helped lead them to the brink of a MAC championship.

The group of seniors who ran in the 2018 MAC broke a 12-year trend of disappointing placement. The team was either last or second-to-last in the MAC between 2002 and 2014 but started climbing the ranks in 2015.

Carrillo said the team's funding was cut in 2002, and at the same time the athletic department also dropped the men's outdoor and indoor track teams. The department was also $3.4 million in debt and dropped three other varsity men's sports, according to a 2002 article by The Toledo Blade.

The reasons for the cuts were varied. The department was feeling financial pressure, but also pressure to be in agreement with Title IX, which aims to prevent discrimination on the basis of sex. Cutting men's sports was one way to balance the budget between men's and women's sports.

When an athletic team loses its funding for scholarships, it also loses its ability to recruit good high school athletes because a prospective student is more likely to attend an institution that will give them financial aid.

Whatever the reason for the decline of the once proud program, the funding cut coincided with the team's dry spell, which began in 2002.

However, the team didn't let the lack of scholarships stop them from succeeding — even if success took a few years. It boiled down to a matter of dedication.

"Before us, there were a lot of guys on the team that didn't really care about running," senior runner Tyler Phillips said. "A lot of those guys got kicked off the team by the coach when he was recruiting our class, because we brought in eight guys our freshman year that all didn't want to just be part of the team but wanted to be part of a good team."

Phillips said the team has a history of being successful — especially in the '70s and '80s. But since that success disappeared in the late '90s, Phillips and his teammates wanted to make history happen again.

The team's reputation in BGSU athletics has changed greatly as they've moved their way up in the MAC. Phillips said, before its recent success, the cross country team was the worst team on campus, and now they have become one of the best — much like they were in the '70s and '80s. This success has improved the team's reputation on campus.

"We've always had the highest GPA here, as a team," Phillips said. "Everybody's got respect for that, but we were never really respected as athletes."

Although the team may have improved their reputation — this improvement has done little to win them scholarships from BGSU.

As a sports management major, Phillips said he doesn't think the university will ever give the team back its scholarships — mostly because cross country doesn't generate the same amount of revenue as hockey or football. To give scholarships to cross country, hockey or football might have to cut their funding. Phillips said cuts to football would not happen despite the football team's bad track record — in the 2018 season, they won three games and lost nine.

Cross country Continued on page 7
Cross country Continued from page 6

“Universities want to gain [notoriety] from their athletic teams and NCAA cross-country is not on the level of NCAA football,” Phillips said. “So, I think that’s the thing, they’re hoping that the more money they funnel into football, maybe the better they’ll get … that’s going to bring more national attention.”

BGSU would also have to make sure the budget is still balanced between men’s and women’s sports if the team started getting scholarships.

The runners were still able to pull off an impressive win despite the obstacles. Phillips said many of his teammates, including himself, came to BGSU because they could walk on to the Division 1 team. At other Division 1 schools, the BGSU runners weren’t recruited, so BGSU was their only chance to be a Division 1 athlete. However, Phillips also came to BGSU with a particular goal in mind and said the lack of scholarships bonds the team.

“Me, personally, I wanted to come here because I knew the tradition, I knew the history of this program, and I wanted to be part of the group that brought it back,” Phillips said. “We’re all here just because we love the sport, we’re not here because we’re getting our college paid for us.”

Senior Noah Schaub, who is the team’s top runner, said he wanted to reach his full potential, and BGSU was the only Division 1 school that would accept him on its team. He was not put off by the team’s poor reputation at the time.

“You can’t be like, ‘oh, I’m not going to go there because they were last’ it’s more, you can go there and turn it around and make history,” Schaub said. “It’s just going to take some hard work, and that’s what happened I guess.”

Carrillo admitted finishing second in the Mid-American Conference was a little bittersweet, but still a huge achievement, considering none of the runners who participated in the MAC had scholarships. It would have been nice if the group of seniors who made the past few years so successful had seen a MAC championship.

But the team and individual runners were still far from unsuccessful. Schaub finished second overall in the individual rankings and Phillips finished third. Schaub finished third in 2017, as well.

“It hasn’t been done in many, many years,” Carrillo said. “1995, that’s when BG won the MAC championship for the last time, they only had one guy who finished second place [in individual rankings]. And so, if you compare individual finishes, it hasn’t been done since the ’70s, ’80s.”

Carrillo said he individualizes training, which may play a part in runners’ success.

“My philosophy is working on consistency, individualizing training,” Carrillo said. It is important to focus on building relationships with players for Carrillo, because out of relationships comes trust.

Carrillo said having a strong mentality is an important part of being a successful runner, so he makes sure his guys are always in a good place mentally.

“Pressure is going to be there all the time, it’s not going to go away. It’s how you control it and how you deal with it that makes the biggest difference, and at this level, that’s everything,” Carrillo said. BGSU is a Division 1 school, so the MAC contains some of the best collegiate runners in the nation — some who will be Olympians next year.

However, Carrillo has a great amount of confidence in his team and has been impressed with the achievements of the four seniors who started the trend of success their freshman year on the team.

“One thing they have in common is they are self-motivated, and they believe. I can show them the way, but if they don’t believe then nothing is going to happen, so at one point it’s up to them to make the choice: how good do we want to be?” Carrillo said.

Wenning said the cross-country team has started to receive donations from alumni, which have gone toward scholarships. One particular alumnus is Sid Sink, who still lives in Bowling Green and was a nationally-awarded athlete in the ’70s and led the team to a MAC championship in 1995 as a coach.

Schaub said he has received a scholarship recently, but he’s not sure from which donor. He’s also been involved in reaching out to alumni asking for donations, because BGSU doesn’t reach out.

Carrillo said he has also been reaching out to alumnae directly and indirectly through social media. Carrillo handles all the social media accounts for the team.

Another distinguished alumnus who comes back to visit is David Wottle, who won an Olympic gold medal in 1972.

Wenning said he and his teammates wanted to make people proud, particularly alumni who have watched the team deteriorate for a long period of time. The team’s efforts seem to be paying off, as more alumni are starting to donate to the program.

“I think they’re a lot more proud of what their alma mater is doing. Proud of the team, of the hard work we’ve put in, and they want to show their appreciation by giving back,” Wenning said. “To me, I think that’s awesome, and it really speaks volume to the guys who love the sport and who have gone through the program and who continually want to give back so that we have a good experience too.”

The team will lose four of its seniors in May, but Carrillo is not worried. He said, thanks to the donations from alumni, he has been able to recruit some top-level runners who will hopefully continue the success of the team.

“With a particular goal in mind and said the lack of scholarships bonds the team. A distinguished alumnus who comes back to visit is David Wottle, who won an Olympic gold medal in 1972. Wenning said the cross-country team has started to receive donations from alumni, which have gone toward scholarships. One particular alumnus is Sid Sink, who still lives in Bowling Green and was a nationally-awarded athlete in the ’70s and led the team to a MAC championship in 1995 as a coach. Schaub said he has received a scholarship recently, but he’s not sure from which donor. He’s also been involved in reaching out to alumni asking for donations, because BGSU doesn’t reach out. Carrillo said he has also been reaching out to alumnae directly and indirectly through social media. Carrillo handles all the social media accounts for the team. Another distinguished alumnus who comes back to visit is David Wottle, who won an Olympic gold medal in 1972. Wenning said he and his teammates wanted to make people proud, particularly alumni who have watched the team deteriorate for a long period of time. The team’s efforts seem to be paying off, as more alumni are starting to donate to the program. "I think they’re a lot more proud of what their alma mater is doing. Proud of the team, of the hard work we’ve put in, and they want to show their appreciation by giving back," Wenning said. “To me, I think that’s awesome, and it really speaks volume to the guys who love the sport and who have gone through the program and who continually want to give back so that we have a good experience too.” The team will lose four of its seniors in May, but Carrillo is not worried. He said, thanks to the donations from alumni, he has been able to recruit some top-level runners who will hopefully continue the success of the team.
Falcons find jobs at EXPO

Paul Garbarino  
Managing Editor

Hundreds of BGSU graduates and undergraduates flooded into the Perry Field House Tuesday, greeted by over 180 employers ready to network with students on potential internship and job opportunities.

Marathon Petroleum, Nationwide Insurance, Owens Corning employers granted internship, part-time and full-time positions to primarily business students as they engaged in quick interviews and exchanged resumes.

Top students were offered next-day formal interviews for positions. One student is Senior Kyle Johnson. Johnson said he got a next-day interview for a marketing position in Arlington, Virginia. He also has a job offer for Quicken Loans in Detroit.

Here is the event in photos.

PHOTOS BY WILL ARNDT

The EXPO may have opportunities for students from all academic backgrounds, including media, art and social sciences.

The Career Center’s next big events are the City of BG Job Fair and the Summer Internship and Job Fair.
Men’s basketball wins at Western Michigan

Evan Hayes
Pulse Editor

Having picked up their biggest win of the season last week against Buffalo, traveling for a road contest against a struggling Western Michigan squad Tuesday could have been viewed as a minor annoyance for the Falcons. After all, they arrived in Kalamazoo in sole possession of first place in the Mid-American Conference, flying high off the first win over a ranked team in a decade.

But Bowling Green (16-6, 8-1 MAC) refused to play down to their opponent, taking a lead in the first half before pulling away in the second to cruise to a 85-72 win. The team is now 8-1 in conference play for the first time since the 1982-83 season, and their 16 season wins are a high for head coach Michael Huger’s tenure at BGSU, with nine regular season contests left on their schedule.

“It’s always nice to win on the road. It’s so difficult to win on the road in the MAC. I didn’t want our guys to look at the record,” Huger said. “The biggest thing was not looking at the record of 0-8 and thinking that they can’t play. We didn’t take them lightly.”

Senior guard Antwon Lillard led all scorers with a career high 27 points and season high 11 rebounds, making five 3-pointers and grabbing two steals. Junior guard Dylan Frye scored 20 points, dished out three assists and grabbed four steals, while senior forward Demajeo Wiggins recorded his fourteenth double-double of the season with 15 points and 10 rebounds.

Western Michigan (6-16, 0-9 MAC) came out hot in the first half, shooting 50 percent from the field while making seven of 15 three-pointers, but the Falcons were able to control the lead up to halftime by out-rebounding the Broncos 21-15 and forcing 10 turnovers, six of which came on steals, to take an early 43-36 lead. Western Michigan ultimately turned the ball over 22 times in the game, and Bowling Green capitalized by scoring 21 points off turnovers.

The Broncos struggled to make shots in the second half, going 12-28 from the field and 2-9 from 3-point range. The Falcons were 12-28 from long range in the contest, and their hot shooting from beyond the arc over the last 13 games (126-294, 42.8 percent) has fueled the team’s success in conference. Bowling Green leads the MAC with a 43.7 3-point percentage in conference play.

“We came out, and we fought from the beginning,” Huger said. “We had to clean up some things, and we were able to make adjustments, and that was the difference in the game.”

The Falcons will return home Saturday for the Battle of I-75 against rival Toledo. The game, which will air on ESPN3, is scheduled for tip-off at 6 p.m. BGSU’s 2008-09 MAC regular-season championship team will be honored during the ballgame.

Women’s basketball falls 88-47 to Northern Illinois despite strong start

Zane Miller
Sports Reporter

The women’s basketball team was defeated by the Northern Illinois Huskies 88-47 on Wednesday, as the team falls to a 0-9 record in conference games so far this season.

The team started out with a strong performance early, as they went up 24-16 in the first quarter, with freshman guard Morgan McMillen getting 12 points, all of which coming on 3-point shot attempts, to lead the offense. The first quarter included a 13-point rally from the Falcons that allowed them to jump from being down 5-3 to being up 16-5 early on. However, Northern Illinois would take the momentum back in the second quarter by outscoring the Falcons 18-6, taking a 34-30 lead into halftime.

In the third quarter, Northern Illinois would pull away further as they outscored 24-10 in the quarter to make it a 58-40 game. The fourth quarter would not get any better for the Falcons as Northern Illinois added 30 points against 7 from the Falcons as they went on to take the 88-47 win, leaving the Falcons still searching for their first win against a conference opponent this season.

McMillen led the Falcons offensively courtesy of the strong first quarter effort, getting 15 points in the game overall, as junior guard Andrea Cecil also added 9 points and sophomore center Angela Perry as well as senior forward Maddie Cole each earned 7 points.

For Northern Illinois, junior guard Myia Starks led the team offensively by scoring 21 points, while senior guard Mikayla Voigt also had a strong game with 16 points. Sophomore forward Riley Blackwell and freshman forward Abby Woollacott each added double-digit point totals as well.

On defense, the Falcons were led by Cole who had eight defensive rebounds, along with freshman guard Kadie Hempfling who had seven defensive rebounds on the game.

The team had also played Northern Illinois earlier in the season in Bowling Green, as the team was handed a 66-52 loss on Jan. 16.

The team also struggled with turnovers throughout the game, committing 20 of them on the night to just 10 from Northern Illinois. The Falcons also shot just 29 percent from the field while Northern Illinois converted on 46.1 percent of shots from the field.

The team will next play on Saturday afternoon at home against the Miami RedHawks before following that game up with another home game on Wednesday night against the Buffalo Bulls.
‘Sweet Victory’ for the Pats, but not for fans

Parker Kern
Sports Reporter

I’ll begin by patting my own back, then I’ll get on with it. Yes, I correctly predicted the Patriots to win Super Bowl LIII. However, what I did not predict was how much of a snooze fest the game itself would be, not to mention the abysmal commercials and the most disappointing Super Bowl halftime show I have ever seen.

Let’s begin with the actual game. The final score was 13-3, with New England coming out on top for the franchise’s sixth Super Bowl victory, tying them with the Pittsburgh Steelers for most Super Bowls all-time for a franchise. Tom Brady, the football equivalent of Jennifer Aniston (non-aging), decided five rings weren’t enough and had to go win a sixth. However, the game only had one touchdown (a fourth-quarter Sony Michel touchdown for New England), not to mention the halftime score was 3-0, in favor of New England.

With the NFL as a whole becoming a much more offensive league, putting up record numbers of points and defenses giving up record numbers of yards, it was very ironic this Super Bowl featured much defense and stagnant offense. Everyone predicted it to be a shootout in the high 30s, but instead we got the boring game we did. As my dad would say, “Hello, wall!”

Now, let’s talk about those commercials. What the heck were some of these people thinking when they came up with them? There was a commercial for Burger King in the second half that showed a man simply unwrapping a burger, dipping it in ketchup and taking a bite. Then, “#EatLikeAndy” came across the screen. I think some of the BK executives have been using their old hamburger wrappers to wrap up some other stuff, if you know what I mean.

There was one commercial that was far superior to every other commercial, and it wasn’t even close. “The 100-Year Game” a commercial by the NFL, featured 44 current and past NFL players. The premise of the commercial is a football sitting on top of a cake falls to the ground, and players spring into action trying to recover the “fumble.” From there, mayhem ensues – if you haven’t seen this ad yet, I highly suggest you YouTube it. It’s hysterical and very well done. It really made up for how horrific the rest of them were.

Now, for the aspect of the Super Bowl that disappointed everyone from ages 15 to 30 years old and almost broke Twitter: the absence of the song “Sweet Victory” from SpongeBob SquarePants during the halftime show.

“Now, for the aspect of the Super Bowl that disappointed everyone from the ages 15-30 and almost broke Twitter, the absence of the song ‘Sweet Victory’ from SpongeBob SquarePants during the halftime show.”

Parker Kern
Sports Reporter

NFL needs to change overtime rules

Michael Hubler
Sports Reporter

It’s easy to say these last few weeks in the NFL have been very eventful. Not because of long-bomb touchdown’s or national anthem protests but because of one particular game. And not just one particular game but one drive. On Jan. 20 the Patriots played the Chiefs in Kansas City for the AFC Championship Game. The final score was 37-31, Patriots.

The Chiefs scored with 28 seconds to spare in regulation, taking a 31-28 lead. Then Chiefs quarterback Patrick Mahomes drove the team down the field, and kicker Harrison Butker tied the game with a field goal to force overtime. Eventually, the Patriots won the coin toss resulting in a touchdown and automatic win without the Chiefs seeing daylight. The Patriots clinched another berth to the Super Bowl, ending another team’s year in heartbreak.

Two years prior, the Patriots played the Atlanta Falcons in Super Bowl 51. The AFC Championship Game this year and the Super Bowl two years ago had the same result: one team driving down the field and winning the game without the other team getting a chance.

In college football, each team has a chance to get the ball and score regardless of a touchdown or field goal. But in the NFL, if one team gets the ball and scores a touchdown, it’s over. Obviously, with Tom Brady, he has always fought tooth and nail to win games, but when it means the most, the other team never gets a chance.

“The NFL rule should be identical to college football: each team should get a chance.”

Michael Hubler
Sports Reporter

Nevertheless, this process isn’t fair because, just like college, the NFL should allow teams to have a chance in overtime.

The NFL rule should be identical to college football: each team should get a chance. Each team starts on the 25-yard line, and if they each get a touchdown or field goal, they go to double overtime. In addition, if one team gets a field goal and a touchdown, the game should conclude.

When the third overtime approaches, instead of kicking extra points from any extra overtime moving forward, each team must go for a 2-point conversion if one scores a touchdown. While college overtime rules are successful and well-balanced, the NFL has still gone forward with these rules year in and year out.

This rule must change, as it is angering fans and is outdated. It’s not even just, “if a team gets the ball and scores a touchdown, it’s over,” but also the result of a tie. If the NFL wants higher ratings, they must make overtime fair for both contenders and give each team a chance over sudden death.
Bike paths, future legislation discussed at Council

Adam Gretsinger
City Editor

City Council’s latest meeting was light on legislation but hinted at future events and decisions in the city.

Council met Monday in its chambers, primarily to discuss its stances on upcoming questions, especially those concerning the town’s bike accessibility.

Members of Council held a public Bicycle Safety Commission meeting prior to the general meeting about the potential for more bicycle-friendly city streets. The Commission outlined its recommendations based on research.

Headed by member John Zanfardino, the commission recommended building bike lanes on South Main Street, Gypsy Lane and Napoleon Road, among others, to support city bike traffic. Options for bike accessibility on these streets were discussed with the Toledo Metropolitan Area Council of Governments prior to the meeting.

These recommendations were popular among the Council members, especially Bruce Jeffers, who complimented the locations for potentially “dropping off” bikers near city hotspots like parks. He also praised Zanfardino for collaborating with different groups and the city’s offices to start such conversations.

However, Jeffers also criticized another idea that circulated in the meeting: building a bike lane on Court Street.

“Setting up a bike lane there would not be helpful because of its potential to make bikers mingle with busier traffic and leave them feeling isolated from city attractions due to the path’s ending around Prospect Street,” he said.

Zanfardino joked the path would be located close enough to The Cookie Jar to warrant interest, but the discussions for making these paths a reality are not done, and no part of the meeting’s revelations came to a vote.

An ordinance giving supplemental funds to already-budgeted expenses was passed during the meeting, as was a set of budget transfers.

Seven ordinances are due for a vote at the next meeting. These include:

• A resolution allowing Mayor Richard Edwards to execute a contract after his Community Development Block Grant application is approved.
• An agreement between the city and the Wood County Regional Airport Authority.
• Allowing the Utilities and Municipal Administration departments to contract with vendors for $50,000 per year in 2019.
• Allowing the Utilities and Municipal Administration departments to enter into contracts or government purchase programs to buy vehicles and equipment and dispose of them.
• Allowing the Municipal Administrator to contract with companies for road and sidewalk maintenance and anti-winter weather coverage.
• Allowing the Utilities Director to install and repair corrosion prevention system through the Corrpro company.
• Allowing the Utilities department to contract installation of electric and communication systems at the new I-75 roundabouts out to companies.

Different members of council and citizens advertised future events for the city, including:

• Mayor Richard Edwards’ State of the City Address Feb. 19 at 8 a.m. at the Wood County Library. BGSU President Rodney Rogers will be a guest of honor.
• A public Community Improvement Committee meeting — prior to the next City Council meeting — Feb. 18 at 6 p.m.
• Winterfest BG Chillabration Feb. 8 and 9 throughout the city.

The meeting began with a lobby session by a citizen who claimed a member of the Bowling Green city police perjured in court, but he was directed to bring his concerns to Municipal Administrator Lori Tretter.
Working out in the winter

Mary Ross
Reporter

During the winter months, it can be hard to find the motivation to go to the gym. Plus, with the cold weather days, it might not be possible to get to the gym. However, there are ways to work out in the comfort of wherever students call home. Here are some ideas based on the different muscle groups:

1. Abs
Some exercises to work out the abdominal muscles are planks, crunches, sit-ups, side planks, leg lifts, flutter kicks and superman.

One tip for getting the most out of a plank is to keep the hips down, making the body resemble a straight line as much as possible.

2. Pecs
Some exercises to help work out the pectoral muscles are push-ups, incline push-ups and decline push-ups. Incline push-ups and decline push-ups differ the altitude of the legs to target different spots in the pectorals and arms.

If a student has access to weights, whether the weights are textbooks or actual weights, they can be used in the following exercises: chest press, incline chest press, decline chest press box dip and burpees with push-ups.

3. Arms
Some exercises to work out the arm muscles include side plank, plank, push-ups, triceps box dip and burpees with push-ups.

4. Legs
Some exercises to work out the leg muscles are jumping squats, single-leg squats, lunges and lateral lunges.

5. Glutes
Some exercises to work out the glutes include squats, reverse lunges, squat jacks, hip bridges and step-ups.

All these moves can be used in any combination, and the number of sets and reps will vary for each person.

However, if students are looking for a guided workout, there are many apps on the App Store that provide an instructor giving instructions on how to do the workout.

These apps vary from seven-minute workout programs to 30-day fitness challenges as well as from light, easy workouts to difficult, intense workouts. With the variety of different apps to help guide a workout, one can find a style that works for them.

Despite access to all sorts of guided workout videos, working out in a single, stagnant place is not for everyone. A way to constantly move while getting a cardio workout is to run up and down the stairs in a dorm or home. Not only does it help build muscle in the legs and glutes, it raises the heart rate to keep the heart healthy.

However, students decide to workout, they should be sure to take care of their bodies by staying hydrated, stretching and responding to the signs of fatigue appropriately, according to the Centers for Disease Control.

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The Daily Crossword Fix

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ACROSS

1. Unwakable state 38. Animal companions 43. Extra
5. Type of retinal cells 8. Greasy 40. Parental sister
7. Multiplicative inverse 10. Present-day 42. Anagram of “Ail”
9. Historic period 12. Swing around 44. Digit
10. Thorny flowers 13. Song of praise 45. A type of plastic
12. Swing around 15. A fitting reward 47. Poplar tree
15. A fitting reward 18. A very proper person 50. Fraud
17. Multiplicative inverse 20. Historic period 52. Portents
25. Extreme 28. Instructing 60. Forearm bone
30. Essence 31. Affirm 62. Law and     
32. Place 33. Assuage 63. Beloved

SUDOKO

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.

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