DUSTY JOE'S BRUNCH

Call of the Canyon Cafe now offers brunch, thanks in part to one University student. | Page 2

Pizza Pub 516 review: “move on from the loss of Myles.”
Page 6

Hockey plays second straight road series
Page 8

Students write letter to University president
Page 4

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There seems to be a negative connotation surrounding student employees. Many students seem to view their part-time job as a means of paying rent and tuition - but nothing more. Joe Cohen, a junior media production and studies major at the University, has broken that mold.

Joe is an employee at Call of the Canyon Café, a small, family-owned restaurant in downtown Bowling Green. He helped inspire “Dusty Joe’s Brunch.”

“I started working at the Call of the Canyon a little over a year and a half ago,” said Cohen. “Pretty soon after, I was excited to see what we could do with the place. He [owner George Strata] has a lot of different really good ideas and goals for what he wants to grow the business into. One of the ideas I was trying to bring to the table was to start doing a brunch on Saturdays and Sundays. He was interested, so Dustin Galish and I wrote a menu and got it rolling.”

Owner George Strata was all ears to the idea of having a weekend brunch. Strata has been looking to add breakfast items to the restaurant’s menu, and the brunch was a great opportunity to do so.

“Joe was persistent about wanting to do it,” said Strata. “He came up to me with the idea. It’s definitely good to have an employee who wants to make the business better and follow through with it.”

Cohen had nothing but high praise for his boss, George.

“George has always been a very nice man,” he said. “Everything we talked about, I felt comfortable with trying to approach him with a new idea. I knew he was open to it. He wasn’t going to shut it down until he heard us

Continues on Page 10
The huge importance of women in STEM programs

When I was young my mother wouldn’t let me touch dirt because it “wasn’t something little girls did.”

Now I’m a soil ecologist, meaning I spend a lot of time in the dirt looking at bugs. Thousands of girls face this same adversity, and unfortunately not all of them can ignore and overcome it.

Rather than following her dreams to become a doctor, she settles for being a nurse because it’s more socially acceptable. Sexism drives women’s choices daily, but without them in these crucial roles, the realm of science, technology, engineering and mathematics would not be what it is today.

One of my favorite podcasts, Babes of Science, really emphasizes this idea. In each episode, the host, Poncie Rutsch, talks about women who have improved the world of science and how they did it. From Maria Mitchell, who was the first woman to discover a comet, to Alice Ball, who developed a treatment for leprosy. These women made huge advancements for our world and yet, we rarely talk about them. Textbooks focus on the genetic work of Gregor Mendel, a geneticist famous for his work in heredity.

However, most completely ignore the work of Nettie Stevens, the first to suggest that a baby’s sex was entirely due to the chromosomes it received, and Barbra McClintock, who realized that genes could jump from one chromosome to another.

If those women haven’t impressed you enough, there’s also the incredible Ada Lovelace. She may be the most discussed woman of science and even has a day dedicated to her on October 10th.

Ada lived in the 1800s and was enthralled with mathematics. Her mother encouraged her to study math and other less creative subjects to spite Ada’s father who was a poet.

But this background leads Ada to accomplish an incredible feat that we are associated with on a daily basis today.

...these women were vital to our advancements in science... without women mathematicians, America would not have made it to the moon.”

Cari Ritzenthaler
Columnist

If you can only have one food for the rest of your life what would it be? Why?

Ross Siefring
Sophomore, Criminal Justice

“Pasta, you can eat it hot and cold and it will still be good. And I really like pasta.”

Katerina Konstantinidis
Sophomore, Paleo Biology

“Probably chicken, just because there is so much you can do with it.”

Kelly Weihl
Junior, Music Education

“Steak Escape - subs, turkey, American cheese, lettuce, and honey mustard. Protein, veggies, and the honey mustard.”

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“A potato because you can do a lot with it. French fries, baked potatoes, mashed potatoes. You can do a lot with it.”

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A letter to the President Mazey concerning the Nexus Pipeline

Dear President Mazey and Board of Trustees Members:

While we watch and read news about the Dakota Access Pipeline protests in ND, and the humans protecting their right to access clean and safe water, the issue feels distant to us. After all, Bowling Green is over 1,000 miles away from Standing Rock, North Dakota.

However, the issue of clean water is much closer than we think. The city of Bowling Green is facing an equivalent and genuine threat to the well being of our community. The Nexus natural gas pipeline is set to begin construction in 2017 in our area. In order to stop this dangerous pipeline, we ask for the support of the University.

Bowling Green city council is currently reviewing a proposed easement for the Nexus Pipeline that will cross through city land adjacent to the water treatment plant. The pipeline’s current route is intended to run beneath the Maumee River and within half a mile of the Bowling Green Fault Zone, and at least 200 earthquakes have had epicenters in Ohio since 1776. There is also the Bowling Green Fault that intersects the pipeline route near the Maumee River.

...we think it is of paramount importance to protect our water resources, not only for the people that currently live in the area, but for future residents as well.”

Bowling Green Environmental Alliance

attending the University depend on the water treatment plant for reliable and clean water.

The Nexus Pipeline will put our access to clean and safe drinking water in jeopardy. The community’s way of life is in danger due to the possibility of leakages and explosions. This is especially pertinent due to the geology of the proposed route. Ohio sits on the edge of the New Madrid Seismic Zone, and at least 200 earthquakes have had epicenters in Ohio since 1776. There is also the Bowling Green Fault that intersects the pipeline route near the Maumee River. Already, surrounding communities are taking action. The residents of Waterville recently banned pipelines and compressor stations by passing a community bill of rights. Waterville has now joined many other communities that are legally and democratically defending their right to clean air and water. We hope Bowling Green will join these other communities in protecting our most valuable resources.

However, in order to fight the pipeline, we need the support of our community. At a city council meeting on Nov. 7, citizens spoke up against the pipeline, including current and former students. Furthermore, a peaceful gathering occurred downtown on Nov. 5 where community members, including University faculty and staff, stood in solidarity with those being affected by the Dakota Access Pipeline and the Nexus Pipeline. There will be another city council meeting on Nov. 21 to continue discussion on the pipeline. We hope to see a representative from the University present on Monday to listen to the community members’ concerns about the pipeline and possibly make a statement on behalf of the University. As is stated in the BGSU Creed, “I aspire to be an engaged global citizen and leader. I seek to improve my community. I collaborate with my fellow Falcons in changing the world.”

As students attending Bowling Green State University, we think it is of paramount importance to protect our water resources, not only for the people that currently live in the area, but for future residents as well, including future students who may be looking to attend the University. As an integral partner in the success of the Bowling Green community, we feel it is imperative that the University uses its powerful voice and influence to oppose the Nexus Pipeline. We sincerely hope the University can and will publicly take a stand for the safety, health and security of the students, faculty, staff and neighbors that support and serve the institution of Bowling Green State University.

Continued from Page 3

Between 1842 and 1843, Ada translates an article by an Italian military engineer, and was encouraged by her tutor to add something of her own work to this translation. She ended up writing a series of notes that was longer than the actual paper she was translating. Within these notes she wrote an algorithm, the Analytical Engine, which was specifically made for a computer. More impressive than that, the computer wouldn’t be created for another century.

Against all odds, these women were vital to our advancements in science. Most of the examples I’ve given took place during a time when women were still looked at solely as housekeepers. Thankfully, that view of women has improved slightly; we are allowed to have jobs now. And yet, we still struggle when it comes creating a career in STEM fields. Without women mathematicians, America would not have made it to the moon. If these women could make such grand contributions to society, imagine what you could do if you were to ignore the sexist comments that engulf society and live your dreams.

Most importantly, know that you are not alone. There is an extensive support system for women in STEM and we look forward to helping you succeed.

Reply to Cari at thenews@bgnews.com

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.
Guide to binge watching “Gilmore Girls”

By Lauren Fitz
Pulse Reporter

As everyone (or, almost everyone) knows, everyone’s favorite 2000s WB/CW show “Gilmore Girls” is coming back for a Netflix revival on Nov. 25. As a “Gilmore Girls” fanatic, I bring you my binge-watching guide to reacquaint yourself with the show. Stock up on coffee, pizza, burgers from Luke’s and Chinese food from Al’s and get ready for the marathon of your life. Spoilers ahead.

SEASON ONE
Episode 1: This is the episode where you get to know everyone. It’s such an important episode because many of the Stars Hollow citizens are introduced and you also get to meet Richard and Emily Gilmore, the grandparents and the reason Rory is able to attend the school of her dreams.

Episode 2: As important as the first episode is, the second episode is just as important, if not even more important. Episode two introduces viewers to the snobbery associated with Chilton and introduces some of the regularly recurring characters for the rest of the show, or at least the season.

Episode 21: This season finale introduced everyone to a thousand yellow daisies and starts the feud between Max and Luke. It’s one of the stronger episodes of a relatively weak first season and even features one of Rory Gilmore’s best lines of the entire show.

SEASON TWO
Episode 3: This is the episode where Lorelai realizes that maybe Max isn’t the one and her and Rory go on a road trip. As much as I wanted Max and Lorelai to work out, it only goes to show that there’s bigger things in store for their respective characters.

Episode 10: This episode is one of the best of the show as it’s the Bracelbridge dinner episode. Between mother and daughter making fun of hideous babies and Jess and Rory riding on the horse drawn carriage together (and Luke and Lorelai riding on their own), it’s got everything for the show’s two favorite relationships. Plus, hearing Kirk talk in Old English is everything.

Episode 22: The season two finale has it all: Lorelai and Chris, whatever they were, breaking up, Rory kissing Jess, Jess coming back, and Sookie and Jackson’s wedding. What more could anyone want in a finale?

SEASON THREE
Episode 7: This episode, which features the 24-hour Stars Hollow dance marathon, is one of the best in the entire season, if not the entire show. It features the break up of a famous “Gilmore Girls” and the get together of another famous “Gilmore Girls” couple.

Episode 17: Not only does Rory make her college decision in this episode (and it may not be where you expect), but a longstanding familiar set becomes no more in this episode.

Episode 22: Three words: Rory’s graduation speech. That speech is the standard that I held people to when I graduated from high school too. None of them did as well as Rory. Plus, Friday Night Dinners are announced to be back on at the end of the episode.

SEASON FOUR
Episode 2: Similar to episode two of the first season, this episode also marks a change in Rory’s life as she starts college. And while some episodes of the show are slightly unrealistic, this is one of the most realistic episodes of the show because of how Rory feels when Lorelai leaves her alone for the first time.

Episode 14: This is my go-to episode for when I need a good cry. Lorelai and Sookie are running out of money for the Dragonfly Inn and Rory is failing her first ever class. It’s something everyone has gone through and shows the importance of needing a good shoulder to cry on.

Episode 22: The season four finale marks a ton of other events in both Rory and Lorelai’s lives. The Dragonfly Inn is finally open, the truth about Richard and Emily’s odd behavior comes out and things heat up between Luke and Lorelai and the season ends on an unexpected note for another couple.

SEASON FIVE
Episode 13: It’s the hundredth episode of the show, which is always an important milestone for any TV show. This hundredth episode features weddings and fights, which should be almost expected since all good things must come to an end at some point.

Episode 21: Rory gets a stunning rejection from her job and starts to spiral out of control, which is something we’ve all experienced at least once in our lives. While we may not have stolen a yacht, it did feel nice to see Rory knocked off her high horse for a change.

Episode 22: Rory drops out of school. Luke and Lorelai have a major decision to make in their romantic life. This just goes to show that “Gilmore Girls” always had great finales.

SEASON SIX
Episode 9: This episode marks the end of the fight between Rory and Lorelai (finally). But, it also marks the first appearance of one of the most hated “Gilmore Girls” characters of all time. Even though that’s not fun, it’s still an important episode.

SEASON SEVEN
Episode 13: Back in season one, Richard made a promise to Emily that she may die first, meaning she can die first. This episode almost ruins that whole plan. It’s an important episode to watch going in to the revival since Edward Herrmann, who played Richard, actually died in real life and Richard doesn’t keep his promise to Emily.

Episode 21: Rory graduates from college and starts looking for actual post-grad jobs. It’s a crazily relevant episode as those who watch it start to realize that they also have to start applying for post-grad jobs.

Episode 22: It’s the original series finale of the show and, for as much as it sucks not having the original creators back for the episode, it does a decent job of wrapping up the storylines and giving everyone a happy ending.
Pizza Pub 516 will please Myles fans

By Natalie Byrne
Pulse Reporter

Aside from some new leather booth seats and replaced carpeting, it is hard to believe that the beloved Myles Pizza has ever left Bowling Green. With warm and welcoming staff, this new pizza restaurant has proven to be just what the people and students of Bowling Green need to move on from the loss of long-running Myles Pizza.

Inside the building is a warm, comfortable feeling being offered to the customers. After getting in through the front door, one might feel a slight sense of overcrowding due to the limited size of the building. But the staff manages to work past that by paying attention to the door when someone new walks in.

The cheesy bread can be described as tasting and even looking fantastic. Warm, thick bread soaked in sweet cheese, dipped into a bowl of light sauce as an appetizer. Eating enough of the cheesy bread could even result in being too full to go on eating anything else available.

When the meal comes to the dinner table, wide eyes fill the room at what is placed in front of them. Ordering a medium pizza fit for a group of four normally might not seem like a big meal. But with 16 inches of square-cut slices, or eight slices of thick, cheese-filled crust, one can expect to leave the restaurant with a full stomach.

What other pizza restaurants consider to be medium or large-size pizzas, Pizza Pub 516 has mediums that can make the food from any restaurant seem ordinary. Just looking at the slices, one wouldn't even be able to tell what toppings they had ordered. The toppings that are added to the pizzas are actually cooked on the inside of the pizza, rather than right on top of the cheese. Placed right below the cheese before being placed into the oven, the toppings are cooked right into the pizza for the large servings of several square-cut slices.

But with the small and nine-inch sizes, the pizzas come out of the oven looking exactly like what one would expect their meal to look.

It's easy to tell that the meal has come straight out of the oven after just grabbing the food by hand. The crust comes out very well-cooked, even to the point of being almost non-existent.

Customers would describe the food here as delicious, large, and plentiful, especially for those who were original customers of Myles Pizza.

How to survive family Thanksgiving

Annie Furia
Channel Manager

Thanksgiving is a time to be grateful, enjoy a homecooked meal and realize that your family is incapable of agreeing on anything politically. You get to reconnect with family you only see a few times a year, and then remember why it is that you only see them a few times a year. You get to see that uncle, you know the one, who just can't resist saying something that's going to start a fight.

And in addition to all that, you get to explain to your aunt for the thousandth time that, no, you aren't seeing anyone and actually you're OK with that (you're not OK with that). This year is going to be the Challenge Round as you discover exactly who everyone in your family voted for and every single reason why. But maybe then no one will bring up the Thanksgiving debacle of '98... maybe.

At this point, Thanksgiving is so predictable that it might as well have a recipe thrown in.

RECIPE FOR ONE THANKSGIVING

-One smartphone to be your refuge at any point during the day.
-One set of headphones to drown everyone out until your mom complains that you aren't being social enough.
-Forced smile. Add as needed.
-One bottle (Two bottles of wine).
-One seat at the kids' table, which isn't something to complain about this year.
-A handful of loud and opinionated aunts, uncles and cousins.
-One Thanksgiving dinner that is ready way too late.
-One hungry, testy, drunk family.
-Add salt as desired.

1. Simmer until boiling hard enough to blow your lid.

2. Marinate everyone in wine until they forget what happened.

3. Hug everyone at the end of the evening when you're all full and happy and talk about how much you're looking forward to Christmas.
The Falcons football team defeated the Kent State Golden Flashes 42-7 on Tuesday night, allowing them to take their first Mid-American Conference win at home this season.

“Each and every week they’ve gotten better,” Falcons head coach Mike Jinks said. “This might have been their best performance to date, although Kent State’s team was a little undermanned, they’re dang gritty... that’s off to the defense, and the game ball, if I had to give one, would go to those big guys up front.”

The Falcons started off the game with a touchdown run from junior running back Donovan Wilson, along with the extra point from sophomore kicker Jake Suder to put the team up 7-0 early. That would be all the scoring from either side in the first quarter, but the Falcons came back in the second quarter with a touchdown pass from freshman quarterback James Morgan to junior tight end Hunter Folkertsma with 8:40 to go in the half and made it a three-touchdown lead as senior running back Fred Coppet rushed for a touchdown with 3:14 remaining in the half.

Kent State scored a touchdown of their own roughly a minute later, making the halftime score 21-7 in favor of the Falcons.

The team was able to hold Kent State to just nine total rushing yards in the game, which was crucial to stopping the offense early on.

“It definitely was important (to stop the running game early),” senior linebacker Trenton Greene said. “They came out and continued to run unbalanced, but their running game was basically going sideline to sideline and that helped us out. If it was downhill, it would have been a much more physical game.”

The second half would be all Falcons, as junior running back Josh Cleveland went 85 yards for the only score in the third quarter. Wilson ran for his second touchdown of the game in the fourth quarter and Morgan hit sophomore wide receiver Deric Phouthavong for a late touchdown to close out the scoring and the 42-7 Falcons win.

“It’s good to string two together and it’s good to play well for four quarters,” Jinks said. “I’m happy, don’t get me wrong... but in order to get to where we want to go and be the team that we want to be, we can’t be satisfied, we’ve got to continue to improve, and we’ve got to look to be better.”

The team will next play in their final game of the season at home against the Buffalo Bulls on Friday afternoon.
By Zane Miller
Assistant Sports Editor

The Falcons hockey team will face the Alabama Huntsville Chargers on the road on Friday and Saturday night, looking to build off of momentum from sweeping the Northern Michigan Wildcats last weekend.

“Although the team has won four of their last five games, they are looking to keep their foot on the gas going into playing Alabama Huntsville. “I don’t want us to forget that we worked through bad things to play better,” Bergeron said. “It took effort, it took attention to detail and it took focus on the process. I don’t want, all of a sudden, we’ve won a couple games and we forget about the details, forget about the process and we stop working. There’s only one way this group can be successful and that’s with process, detail and purpose to what we’re doing.”

The team will also be playing on the road for their second consecutive road series and will need to make sure to give their players enough rest.

“Right now, we’re in the middle of where we really have to manage the rest,” Bergeron said. “We can look at the next six weeks and it’s hard against good teams, there’s travel in there, we gave them Monday off and (Tuesday’s) practice was 40 minutes, but it’s a fine line between getting too loose with your details in your preparation and wasting your fastball in practice.”

Alabama Huntsville finished last in the Western Collegiate Hockey Association standings last season, but the team feels that they have been able to turn things around this season.

“I’m looking for an improved team,” Bergeron said. “They’ve continued to do things for the first time with this new coaching staff.. they’ve got sneaky good skill, and I think they get undervalued and under appreciated, we don’t undervalue them. This is the team that scored seven goals on us last year in our Friday night game in Huntsville, so we’re going to expect a big push from them.”

The team also feels that higher expectations for Alabama Huntsville this season have allowed them to get more results from their talent.

“The coaching staff has done a great job to improve their talent,” Bergeron said. “But they’ve also set a foundation that this is who we are now and there’s a culture here, they expect to win and they’re winning more, so I don’t think it’s just talent... you put expectations that are real along with some talent, which they have. Then you’ve got a dangerous team.”
A student organization at BGSU has sent over 8,000 letters inviting middle school principals and educators to have their students come to BGSU for weekend educational sessions, but it wasn’t by an organization typically associated with childhood education.

The BGWIC, officially known as Bowling Green Women in Computing, is an official student organization at BGSU. It’s not just for computer science majors, not just for women and now not just for BGSU students. BGWIC has started the Code4Her Mentorship Program, targeting girls in middle school. The program will teach girls how to program educational robots and in the process teach computer science principals at an early age.

“We want to be engaging and for students to have fun. It’s not going to be traditional programming, sitting at a computer, it has to be highly interactive and fun,” BGWIC Liaison Jadwiga Carlson said.

Sixteen paid student mentors will teach 32 middle school students the principles of computer science during five, two and a half hour sessions during the 2017 spring semester. The reason BGWIC is holding Code4Her is because the BGWIC officer corps says there is a lack of educational opportunities for local children to get involved with computer science at school.

“Considering that they’re coming from over 100 miles away, it’s really non-existent,” BGWIC vice president Alexandria Like said.

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

Students receive Google grant

BG Women in Computing will be teaching young girls how to code.

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THE BG NEWS SUDOKO

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CCCC to host Global Potluck

By Amber Jones
Reporter

Thanksgiving is a time where friends and family gather around a table talking and enjoying each other's company. Unfortunately, not every college student can be home for this time of conversation and feasting on turkey.

To keep the conversation and feasting intact, graduate assistant of the Cross-Cultural Conversation Connection (CCCC), Benji Kantz is continuing this tradition with a Global Potluck.

"The program gives an opportunity for everyone involved to learn about other cultures and interact with people from around the world that they might not actually get to have a conversation with," Kantz said.

According to the CCCC website, this program connects American and International Students in small conversation groups, each with an individual group leader. The purpose of the Cross-Cultural Conversation Connection is to develop cultural understanding in today’s global community by connecting people from different cultures through conversation.

The Call of the Canyon specializes in unique sandwiches with a Southwestern flare and serves homemade pies and cookies made fresh daily. The restaurant offers flavorful menu options and is a unique breakfast option in downtown Bowling Green.

The hours for Dusty Joe’s brunch are Saturday and Sunday from 11 a.m. to 2 p.m.

The brunch will not be open the weekend of Thanksgiving.

“I am excited that there is a program that has events like this because I love food, and I want to taste a bit of every culture.”

Arch Jain
International Student

Campus gun laws, safety versus freedom

By Courtney Brown
Reporter

Students and faculty are passionate over the Second Amendment and Ohio’s open carry laws may be disappointed to learn it might not be as easy to carry with them on campus grounds.

Interloping state laws and University policies are currently in place to restrict or prohibit students and faculty from carrying firearms on campus.

“Ohio law allows open carry is that any member of the public can carry openly in the public,” Interim Chief Michael Campbell said. That includes public grounds on the University, such as sidewalks, streets, and parking lots.

However, that’s as far as open carry goes before University policy kicks in.

Firearms are not allowed inside University buildings and residence halls, according to the University Policy on Firearms, Deadly Weapons and Dangerous Ordinance.

Students, faculty, or any member of the public entering University buildings must abide by these University policies. There are some exemptions to the policy, including campus police.

Concealed carry is a different matter altogether, and is restricted even more than open carry.

"If I’m traveling from my house to work, I can conceal carry,” senior associate director, Tim Shaal, of Residence Life, said. “Once I get to campus, I would have to keep the concealed carry weapon in my car. I cannot get out of my car with a conceal carry on campus.”

A license for concealed carry is also required.

Universities are not the only businesses allowed to restrict firearms on their premises, Campbell said. Any private business can prohibit firearms inside its property, including apartment buildings.

Many apartment locations, such as The Edge and Falcon’s Pointe, do not allow tenants to have firearms inside their apartments.

“I don’t believe any other apartments in Bowling Green allow guns on their properties,” property manager, Molly Goodwin, of Falcon’s Pointe said.

There is a possibility for a change in the University’s firearm policy, and that rests with Ohio’s House Bill 48.

The bill, if passed by the Ohio Senate, would allow permit holders to conceal carry on college campuses. It was introduced last year in February, and the House passed it 68-29, according to the Ohio Legislature’s website.

“I think there’s some honest discussion going on about it,” Campbell said, referencing the pending bill.

There are some states that allow firearms on their campuses and inside residence halls, which creates unique problems or challenges for their schools.

“I had colleagues in Texas who had to figure out how to deal with guns being allowed in residence halls,” director of Residence Life, Sarah Waters, said.

There’s always a chance allowing guns on college campuses could go wrong and gun rights issues usually include debate over how much precedence safety should take over the freedom to carry firearms.

So, students, faculty and any public member can open carry on public grounds with the University, but with the restrictions University buildings have on firearms, there is not much leeway for people, particularly for students who live on campus, when it comes to gun ownership and open carry.
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Although Google is based out of Mountain View, California, Google has an office located nearby in Ann Arbor, Michigan, which is only about an hour drive away from Bowling Green, Ohio.

Another donation comes closer to home. Judy Miller, a Bowling Green local, also made a generous donation of $7,500 to BGWIC. The donation was made to promote equality in computer science, and to commemorate her husband Lee Miller’s enthusiasm for education and equality for all.

“Lee was very supportive of equality for men and women in computer science. He was very encouraging for students involved in graduate work,” Miller said.

This allowed BGWIC to hire eight more student mentors, allowing them to double the Code4Her program capacity from 16 middle school students to 32.

Despite the increase in mentors, Carlson noted there were still students on the waitlist to enter the program. This indicates the demand for the program in northwest Ohio.

“If you find computers interesting, you go girl. Trust your interests and gut, and go through with it. I’m thrilled that we can support your interests,” Miller said.
Although yoga may have been practiced for hundreds of years as a spiritual and ascetic discipline, some of the new wave of yoga practitioners are using yoga as a coping mechanism to deal with mental illnesses.

In a recent study published in the Journal of Alternative and Complementary Medicine, researchers looked at brain scans of people practicing yoga and found boosted levels of the neurotransmitter gamma-aminobutyric (GABA). Low levels of GABA are linked to depression and anxiety.

Recently, there has been no shortage for cases of depression and anxiety, especially among college students. In 2013, the American Psychological Association had college counseling center directors respond to a survey that asked about the growing numbers of college students dealing with mental health issues.

Of the illnesses addressed in the survey, anxiety topped the list, with 41.6 percent of students. Depression followed closely at 36.4 percent of students.

With the high numbers of students suffering from mental illnesses, students are looking for ways to deal with their anxiety and depression. Some are noticing the link between yoga and mental health and are using yoga as a way to help deal with their anxiety.

Nicole Hagloch, a sophomore inclusive early childhood education student at Bowling Green State University, attends weekly yoga classes at the Student Recreation Center (SRC).

She attends to help deal with the stress and anxiety of her coursework, extracurricular activities and work.

“I only went a few times last year but this year I’m realizing how much of a stress reliever it is,” Hagloch said. “All day for me is go go go . . . and I have been non-stop, so going to yoga is a calm peaceful time to just let me focus on myself.”

Hagloch’s yoga class is 45 minutes set aside from her busy schedule. When the rest of her day is consumed with projects and assignments, deadlines and meetings, yoga helps her handle her anxiety and stress.

The SRC at the University offers two weekly yoga classes; 12:25 to 1:30 p.m. on Fridays in Studio A and 6:15 until 7:00 p.m. on Sundays in Studio B.

Hayley Ruff, a junior neuroscience student, teaches yoga at the SRC. She said many students attend as a way to decompress and release built-up tension and anxiety.

“When you are anxious and stressed, it’s often because you get caught up in your own head and keep going around and around and can’t get out,” Ruff said. “Because it’s focused on the breath and uses the whole body, students use it to relax.”

Students need a group exercise membership pass to attend yoga classes at the SRC. All passes are 50 percent off from now until the end of the semester and can be purchased at the welcome desk at the SRC.

However, other yoga classes are also available to students.

Caroline Dawson, certified mindfulness and yoga Instructor, facilitates yoga classes in the Women’s Center in 107 Hanna Hall at BGSU.