The BG News February 09, 2016

Bowling Green State University

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Falcons give up layup at the buzzer in thriller against Central Michigan

USG to vote on allowing bathroom access to trans students

Columnist on the purposes of relationships and fulfilling them

CLEANING UP THEIR ACT
Chipotle opens late Monday for food safety

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By Jessica Speweike
Reporter

The usual lunch rush did not happen at Chipotle yesterday, as the Mexican grill franchise closed all its locations until 3 p.m. for nationwide meetings on food safety.

Though the Center for Disease Control and Prevention ended its inquiries into Chipotle Mexican Grill, the restaurants have had several bacterial and viral outbreaks in 2015.

Viruses like norovirus and bacteria such as E. coli and salmonella have been found in the ingredients at a number of Chipotle locations and have been making people sick.

In an excerpt from the memo to the staff nationwide, Steve Ells, Chipotle's co-CEO, wrote the company “takes food safety very seriously.”

New testing and better produce and meat preparations were just some of the new improvements listed in the memo.

"The events of 2015 have shown us that our recipe was out of balance. That’s why we’ve changed some of our procedures,” wrote Monty Moran, Chipotle’s co-CEO.

Dawn Anderson, an associate professor in the BGSU College of Health and Human Services, said there are two types of foodborne illnesses that are mistakenly grouped together as “food poisoning.”

“You have foodborne infection, so eating the bacteria actually makes you sick,” Anderson said. “Foodborne intoxication, or food poisoning, in the organism … produces a toxin and that’s what makes you ill.”

E. coli is a bacteria that produces a toxin called shiga, and shiga was responsible for some of the food poisoning incidents involving Chipotle’s food.

According to the case count maps from the CDC’s website, 55 people in the United States have contracted E. coli from Chipotle as of Jan. 27, 2016. Some students at the University have had mixed reactions about the outbreaks of the illnesses.

“I heard about (the outbreaks), and I was more hesitant but the outbreaks weren’t in Ohio, so I wasn’t too worried about it,” said Tori Buchheim, a sophomore business major.

Buchheim said she continued to eat at Chipotle during the outbreak and “didn’t really know much about E. coli,” and that’s why she kept eating there.

Jamond Hampton, another student at the University, said once he’d heard about the problems Chipotle was having with E. coli contamination, he stopped eating there.

“I haven’t eaten there in awhile, and I probably won’t because of this whole E. coli issue,” said Hampton.

Foods contaminated with E. coli or other foodborne illnesses do not exhibit any signs of contamination.

“Color doesn’t change, flavor doesn’t

Continues on Page 14
MON., FEB. 1
9:53 A.M.
Chad M. Robinson, 27, of Toledo, was arrested for domestic violence and possession of drug paraphernalia within the 200 block of N. Prospect Street. He was lodged in the Wood County Justice Center.

TUE., FEB. 2
5:46 P.M.
Complainant reported dings left in the passenger side of his vehicle within the 1000 block of S. Main Street. The damage is estimated at $478.

FRI., FEB. 5
1:42 P.M.
Complainant reported that a GPS, iPod and knife were stolen from his unlocked vehicle within the 300 block of Campbell Hill Road. The items are valued at $500.

10:43 P.M.
Armando M. Jaimes, 23, of Pataskala, Ohio, was arrested for disorderly conduct/unable to care for self near the corner of W. Wooster and S. Grove streets. He was lodged in the Wood County Justice Center.

11:41 P.M.
Daniel A. Bankole, 21, and Zechariah P. Bankole, 23, both of Toledo, were civilly cited for open container near Lot 3. Nicholas D. Bell, 19, of Waterville, Ohio, and Simon R. Roman, 19, of Whitehouse, Ohio, were cited for underage possession of alcohol and open container. Tyler T. Wolfram, 18, of Waterville, Ohio, was cited for underage under the influence.

SAT., FEB. 6
12:05 A.M.
Andrew M. Howard, 19, and Kyle D. Campbell, 18, both of Oregon, Ohio, were civilly cited for disorderly conduct/public urination within the 100 block of S. Main Street.

12:37 A.M.
Gauthier Murat, 18, of Bowling Green, was civilly cited for disorderly conduct/public urination near Lot 1.

1:00 A.M.
William K. Seger, 19, of Saint Henry, Ohio, was civilly cited for disorderly conduct/public urination within the 200 block of N. Prospect Street.

1:52 A.M.
Andrew S. Bernal, 19, of Luckey, Ohio, was arrested for theft and underage/under the influence within the 100 block of N. Main Street. He was lodged in the Wood County Justice Center.

2:58 A.M.
Austin J. Apple, 19, of Bowling Green, was cited for underage under the influence near the corner of S. Summit Street and Palmer Avenue.

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I have heard around campus that one of the issues students face is the lack of food options late at night. There was even a column written about it a few weeks ago. I think I can solve that problem.

When I worked in Texas, there was a place in Lubbock that would deliver steaks. For real. They would grill up a rib-eye, or a strip, or even a filet mignon, and deliver it to your door for about the same price as a pizza. I am not lying. The place I ordered from was called “Steak Express.” Look it up.

I want to bring that concept here. And expand upon it. What about delivery barbecue? Delivery carne asada tacos? Just meat, delivered with just a phone call. To your house, your apartment or your dorm. It’s the perfect idea.

If I follow through with this idea, I will put in a lot of time to ensure it is a success. I want to make sure that the issue is fully addressed and that people get what they need or desire. I will forego taking care of some of my own needs or desires in the process. So, it should go without saying, and it should be considered fair, that I be compensated in some way.

The simplest way is through money, or in other words, through capital. Did you see what I did there? I just described capitalism. I gave it a tight, compact nutshell, to be sure. But I did describe it just the same, because that’s all that capitalism is: addressing a need and receiving compensation for it. There’s not much else to it.

I see worries everywhere about how selfish and greedy capitalism is. Or how it treats people like tools. Or how it gives too much power or too much money to only a few people, and can lead to monopolies. As to the other reason why capitalism is seen as such a bad way of life for people, a system that puts a few above many, giving money and power to the hands of only the wealthiest and most successful; I think I can address that in two words.

The state. Let me go into this one by first
Relationship realities, knowing the differences

This is a topic that I’ve been hearing a lot about lately. There’s something about women and men both wanting relationships and “talking” to people but without the title.

I can tell you now that when you do things that were made for a relationship out of its proper context, there’s a possibility that feelings and a connection that was made only for a relationship, will follow. Also, when I say relationship, I always mean that there’s a title (boyfriend/girlfriend/ fiancée etc.).

This is how I personally see you. You start as friends or date as friends with the intention of getting a job, learning about what they want to degree after. This is an ignorant comment because everyone’s view of marriage is different and that conversation is for another day. But what is the point of being in a relationship if there is no purpose? That’s like going to college, paying for tuition and having no intentions of using your degree after. This is an ignorant comment because I don’t have statistics to prove this point, but I believe the reason people go to college is in hopes of getting a job, learning about what they want to do and making more money than they would’ve without the degree. That’s the purpose of college. It’s the same with dating and a relationship. If there’s no purpose you’re just wasting your time and “money.”

There should be a purpose behind dating, not just temporary satisfaction and I don’t only mean sexually. It can be emotionally as well, when people feel alone or feel like they can’t be alone. Those are emotions that are unstable. You don’t have to listen to them. You can learn to be on your own. Your feelings will lead you everywhere because they’re constantly changing. However, let me get back to the point. Relationships should have purpose. I don’t have the credentials to leave tips but I’m going to leave you with a few tips.

First, be direct and be honest. Communication is key and if this is someone you want to get to know, let them know. Look around the room and look for the closest person to you. Now, tell me what they’re thinking? Exactly. You. Don’t. Know. So don’t assume you know someone or act on what you think they’re thinking because you have no idea. Even when people experience similar experiences, they each have different perspectives, because we are all different. None of us are the same person. Communication is imperative in any relationship.

Second, you need to realize what is true of now. Write a list down. Are you in a relationship? Have they asked you to be in a relationship (and if you have to think about this or explain, then it’s not true of right now). This is a simple question that needs a three or two letter answer. This is your reality as of now and even if you don’t like it, this is what is true. Now that you’re aware, let’s get to the real reason why you don’t want to address this.

Next, if you aren’t in a relationship and you’re holding on to something, it’s because of temporary satisfaction. You have hope that this something will make you happy or change what is true of now. What is making you settle and is it worth holding on to? Is what once was a reality now? Ask yourself hard questions.

Lastly, is this person direct with you? Are you confused a lot? Being confused in a relationship is not a healthy relationship. You should know if you’re in a relationship. Nothing but emotions come from confusion.

Emotions. I feel like a lot of people allow their emotions to justify their actions or blame their actions on their circumstances. However, that is incorrect to do. Emotions are unstable. Think of times when you were happy, then sad, then confused and didn’t even understand why. It’s okay not to know why, we’ll probably never understand exactly why we feel the way we do at all time, but we are human beings and we have feelings. We are made to feel. After explaining that, why would you act on something you’re unsure of? Don’t always act on them; you’d be surprised what you’re willing to settle for when you allow your feelings to overcome you. It’s good to be aware of emotions. One day you’re happy, then sad, then happy. Emotions aren’t constant. Go with what you know and ask yourself hard questions about what you’re doing.

How do you know you’re emotionally involved with someone? You know you’re emotionally involved when you begin to hold a title that a person is yours but you haven’t established that you’re in a relationship. Let’s be honest, you don’t have the right to be mad at them when you allowed yourself to imagine that you’re in a relationship with them that they’re unaware of. It’s crazy what we create in our heads that isn’t reality.

Think of the relationship you have with a best friend and the connection you have with them. I’m not saying it’s easy. It’s definitely hard but you don’t have to question or ask what you are. You know that you’re best friends because it’s genuine. Both people are fighting for the relationship; you’re yourself and have made them a priority in your life. The hardest thing about friendships is that you choose to be someone’s friend just like you choose to be in a relationship with them. As you get to know someone and become vulnerable you give him or her the tools to possibly hurt you, which is terrifying. And they will because as human beings we aren’t perfect and we’re going to fail you. At times it’s very hard when you don’t feel good in a relationship but there is nothing wrong with that. That is natural. It’s going to be hard. So, are you in a relationship?

Response to Drew at thenews@bgnews.com

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SUBMISSION POLICY

LETTERS TO THE EDITOR: Letters are to be fewer than 300 words. They should be in response to current issues on campus or in the Bowling Green area.

GUEST COLUMNS: Guest Columns are generally longer pieces between 400 and 700 words. Two submissions per month maximum.

POLICIES: Letters to the Editor and Guest Columns are printed as space on the Forum page permits. Additional Letters or Guest Columns may be published online. Name, year and phone number should be included for verification purposes. Personal attacks, unverified information or anonymous submissions will not be printed.

E-MAIL SUBMISSIONS: Send submissions as an attachment to thenews@bgnews.com with the subject line marked “Letter to the Editor” or “Guest Column.” All submissions are subject to review and editing for length and clarity before printing.
Forward-thinking fashion continues

The past couple years have shaped up to be very progressive in the world of fashion. The industry showed how inclusive it could open itself up to be and in turn, showed the average person how they too could become a fashion model by seeing themselves reflected in the models that walked.

2015 laid the foundation to show us that fashion is not just what you wear but within the people that wear it, no matter who you are.

Internet star Baddie Winkle showed us that age shouldn't get in the way of your unique style and personality. She is frequently photographed in colorful ensembles that many would consider inappropriate for a woman in her 80s. Winkle led us to rethink what we should consider “age appropriate” fashion for the older generation.

Actress Jamie Brewer walked the catwalk during the New York City Fashion Week and was the first model with Down syndrome to do so. Brewer started a movement for more diversity in the modeling industry.

Lane Bryant showed us that “plus is equal” to the traditionally thinner models that usually dominate the catwalk. This campaign showed fuller figure models and encouraged women to share photos of themselves feeling confident on social media.

Aerie fights back against Photoshop and shows people how naturally beautiful we are. Models today are still highly airbrushed, but Aerie wants to promote a natural beauty standard that isn’t warped to perfection with a few clicks of a mouse. Even though we are only two months in, fashion in 2016 is building on the progress made in 2015.

Jaden Smith, son of Will and Jada Pinkett Smith, was named the face of Louis Vuitton’s Spring/Summer 2016 womenswear campaign in January. While some were outraged that a man would be the face of a collection for women, this move shows how the line between menswear and womenswear has been blurred greatly, which allows for greater mobility for both sexes when choosing what to wear.

Lane Bryant continues to show in 2016 that high fashion can be made for plus size women by collaborating with the Los Angeles-based Otis College of Art and Design. Design students provided “straight off the runway” choices for women sizes 14-28. This allows for women to purchase clothing from the runway and own some of these unique pieces usually reserved for women of a smaller size who fit the “model” body type.

Even fashion icon Barbie got a makeover to represent all of the different types of women and girls. Along with the original body style, you can buy her in tall, petite or curvy. She also comes in a variety of different skin tones and eye colors to be as inclusive of the different kinds of beauty in the world as she can be.

Fashion still has a ways to go until it fully represents every kind of person out there, but has made great strides in recent years to be more inclusive to different ages, sexual orientations, body shapes and more. I look forward to the innovations 2016 and beyond will bring to fashion.

Respond to Brianna at thenews@bgnews.com
**USG introduces initiative for inclusive bathrooms**

Trans students would get official access to other gender facilities

By Michele Mathis  
Managing Editor

A trans-inclusive initiative that would allow students who identify differently than their assigned gender to use their respective bathrooms was presented in the Undergraduate Student Government meeting Monday.

The initiative was presented by Paige Reinhart-Anez, the Multicultural Greek Council senator and was sponsored by Diversity Affairs senator Laura Francisco and the Kriescher-Compton Senator Frankie Pinckard.

The initiative states that if passed the “University (would) formally support trans students being able to utilize the bathroom that aligns with their gender identity not only in residence halls, but across Bowling Green State University.”

Reinhart-Anez said the initiative, if passed, would have to be matched with an educational aspect beginning with the University’s Residence Life.

“The RA’s need a lot more diversity training,” she said. “(They need to) be able to speak intelligently on topics of gender and sex.”

During the meeting, Diversity Affairs senator Luke Savot brought to the senate’s attention that moving this initiative to pass would not hinder the daily life of students around on campus.

“Trans people use the bathroom that does not align with their gender assignment if they feel comfortable doing so day to day,” he said.

Reinhart-Anez echoed his statement by saying that “there’s no bar, there’s no test and there’s no detectors” to notify students when a trans student uses the bathroom.

“I am by no means encouraging (those options),” she said. “But this is a physical barrier and bar that the University has placed that prevents (trans students) from using the bathroom in their residence halls.”

Reinhart-Anez said that if the University wishes to uphold the idea of fostering a place of diversity and inclusion, the initiative must pass through the USG senate.

“This is a new concept because most the discussion is around gender-neutral bathrooms,” she said. “Committing to saying that we have an environment of diversity and inclusion is different than making the moves to do it.”

**Paige Reinhart-Anez**  
Multicultural Greek Council  
Senator

Committing to saying that we have an environment of diversity and inclusion is different than making the moves to do it.”

**Vice-President**  
Danielle Parker said that the presented initiative would be beneficial to the students on campus.

“I’m really thankful that this was brought to the floor,” she said. “I think it’s a good direction for the University to take, it’s pro-active and something that we really stress is student safety, and if this has to deal with student safety concern, the University should at least be hosting a discussion about it.”

The senate will vote on this initiative two weeks from Monday, Feb. 22.
Dinner celebrates Black History Month

By Erika Heck
In Focus Editor

The Office of Residence Life Students of Color Mentoring, Aiding, Retaining and Teaching, or SMART, program hosted its annual Taste of February event Friday in 101 Olscamp Hall.

The theme this year was “Our Untold Stories,” which touched on different and less talked about aspects of black history.

Diversity and Retention Initiatives Coordinator Ana Brown welcomed attendees at the start of the event before releasing them to dinner, provided by Dining Services’ catering.

The dinner was inspired by the mix of cultures and people found in the southern city of New Orleans, including crab beignets, hush puppies and shrimp and grits.

Following dinner, students who are part of the SMART program presented five separate presentations, highlighting various parts of black history.

“Untold Stories of Black Hollywood” highlighted black actors, writers and directors.

The next group played a trivia game with the attendees in their presentation titled “The Evolution of Black Women,” which included prominent black women from the 60s to the present day.

“Untold Stories of Political Activists” highlighted important people and places in black activism such as speakeasies and Black Wall Street.

To keep with the importance of representation, a presentation called “Afro-Latinos” talked about people who are of both African and Latino heritages. They discussed the black populations of Latin America and the issues they face having a dual identity.

“History in the Music” featured various songs from over the years that expressed the trials and tribulations that the black community has faced. Artists mentioned included Marvin Gaye, James Brown, N.W.A. and Kendrick Lamar.

Brown closed the ceremony with a thank you to both the attendees and to the students, who she said had been working since October on the presentations featured.

For SMART Team Leader Jessica Wells, this was her third year participating in Taste of February.

“It took us months to get it together,” Wells said. “We wanted to make sure every identity was represented. There’s so many times in our classes and the world where underrepresented people are often tossed to the side.”

She called the importance of representing other identities in the presentation “pivotal” to make sure that it was part of the program.

As a senior, this is her last year participating in the event and she called the feeling of it being her last one, “surreal.”

“I really am proud of the staff that I was able to be a part of and it was just a real nice event,” Wells said.
Flipping out

The University Gymnastics team competed in the Stroh Center for the first time Jan. 30 against Denver.

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By Evan Hayes
Sports Reporter

The Bowling Green State University women's basketball team found themselves on the wrong side of a Mid-American Conference thriller this past Saturday, losing on the road to Central Michigan 76-75. CMU's Presley Hudson converted on a layup attempt at the buzzer to drop the Falcons to 8-11 on the season and to 4-6 in conference play.

The Falcons took Central Michigan (15-7, 9-2 in conference), the number one team in the MAC West Division and second best in the conference, down to the wire on the back of hot shooting. BG made a record 16 three-pointers as a team, and led by 12 with 6:32 left in the fourth quarter.

"First of all, I'm proud of our team. It was an unbelievable women's basketball game," head coach Jennifer Roos said. "This is a team that’s playing well, and we came in and gave them the best game of anybody at McGuirk Arena in the conference. I'm proud of the effort, proud of our kids' tenacity and we're getting better with every game."

Sophomore guard Rachel Myers led the Falcons with a career high 24 points, drilling seven three-pointers on the night. Senior Miriam Justinger went 4-4 from behind the arc and scored 13 points for the Falcons, while senior Lauren Tibbs scored 14 points and sophomore Hayley Puk scored a career-high 13 points.

BG got off to a fast start, pulling to an early 8-2 lead after a layup by Tibbs and two three-pointers by Sydney Lambert. CMU missed their first eight shots of the game and fell to an early 17-11 deficit by the end of the first quarter.

The Falcons then pulled to their biggest lead of the day in the second quarter after Myers hit back to back threes to make the score 32-17. But CMU closed the half on a 19-6 run to pull within 38-36 as the halftime buzzer sounded.

The third quarter saw BG go 6-7 from three-point range, with Myers, Justinger, and Puk all finding the bottom of the net from long distance. The hot shooting pushed the Falcons ahead 64-55 heading into the fourth quarter.

After a layup by Tibbs and a three by Myers, Tibbs connected on a mid-range jump shot to put BG ahead by 12 with 6:32 left to play. CMU however used a 15-1 run to take a 74-71 lead with 1:03 left to play.

Both Justinger and Myers split pairs of free throws to tie the game with 46 seconds left to play, and Ashley Tunstall connected on the second of two free throws with 6 seconds left to give BG a 75-74 lead.

After taking a timeout, CMU advanced the ball to midcourt. BG intentionally fouled the Chippewas twice in a row to push its team total to 4, but Hudson broke free, drove down the left side of the lane and banked in a layup as time expired to seal the win for CMU.

While they were an astounding 15-22 from three-point range through the first three quarters, the Falcons were outrebounded 31-24 by CMU while also only shooting 5-11 from the foul line. The Chippewas shot 54.9 percent from the field for the game and 57.1 percent from three-point range.

"Both teams shot over fifty percent from the field, over fifty-five percent from the arc. It's a game that we played well enough to win, but unfortunately came up short," Roos said. "We had the lead there late in the game after leading most of the game. Credit Central Michigan. They made some big shots when it counted."

The Falcons will return to the Stroh Center on Feb. 10 at 7 p.m. for a matchup with Western Michigan, kicking off a three-game home stand. They will then take on the University of Buffalo on Feb. 13, and welcome rival Toledo on Feb. 17.
The Falcons hockey team celebrates after a made goal earlier this season. The Falcons are now 12-5-5 in the MAC.

Hockey splits games against Minnesota State

By Zane Miller
Sports Reporter

The Falcons hockey team took one out of two games on the road in their series against the Minnesota State Mavericks on Friday and Saturday night, losing 5-1 in the first matchup, but coming back to win 3-1 in the second game.

Each team received two points for the weekend and kept the Western Collegiate Hockey Association standings positions the same between the two teams. Minnesota State remains in first place in the WCHA, holding a slim lead over the second place Falcons.

“We’ve been playing from behind a bunch the last four games,” Falcons head coach Chris Bergeron said. “To get out front (Saturday) was big.”

On Friday, already up 1-0 after the first period, Minnesota State did most of their damage in the second, scoring two more goals to give itself a 3-0 lead going into the third period. The Falcons cut the lead to 3-1 at the 5:47 mark of the third when freshman forward John Schilling scored his first collegiate shorthanded goal. However, Minnesota State responded by getting two shorthanded goals of its own just over a minute apart, both scored by forward Bryce Gervais, as they took a 5-1 win.

“We couldn’t score around the other team’s net, we were not opportunistic at all,” Bergeron said. “We had opportunities, we had a breakaway (at) 1-0 and hit a post and it was just one of those nights where we’re chasing it around a little bit.”

The scoring on Saturday’s game began with senior forward Mark Cooper scoring his team leading 11th goal of the season at 18:22 to give the Falcons a 1-0 advantage.

“(The goalie) went back to play the puck, kind of misplayed it, Mark was standing there and took advantage of it.”

Minnesota State would tie it up at 9:17 of the second with a power play goal, but Cooper added to his goal totals with a power play tally to reclaim the lead at 14:31 of the second. Minnesota State would not rally back, however. Sophomore goaltender Chris Nell made 31 saves en route to a 3-1 Falcons win, with freshman forward Stephen Baylis scoring an insurance goal late in the third period.

“We executed better,” Bergeron said on the difference between Saturday’s game and Friday’s game. “Our overall desperation, blocking shots, competing a little bit harder defensively and obviously we scored more times. It wasn’t a major difference, but we were just a little bit better executing, just a little bit better around the other team’s net.”

The Falcons will next play a one game home stand against the Miami RedHawks on Saturday night, for their final non-conference game of the regular season.

Looking ahead to All-Star weekend

By Aidan Markey
Sports Reporter

The NBA’s 65th annual All-Star activities will kick off this Valentine’s weekend in Toronto, which will become the first city outside of the U.S. to host the game and its related events.

Both the Celebrity Game and the Rising Stars Challenge will take place Friday night, providing a spirited and entertaining opening to a busy slate of weekend events.

While the All-Star Game will take prime time on Sunday, Saturday’s Skills Challenge, Three-Point Contest and Slam Dunk Competition are perhaps just as anticipated as the game itself.

Four of the eight players in the Taco Bell Skills Challenge are frontcourt players, which is an all-time high for the event. The NBA’s triple-double leader this season, Golden State Warriors’ forward Draymond Green, leads the notable list of forwards and centers. Sacramento Kings’ center Demarcus Cousins joins Green, Anthony Davis of the New Orleans Pelicans and Minnesota Timberwolves’ rookie Karl-Anthony Towns as the remaining frontcourt players in the competition.

The Skills Challenge will precede the Foot Locker Three-Point Contest, which is highlighted by last season’s MVP, Stephen Curry. Curry joins fellow Warriors’ backcourt member Klay Thompson as the favorites to win the event. In a field of eight players, some other competitors include: J.J. Redick of the Los Angeles Clippers, James Harden of the Houston Rockets and Phoenix Suns’ rookie Devin Booker.

The Verizon Slam-Dunk Contest should compete with the Three-Point Contest to be Saturday’s biggest spectacle. The Orlando Magic’s Aaron Gordon, Will Barton of the Denver Nuggets, Andre Drummond of the Detroit Pistons and defending-champion Zach Lavine from the Timberwolves will all clash in hopes of being dubbed the NBA’s best dunker. Expectations are high for Levine, who earned perfect scores on two different dunks at last year’s contest en route to winning the competition in his rookie season.

Following a busy Saturday evening, the main event will be held late on Valentine’s Day. One of the biggest headlines coming into the game is its status as Kobe Bryant’s 17th and final All-Star selection, as he is retiring at the conclusion of this season. Bryant, a career-long Los Angeles Laker, will be starting for the Western Conference after earning the most number of fan votes at almost 1.9 million. Curry was second overall in votes, tallying just over 1.6 million.

While Bryant and Curry headline the West, Cavaliers’ forward LeBron James and his former Miami Heat teammate Dwyane Wade lead the Eastern Conference. James earned just over a million votes while Wade checked in at around 940,000. There are two first-time All-Stars for the West: Golden State’s Green and Kawhi Leonard of the San Antonio Spurs. Boston Celtics’ guard Isaiah Thomas and Detroit’s Drummond are the first-timers for the East.

Spurs’ head coach, Gregg Popovich, will coach the West. Tyronn Lue, newly named Cavaliers’ head coach, will lead the East.

Scheduled for an 8:30 p.m. start, the All-Star Game, as well as Friday and Saturday’s festivities, will be broadcast on TNT.
Walk promotes healthy hearts
University teaches students to prevent heart disease through exercise, diet

By Lauren Fitz
Reporter

On Feb. 5, Recreation and Wellness celebrated National Wear Red Day with a heart walk around the Eppler South gym track.

The theme for the walk was “piecing together a healthy heart,” and at different stops on the walk, there would be a trivia question for participants to answer.

Karyn Smith, a health educator at the rec center, said National Wear Red Day is a day sponsored through the American Heart Association.

“They’ve done such a great job at providing lots of resources and tool kits and guidance for not only individuals, but also corporations and universities to implement some events on their campus to help bring the awareness of heart disease, the symptoms and things we can do prevent it as well,” Smith said.

In order for individuals to maintain a heart-healthy lifestyle, Smith said it’s recommended that Americans get 150 minutes of exercise per week, which averages out to 30 minutes a day.

“Any form of exercise counts, so it’s just something that is going to increase your heart rate. By doing that, it gets your heart stronger so it’s more efficient and your body just performs more efficiently when it has a nice strong heart. … Exercise is definitely a key component to living a healthy lifestyle,” Smith said.

The 30 minutes you do in a day can be spread out through multiple points in the day, but in order to get the benefits from exercise, you need to do something that will raise your heart rate and be able to sustain it for at least 10 minutes.

Participants who attended the event said they learned many things about being heart-healthy and maintaining a nutritious diet from the trivia placed around the track, which reinforced the points on nutrition.

“I just really support uniting against heart disease. I think that’s a really good cause and I think it’s important for everyone to keep their heart-healthy throughout their lives and to exercise,” sophomore Ashley Murphy said. “I learned how to manage blood pressure and how to reduce blood sugar (and) what levels I should keep it around.”

Some participants were surprised to learn about the make up of things, like freshman Kenyetta Johnson, who was surprised to learn that one cigarette has over 4,000 chemicals. Others were surprised to learn the maximum amount of sodium needed in a daily diet.

“They had a question about how much sodium does the body need and the answer was actually 2000 milligrams but we thought it was way less than that. We thought 2000 milligrams is really salty, especially coming from the perspective of a black woman, (because) we most of the time suffer from high blood pressure,” junior Rekya Evans said.

With February being American Heart Month, it made sense to do the heart healthy walk since heart disease is the leading cause of death in America and 80 percent of heart disease can be prevented by changing behaviors.

The goal of the event was to raise awareness about heart disease and for participants to realize there are steps to take in order to change their lifestyle and behaviors.
“Whiteness history” educates
Event could be used to start discussions on race, diversity

By Alexandrya Pearson
Reporter

In a recent article found in The Washington Post, Portland Community College introduced Whiteness History Month to its campus as a new way to teach its students about racism and race. Whereas Black History Month is typically a celebratory event, Whiteness History Month is an event created in effort to change the way people think about “whiteness.” The University, with similar demographics to PCC, could consider following in the footsteps of PCC.

According to the demographics of PCC’s website, out of the 90,000 students that attend PCC, 68 percent of the student body is Caucasian, whereas 80 percent of the University’s student body is Caucasian. With that being said, the question at hand becomes, “would Whiteness History Month be an appropriate addition to the University’s campus?”

Many students at the University believe that racism is still a problem today and that the campus is not as diversified as it could be.

“The (University) makes a considerable effort to appear as diverse as possible, and I feel like we have lots of different races here, but I just feel that people of all different races do not hang out with each other. The different races and ethnicities do not intermix,” said sophomore intervention specialist major Jennifer Dietz.

Some student leaders at the University feel Whiteness History Month could be exactly what we need to help diversify the school, but the event would need some reworking before it could come to the campus.

Kaylyn Collier, Black Student Union President, believes Whiteness History Month can be a beneficial event, but she thinks that, like Black History Month, it will only attract minority groups and not all people of different races and ethnicities.

“I believe that it would be a very good idea, but it would only be more or less beneficial if it wasn’t just the minority groups talking to other minority groups about the struggles that we face,” she said.

Collier talks about how racism still exists today on the University’s campus and how she wishes to see campus become more diverse. She believes Whiteness History Month is a good idea in theory, but she would like to see an event that would attract all people, not just minority groups, so they can discuss what is happening as a community.

“The name is problematic, because when you hear Whiteness History Month, you think celebrating white people — unless everyone is fully educated on what ‘whiteness’ is, then it will cause problems,” Catherine Longoria-Perez, Latino Student Union President, said. “If it was constructed better, then I think that it would be a good thing on campus because it would lead to everyone, not only minority groups, talking about the struggles that they face.”

PCC already faced some controversy over this topic from people claiming that this event will create “whiteness shaming,” and stated it was just a stunt to become politically accurate.

Regardless of this, PCC has chosen April as the dedicated month and will host live events and speakers throughout that month long time frame.
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Facts about E. coli

- According to the Center for Disease Control and Prevention’s website:
  - E. coli is found in the intestinal tracts of humans and animals
  - E. coli that produces shiga toxin is the type of E. coli that can make humans sick.
  - Humans can become infected by ingesting the bacteria from the environment, i.e. water, eating undercooked/contaminated food or eating food that has been contaminated by unwashed hands.
  - Symptoms include: diarrhea, nausea and vomiting or other flu-like symptoms.
  - Symptoms may not immediately appear, as the incubation period on E. coli is roughly 3-4 days.
  - Most people will stop experiencing sickness in 5-7 days.
  - Antibiotics are not recommended to treat E. coli infections.
  - Symptoms must be waited out, and hydration is important.
  - Contamination can be prevented by:
    - Washing hands regularly
    - Avoiding ingesting water in public pools or lakes
    - Cooking food thoroughly
    - Avoiding raw milk products
    - Washing food prep areas and dishes
  - For more information on E. coli, visit http://www.cdc.gov/ecoli/general/index.html

Continued from Page 2

change, odor, there’s no difference for pathogenic organisms,” said Anderson.
Anderson said the temporary shut down was a good idea and would help the company improve its food safety practices.
She also said recognizing the problem of food safety in their restaurants “is going to go a long way toward getting their customers to come back.”
“We all need to commit today not to let this happen again,” wrote Moran in the memo.
The Chipotle staff in Bowling Green were not allowed to comment on the temporary closure.
Though there is no sure way to prevent contracting a foodborne illness in a public setting, precautions like frequently washing hands and paying attention to the cleanliness of a restaurant or establishment can prevent contraction of a foodborne illness.

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National Pizza Day Feb. 9

Pizza Facts

• Ninety-three percent of Americans eat pizza at least once a month.

• Americans eat approximately 100 acres of pizza a day or about 350 slices per second.

• The top 5 pizza sales days are Super Bowl Sunday, New Year's Eve, Halloween, the night before Thanksgiving and New Year's Day.

• The first known pizzeria, Antica Pizzeria, opened in Naples, Italy, in 1738.

Facts from pizza.com and howstuffworks.com

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The Daily Crossword Fix

**ACROSS**

1. Short one at the bar? 4. Flabbergasts
2. One taking up slack? 5. Landlocked African country
3. Thread bits 6. Running bowline, e.g.
4. Prepare to take off 7. Mediterranean landmark
5. Dessert that just sounds wrong 8. Cuisine to swear by?
8. Cuisine to swear by? 11. What you will
9. Cuisine to swear by? 12. Landed, with "in"
12. Cuisine to swear by? 15. Thread bits
14. Cuisine to swear by? 17. Prepare to take off
15. Cuisine to swear by? 18. Mediterranean landmark
16. Cuisine to swear by? 19. Dessert that just sounds wrong
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46. Mediterranean landmark

**DOWN**

1. Concerned parent's installation 2. Employment
2. Removed, as bindings 3. Densely populated area, briefly
3. Densely populated area, briefly 4. Jaded state
4. Jaded state 5. Baker's neighbor in "Into the Woods"
5. Baker's neighbor in "Into the Woods" 6. What you will
6. What you will 7. Bygone muscle car
10. Cosmetics giant 11. What you will
11. What you will 12. Landed, with "in"
12. Landed, with "in" 13. Landlocked African country
14. Gloves 15. Thread bits
15. Thread bits 16. Running bowline, e.g.
16. Running bowline, e.g. 17. Prepare to take off
17. Prepare to take off 18. Mediterranean landmark
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44. Mediterranean landmark 45. Mediterranean landmark
45. Mediterranean landmark 46. Mediterranean landmark

**ANSWERS**

[Crossword puzzle grid with answers filled in]

The BG News

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