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How to make the most of BGSU
Advice from seniors to new students on campus

Vaughn Cockayne
Web Editor

Overcoming the fear of starting at a new school can be one of the most difficult experiences. Many freshmen have the same fears: How do I make friends? How do I know where I’m going? Who do I ask for help? Is it going to be too much for me?

Even though the admissions process should have given all freshmen the confidence they need to succeed at college, the anxiety is there nonetheless.

Collected here are pieces of advice from seniors who have gone through all the anxieties and troubles of a freshman and made it to their last year at BGSU.

Owen Cappellini
Senior visual communication technology major

“You just never know. Even if you think you have your entire college career mapped out, I guarantee you will be surprised with opportunities you didn’t know about, or you may find things you enjoy more than you previously thought.

“What you are doing right now is likely not what you will be doing in two years, or even a year. Things change quickly, and you need to embrace the change.

“If you are struggling as a freshman, remember two things: no one cares about what you are doing because people are so focused on themselves, and do what you really enjoy and don’t let social stigmas and what other people think of you bring you down.”

Mia Herd
Senior biology major

“Best thing I learned from freshman year was to be more outgoing and introduce myself to the people I was around in class and in the dorm. Because otherwise it’s too hard to make friends.

“If you’re struggling, change what you’re doing. Take a risk.

“Wish someone would have told me that there was an Outtakes in Offenhaur that was open really late.”

Jillian Riley
Senior film production major

“Try and get into clubs related to your major, make friends there and try to network. It will be really helpful to know people in your major later down the line.”

“My first advice to struggling freshmen would be to ask peers in your class for help, then your professors. There’s also the Learning Commons, which can be really helpful for papers!”

“If you’re struggling, change what you’re doing. Take a risk.”

— Mia Herd —
Senior Biology Major

— Jillian Riley —
Senior Film Production Major

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Guillermo (Will) Pacheco is the 2019-2020 FREE RENT Winner at Mecca Management, Inc. This exciting event took place at the sold out BGSU Mens Basketball game against Toledo.

Will is a Junior at BGSU, with a major in Architecture. He is also involved with the American Institute of Architecture. This is Mecca’s twelfth year, giving free rent for the school year, to one lucky person.

CONGRATULATIONS WILL.
Meet the Opening Weekend Group Leaders

Mary Ross
Forum Editor

Opening Weekend is full of activities for students to participate in to acclimate being at college for the first time. According to BGSU’s website, “Opening Weekend is an opportunity for first-year students to continue exploring campus after their Student Orientation, Advising, and Registration visit and become better acquainted with their surroundings and their peers. It is an introduction to their first semester at BGSU as well as an opportunity to build school spirit and excitement.”

However, Opening Weekend would not go as smoothly as it does now without the help of Opening Weekend Group Leaders. According to BGSU’s website, “Opening Weekend Group Leaders play an integral role, ensuring first-year students have a smooth, enjoyable, and successful transition to BGSU.” Below are a few OWGLs and their favorite memories of Opening Weekend from their freshman years.

Molly Marody
Year: Sophomore
Majors: Spanish and English
Hometown: St. Clairsville, Ohio
Favorite memory of Opening Weekend: “All the late-night conversations with my new best friends.”

Carolynn Judge
Year: Sophomore
Major/Minor: Forensic biology, forensic chemistry and chemistry
Hometown: Lorain, Ohio
Favorite memory of Opening Weekend: “Getting to explore campus with my

Grant Fisher
Year: Sophomore
Major: Business analytics
Hometown: Cincinnati, Ohio
Favorite memory of Opening Weekend: “Getting to know my OWGL, Alyssa.”

Luke Dahlinghaus
Year: Sophomore
Major: Computer science
Hometown: Russia, Ohio
Favorite memory of Opening Weekend: “Meeting new people.”

Meet the Opening Weekend Group Leaders continued on page 8
How to submit opinion pieces (and become my best friend)

Mary Ross
Forum Editor

Hello everyone! My name is Mary Ross and I am the forum editor for this academic year at BGSU. Currently, I am a sophomore from Toledo, Ohio, studying multiplatform journalism, with minors in environmental policy and Spanish.

College was the first time for me to experience the world outside the realm of my parents and begin to formulate my own ideas and opinions. For many students all over the world who engage in higher education, the same is true. And what better way to explore your different opinions and share them with the world than by writing them for your very own college newspaper?

The forum section of the BG News is dedicated to giving all students a place to voice their opinions and share their ideas. Whether it’s about politics and who you are supporting in the upcoming elections or ideas on how to do well in a set of classes, the forum section is open to a variety of different types of articles. Different formats of forum articles can be listicles, narrative pieces, cartoons, letters to the editor or any other creative way to illustrate an opinion or position.

Keeping the many different formats in mind, anyone can use their talents to submit pieces for the forum section. There is no requirement to be a journalism major to be able to contribute your opinions and creative pieces. If you are a science major with a passion for drawing, creating cartoons would be an awesome outlet. If you are a business major who loves politics, supports a candidate in the upcoming elections and wants to share why this candidate’s policy are worth supporting, writing an editorial on the candidate would be fantastic for you.

Submitting a piece is simple. All you have to do is email me (mkross@bgsu.edu) an article before 5 p.m. on Tuesdays. However, articles can be submitted any time throughout the week for the next edition.

If you have any questions about writing or submitting a forum article, do not hesitate to email me at mkross@bgsu.edu.

How to stay informed
An introduction to The BG News

Brionna Scebbi
Editor-in-Chief

Welcome back, Falcons!
And to those of you who are new on campus, I hope you’ve found yourself already feeling like you belong at BGSU.

I am Bri Scebbi, the editor-in-chief of The BG News, and I am just one of eleven editors who have been working hard these past few weeks to prepare content that will truly help new and returning students transition to the start of the school year.

The BG News is the print branch of BG Falcon Media, an umbrella student media organization. The BG Falcon Media staff are responsible for serving the student body, faculty, staff, alumni and the community.

Our job as journalists — whether it be through text, video, photos, audio or graphics — is to tell stories that inform you but also move and engage you.

We work to provide unbiased, fair and accurate content that is interesting and important to our audience. We actively seek out stories from every corner of campus and the city to best represent the issues pertinent to you, our readers.

BG Falcon Media provides content any way you want it: a good ol’ printed newspaper, online articles, video stories, radio shows and more on bgfalconmedia.com and Twitter, Instagram, Facebook and YouTube.

From tuning in to WBGU-FM 88.1 on the radio to streaming live broadcasts on BG Falcon Media’s Facebook to paging through an issue of The BG News, you are supporting student journalism and staying informed at the same time.

If we aren’t covering something you think about moving in?

Freshman | Undecided
OLLIE WILLIAMS

“My just kind of starting with zero friends. This is just going to force myself out of my comfort zone.”

Freshman | Exercise Science
JARED HALL

“Getting my stuff where I wanted it in the room. I was the second person to move into the room, but it turned out OK.”

Freshman | Education
ALEXIS CRAWFORD

“I would say having to move my car and then find my way back to the building... I got lost.”

Freshman | Education
EMILY MUELLER

“Saying goodbye. It was weird to think about how everyone was going home, and I wasn’t going with them.”

Freshman | Education
OLLIE WILLIAMS

“I’m just kind of starting with zero friends. This is just going to force myself out of my comfort zone.”

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Columnist offers advice for getting involved on campus

Hunter Huffman
Campus Editor

At its core, college is academic prep for a future career including lectures, homework and exams; the whole nine yards. However, there's so much more to it outside the classroom.

Getting involved at BGSU presents students with an opportunity to expand the basic college experience into their own. There are various extracurriculars to choose from the very first semester, all based upon a person's different hobbies and passions. With the vast amount, however, it's surely not easy to immediately approach.

During my first year at college, I found various ways to get involved through extracurriculurs and volunteer work alike. However, I did experience some pressure in doing so. With my own experience in mind, here's five tips to getting engaged at BGSU that I continue to utilize.

1. Take it easy.
While it's certainly important to get yourself involved, it's also a good idea to take it easy. At the beginning of the semester, take some time to adjust to your new life on campus. From settling into your dorm, to learning to get around and figuring out your schedule, there's several parts of your day-to-day routine that should be managed; use your first semester to manage these tasks. You don't need to be instantly involved in something the moment you step onto campus! Take some time to explore around.

2. Weigh your interests.
While adjusting to college life, start considering how you'd like to get involved. Perhaps you're looking to work in groups within your major? Maybe you've have a long-time interest that you'd like to keep present in your life or you're thinking about learning something new? Do you want to give back to the community, pursue a cause or just meet some new people? Brainstorm some of these interests and keep them in mind.

3. Take a look around.
Once you've got some ideas, start doing research! While it's good to find involvement for the benefit of your major, feel free to seek programs outside of it to create a healthy balance between core academics and personal interests.

There's plenty of resources to learn about the dozens-upon-dozens of organizations available at BGSU:

BGSU.edu – The school's website features an abundance of guides and info to getting involved. Under the “Campus Activities” page, there's a list of engaging activities, upcoming events and more! There are also organizations listed under several areas of study. One of my personal favorites is the “Bucket List” page; can you check everything off before graduation?

bgusu.percence.io/organizations – This site is a database of every organization available at BGSU, allowing you to sort them by categories and learn more about each. You can find meeting locations and time as well as contact information, too!

Social media – There are several social media pages for BGSU-involved organizations. Some include the school's own pages, such as BGSU Campus Activities, the University Activity Organization (UAO), and other accounts, which can be found on BGSU's media directory. Individual pages for other student-led organizations can be found on Facebook, Twitter and Instagram as well.

Campus Fest – This is an organization fair that hosts various places to get involved on campus. More on this a little later!

4. Make some new connections.
If you've found any organizations or events you'd be interested in, don't be afraid to reach out! Look for any contact info associated with the group and express your interest. A great place to explore new opportunities while meeting BGSU leadership is at Campus Fest.

As described by BGSU's website, the event brings together over 300 organizations, BGSU offices and community groups to present themselves, while seeking students interested in getting involved!

Personally, Campus Fest introduced me to several organizations of my interest. I was able to communicate with the groups' leadership and got the opportunity to sit in on their meetings; this led me to get involved with many of them! Plus, I got some free shirts and other fun stuff from the fest.

Visiting Campus Fest is number four on the BGSU Bucket List, so give it a look! It's happening Sept. 4 from 1 - 5 p.m. around campus.

5. Stick to it, but don't overwhelm yourself.
Being involved on campus, whether you're part of an organization, participating in campus proceedings or participating in another way, is highly fulfilling and beneficial! Not only does it allow you to create some awesome memories, expand your social circle and develop beneficial skills and values, it can also be a great addition to your resume for the future. Putting the extra effort forward through involvement is a significant display of integrity and dedication to potential employers.

Regardless of whether your involvement pertains to your career or not, it's essential to give it your all. That might seem like common advice, but it's amplified when it comes to extracurriculurs; they represent some of the first independent decisions you make within your adulthood, and the way you conduct yourself in your involvement can be positive or negative precursors to your prospects. When you commit to a group or event, contribute with effective efforts.

It is also important for your involvement to coincide with your academic schedule. You don't want to commit to more than you're able to do; maintaining good academic standing, and most importantly, a positive mental state, should always be priorities. Talk to an academic advisor if you're conflicted about your schedule.
Fall Welcome weekend events to attend

Brian Geyer
Social Media Editor

BGSU’s Fall Welcome weekend is approaching as students begin to move onto campus.

Friday: Convocation and Falcons After Dark events
Friday will begin with Convocation at the Stroh Center. This is BGSU’s chance to formally welcome its new students on campus as well as a chance to see the entire first-year class in one place. From there, students will attend their first class session and be introduced to their college.

Starting at 7 p.m., the entertainment begins with Falcons After Dark events. This includes cork board decorating, live music at the Kuhlin Center, silent disco at the Bowen-Thompson Student Union oval, Meijer madness shopping and a hypnotist show by Dale K. in the BTSU to round off the night at 11 p.m.

Saturday: Becoming part of campus
Saturday will be a day to acquaint students with BGSU traditions. A traditions tour will begin around 9:30 a.m., which will introduce students to famous spots across campus and a few items on the BGSU bucket-list. The president’s campus-wide picnic will follow with free food and a chance to relax. Various programs include “Freedom of Speech and Expressive Activities,” “Diversity, Equity, Inclusion Programming” and “Can I Kiss You?” are scheduled throughout the day, giving students a glimpse into BGSU’s culture with humor added into the mix.

Late-night activities for Saturday include a “Falcon Frenzy Pep Rally” featuring BGSU’s birds, athletic teams and marching band. At 10 p.m., open skate will begin at Slater Family Ice Arena, the Student Recreation Center will open up for events, and a showing of Pixar’s “UP” on the Oaks lawn.

Sunday: Build your adventure
Sunday is geared for the individual student. There are several programs planned throughout the day for students to attend including advising for students entering a pre-professional program, an informational session on how to get hired on campus and a meeting tailored for men of color.

At 5 p.m., BGSU’s sports teams will be at Doyt Perry Stadium to play games and meet first-year students and community members. The evening will be used to find classes and buildings for Monday.

Monday: First day of classes
Monday begins the first day of fall semester. Fall Welcome’s weekend events will close, but Campus Fest will be on Sept. 4 from 1 p.m. to 5 p.m., which will include opportunities to join organizations on campus.

For an in-depth schedule of events, BGSU has a Fall Welcome page: bgsu.edu/fallwelcome

Sports teams will introduce themselves to students at the Doyt.
Meet the Opening Weekend Group Leaders
continued from page 4

Chaz McPeak
Year: Sophomore
Major: Broadcast journalism
Hometown: Kirtland, Ohio
Favorite memory of Opening Weekend: “My favorite memory of opening weekend is Meijer Madness.”

Nate Halm
Year: Sophomore
Major: PPEL
Hometown: Cincinnati, Ohio
Favorite memory of Opening Weekend: “Cornhole on the lawn or the Playfair in the football stadium.”

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How to have fun off campus
5 ways to stay entertained in Bowling Green

Andrew Bailey
Pulse Editor

Bowling Green may be a small midwestern town, but what it lacks in size, it makes up for with the variety of entertainment around.

Here are some spots in and around Bowling Green to check out if you’re looking for something interesting to do:

Wintergarden
Walking through nature trails is a chance to experience wildlife and beautiful forestry on an intimate level. Wintergarden offers exactly that on a vast scale.

With many miles of trails to meander along, it is easy to hike with the clean, refreshing air and jaw-dropping scenery that surrounds you. It also hosts educational classes on the ecosystem, plant and animal life, conservation and many other topics. The Rotary Nature Center has information on the fascinating history of Wintergarden as well.

If you have a penchant for the outdoors or at least a desire to be active, Wintergarden has over 19 acres to explore.

Black Swamp Curling Center
Curling is a unique sport that involves pushing a large puck-like stone across ice onto a target with varying point values. Other team members use brooms to brush the ice in front of the stone to decrease friction.

The Black Swamp Curling Center offers its own leagues for curlers to participate in. It has starter leagues for people new to the sport and regular leagues for the more experienced. It also hosts bonspiels, which are curling tournaments.

For those wanting to get into the sport, the center has frequent Learn-to-Curl sessions, as well as an open invite to spectate almost every event.

Downtown Bowling Green
There’s nothing quite like the downtown of a small town, and Bowling Green is one with gems on every corner.

Besides its picturesque aesthetic and compactness, downtown Bowling Green has lots of hole-in-the-wall restaurants and fascinating shops to lose yourself in.

Some of my personal favorites are Finders Records & Tapes, a required stop for any and all music lovers; Ben’s Crafts, or more affectionately known as Ben Franklin’s, a fun store with tasty fudge and all sorts of knickknacks; and Call of the Canyon Cafe, a homey restaurant with food that tastes just like those home-cooked meals us college students struggle to make.

Just walking around the buildings will be enough for some, as almost every door has something new to experience behind it.

Al-Mar Lanes
A night out bowling with some friends is a guarantee for fun and laughter.

It has open bowling as well as Cosmic bowling, which bathes the building in glow-in-the-dark excitement and makes for a memorable night of strikes and gutter balls.

For those who want to satisfy their competitive edge, Al-Mar also has themed leagues and tournaments to participate in, with cash, merchandise and other prizes.

One standard game costs $4.99, while renting a lane for one hour costs $24.99.

Woodland Mall Cinema
With tickets costing around $5-$7, the fun of watching a movie on the big screen comes at a reasonable price.

It is located off of N. Main Street, tucked in a corner behind the mall. It may be somewhat confusing to find the first time, but once you see one movie there, you’ll want to go back for every new release.

I’ve personally been there many times to see a wide variety of movies and compared to other theaters in neighboring towns, the Woodland Mall Cinema is hard to beat.
How to be a music fan in BG

Andrew Bailey
Pulse Editor

Having music at your fingertips with apps such as Apple Music, Spotify and YouTube is amazing, but there's something about seeing your favorite artists live and in-person that a pair of earbuds can't do justice.

In a small town like Bowling Green, you'd think varied live music would be hard to come across, but in and around Wood County, everyone can find something that pleases their ears.

Here's some upcoming concerts and live performances to check out this fall:

**Classic Rock Fest 2019**
This classic rock extravaganza will be at the Wood County Fairgrounds in Bowling Green on Sept. 21, starting at 11 a.m. General Admission is $39.50.

The lineup features artists such as Pat Travers Band, Edgar Winter and Molly Hatchet. Blackfoot, a popular hard rock band featuring producer Rickey Medlocke of Lynyrd Skynyrd fame, and Rick Derringer, who performed the hit song "Hang On Sloopy" with the McCoys, will have their own sets as well.

If you have a yearning for the classic rock of past decades, this concert is not one to miss out on.

**Black Swamp Arts Festival**
The annual Black Swamp Arts Festival runs Sept. 6-8, featuring bands of all kinds of styles and sounds.

The BSAF has always had more of a local flair with its music but still attracts artists from further out. Some local bands to check out are Justin Payne & Co., who have two performances on Sept. 6, as well as the Grande Royale Ukulelists of the Black Swamp, performing on Sept. 8. Shamarr Allen, a jazz artist from New Orleans, will be performing on Sept. 6. The Diana Chittester Band, from Cleveland, will be performing on Sept. 7.

The BSAF has more than just music, with art, food and activities to accompany the fine tunes that will take over Downtown Bowling Green.

**Tyler, The Creator**
Tyler, The Creator is a huge figure in today's hip-hop, and his release of "IGOR" back in May brought him even more critical acclaim, with the album being widely considered one of the best of the year.

He will be performing at the Masonic Temple in Detroit on Sept. 7 at 7 p.m. General Admission tickets cost around $74- $200.

These prices are definitely a strain for college students, but if you can find them cheaper and are willing to make the hour-long drive, Tyler, The Creator's wild and engaging live performances will give you a memory you will never forget.

**Downtown Bowling Green venues**
Bowling Green has a thriving local music scene, with artists such as Tree No Leaves and Teamonade, as well as the aforementioned Justin Payne & Co. and GRUBS. These bands and others regularly perform at local hotspots like Howard's Club H, The Stones Throw Tavern & Grill and Doc's Big City Saloon.

The more intimate feel of a local band at a pub is vastly different from the ear-deafening booms heard at larger concert venues and often has more experimentation and improvisation from the low-risk setting.

Supporting local bands is a great way to get involved in the local music community and may introduce you to some new favorites of yours.

Live music albums and singles can be found on various music streaming services, but there's something intangible about listening to your favorite artists, or artists you've never heard of, in-person that makes each experience memorable.
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“*You have chosen BGSU for your academic journey. We look forward to joining you on your spiritual journey.*”
How to get involved as a Falcon Fan

Maxwell Marko
BG Falcon Media Sports Director

The start of the fall semester brings another athletic season to the campus and community of Bowling Green. Each year students, faculty and community members alike support their favorite Falcon teams in their own unique way.

So, what are the best ways to stand out as an avid Falcon fan? Here are a few key tips to get any prospective fan into game shape.

Wear orange and brown
Orange and brown are the official identity colors of the university and have been for quite some time. According to the BGSU Athletics website, in 1914 a selection committee was formed with the goal of picking the new school colors.

“While on an interurban (or trolley) ride to Toledo, Dr. Winslow sat behind a woman wearing a large hat adorned with beautiful brown and orange feathers. It is unclear whether or not she ever actually gave him a few of these feathers from her hat, however, he was so interested in the color scheme of the pair that he convinced the committee to approve the combination of Brown and Orange.”

Donning the sacred orange and brown color scheme is the easiest way to showcase school spirit. BGSU specific apparel can be found at various stores in the Bowling Green area, or at the Falcon Outfitters in the Bowen-Thompson Student Union.

Go to the games
Be there or be square.

The classic saying is a rather brash guideline to anyone that identifies as a fan of any team or school. The best way to be involved in ongoings of any Falcon team is be in attendance. This shows passion for the sport and commitment to the programs as well.

Last year, the football team averaged an attendance of 15,044 people which ranked seventh in the Mid-American Conference. This is less than the program averaged in 2017 (15,881). BGSU men’s basketball saw their highest average attendance (2,296) since the Stroh Center opened in 2011.

The BGSU athletic home schedule kicks off on Thursday, Aug. 29 when football plays Morgan State at Doyt Perry Stadium.

Sit in the student section
One of the more intense ways to integrate into a group of fans is to sit with some of the loudest and passionate people...
Fall sports underway with early-semester games

Maxwell Marko
BG Falcon Media Sports Director

As the start of the fall semester approaches, the athletic season is just about underway. Student athletes are back on campus preparing for their respective sports and soon Doyt Perry Stadium, Slater Family Ice Arena and Cochrane Stadium will be filled with doting fans garbed in classic orange and brown apparel. They will most likely have these big games to keep in mind for fall semester sports.

Football
For the first time since 2013, BGSU football will host their season-opening game on Aug. 29 against the Morgan State Bears, and those aforementioned fans will flood the Doyt in hopes of seeing a Bowling Green victory. The Falcons will bring some changes to the lineup as last season’s seniors graduated and former quarterback Jarrett Doege moved after transferring to West Virginia University. Early indications from summer practices peg incoming transfer and sixth-year senior Darius Wade as the possible starter come next Thursday. The storied I-75 rivalry celebrates its 100th birthday along with the BGSU football program this year, when the Toledo Rockets take the southbound trip to the Doyt. Last year’s edition saw a fairly close matchup until the fourth quarter when the Rockets ran up the score 52-36.

Men’s soccer
While maybe in the shadow of the women’s team, men’s soccer did have an exciting year last fall semester before it was eventually cut short during the semifinals of the Mid-American Conference Tournament, losing to the Western Michigan Broncos by a score of 2-0.

That excitement was evident in a 1-1 double- OT tie against Ohio State where Zach Buescher scored with nine seconds left in regulation.

The Falcons look to continue what was started during the Falcons’ home opener at Cochrane Stadium on Sept. 13.

Head coach Eric Nichols and seniors Charlie Maciejewski and Chris Brennan look to take over on offense while senior goalkeeper Anthony Mwembia hopes to have a season similar to his freshman year when he made the MAC All-First Team. They have a chance for revenge against Western Michigan in Kalamazoo on Nov. 2. By that time the team could be vying for their tournament position.

Defensive lineman Brian Sanders celebrates after a 2016 game.

PHOTO BY VIKTORIIA YUSHKOVA

Fall sports Continued on page 16

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Fall sports Continued from page 15

Women's soccer
The Falcons have been selected as preseason favorites to win the MAC regular season and postseason after accomplishing that very feat last fall semester. It will be a team effort to replace the offensive prowess of Erica Hubert, but seniors Chelsea Washington and Maureen Kennedy will certainly lighten the load for the squad.

Bowling Green will play their 2018 MAC tournament opponents starting on the road with Ohio University on Oct. 6, then Eastern Michigan on Oct. 13. They will play Ball State for the first time on Oct. 20 after defeating them in the MAC Championship game this past season.

Senior Night, Sept. 29, will also serve as dog day at Cochrane Stadium. Come see all the poches and puppies while cheering on the women who have served the Falcons for four or more years.

Hockey
Retribution will also be a relevant theme with the hockey team this year at the Slater Family Ice Arena. A successful season was left as a sour taste when the team allowed two goals in under a minute during the WCHA Championship game and eventually fell to Minnesota State Mavericks 3-2 in overtime.

The Mavericks first appear on the Falcon hockey schedule the weekend of Nov. 1-2 in Mankato. This chapter of the rivalry will be filled with intrigue, as the Falcons will need to make up for some key early departures. Juniors Ryan Bednard and Lukas Craggs both elected to make the jump to the professional level.

Perhaps the more emotional games of the year could be against Miami of Ohio. Calendars will be marked and seats will be filled when former Falcons head coach Chris Bergeron returns to the Slater on Dec. 30, however, not before BGSU travels to Oxford for their season opener on Oct. 6.

Volleyball
The biggest story for the Falcons will be the departure of Kallie Seimet. The former libero leaves a major hole in the defensive scheme for Bowling Green after winning back-to-back MAC Player of the Year awards and is now the program's all-time leader in digs with 2,365. Perhaps the Iacobelli twins in Paulina and Victoria will be the defensive duo to mend that wound.

Two other MAC schools that offer intimidating offensive numbers will also have new head coaches leading the charge. Eastern Michigan University tabbed Darcy Dorton as its new head coach and the University at Buffalo will have Scott Smith at the helm.

The Eastern Michigan Eagles visit the Stroh Center Oct. 19 followed by a trip to Amherst, New York, for the Falcons on Nov. 8 when they take on the UB Bulls.
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Where to find help on campus

Abby Shifley
Managing Editor

BGSU has a number of on-campus services for students, ranging from academic coaching to medical assistance. Here are brief descriptions of some of these services, along with contact information.

Incident Report Form
The Incident Report Form can be found on the Office of the Dean of Students’ website under the “See It. Hear It. Report It.” tab. The form can be used to report violations of the student code of conduct, sexual assault or harassment or any type of concerning behavior.

Career Center
The Career Center can help students develop resumes and cover letters, prepare for interviews and search for internships.
   Fall Walk-in hours: Monday through Thursday 8:00 a.m. - 6:00 p.m., Friday 8:00 a.m. - 5:00 p.m., Saturdays (9/7, 9/28, 10/26, 11/23) 9:00 a.m. - 1:00 p.m.
   Location: 225 Bowen-Thompson Student Union
   Phone: (419) 372-2356

Counseling Center
The Counseling Center offers services to any BGSU student at no additional cost. Students’ counseling records are confidential and kept separately from educational records.
   Walk-in hours: Monday through Friday 1:30-4 p.m.
   Location: 104 College Park Office Building
   Phone: (419) 372-2081

Falcon Health Center
The Falcon Health Center offers medical services to BGSU students and the Bowling Green community. Individuals who wish to request an appointment can call the center or create a MyFalconHealth account and use the portal.
   Location: 838 E Wooster Street
   Phone: (419) 372-2271

BGSU Police Department
The Bowling Green Police Department operates 24-hours with a staff of fully certified police officers.
   Location: 100 College Park Office Building
   Emergency services: 9-1-1
   Non-emergency services: (419) 372-2346

Help on campus Continued on page 24
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How to cook on a college budget

8 easy, inexpensive recipe ideas for students to try as an alternative to eating out

Shaelee Haaf | City Editor

Mug Cakes
Vegan & Vegetarian

You will need:
- 1/4 cup flour
- 1/4 cup sugar
- 2 tablespoons cocoa powder
- 1/4 cup unsweetened applesauce
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 cup milk
- 1/4 cup oil
- 1/4 cup water

Prep:
1. Combine all ingredients in a microwave-safe mug.
2. Microwave for 1 minute and 30 seconds to 1 minute.
3. Let cool for at least 5 minutes before eating.

Blue Corn Chip Nacho Dip

You will need:
- 1lb hamburger
- 1 can of refried beans
- 1/2 cup grated cheese
- 2 cups diced tomatoes
- 1/2 cup avocadoes
- 1/2 cup blue corn chips

Prep:
1. Cook hamburger on medium heat in skillet and break apart until brown.
2. Stir in refried beans and top with layer of grated cheese.
3. Lower heat and cover until cheese is melted.
4. Cut up avocados and dice tomatoes.
5. Top nacho dip with avocados and tomatoes and serve with blue corn chips.

Salmon Sliders with Avocado
Vegetarian

You will need:
- 4 dinner rolls
- Mayonnaise
- 4 ounces smoked salmon (cooked or uncooked)
- 1 thin sliced avocado
- 1 cup arugula
- Dill

Prep:
1. Cut dinner rolls in half.
2. Spread with mayonnaise.
3. Put on arugula, salmon and sliced avocado.
4. Sprinkle with dill.

Gluten-free Alternative:
1. Add more arugula, spinach, cherry tomatoes and a dressing of choice to make it a salad!

Potato-Onion Frittata
Vegetarian & Gluten-free

You will need:
- 1 large potato
- 1 medium onion
- 2 eggs
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Prep:
2. Add potato, onion and garlic and cook for 15 minutes. Stir often.
3. Whisk eggs and salt in bowl and pour into skillet. Let cook for 8 minutes, but do not stir.
4. Sprinkle with pepper and chives.

How to cook in college continued on page 22

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How to cook in college  Continued from page 20

Soba Noodle & Veggie Stir Fry
Vegetarian

You will need:
1. Large pot of salted water and cook soba noodles.
2. In large pan over medium-high heat, add sesame oil and garlic.
3. Add bell pepper, onion, carrots, peas, and mushrooms. Cook for five minutes.
4. Drain noodles and add to large pan.
5. Mix in soy sauce and honey.

Prep:
1. Cut and freeze fruit.
2. Put frozen fruit into blender with honey (or agave nectar) and almond milk.
3. Blend until smooth.
4. Pour into freezer-safe container.
5. Freeze for two hours.

3-Ingredient Sorbet
Vegan & Vegetarian & Gluten-Free

You will need:
1 cup frozen fruit
1/3 cup honey (or agave nectar)
1/3 cup Almond milk

Prep:
1. Cut and freeze fruit.
2. Put frozen fruit into blender with honey (or agave nectar) and almond milk.
3. Blend until smooth.
4. Pour into freezer-safe container.
5. Freeze for two hours.

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How to cook in college
Continued from page 20

RECIPE CARDS DESIGNED BY SHAELEE HAAF
Help on campus continued from page 18

Student Legal Services
Student Legal Services is a non-profit law office that offers legal services to BGSU students. To use the law office, students have to pay their $9 participation fee.
Location: 14 College Park Office Building
Phone: (419) 372-2951

Learning Commons
The Learning Commons offers tutoring services to students, including help with math and statistics, writing, as well as general study skills.
Location: Jerome Library
Phone: (419) 372-2823

Office of Residence Life
Students can fill out maintenance requests, report insects or research learning communities on the Office of Residence Life’s website.
Location: 470 Math Science Building
Phone: (419) 372-2011

LGBTQ+ Resource Center
The LGBTQ+ Resource Center has a variety of programs for BGSU’s LGBTQ+ Community, including the Big Gay Welcome event, Lavender Graduation and a support group called Out(?) Falcons.
Location: 427 Bowen-Thompson Student Union
Phone: (419) 372-2642

International Student Services
International students can find information on employment, scholarships, immigration and tax filing through International Student Services.
Walk-in Hours: Monday 10-11:30 a.m., Tuesday through Friday 2-3:30 p.m.
Location: 301 University Hall
Phone: (419) 372-2247

Center for Women and Gender Equity
The Center for Women and Gender Equity offers programs with the goal of promoting equity for all gender identities. The center’s website also contains a variety of information on violence prevention and feminist organizations.
Location: 280 Hayes Hall
Phone: (419) 372-7227

Wellness Connection
Students can find help with maintaining a healthy lifestyle through the Wellness Connection. Some resources include free HIV testing, sexual health education, alcohol education, the Student Recreation Center, information on nutrition and more.
Location: 214 Student Recreation Center
Phone: (419) 372-9355

Food Pantries
There are a variety of programs on campus that target students who might not be able to afford — or don’t have access to — food with enough nutritional value or food that doesn’t qualify for the student’s specific dietary needs.
BGSU has a number of resources for these students, including the Falcon Care Program, the Grab-N-Go Food Bag Program, the Community Garden, Food for Thought’s monthly mobile food pantry, as well as multiple local food pantries.
To learn more about these programs, visit the Center for Public Impact’s website (formerly the Center for Civic and Community Engagement) or contact the center at its office or by phone.
Location: 100 University Hall
Phone: (419) 372-9865

The Daily Crossword Fix

To play: Complete the grid so that every one 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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### ACROSS

1. Dreadful
6. Legman
11. Pee
12. No longer working
15. Beginning
16. Examination
17. Dowel
18. Killer wave
20. Spelling contest
21. Roman robe
23. Bronzes
24. Mongrels
25. L L L
28. A hollow cylindrical shape
29. A late time of life
30. Hyrax
31. Showing no ire
34. Slips
36. Help
37. Probabilities

### DOWN

1. Halo
2. Squirm
3. A tree fruit
4. Module
5. Focusing glass
6. Mysterious
7. Bacteria
8. Decorative case
9. Louise-to-be
10. Protector
13. Power
14. Colors
15. Chose
16. Crimson-flowered plants
19. Practical
22. Attack
24. Spouse
26. Pins
27. Mayday
30. Formally surrender
32. Mesh
33. Feudal lord
34. Burgled
35. Go-between
38. Proving by direct argument
39. Free of lice
40. Sleighs
42. Cantankerous
44. Taverns
45. Pierced
48. Coca Cola
49. Hack
50. Rubber wheel
53. Foot digit
55. Genus of macaws

### ANSWERS

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