BIGGEST LOSS THIS SEASON
Womens basketball takes a loss to undefeated Virginia Tech 98-51 | Page 8
Boutique aims to make women feel perfect

Amber L. Jones
Report

When Kati Thompson was developing the plan for her boutique, her mission went beyond providing great fashion and accessibility for people. Thompson wants her boutique to be a place for women to feel valued, loved and beautiful as they are, a place she named, 'perfect.'

“Eden does in fact mean perfect, and I thought that was fitting for a place where all women can come in and feel perfect as they are and really just feel valued in whatever place they find themselves in life,” Thompson said.

Since Eden Boutique's August opening, the store has received positive responses from community members. Eden Boutique joins the other downtown BG boutiques, which include Mode Elle Boutique and Ginny’s Inspired Fashions.

“I feel like we do have stuff overlap in terms of the customers that we are reaching, but we also tend to just naturally gravitate towards different styles so that’s been really great because each boutique is reaching maybe the same age group of people but with different styles preferences,” Thompson said.

According to the Sentinel Tribune, Eden boutique is the sole Ohio seller for The Albion, an active leisure line, The Ponte Pant line and with Bando for gifts and products. Throughout the boutique, shoppers can find shirts with different color and print combinations with different textures. Eden also offers jewelry, shoes and other items that are dispersed throughout the store.

Eden offers a variety of clothing sizes, from a standard size clothing section to plus-size clothing sections. Each section offers styles in active wear, business attire and nightlife wear.

“We try to have everything from everyday casual attire for moms who are at home crawling around on the floor with their little ones, to women who are off to their workplace every day and also nightlife attire for going out with friends or a date night with your spouse,” Thompson said.

Eden Boutique moved things around in the store since the opening. Next to the dressing rooms there is a lounge area for people to sit and relax. The boutique also has an area for kids to play and stay occupied while their parents shops and try on clothes.

With the holidays approaching, Eden offers a wish list for customers to submit with items that they want from the boutique.

“We have this cool thing that’s like a wish list so when customers come in and see something that they want that’s on their Christmas list, they can write it down on their wish list card and their family member, friend or spouse can come in and buy it,” Employee Rebecca Elsasser said.

The boutique also offers free gift wrapping for those who want to shop for others, as well as custom tailoring. With the many fashion items that the boutique has to offer, the store seldom offers sales or specials.

“Occasionally we will offer some sort of sale or special but we aren’t a discount store, and so you’re definitely not going to find us constantly offering sales or promotions,” Thompson said.

Eden Boutique's biggest promotion is they have new items arriving on a daily basis. Thompson orders about six of every clothing item and accessory.

“You can be sure that when you come in, you are going to find something unique and not everybody in town is going to be wearing it,” Thompson said.
Ohio “heartbeat bill” strips women of fundamental rights

On December 7, Ohio became the first state to pass a bill that will ban abortions as soon as the heartbeat of the fetus is detected, essentially meaning that abortions will be illegal after around six weeks. This is a huge jump from the current law, which bans abortion after the 20th week of gestation.

We’ve all heard this debate before. It’s something that we typically try to avoid talking about because of the varying opinions on whether abortion should or shouldn’t be legal like those seen in Roe v. Wade, and if it is legal, at what point in the pregnancy the government should be allowed to step in.

Living in Ohio, this affects us. Whether it’s personally or someone we love, it’s been estimated that around one in three women will have an abortion by the age of 45. Whether or not you choose to believe this guesstimate, the chances of someone you know receiving an abortion at one point in their lives are pretty darn high.

Governor John Kasich has a decision to make. Veto the bill, sign it or do nothing and allow the bill to pass. Kasich, who I can’t help but think of as our, 60s sitcom father, has approval ratings from both sides of the tracks, despite running in the 2016 presidential election. Because of this, at this point it doesn’t seem like we can predict for sure what his decision will be, although many speculate that he will not want it to pass.

An additional thought on this ridiculous bill that strips away women’s rights is that the co-sponsor of the bill, Jim Buchy, a member of the Ohio House of Representatives, has been quoted saying that he is pro-life with the exception of rape and incest. This alone is something that to me is so unfathomable and disgusting. Take away my thoughts that a woman should have a choice with her body, and I still hate this bill for just that small part of it. Pregnancies resulting from rape or incest shouldn’t be up for debate. The pregnant woman in no way shape or form should be told what she can or can’t do with her body. Kasich has previously said that he is pro-life with the exception of rape and incest, so there is hope that because of these aspects of the bill, he will not want it to pass.

Continues on Page 4
Board of Trustees: please consider concealed carry

While my opinion on concealed carry laws is unpopular on our University campus, state legislatures seem to agree with me, as shown by the passage of Ohio House Bill 48 in the Senate Thursday.

Not only was it passed 29-9, but it was expanded to include a larger location variety. The addition to the bill will allow permit holders to carry firearms in public buildings that don’t have security check points, such as city halls and libraries. Other locations include daycares, public areas of airports and - the most controversial for us—college campuses.

Now the bill will wait for Governor John Kasich to sign it into law, and if he does, university boards of trustees will be able to decide if concealed carry will be allowed on each individual campus. Our University board of trustees should really consider the benefits carry conceal can have on our campus.

After almost two years, when the bill was first introduced in the House in February 2015, it’s about time we move forward with this bill—one way or another. And I’m pleased to see it going the way it is.

Despite what most college students think, especially after the Ohio State stabbing, the passage of this bill is a step in the right direction. It will enable students who have been properly trained and received the correct licensing, as well as professors, faculty and staff, to potentially protect themselves and other students.

I’ll preach it until I’m blue in the face that if someone is going to use a firearm maliciously, they aren’t going to go through a process of getting a concealed carry permit to legally carry a firearm. Those who plan to harm already are carrying illegally, and realistically we don’t know whether there aren’t kids with firearms sitting next to us in class now.

I personally would feel safer knowing that every concealed carry permit holder in the room was carrying a firearm than knowing none were.

While the report was deemed fabricated by city police, the news of an alleged assault on Crim Street was clearly unsettling. I live near where we all thought the assault had taken place. Even more, another alleged assault that was said to be fabricated happened near the rec center, another place students frequent.

Despite the fabrication, students began fearing even more for their personal safety than before, myself included. When we put papers together, I go straight from class to work, and I’m in the newsroom sometimes until 1 am. Pepper spray and pocket knives do nothing to ease the nerves (I’m pretty stubborn, so I wouldn’t necessarily call it fear) when walking home alone late at night.

What would ease my nerves and ensure my ability to protect myself is being able to carry a firearm.

While I won’t turn 21 until late March, I plan to get my carry conceal permit essentially right after. University employees are currently allowed to leave their firearms in their parked cars; however, I wouldn’t have such luxury since I walk to classes and work. Not being able to carry on campus means I essentially can’t carry at all.

You have to be 21 to obtain a CCW. In most university circumstances, less than half of students are even eligible for concealed carry.

Let’s say, for most this is beginning to mid-junior year students, sometimes even later. What junior-level college student do you know who will be willing to dedicate eight hours of training, $100 or more for the training and another $60 to $100 for the actual permit depending on how long they have been a citizen of Ohio?

Let me tell you what kinds of college student would dedicate those resources. They are the ones who probably don’t need that eight hour training to begin with because they’ve been using firearms their whole lives, the ones who really care about second amendment rights and the ones who would never do anything to make people frown upon gun use more than they already do.

In hindsight, our board of trustees needs to really consider the implications of this bill. I individually would feel much safer knowing that there are legal and safe gun owners using their concealed carry permits on campus. There’s likely already illegal carriers that I’d like to feel protected from.

Another huge win for concealed carry permit owners would be the passage of Senate Bill 199. This bill makes it illegal for employers to discriminate against concealed carry permit holders when hiring. This bill is much less contested than HB 48.

Reply to Holly at thenews@bgnews.com

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previously as saying, “I’m not a woman... (abortion is) a question I’ve never even thought about”. You are correct sir, you’re not a woman. So here’s a thought maybe don’t use your power to change laws influencing women’s bodies?

This is one of the strictest abortion laws our country has seen. Abortion is something that should not be a debate.

Let women choose what occurs within their own bodies. At least let the people voting on the matter be predominately women. We cannot allow this law to pass. Just because Trump’s statements about planning to defund Planned Parenthood and appoint Supreme Court justices that are anti-abortion has led him to success, this doesn’t give conservative lawmakers a free pass to get away with threatening the lives of marginalized people as well - in this case, women.

Feel free to give Governor Kasich a call at (614) 466-3555, or visit his website to speak your mind. Women have come too far for all of their progress to disappear right before their eyes.

Reply to Sarah at thenews@bgnews.com
ROTC students learn many skills

By Hannah Finnerty
City Editor

Walking through the physical training field adjacent Memorial Hall, what was once Anderson Arena, dirt paths snake their way around the field. Although the field is otherwise freshly mowed grass, these bare paths are carved by hundreds of pounding cadet boots passing through every morning during physical training.

All ROTC programs have a physical training element that prepares cadets for military life. However, according to an article published by The Chronicle of Higher Education, physical ability is not the only skill University cadets share with other ROTC programs across the nation.

The article said ROTC students and students who have formerly been employed with the military are more prepared to perform well in higher education than traditional students.

That proves true at Bowling Green.

According to Lt. Col. Stephen Hopingardner, professor of military science at Bowling Green, Army ROTC students have an average GPA above the Bowling Green State University average. Additionally, cadets graduate faster on average than their civilian university counterparts.

Capt. Daniel Work, the recruiting flight commander for the United States Air Force ROTC at the University, said a focus of both ROTC programs is on collaborative leadership. In the military, cooperating and learning how to work with and lead a diverse group of people is essential to success in the military.

Students learn that leadership skills are essential to the classroom and civilian life as well.

Collin McCurry, sophomore aviation management and operations student, uses the leadership skills he learned through ROTC and adapts them for leadership in his classes.

"Whether we are in other classes or in our classes, and they ask for someone to lead, our hands are typically going to be the first ones up just because we are put in those situations in the ROTC program that make us step out of our comfort zones, so it's something that we are kind of used to," McCurry said.

Although leadership is an ROTC cornerstone, cadets are using other ROTC skills in the classroom as well.

Brendan Donnelly, sophomore history student, said his ROTC classes include confidence training. He said the training has given him the self-assurance to voice his opinions, present solutions and offer answers to his classes.

Cadets also become skilled with time and stress management, as involvement in ROTC can sometimes become overwhelming. When cadets put in hours in the classroom and at the library, have ROTC commitments, work part-time and participate in extracurriculars, the load can be challenging.

Mullahey said he overcomes by tapping into the organizational skills he learned through ROTC and successfully balances multiple obligations and commitments. However, he added that if people are struggling with the ROTC commitment in addition to their schoolwork, ROTC is a network of friends and colleagues who are valuable resources and are willing to help.

Hopingardner said part of the freshman curriculum for ROTC students includes how to properly manage a heavy workload. He said the cadre is there to help students when they need assistance, whether that the issue is dealing with ROTC, personal life or academics.

Mullahey said although ROTC is preparing cadets for military success, academics are the absolute priority for the cadre.

"We always stress that academics come first … So if we have a bunch of projects, a lot of homework, all that comes first over our ROTC duties," he said.

Hopingardner said academics come first for the cadets as well. He said their academic success is directly related to their success in the military after graduation. A cadet's likelihood of receiving the post-graduation military position or branch they desire increases if they perform well in classes and achieve good grades.

If post-graduation placement is not enough of a motivator to study and get good grades, money and scholarships are always an enticing incentive to succeed academically.

"You can't beat the scholarships from the military," Hopingardner said. "[scholarships] keep the students focused on getting through college and moving into the military."

Students can worry less about paying the bursar and can focus on academics and ROTC involvement.
City to revitalize east side neighborhoods

Brendan Battle
Reporter

In a recent interview with the General Social Survey, Bowling Green's First Ward City Councilmember Daniel Gordon announced a major plan to revitalize neighborhoods in the city.

Some neighborhoods in Bowling Green, particularly on the town's east side, the ward he was elected from, have suffered decades of housing decline and falling property values. Fixing this is Gordon's highest priority as a city councilmember.

Gordon says the decrease in property values in his ward was caused by the demand for new housing, which led to residents selling properties to new owners who rented them out, a process called “apartmentalization.” The landlords' poor upkeep standards and the municipal government's failure to regulate them damaged conditions in the neighborhood.

Gordon has been on the city council as a representative of the First Ward since 2012, and has been elected to three consecutive terms.

“I ran for city council to improve quality of life and be a voice for all residents of the First Ward. The best part of my job is being able to help people and improve people's lives,” Daniel Gordon
Councilmember

Stopping and reversing apartmentalization, improving student housing, reforming zoning codes and revamping transportation infrastructure, which Gordon expects to be completed by 2017.

Other members of the city council have plans to improve the city as well. Michael Aspacher is president of Bowling Green City Council, has been a member of the council for almost seven years and is in the middle of his fourth term. As president, he has the responsibilities of helping to coordinate communication between the council and the city administration, run and schedule bi-weekly council meetings and help coordinate the council's schedule of various committee meetings.

When asked about what goals he had for improving the city coming into next year, he said he is planning to continue progress on improving the East Wooster street corridor, including a dedicated bike and pedestrian walkway, as well as enhancing the green space on the corner of Wooster and Church streets.

He also plans on supporting the Community Action Plan process, which is designed to identify neighborhood revitalization opportunities and improve the city by developing local character, community and job and housing opportunities.

Mayor John Edwards, who has been in the position since 2012, is also involved in the Community Action Plan. For 2017, he is also involved in the construction of the largest solar field in the state and is working with the University and the BG Community Development Foundation to arrange improvements on East Wooster Street between the city's downtown area and the University.
The Falcons hockey team was swept by the Michigan Tech Huskies at home on Friday and Saturday night, losing 3-1 on Friday night and 2-1 on Saturday night.

On Friday, the Falcons were able to score the second goal of the game at the 6:50 mark of the first period as sophomore forward Stephen Baylis put it in the back of the net for a 1-0 lead. However, Michigan Tech scored on a power play chance at 17:19 to make it 1-1 going into the third period. In the third, Michigan Tech took the lead on a shorthanded goal at 14:36, then iced the game with another power play goal with just over a minute remaining to take the 3-1 win.

“Both teams defending and both goalies being good (made it a close game),” Falcons Head Coach Chris Bergeron said. “I think they outchanced us, to me they had the better of the chances ... but I do think it was tight checking and they make it very difficult. You don’t have numbers for your goaltender year after year after year without being stingy defensively.”

Saturday’s game started with the teams going scoreless through the first period, as freshman goaltender Ryan Bednard for the Falcons and Angus Redmond for Michigan Tech were locked into a goaltender battle. The scoring continued to be hard to come by until 9:49 of the second period, as sophomore forward Matt Meier picked up the first goal for the Falcons to go up 1-0. However, Michigan Tech would counter before the end of the period to tie it up 1-1, where it stayed until the end of the second.

In the third period, the game remained deadlocked until the 8:31 mark, when Jake Lucchini scored the go-ahead goal for Michigan Tech. The Falcons would be unable to respond, as Michigan Tech took the 2-1 victory.

“For me, it feels like they’ve got seven guys out there,” Bergeron said. “Every inch of the ice is difficult, their D do a great job of controlling time and space in areas where it seems like, against other teams, we have time and space through the neutral zone or the offensive zone. They just really defend well as a team and it’s not like a pack-it-in defend, they had 31 shots, so it’s not like they’re not playing the game forward, it just seems like every time we turn there’s a black jersey there.”

Although the Falcons lost both games of the series, they feel that they put forward a much better effort in Saturday’s game than they did in Friday’s game.

“I thought we had effort, at least more effort than we had last night,” Bergeron said. “Tonight, a lot of the credit goes to Michigan Tech and the way they defended.”

The team also feels that they lost their momentum when Michigan Tech scored the tying goal against them in the second period and were unable to get it back.

“We didn’t get some bounces and then we just didn’t respond,” Meier said. “After they scored against us we didn’t have the energy we needed, so it was a tough game for us, but we’ll have to get back after it in the two games before break.”

The team will next play on the road on Friday and Saturday night against the Alaska Nanooks.

Sophomore forward Stephen Baylis advances toward Michigan Tech’s goal.

Junior Forward Kevin Dufour competes with Michigan Tech’s Jake Jackson for the puck.
Basketball falls to Virginia Tech

By Elias Faneuff
Sports Reporter

Following a good start in the first quarter, the Falcons women's basketball team struggled against a red-hot shooting display the rest of the way against the undefeated Virginia Tech Hokies. The Falcons would suffer their worst loss of the season on the road by a score of 98-51.

Leading the way for the Falcons was sophomore guard Carly Santoro with 9 points, 7 rebounds and a steal. Also helping out was sophomore guard Sydney Lambert with 8 points and 3 rebounds. The Falcons got the early lead by a score of 12-5 following two layups by Santoro and a three by Lambert. However, Virginia Tech would respond with a 13-5 run and took the lead with 45 seconds left in the first quarter. The Falcons would strike in the closing seconds of the first quarter following a late three by Santoro, and the Falcons lead by a score of 20-18.

The Hokies didn't waste time putting points on the board as they jumped out to a 12-0 run that gave them a 30-20 lead with four minutes remaining in the first half. The Falcons struggled on offense as they were held to just 7 points in the first half. The Falcons struggled on offense as they were held to just 7 points in the second quarter. The Hokies would go on a 7-2 run and were dominating the Falcons in fast breaks and in the paint. The Falcons forced too many turnovers in the third and would fail to cut into the deficit in the third quarter.

Virginia Tech kept pounding inside the paint with easy layups and would go on an 8-1 run in the closing seconds of the third quarter. The Falcons would still trail going into the fourth quarter by a score of 70-39.

For the third straight quarter, the Hokies got off to a fast start on a 10-0 run to start the fourth quarter. Virginia Tech would go to the free throw line multiple times in the fourth quarter, and the Falcons couldn't quite put the ball in the basket as Falcons head coach Jennifer Roos sent the rest of the bench to the game. Virginia Tech would eventually go on to win and remain undefeated in the season.

“Honestly the first 15 minutes were solid for us,” Roos said. “We could tell we were giving them confidence and we played our traditional defense. We also gave up a lot of wide open shots and we were unable to make shots ourselves. Give credit to Virginia Tech they're undefeated for a reason.”

The team went 19-66 on field goal attempts and also turned the ball over 14 times.

The Falcons will not play until next weekend due to exam week. They will be on the road once again as they take on the South Dakota Jackrabbits on Sunday at noon.
Many buildings get new names

By Ericka Heck
Reporter

The Board of Trustees approved different motions to change the names of various locations throughout the University’s Ice Arena in their final meeting of the semester on Friday.

The arena, where BGSU hockey plays all of their home games, will now be called the Slater Family Ice Arena, after University alumni, Scott Slater, ’73.

According to the Board of Trustees resolution, Slater and three of his four children all have degrees from the University. Slater has been a “lifelong contributor” to the University and Bowling Green High School’s hockey programs and has established a varsity hockey scholarship. The agenda also said Slater made a “transformational gift to the University ... so that future generations of hockey players and figure skaters could skate in the historic and iconic facility.”

The University Library’s Sound and Recording Archives have now been renamed the Bill Schurk Sound Archives, after ’66 alum, William “Bill” Schurk, who has built and led the Archives since it was first established in the 60s. He has also gifted the University with more than $460,000 to help expand the Archives. He has worked in the Archives for almost 50 years and will be retiring this month.

A conference room in the Education Building was renamed after alumnus Paul Agne, a 1955 University alum who established a scholarship in 2014 and has taught in the education field for 30 years.

A robotics laboratory in the Technology Building has been renamed the Stephen and Deborah Harris RIXAN Laboratory. According to the resolution, the two Falcon Flames and the robotics company RIXAN “have provided equipment to create an integrated lab experience” for technology students, which included a gift of “10 industrial robots, hardware and software.”

The Board of Trustees also approved the creation of a new major within the Computer Science department called Software Engineering. This major will specialize in computer software and applications and will teach students to analyze, design, test and develop software. Currently, 16 students have software engineering specialization in the computer science major, but as a new major, the resolution said software engineering is projected to attract 50 students in the first year and 200 students in the following five years.

A name change to the Aviation Studies degree was also approved from a Bachelor of Science in Technology to a Bachelor of Science in Aviation. The change would “greatly enhance ... BGSU graduates who choose to pursue graduate studies in aviation as well as ... students seeking employment within the aviation profession” the resolution said they’re hoping the name change of the degree will help increase enrollment and retention in the program to make the program visible.

The next Board of Trustees meeting will be in the spring semester in February.
Program aims to limit holiday weight gain

Adam Gretsingr
Reporter

The season between Thanksgiving and New Year’s Day is typically chock-full of feasts. After this extended celebration period, many people are tasked with shedding the excess weight brought on by the pounds of food; one University program intends to make that recovery period as short as possible.

The “Maintain, Don’t Gain” Holiday Challenge is a BGSU program dedicated to limiting weight gain over the holiday season. Aimed at University students and faculty, the challenge stretches from Nov. 2 to Jan. 15.

University Health Educator Karyn Smith, head of the holiday health program, said its central goals were to “provide accountability, encouragement and resources to help (participants) engage in healthy behavior.”

Smith, a former personal trainer in the Student Recreation Center, founded the current Maintain, Don’t Gain program in 2010 based on various aspects of the WellAware health and wellness program for University staff. Like the faculty program, the Maintain, Don’t Gain program acts mostly through information distribution and event planning.

Students and faculty could begin signing up for the program at no charge beginning Nov. 16 in the BGSU Student Recreation Center.

The first major activity of the organization was the weigh-in on Nov. 21. Students and staff members could come for increased information about the project, meet Smith to sign up and get themselves weighed for the program.

This initial weight would then be compared against values recorded in the middle of the program’s run, during the week of Dec. 12 and at its end, the week of Jan. 9.

Participants who sign up on the email list obtain weekly newsletters containing healthy recipes, food preparation advice, simple exercise suggestions, challenges and “Fit Tips” for ensuring productive fitness practices.

Senior Dietetics Major Kailey Ehresman said increased calorie gains contribute to the trend of holiday weight gain. Mass consumption of foods containing saturated fat at parties, such as butter and cheese, leaves many people taking in more calories than they need.

The issue is worsened because servings at holiday events usually contain “food we don’t usually consume; therefore, we consume more because it tastes good,” Ehresman said. Additionally, both Ehresman and Smith cited increased stress as a catalyst for weight gain.

Smith said people often use eating as a form of stress management, coping with problems associated with the holidays and participating in feel-good food consumption.

“We put ourselves lower and lower on that priority list” of responsibilities over the holidays and do not focus on eating well, Smith said.

“There are a lot of people out there who use food as a weapon,” Ehresman said.

The reasons for weight gain between November and January are large in number, but planners at Maintain, Don’t Gain intend to tackle them part by part.

Master of Public Health in Nutrition Student Zeina Hassan assists in the creation of the program’s newsletter information, especially in the creation of nutritional recipes. She said the purpose of her help on the project was to find “ways to build a healthier plate.”

Such a “healthier plate” involves getting the “right amount of calories a day from different food groups.” She said foods from starches, vegetables and other groups need to be balanced in order for a participant to maintain a healthy diet and keep calorie intake at a minimum.

While providing ideas and plans for nutrition is helpful, one of the program’s central features is its use of an exercise calendar.

The newsletters include various exercise challenges to complete on the calendar between classes and work shifts. Bigger exercise goals are broken into smaller, daily exercise stepping stones.

More active participants would aim for a more ambitious goal: increase their step count by 1,000 every day until their daily total was at least 10,000 steps.

Like the weigh-in system, the calendar system offers participants rewards for reaching certain point goals. Different exercise and dietary suggestions earn specific amounts of points; performing an additional minute of exercise outside of the weekly challenge earns one point, and eating a full serving of vegetables or fruits, earns five points. The movement also organizes more large-scale events. The “Twelve Days of Wellness” Walk on Nov. 28 gave participants the hour between noon and 1 pm to walk laps around the indoor track at Perry Field House. The activity included a Christmas-themed performance by the student-run Ten40 A cappella group, as well as opportunities to win prizes such as a gift card for new walking shoes.

The program received somewhere between 100 and 150 participants in 2015, nearly 90 percent of the group reaching the maintenance goals. Additionally, over 200 pounds of weight were lost in the 2015 season through the program from the collective body of participants. Teams of participants also take part in the activities, often attempting to lessen the whole group’s weight gain and acting as one unit for special events.

While many students and staff take part in the events, many others at the University do not.

Smith said one of the most common reasons for people not to participate in the program was a perceived lack of time. Many non-participants think, when planning exercise schedules, “if they don’t have an hour, it’s not worth it,” Smith said.

The program manager countered this logic, saying even 10 minutes of scheduled exercise could contribute toward increased wellness. “Any small step is a step in the right direction,” she said.

Other non-participants, however, have different reasons to not participate.

Supply Chain Management and Business Analytics Major Zach Meyers does not worry about his weight changing too much.

“Whenever I’m on campus, I eat a wide variety of food groups... as many as possible,” he said. He said these practices, in addition to daily walking exercises and occasional mountain biking sessions, help him manage to stay “within the same 10 pounds” of his weight every year.

On Thanksgiving alone, he said he eats between three and four family dinners with two to three servings apiece. Despite this large amount of food, however, he says he maintains a mostly steady body weight.

With his weight situation so consistent, Meyers said he had no interest in participating in the program.

The results of the study, however, are potentially limited in scope, he said. Many of the participants were employees of the National Institute of Health and were “possibly more health conscious than the general population,” Yanovski said.

These results, however, do not appear to affect Smith’s passion for the program. She said seeing the success of the program in limiting and reversing weight gain is a major reward for her efforts.

She said her desire in starting the program was to help students and employees live up to their best capacities. “You need to be at your best to perform at your best,” Smith said.

For many current participants, being at their best is now a requirement of their scheduled lifestyle.
Psychadelic Night at Howard’s Club H

Tree No Leaves, Indian Opinion and Shell played a live concert recording at Howard’s Club H’s Psychadelic Night Saturday. Photos include acts throughout the night.

Photos by: Rebekah Martin

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University radio stations host winter 5k

Kari Toncre  
Reporter

The University’s two college radio stations hosted a 5k run as a fundraiser.

For $10 to $15, runners could participate in the Frostbite 5k around the University campus while supporting the University’s radio stations, Falcon Radio and 88.1 WBGU-FM.

Falcon Radio is a commercial station that plays a variety of music genres, like rock and pop. They also broadcast interviews with local musicians. It has been around for 40 years.

88.1 WBGU-FM also plays music from various genres. The station also broadcasts BGSU women’s basketball and BGSU hockey. It has been a part of BGSU for 69 years.

The Frostbite 5k took place on Dec. 10 from 8 to 11:30 in the morning at the Perry Field House. The race started at 9 in the morning.

This is the eighth annual Frostbite 5k. It is named after the cold weather in December. It started because the radio stations needed to start funding themselves more.

“Frostbite 5k run is an event to raise money for college radio, interact with the community and put the radio station name out in the public,” Jodie Hayes, general manager of Falcon Radio said.

45 runners participated in the Frostbite 5k with temperatures in the lower 20s. Andrew Janes had the fastest time at 19:19. He won a trophy and bragging rights.

“The 5k went really well. We raised over $400 for the stations,” Social Media Director for 88.1 WBGU-FM Amanda Delong said. She also said they plan on doing this event again in the future.

“The money will be used to go to conferences, purchase new equipment and any expense that comes up,” Delong said.

The conferences are located in Las Vegas, San Antonio and Seattle. The Broadcast Education Association and NAB Conferences are in April. The College Broadcasters Incorporation was in October. The money is used to travel and attend these conferences.

Giant speakers are one of the major types of equipment purchased from the funds. They are used for DJ events and recruitment for the station.

Besides raising money, this event informs students about college radio and brings them in to participate in more radio station activities. Students learn more about radio and possibly spark an interest in joining one of the teams.

“Stay tuned for more events with the radio station,” Hayes said.

Falcon Radio is a commercial station that plays a variety of music genres, like rock and pop. They also broadcast interviews with local musicians. It has been around for 40 years.

The 5K went really well. We raised over $400 for the stations,” Social Media Director for 88.1 WBGU-FM Amanda Delong said. She also said they plan on doing this event again in the future.

“The money will be used to go to conferences, purchase new equipment and any expense that comes up,” Delong said.

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