Skip McDonald brings the sounds of blues back to campus

TAKING A TRIP
University students skip the beach to complete service opportunities for spring break | PAGE 2

Columnist says that America must have empathy in relation to gun laws

Mens basketball falls on the road against Kent State

PAGE 7

PAGE 5

PAGE 11
By Tiffany Jackson
Reporter

Campus organizations will take students on alternate spring breaks to help them gain a different perspective on the world.

Students from the Honors Learning College will be going to Chicago the first weekend of spring break. During the weekend there are three scheduled events that students will attend.

“The first is a visit to the Museum of Science and Industry and they are asked to stay there for two hours,” said Program Coordinator Martha Nyce.

“On Saturday night they will attend a Second City show, and the last event Sunday is a matinee show,” she said. “Students will also have free time to explore the city when they aren’t at the scheduled events.”

This year there are 109 students that will be attending.

“We’ve gone to Chicago for a few years now, and it’s a nice way to start off spring break,” Nyce said. “We really like to expose students to different types of opportunities, adventures and perspectives.”

She said several students from rural towns get to experience the city. Students are able to get a new perspective and a new view on what life is like in a city nearby. They also get a new perspective on their life and who they are, Nyce said. “I attended this trip last year with one of my best friends, and we had so much fun so we decided to go again,” HLC member Amanda Pack said in an email. “It’s the perfect length trip that allows for some fun and adventure and also still leaves time to relax at home.”

Another campus organization going on an alternate spring break trip is BG Alternative Breaks. One of the groups will be heading to Boone, North Carolina to stay at an off-the-grid sustainability farm near the Appalachian Mountains.

Here the students will be learning how to work with renewable energy while working with animals and helping with the farm’s orchard garden.

In their free time students will be able to hike in the mountains, go canoeing and participate in bonfires.

SPRING BREAK continues on Page 8

By Tiffany Jackson
Reporter

Spring break outside BG

FRI., Feb. 26
12:01 A.M.
Jacob Miltello, 18, of Bowling Green, was cited for underage under the influence and resisting arrest within the 1000th block of E. Wooster Street. He was lodged at the Wood Country Correctional Facility.

12:31 A.M.
Zachary Jacobs, 25, of Maumee, was arrested for possession of marijuana and drug paraphernalia within the 200th block of N. Main Street.

SAT., Feb. 27
6:42 P.M.
Matthew Allen, 35, Wayne, Ohio, was arrested for driving under suspension, non compliance, possession of marijuana and drug paraphernalia and open container within 900th block of N. Main Street. He was lodged at the Wood Country Correctional Facility.
By Lauren Fitz
Reporter

The Zika virus, a new virus that’s coming from mosquitoes, is causing a health concern all over the world and has health officials concerned.

According to a news release from the Ohio Department of Health, the state has reported two new cases in returning travelers. These two cases are the third and fourth cases confirmed in Ohio.

“Given the number of travelers between Ohio and Zika virus-affected countries, it would not be a surprise to see more cases. There is no vaccine available for Zika virus so it’s important for Ohioans traveling to affected areas to take steps to prevent mosquito bites,” ODH Medical Director Dr. Mary DiOrio said in the news release.

Michael Lemon, a local pediatrician and medical director of Wood County Health District, said some of the symptoms of the virus include a fever, body aches and a rash.

“The problem with the mosquito is it is an all-day, indoor biter,” Lemon said. This varies from the types of mosquitoes in the Midwest as those mosquitoes usually come out at night and are outdoor biters.

In order to avoid getting the virus, Lemon’s recommendation is avoid unnecessary travel and, if you do travel, take precautions to make sure you don’t get bitten.

The Zika virus was first noticed in Brazil in August 2015, according to The New York Times. Doctors were stumped as to why babies were showing up with no forehead and differently shaped heads. This is called microcephaly. Other than the misshapen heads, there is nothing wrong with the babies.

The microcephaly was from mothers who had the Zika virus while they were pregnant and spread it to their unborn child.

People in Brazil started showing symptoms of the virus a few weeks after the 2014 World Cup, according to The New York Times article.

Originally, doctors didn’t know what the virus was. After performing tests on all the people afflicted with the mystery virus, doctors in Brazil were able to rule out some of the viruses that were more serious in nature, and they realized that the virus was the Zika virus.

One of the biggest problems with tracing where the virus is that it’s “an island hopping virus,” according to The New York Times. It was first noticed in the western hemisphere in 2014, when it appeared on Easter Island.

The virus can live in people’s blood for up to 10 days. 80 percent of people don’t experience any symptoms. The virus is also linked to Guillain-Barré Syndrome, which can cause temporary paralysis.

On the bright side, doctors in two

ZIKA continues on Page 13
Memes facilitate political climate

The Internet meme is a prevalent source of satirical humor on websites such as Reddit, Tumblr, Imgur, Instagram and Facebook. While these memes, basically simplified ideas that are easily shareable, are important to today's pop culture, very few people would agree that they’re politically significant; but they are.

The meme was created when Richard Dawkins, evolutionary biologist and author, originated the term in his 1976 book “The Selfish Gene.” He developed the word as an abbreviation of mimeme, from the Greek mim- meaning mimic and the English suffix –eme.

Part of the appeal of memes is they take a complex idea or emotion and cut it down to one statement or image, something that is very simple to click and share. The same statement can be applied to many different images, and vice versa. This simplification makes the meme extremely applicable to many different people.

Political memes have been around since the beginning of memes, and it can be argued that they were around even before the concept of a meme was given a name. The upcoming presidential elections have sparked a rise in more political memes than in previous years.

The importance of presidential campaign-related memes does not lie in the message each meme conveys, but rather the motivation behind the creation of the memes.

For example, a popular meme pits Hillary Clinton against Bernie Sanders, comparing their opinions on pop culture topics. Nobody expects Clinton and Sanders to have real opinions on things like Star Wars, Pokémon or Harry Potter, but the meme shows a preference towards Sanders by giving him a created positive opinion of the topic and a disconnected, confused opinion to Clinton.

The importance of the meme is not that Clinton doesn't understand Pokémon, but that Clinton doesn't understand her younger audiences, the main consumers of many of these pop culture topics.

These memes are very telling of the political climate among younger audiences, who comprise the future of politics.

Not only is it very important for politicians to understand how they connect to their supporters or opposition, but they also play a strong role in shaping political ideals. These packaged ideas can convince Internet users to support or oppose a politician based on whether or not they relate to the meme.

Due to their hyper condensed nature, memes can be very inflammatory in social media setting and forces people to elaborate on the ideas they're based on. This facilitates discussion among young adults on topics they may not normally touch upon and encourages debates beyond in-class discussions or simply sharing opinions might.

Although they began as simple satire, memes have become increasingly common in political discourse, inspiring the sharing and shaping of political opinions that might not have otherwise happened.

Respond to Taylor at thenews@bgnews.com
I am taking another break from election pandering to bring you this message: America doesn't have a gun problem.

Guns are inanimate objects, tools, which need a human being in order to work. A gun lying on a table is inert. It won't do anything. Unless, maybe, it gets hot enough for the powder in magazine to self-ignite.

A gun only functions in its intended manner when a person fires it. A human finger has to squeeze the trigger, after a human hand chambers a round. A human eye has to aim the gun, after a human mind has decided on a victim.

And there have been a lot of victims lately, because there have been a lot of human minds choosing victims lately. Human victims.

No, America does not have a gun problem. Americans have an empathy problem.

I feel as though I have to define that word. So few people seem to have a grasp of what it means. In my eyes, anyway.

Empathy is the means, ability and will to consciously consider the feelings of other people as if they were one's own. I say means, ability and will because it does take that trifecta to fully empathize with a person, and it is that trifecta that is ultimately lacking among people today.

And right off the bat, let's not get this confused with sympathy. Sympathy is simply feeling sorrow for another person's plight. When a child breaks a toy and cries about it, the guilt and remorse felt by an onlooker is sympathy. It is a shallow emotion, and one that is easily waved away.

Empathy, however, is deeper. It is a connection between two people. It is the feeling one person has that they thoroughly know the pain another person is suffering.

Empathy is having experienced breaking a toy as a child, recognizing that pain in the child who currently has a broken toy, and then, most importantly, taking the steps to rectify the situation because one has enough experience with that suffering that they do not wish another person to go through it alone.

That might be a bit of a stretch, but I assure you that if a person harnesses the trifecta of the means, ability and will to consider the feelings of another person, they would not be able to help assisting.

Or not killing people.

Let me clarify. The means of empathy is having experienced a problem. A person has experienced a broken toy. Or been punched in the face. Or hit by a car. Or shot. They carry with them the direct feeling of extreme discomfort.

The ability of empathy is being able to recognize that discomfort in others, or to sympathize as I defined it before. A person can see a crying child and be cognizant that the pain is caused by a broken toy. Or a person with a broken nose. Or a broken body. Or death.

Finally, the will of empathy is allowing the connection to be made. Allowing sympathy to go deeper into one's mind and connect with the remembrance of having suffered themselves. It is to say "I have also broken a toy" or "I have also had my nose broken" or "I have also been hit by a car" or "I have also witnessed or come close to death."

That will to connect breeds the further desire to help. Or at least not harm.

I have noticed a lack of empathy among people. I have noticed people are not willing to make connections, because they lack the ability to feel sympathy, because they don't seem to have the means to. The more I witness it, and the more I think on it, the more convoluted of a problem it becomes.

Why don't people have the experiences to share with others? Why do they choose to not consider other people's suffering? Why do they not want to?

Those are huge questions that could take years of philosophical thought to hash out, so of course I will not try to hash them out here. Instead, I ask my audience to do so, and to do so through self-reflection. Ask yourself, reader, why you don't have experience with various issues. Ask yourself why you choose to ignore suffering when you see it. Ask yourself why you don't want to.

To make it slightly easier, let me give you some examples of where I see the lack of empathy.

I have seen a lot of memes on Facebook regarding Kanye West and Donald Trump being killed. Either through assassination or, my personal favorite (sarcasm), those men hanging from a cliff with the words "would you help them?"
In the age of nostalgic TV revivals from the 80s and 90s, “Fuller House” was released on Netflix on Feb. 26. The original show ended in 1995, but this continuation featured the return of the original cast – with one glaring exception.

When the revival was announced in April 2015, many fans wondered who would return to the reboot, especially when it came to whether or not Mary-Kate and Ashley Olsen would reprise their role as Michelle Tanner and which twin would be playing the role.

However, the Olsen twins chose not to return and their noticeable absence was written into three different storylines. The first time, Tanner family patriarch Danny Tanner said Michelle was in New York working on her fashion career, when all of the original cast looked directly at the camera and gave viewers a knowing look.

The show did a good job of focusing not too much on the next generation of kids in the show, namely DJ’s three sons, Jackson, Max and Tommy, and Kimmy Gibbler’s daughter, Ramona, which is a scheme that some other revivals got wrong.

While Danny, Uncle Jesse, Aunt Becky and Joey made appearances throughout the show, it was just the right amount of nostalgia from the original series without bringing down the spin-off.

There were definitely times in the first few episodes where it seemed to mirror the first few episodes of the original show, such as DJ’s oldest and middle kids having to move in to share a room, reminiscent of Stephanie having to move in to DJ’s room in the first episode of “Full House.”

Of course, it’s very obvious that “Fuller House” is designed to be a complete reversal of “Full House,” where instead of three grown men taking care of three young girls, it’s now the inverse. Another thing stolen from the original series was the tragic death of a parent.

However, that’s not to say there isn’t a lack of creativity when it comes to the plot lines. There’s an especially poignant moment between Stephanie and DJ at the end of the fifth episode that would take any viewer by surprise, regardless of whether they saw the original show or not.

At times, there were some truly laughable moments. The revival took a chance and poked fun at the actors, whether it be Kimmy saying the Olsen twins don’t need to act anymore because of their clothing line, Elizabeth James, is expensive enough that they don’t have to act anymore, or DJ’s high school boyfriend planning a 90s theme date for them and saying he has Alanis Morissette’s CD in his car with DJ asking if he knew who the song was about (Morissette’s song “You Oughta Know” is notorious for being about her break up with Dave Coulier, who plays Uncle Joey on the show).

There’s also parts of the show that are truly painful to watch. When the show first aired on ABC’s famous “TGIF” lineup, it was a wholesome family comedy. But on Netflix, it’s still fairly wholesome, but there’s parts that make it clear that Netflix knows the original audience has grown up and can handle some more mature jokes and double entendres.

The first season has been almost universally panned by critics, but the viewers seem to be giving the show slightly warmer reception. It’s not the best revival show, but it certainly isn’t the worst.

The show was renewed for a second season on March 2.
Blues veteran visits the Union

By Paul Garbarino
Pulse Reporter

Born instrumentalist and vocalist, longtime musician “Little Axe” Skip McDonald granted audience members with a raw, enthusiastic and original solo performance at the Union last Thursday afternoon.

Modern pop and rap music lovers may have been taken by surprise listening to McDonald’s often formless and heavily syncopated Blues concert. However, those that are familiar with a wide variety of music genres and styles would have been astonished by some of Little Axe’s performance choices.

Vocals, electric guitar and various percussion instruments could be heard, but not all music devices could be seen. McDonald used a music pedal board to generate percussion recordings over his electric guitar playing and singing. Commenting on his use of the pedal board and the lack of performers, McDonald made the audience laugh by saying, “All my band members left me. I’m all alone now.”

The smiles and laughs didn’t stop there either. Throughout the show Little Axe could be seen smiling and adding choreography to his music, which some audience members couldn’t help but smile and nod their heads to. In the middle of one of his performances, McDonald stopped playing and called out to the audience, asking, “I forgot the next part, does anyone know the rest?”

Upon delivery, laughs and a light applause were produced by the audience in response to McDonald’s unique concluding performance of the band War’s popular song “Lowrider.”

Before the start of the performance, however audience members were briefed of McDonald’s past by American Cultural Studies lecturer Matthew Donahue. Bringing light to McDonald’s experience before he even adopted the nickname “Little Axe,” Donahue gave a short, illuminating speech on the history and significance of jazz, McDonald’s achievements and a background on the local and long-established Hines Farm Blues Club.

As jazz was losing popularity in the 1950’s and 60’s, several of the artists at the club were part of the revival of jazz music. Entertainers including John Lee Hooker and Jimmy Reed were some of the famous musicians to perform at the club.

In addition to supporting jazz music and providing entertainment, Donahue stressed one very significant aspect behind the club: racial consolidation.

Donahue said, “The Hines Farm Blues Club represented unity between all races. Anyone could go there and enjoy themselves.”

Closely affiliated with the Blues movement and born in Dayton, Ohio, McDonald picked up the guitar at a very young age, and established his long career in music very early in his life. According to LittleAxe.com, just after completing his high school education “Skip left Dayton with a band called the Ohio Hustlers.”

From then to now, Little Axe has over 15 albums and among them is his 2011 album “If You Want Loyalty Buy A Dog,” which is available to stream on iTunes.

“I hate categorization. There’s only two types of music: the kind you like, and the kind you don’t.” - Skip McDonald

In the mid-20th century, couple Frank and Sarah Hines bought a large plot of land in Toledo and built a “juke joint” that was soon to be called the Hines Farm Blues Club. For years, the club was a thriving restaurant, bar, inn and entertainment center open to anyone, including musicians.
SPRING BREAK continued from Page 2

When planning this trip students made a list of topics they wanted to learn more about. One of them was sustainable energy and agriculture, said site leader Christine Nelson.

“We’re hoping to learn a lot about renewable energy and sustainable energy options,” Nelson said.

Nelson said they would like to learn more about agriculture and permaculture as well and bring this information back to the University for other students to learn.

Students from BG Alternative Breaks will also be traveling to Chicago to work with an organization called P.A.W.S.

P.A.W.S is a no kill community that also offers spay and neutered clinics for people that have lower incomes to help make it more efficient, site leader JiAnna Cox said.

Cox said she was interested in this trip because they help people with lower incomes and they help animals.

She said she would like to learn more about the city of Chicago and how they handle animals differently than Bowling Green.

“I'd like to learn more about spay and neuter clinics also,” Cox said.
Unofficial holiday not present on campus

By Eboni Jones
Reporter

National Day of Unplugging is not popular as some would assume among students on the campus of BGSU.

In fact, most students have heard nothing about it, even computer science majors of the College of Arts and Science.

Junior Ravina Walker, Apparel Merchandising and Product Development major “…heard something about it, but I never looked into it.”

March 4th is the National Day of Unplugging, meaning to relax and unwind, while ignoring modern technology and social media.

While individuals from all over the nation will be taking this pledge, students at Bowling Green State University will not.

This holiday can serve as a doctor’s note for work or class for University students.

If students or staff choose to sign the pledge online they would have a legitimate and legal excuse for not being in attendance on Friday, March 4, 2016.

Some students would not participate even if they wanted to.

“...I don’t know why, I just would not participate,” said senior Computer Science major, Adam Porto.

National Day of Unplugging serves as a time for relaxation.

College students work very hard for their academic, social and community achievements. In fact most college students work so hard that the idea of relaxing seems imaginary.

“I would love to relax but I do not know what relaxing entails[…] I need my balance of non-relaxation”, said junior Economics major, Giannina Celis.

A lot of students are worried about classes, projects and work.

Spring break for this University begins on the National Day of Unplugging.

Freshman Computer Science Major, Susan Magnani has not “…heard of it [NDU]”, said Magnani.

“I think I would not be able to do it, I have to drive [5 hours] home and I don’t want to not listen to music on the way home,” said Magnani.

Listening to music using an auxiliary cord that hooks up to a phone is very common for drivers on the road.

People have created a natural need for their cell phones.

“There is always something where I need my phone for emails, Group Me etc…” said senior Dierra Johnson.

Major, Susan Magnani has not participated, Keefe said.

“Seems like it’s a good cause”, said Streichert. “I can see the world outside of the technology aspect” continued Streichert.

Being able to see the world outside of the technology aspect is what the holiday was made for.

It may increase the availability of some courses and some avenues of completion.”

- Julie Matuga
Associate Vice Provost

Training available for severe weather

SKYWARN Severe Weather Spotter’s training will be available for students, faculty and community members in 111 Olscamp March 3.

SKYWARN is a national program run by the National Weather Service. The training, which lasts from 6:30 p.m. to 8:30 p.m., will educate attendees on the basics of thunderstorm development, fundamentals of storm structure, identifying potential severe weather features, information to report, how to report information and basic severe weather safety, according to the NWS website.

Those who complete the training will receive a card with contact information for the NWS to alert them of severe weather, Matthew Keefe, emergency management coordinator at the University, said.

“When we involve the community, we have more eyes, more ears, more knowledge to report weather,” Keefe, said. “It gives them that added tool, that added training that they can use to apply to their everyday lives.”

Wood County Emergency Management Director Brad Gilbert, a meteorologist, will present the training in conjunction with the Office of Emergency Management and the Department of Geography.

This is the second year the University has hosted the annual training. Last year, the training occurred during spring break. The date of the training was moved up this year in order to allow more students to participate, Keefe said.

The University is also preparing to become a StormReady University, another national program focused on preparing universities and colleges for severe weather.

Keefe said the purpose of the program is “how can we inform our population here … (to be) better prepared for weather hazards.”

The SKYWARN training is a prelude to Severe Weather Awareness Week, which occurs Mar. 20-26.
By Zane Miller
Sports Reporter

The Falcon hockey team will play in its final regular season series on Friday and Saturday night, facing off on the road against the Alabama Huntsville Chargers.

The Falcons are playing with a chance to take home the Western Collegiate Hockey Association regular season championship, which they can achieve with a sweep of Alabama Huntsville and a sweep of the Minnesota State Mavericks by the Bemidji State Beavers. That series is also taking place on Friday and Saturday.

“This time of year, we want to be playing our best hockey. We’ve got something to play for this weekend and that’s the focus.”

- Chris Bergeron, Head Coach

“Huntsville’s going to be a difficult team regardless of the playoff picture for them,” Bergeron said. “They’ve played us tough here at this rink, they’ve played us in our rink tough before and it’s going to be a difficult weekend, we know that.”

The Falcons are also looking to carry their current three-game winning streak, which goes back to their February 20th victory over the Alaska Nanooks, into the playoffs by sweeping this upcoming series.

“It’s important,” head coach Chris Bergeron said. “We’ve talked about this all year long. We get 38 opportunities to play games, guaranteed, and this is going to be 37 and 38. We don’t want to take our foot off the gas at this point. This group, these older guys know that. We’ve been in this position before, not necessarily what this weekend means, potentially, but we’ve kind of gotten through an indifferent middle part of the season and then had a pretty good run at the end and we’ve done that before.”

The puck is scheduled to drop at 8:07 p.m. CDT. After the end of the series, the team will also find out its opponent in the first round of the WCHA playoffs, which will be at BGSU Ice Arena.
Falcons lose to Golden Flashes on poor shooting night

By Aidan Markey
Sports Reporter

The Bowling Green mens basketball team fell to Mid-American Conference foe Kent State on the road Tuesday, 70-54. The Falcons (14-16, 5-12) trailed by only six at the half, but the Golden Flashes (19-11, 10-7) extended their lead in the second half, handing BG its ninth loss in its last ten games.

The Falcons, after defeating Ohio last week in the Stroh, have now lost consecutive road games by a combined score of 51 points.

“I don’t even know what to say,” BG coach Michael Huger said in the post game conference. “We’re so ‘all-over-the-place.’ There’s no consistency to how we play.”

BG fought with Kent in a back-and-forth manner to begin the game. At just over the 16 minute mark, the score was tied, 8-8. Neither team would score for nearly four and a half minutes, until a jumper by Kent’s Jaylin Walker broke the stalemate.

Zack Denny tied the score again with two free throws a minute later, right before the Flashes began their run.

Kent extended its lead throughout the half, its largest being nine points on a few occasions.

Bowling Green would not relent, though. With a little over a minute remaining, the Falcons closed their deficit to three points after two free throws by Wesley Alcegaire. On Kent’s final possession, Galal Cancer scored a three-pointer, stretching the lead to 33-27 before the conclusion of the half.

The Golden Flashes jumped out to a 39-30 lead to start the second half and never looked back. BG’s offense was stagnant and ineffective, the Falcons only shooting 37.5 percent from the field in the game. Kent also out rebounded Bowling Green 39-29.

“You have to be tough to get rebounds, and they out-toughed us,” Huger said.

Alcegaire added to significance of the rebounding stat, saying, “Our rebounding was atrocious. That gave them a lot of pick-up points and a lot of energy.”

Unfortunately for the Falcons, the energy was not there for them. They scored almost 20 fewer points than their season average of 71 per game. Outside of Alcegaire, the starters only tallied 15 total points for BG.

“We have so much more that we could give, but we’re saving it for something. And I don’t know what we’re saving it for,” Huger said of his team.

Following 11 minutes into the second half, Kent never held a lead of less than 12 points and eventually stretched its advantage to 20 in the last minute of play.

Antwon Lillard scored a dunk for the Falcons with half a minute left, and Kent ran out the clock after calling a timeout.

Cancer, a senior guard, finished with 18 for Kent State. Junior forward Jimmy Hall had 22.

Alcegaire had 14 for the Falcons, and senior forward Spencer Parker scored 15 off the bench.

Bowling Green looks to close out regular season play on senior night this Friday against Buffalo in the Stroh Center. The game is scheduled to tip at 7 p.m.
Senate to focus on quality of education

By Holly Shively
City Editor

The University will continue to put the quality of experience over some economic aspects, contrary to some other universities, according to University Vice Provost of Academic Affairs John Fischer.

At Tuesday afternoon’s faculty senate meeting, Fischer presented information and created a space of conversation amongst faculty about current University retention strategies.

“I am quite aware of what’s happening in higher ed as I go and meet with my colleagues from other institutions and national settings... and I am very proud when I speak about what we have done as an institution,” Fischer said.

Fischer specifically focused on those high-impact experiences the University offers students that allow them to get connected with others in the University and transition smoothly from high school to college.

For example, while Fischer said other universities are moving towards larger and more online freshman classes, the University has been working on its 1910 First-year Seminar, which nearly 750 students participated in last fall.

“It’s [1910 course] to introduce them, to excite them, to engage them in a topic, to get them thinking what academic research looks like,” Fischer said.

If first-year students aren’t taking the 1910 course, then they are enrolled in the first class in their major. These first-year classes are not only meant to teach students the subjects the course covers, but to help them transition to college life and prepare them for the rest of their time at the University as well.

Fischer said statistics show students having their first major class in the fall semester created higher retention rates than those taking them in the spring semester.

Fischer also discussed the different learning communities at the University. Most people are aware of residential learning communities, but the University has been, and will continue, to work on academic learning communities, including linked classes.

These linked classes include enrolling the same students in some of the same classes during their first semester at the University in hopes of students having a better chance of getting to know each other.

Some changes Fischer and other faculty members expressed in regards to linked classes include more collaboration between those professors teaching these courses. By allowing faculty a chance to communicate, they can better collaborate what topics go well together and how to teach them.

In 2015, the Linked Course Advisory Board was created to address some of these concerns.

Fischer said it’s desirable for all students to be in linked classes, but it can be difficult to get students who aren’t the traditional first-year student into linked classes. For example, some honors students come in with several post-secondary credits and athletes face difficult schedules.

Based on data, retention rates among those in linked classes seem to be higher than those not in linked classes.

Fischer also said the University is working towards making sure every student has at least one experiential learning opportunity while at the University. Experiential learning includes study abroad, field research, internships, coops, service learning, clinical experiences and student teaching.

“I’m quite proud that I come from an institution that has pushed and pushed and pushed that the experience is what matters,” Fischer said.

Faculty Senate also approved a new major—The Bachelor’s of Fine Arts-Studio. By creating this major, 2D and 3D studies will be combined, creating more flexibility for students in the majors.
The Bowling Green Fire Division will be participating in an annual mock car crash to educate the public on the consequences of driving drunk.

The mock crash is organized by Safe Communities of Wood County and will take place on March 16 at 5:30 pm on the ROTC field off of Ridge Street on Bowling Green State University's campus.

According to their online brochure, Safe Communities of Wood County was established in 2012 to promote traffic safety and awareness with the help of law enforcement agencies, government officials, schools, businesses and other community organizations.

The event is free and open to the public.

Young people are the target audience of this event and young participants of the mock crash are “moulaged,” or made to look injured, said Fire Chief Tom Sanderson.

“They simulate from the time the crash happens and what goes on inside the vehicle during the crash…then you also see a response from police and fire,” said Sanderson. “Our role is what we always do, and that is to try to stabilize and extricate the people that are involved in the crash.”

The event is purposely scheduled to take place the day before St. Patrick's Day, which is a popular drinking holiday among college students.

“The idea is, let’s bring home what really happens out there and not just what you might read in a newspaper,” said Sanderson.
Chocolate milk becomes healthy post work out drink

By Lily Bartell
Reporter

After a workout, there are myriad food and drink options for after-workout muscle, carbohydrate enhancement and recovery. Although the vast $7 billion protein powder industry may be appealing, chocolate milk may be the best option after a workout.

According to Harvard Health Publications, a person should consume at least eight grams of protein per day per kilogram of body weight. However, those who work out more strenuously or high endurance athletes need about one to 1.8 grams of protein per kilogram of body weight. After a workout, the ideal carbohydrate to calorie ratio of an after-workout drink is 4-to-1.

Chocolate milk closely hits this ratio. Michael Saunders, professor and director of James Madison University's Human Performance Laboratory and co-author of “Effects of chocolate milk consumption on markers of muscle recovery following soccer training: a randomized cross-over study,” has participated in and has published 10 studies on the effects of chocolate milk.

“Chocolate milk does a great job in helping athletes recover after exercise,” he said. “I think both protein powders and chocolate milk have a place, to be fair. It depends on what the purpose is for each person or athlete.”

Saunders says protein powders should not be used as a meal replacement because there are other vitamins and nutrients the body needs. He also suggests that after a workout chocolate milk or protein powder should be consumed along with a whole food meal.

“Milk’s benefits include calcium, vitamin D, electrolytes, proteins and carbohydrates,” he said. “Avoid a diet where you exclude food that doesn’t have the nutrients you need.”

University dietetics graduate student, Carmen Young, says chocolate milk is the best option. As a former University swimmer, she didn’t know which protein powder to buy and was turned off by the price. She was afraid of ingredients such as ephedrine and high levels of caffeine in protein powders because they may test positive on drug tests.

“Protein powder can be good. For some people, their daily amount of protein is hard to get in,” Young said. “Make sure you read the labels though. You don’t want something too high in calories or protein. If your workouts aren’t high intensity, you don’t need the protein powder.”

Taylor Lowery, middle childhood education major and member of CHAARG, a campus fitness organization, says she reaches for chocolate milk after running or participating in other workouts with CHAARG.

“It’s something I already have; it’s cheaper,” she said. “I haven’t tried protein powders, but I can assume from what I’ve heard it wouldn’t work with my workout and diet so I probably wouldn’t try it.”

She says she has been careful to try protein powders because she doesn’t know what is in them and chocolate milk has been her best resource.

William Lunn, associate professor of exercise science at Southern Connecticut State University, co-published “Chocolate Milk and Endurance Exercise Recovery: Protein Balance, Glycogen, and Performance.” In this study, each person ran for 45 minutes and drank either chocolate milk or another after-workout drink. Lunn and his colleagues found that chocolate milk worked best at producing muscle protein synthesis and the people who drank the chocolate milk could run longer.

He says eating meals is equally as important.

“Don’t be duped into thinking protein powders or things on the shelf are the only source of protein to consume,” he said.

“Use of whole food sources of protein is important. People are often consuming more protein than their body can use to make muscle when they drink protein shakes.”

Lunn continues to study how chocolate milk and protein shakes affect people after workouts. He says protein shakes are...
Tony Packo’s at the Park is Hiring!!!
We are looking for smiling faces to join our team as:
- Servers
- Food Counter Staff
We offer a fun work environment, flexible scheduling and employee discounts! If interested stop by and apply today or send your resume to tpdowntown@tonypackos.com.
Tony Packo’s at the Park
7 S. Superior St. Toledo, OH 43604
419-246-1111

For Rent
3BR house, near campus
12 month lease, 113 Crim St.
419-308-0792
Available August 15, 2016
Furnished 1BR Apartment $425/month
Furnished 2BR Apartment $595/month
320 Elm Street - Excellent Condition
Call 419-308-2458

Houses Close to Campus
August 16
241 Manville 4 BR, 2 BA $900
126 Troup 4 BR, 3 BA $1050
1316 E. Wooster 3 BR, 1 BA $900
319 Ridge 5 BR, 4 BA $1750
419-352-6062
FroboseRentals.com

**Last Large Houses for 16-17 S.Y.
Must Go, MAKE OFFER 353-0325 9-9pm
390 E. Wooster 5-6 bdrm/new bath
1-2 Apt 300 block E. Merry/near dtnt
353-0325
FALL 2016

REGISTRATION

Start Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 28</td>
<td>Graduate Students</td>
</tr>
<tr>
<td>March 28</td>
<td>Non-Degree Graduate Students</td>
</tr>
<tr>
<td>March 29</td>
<td>Seniors</td>
</tr>
<tr>
<td>March 31</td>
<td>Juniors</td>
</tr>
<tr>
<td>April 12</td>
<td>Sophomores</td>
</tr>
<tr>
<td>April 13</td>
<td>Freshmen</td>
</tr>
<tr>
<td>April 15</td>
<td>Guest Students</td>
</tr>
</tbody>
</table>

OPEN REGISTRATION
April 15 thru August 28, 2016

Go to: my.bgsu.edu
1. SELECT > student center
2. SELECT > enroll
3. SELECT > add

You can access everything that you need via the “Student Center” at the MyBGSU portal.

Questions?
Call the Registration HOTLINE: 419-372-4444
8 am - 5 pm | Monday - Friday

Bowling Green State University
Office of Registration and Records
110 Administration Building