

KEY

magazine



ROLL ALONG

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Letter from **THE EDITOR**

DEAR READERS,

We certainly have a lot to be proud of here at Bowling Green State University. Key Magazine, the University's student publication, hopes to remind us all why we Roll Along for BGSU. This edition features stories about the success of the cheerleading team, members of the University family like Chris Kingston, the opportunity to experience cultures from around the world at the International Dinner, and much more.

For readers new to Key, the magazine is Bowling Green State University's student publication chronicling persons, places and events of interest to the University and the Bowling Green community. It is published once each semester and replaced the University's annual yearbook. This edition of the magazine was made possible by a small but mighty staff that worked hard to bring you the stories in the following pages.

I am grateful to those who helped make this edition possible.

It has been a rewarding experience to see this publication come together from initial ideas to the finished product. Turn the pages and enjoy!

Sincerely,

Alexander Elfreich, editor-in-chief



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> HIGHLIGHTS FROM

BG'S GOT TALENT 2013

Photos by Amanda Myers



A man in a dark pinstriped suit and orange tie is sitting at a wooden desk, writing in a notebook. He is looking down at his work. On the desk in front of him is a black mug with a red and white logo, a small decorative object, and a pen. In the background, there is a bookshelf filled with books, a framed photo, and a window with a view of a building.

A MAN WITH A PLAN

Lily Bartell sits down with Athletic Director Chris Kingston

“I came in with eyes wide open.”

— Chris Kingston

This summer, Bowling Green State University introduced its new athletic director, Chris Kingston, to the community. Without any hesitation, he jumped right into the job and has proved to be a major asset to the University. I had the opportunity to sit down with him to learn about him and pick his brain.

Chris Kingston grew up in Coral Springs, Fla. His dad worked with the FBI for 33 years and Kingston wanted to follow in his footsteps.

He believed as a young adult that he was someone who knew where his life was headed and that he had the goals

and drive to get there. He attended the University of Central Florida and majored in criminal justice, just like his father. He then enlisted in the military, where he was a paratrooper and led several platoons throughout his career.

“I was the guy who had a plan,” he said.

However, after meeting his wife, getting married and having his first child, Kingston described how his original plan of working for the FBI and his passion for the armed forces changed a bit.

“Priorities change,” he said with a smirk and a shrug.

He decided to move to New York, where he served as the associate athletic director

of operations for eight years at West Point as an active-duty military staff member. During his work there, he retired from the military in September 2009 before he was offered a job at North Carolina State University.

“I went for it and it worked out,” he said.

NC State is an ACC Division I university and proved to be a tremendous opportunity for Kingston. When asked how NC State compared to BG, he had difficulty coming up with differences that stood out other than the conference change.

“It’s relative to where you are and the situation,” he said.

“If everything is a priority, nothing is a priority.”

— Chris Kingston

After nearly two years at NC State, he was offered the position at Bowling Green State University and he looked forward to the new experiences. He packed up and arrived with his wife Stephanie and his children, Lakin, Christopher Jr., Luke, and MacKenzie.

Kingston replaced Greg Christopher, who had been the athletic director for the University since 2006 and resigned to take over as the athletic director at Xavier University. Needless to say, Kingston had big shoes to fill.

“I came in with eyes wide open,” Kingston said.

He has a great deal of vision and goals for the future. He is focused on not only the Athletics Department, but also the University as a whole. He is a partner in supporting the University and making the school more and more appealing to future students and successful for current students.

“I’m interested in helping achieve the University’s strategic goals at-large and help with student enrollment and retention,” he said.

Kingston talked about how each player, team, coach, staff member, and student has visions and goals for the future of Bowling Green and that is one of the most exciting things about the University.

Kingston said the Athletic Department’s short-term goals are “looking at how we can sustain things we are doing well and looking for strategies to grow in the areas we need to improve in.”

In order to approach and achieve his goals, he uses all his resources and knows that no one can do anything on their own.

“You have to surround yourself with great people,” he said.

Each day of work for Kingston is never the same, and that is what he says makes his job so interesting and inviting.

“Every day is different. There is no routine,” he said.

Whether he is traveling to meetings, attending games, promoting the University, or even sitting down with student-athletes like myself, his schedule varies tremendously.

At the end of our talk, I commented on Kingston’s collection of coins on the table behind his desk. He told me most of them were from his platoon days. He then pulled a coin from his pocket, which he had made specifically for Bowling Green. He gives people these coins from time to time and handed the one from his pocket to me to keep. I will treasure it for a very long time as an athlete at BGSU.

What’s next for Kingston? Taking one day at a time, one game at a time, and one goal at a time to ensure the University can be as great as it can possibly be. He believes Bowling Green must not necessarily focus on the big picture, but mostly on what’s most important in that particular moment.

“If everything is a priority, nothing is a priority,” he said. ■ KEY





World Student Association Presents

THE INTERNATIONAL DINNER

By Amirah Adams

Photos courtesy of Kobe Huynh and Anthony Malinak

“We were both outgoing, could improvise and worked really well together.”

— Bradley Hashim

Students, faculty and University guests got the chance to enjoy food, entertainment and a sense of unity courtesy of the World Student Association.

WSA hosted its annual International Dinner on Nov. 3. Guests from all over campus, and from various backgrounds and cultures came to the event to celebrate with WSA. They were welcomed with a ceremony where participants of the show carried flags into the ballroom.

The menu consisted of dishes from countries represented at the dinner.

“I didn’t get to test the food before it was served,” WSA President Kobe Huynh said. “So I was happy people enjoyed it.”

Huynh said the process of planning the dinner began at the beginning of the semester.

“We started with the theme of the dinner, what performance, food and music we wanted and then branched off from there,” he said.

WSA chose each performer carefully.

“We held auditions and decided to have one performance for each continent,” Huynh said. “So we sent out an email asking people to sign up and then audition.”

There were 10 performances to choose from. The ones that were chosen represented each continent as a whole, he said.

The performances included a Vietnamese Lion Dance, student Greg Harrison singing a Michael Jackson song, Irish dancers, an African djembe drumming performance and Sri Lankan dancers.

The performers were not the only ones who were asked to audition. The two hosts, Bradley Hashim and Udita Datta, also auditioned to become the emcees for the event.

“We sent out an email asking people to audition to be the emcees, to see how they’d respond in different situations,” Huynh said.

Hashim and Datta had the best chemistry out of everyone who auditioned, he said.

“I absolutely enjoyed it.”

— Bradley Hashim

“There were six to eight people who auditioned and they picked two of us, me and Udit,” Hashim said. “We were both outgoing, could improvise and worked really well together.”

Scholarships were also given out during the dinner. International Student Services awarded 12 scholarships geared for international students.

“This was my first time applying,” senior Ali Malid, one of the recipients of the Emmanuel Scholarship, said. “I wrote an essay and felt I had a pretty good chance of winning.”

Volunteers also had a chance to enjoy the dinner and watch the show come together.

“We didn’t need to rehearse a lot,” senior Leland Plummer, a volunteer at the dinner, said. “What we learned was very simple so it worked out well.”

Guests also had the opportunity to take part in a silent auction where different souvenirs from the countries represented at the event were available for one of the guests to win.

“A lot of International students in WSA go home, so we asked members to donate a



souvenir from their home country,” Huynh said. “We chose which one represented each country best and put it into the silent auction.”

Souvenirs were not the only items that were donated. WSA members also supplied a majority of the clothing that was modeled during the fashion show near the end of the dinner. The show displayed popular fashion from the students’ home countries. The Office of Multicultural Affairs and the University of Toledo also donated clothes.

Huynh was a model during the fashion show.

“It was sort of a last minute thing,” he said. “But I liked it. It was fun.”

The show ended with each participant of the fashion show lining up on both sides of the stage carrying a flag representing a different country and processing out of the room.

The purpose of the event was to showcase unity and global friendship amongst different cultures. It was the jump-start to International Education Week, which began on Nov. 10.

Overall, the event was enjoyed not only by guests but those involved as well.

“It was fun,” Hashim said. “I absolutely enjoyed it.” ■ KEY



FALCON

By Alexander Elfreich
Photos by Adam Flanagan



Cheerleaders pose with President Mazey.

“It keeps us busy, but I wouldn’t trade it for the world.”

— Alex Koons

When most University students travel to Florida, they go to relax on the beach and check out the local tourist attractions. But for senior Megan Gill, going to Florida meant representing Bowling Green State University for cheerleading on Team USA.

Gill, along with three other students from the University, competed against cheerleaders from around the world in Orlando last April.

“You’re a celebrity,” she said. “People from different countries just want to take pictures with you,” she said.

Gill and her teammates decided to try out for Team USA last fall and worked on putting together different stunts for the tryout. When they were selected to be on the team, they learned everything for the routine

in 10 days. Team USA went on to win Gold for the fourth year in a row.

“It was jam-packed,” she said. “It was very exciting.”

The rest of the cheerleading team also was down in Orlando for the College Cheer Nationals at the ESPN Wide World of Sports. Twelve girls and four boys from the team competed in a semifinals round before moving on to perform a routine for finals.

For the finals round, the team performed a two-and-a-half-minute routine. It consisted of an initial section with music, followed by a sidelines cheer portion without music and a final music portion.

“When we compete & show our routines, it’s at a different level,” Coach Anne Marie King said. “We can really display what we can do.”

At this year’s College Cheer Nationals in January, the cheer team won second place in

CHEER



their division and went on to take first place in the World Championship Division, where they competed against universities from around the world. The team was awarded rings for their success at Worlds at the first home football game of the season.

This year's achievements are the latest in a series of successes at Nationals over the last four years.

"The highest a MAC school has ever ranked is seventh," King said. "We've been top five for the last four consecutive years."

The team practices through the fall semester and winter break to prepare for Nationals. The members have two-and-a-half-hour practices on Mondays, Wednesdays and Fridays along with morning workouts for 75 minutes on Tuesdays and Thursdays.



Cheerleaders receive championship rings for winning first place at Worlds.

“When we compete and show our routines, it’s different level.”

— Alex Koons

"With games, you're looking at a 25-to-30-hour commitment a week," King said.

Junior Alex Koons said his motivation hasn't died down since he joined the team as a freshman without prior cheerleading experience.

"It's really just an awesome feeling to go out there and be able to represent Bowling Green in a sport that's maybe not mainstream to a lot of people," he said.

Koons said it's awesome to be able to be down on the field at games to support the team and get the crowd engaged, but at Nationals the cheer team gets to be the main performance.

"It's a little different perspective than most people see it, but it gives us a chance to really go down and compete against other schools in the country and really give BG a good name in something that a lot of people



The cheerleading team performs at the College Cheer Nationals in Orlando, Fla. Photo courtesy of Anne Marie King

aren't familiar with," he said.

King said the cheerleaders themselves are very connected, and it's nice to see the camaraderie on the team.

"The most rewarding part of coaching is seeing the success, to watch them grow through character and leadership," she said.

Gill said she has seen the program excel over the last four years to something she would never have imagined.

"Our program has grown into what it

is because of our upperclassmen before us," she said. "I'm really excited to see what happens in the future."

The future includes next year's Nationals, which will take place in January 2014. Along with preparing the routine for the competition, the team continues to promote school spirit in Bowling Green.

"It keeps us busy," Koons said. "But I wouldn't trade it for the world." ■ KEY

HOW TO DO WINTER

By Lily Bartell

Being a Carolina girl, I was unfamiliar with what exactly an Ohio winter entailed. I figured I'd keep a positive attitude and see what was in store for me as the winter months approached. Let's just say there was plenty of fun, particularly indoors, to be had, but there were plenty of shivers, slips on the ice, and new situations for me to deal with, particularly with buying my first real winter coat. Yes, my first winter coat. However, I did find that no matter where you live, people "do winter" in similar ways.

First of all, I find that Ohio may not be the best example for what the "normal" weather should be like throughout the year. One day we may be sweating as we trek to class and the next day we are bundled up in four layers of fleece. Ohio also tends to not have snow stick to the ground until January, which, from what I was originally told, is pretty late in the winter months. Not that I'm complaining!

I felt compelled to create a list of some of my favorite things about winter and a to-do list of sorts for those looking to really take in all that winter has to offer. Here are the top seven that made the list.

“Let's just say there was plenty of fun, particularly indoors, to be had.”

1

Purchase Touchscreen Winter Gloves

Everyone needs gloves in the winter, and nearly everyone now has touchscreen phones. Therefore, one of the best purchases I've made was touchscreen winter gloves. Nothing is worse than fumbling around with your coffee in hand, walking around campus, trying not slip—can you tell I've done that a lot?—and trying to take off your gloves so you can send a text or make a phone call. These gloves were a Godsend!

2

Take a Trip to See Lights (Or in fact, Zoo Lights)

Since a very young age, I have gone to zoo lights nearly every year. I find there is nothing that rings in the holidays better than bundling up in your favorite jacket and scarf, watching your breath form in the air, and walking around with friends and family to see millions of lights strung in every shape imaginable. If you can't make it to zoo lights, find a neighborhood with some great holiday spirit and walk, or even drive around, to see the sights.



3

Make a Gingerbread House

Let's make a trip back to our kindergarten days when arts and crafts and playing on the playground was what we loved to do. Making a gingerbread house might sound corny, but it is one of the things in winter that I look forward to the most. My mom and I buy one of the pre-made houses from the grocery store, buy candy from the dollar store, and make some icing from scratch. We then spend an evening talking, listening to music, and placing tiles of Necco wafers and door handles of gumdrops to the house. Those are nights I'll remember forever.



4

Drink Some Hot Beverages

Whether you like coffee, hot chocolate, apple cider, or if you are one of those Venti-extra-caramel-whipped-Frappuccino-topped-with-chocolate-shavings types, make sure to take the time this winter to drink one of your favorite libations which could serve many purposes including meeting with an old friend to get a coffee, snuggling up in front of a movie with family with homemade apple cider, or just using your beverage as a way to stay warm on a blustery day. Happy sipping!



5

Go Outside and Play in the Snow

Playing in the snow was something I did very little as a child, but I still love when those perfect flakes stick to the ground and you can throw that first snowball or make that first snow angel. The best part of playing in the snow is how you can dress up in your "wrecking ball" clothes—you don't care if they get dirty—and throw yourself into the snow with abandon. This, followed by a piping hot shower when you get home, makes playing in the snow a must.



6

Spend Time with Family

Whether your family is very traditional, a little wacky, or somewhere in between, everyone needs some time with family to fill their heart with love and to remember how much fun being with family can actually be. For me, going home for Thanksgiving and winter break is great because I get to see the majority of my family and spend a little time with them before I return to my life of independence at BGSU. One time, a friend said the worst thing is when you get sick in school and your mom or dad isn't there to help you feel better. Winter break is the perfect opportunity to make up for those missed times and milk your family's love. A little home cooking doesn't hurt either!

7

Go to a Super Bowl Party (Bring the Dip!)

After New Year's, the next event to look forward to is the Super Bowl. The best thing about the Super Bowl is that whether or not your team is playing or even if you aren't much of a football fan, it's an opportunity to get together with friends and share one of America's proudest traditions. Also, a little tip: make sure to bring something to the party to make a splash. Bring some chips and dip, and your friends will love you forever.





My Story

Elizabeth Smart
speaks to University audience
about her experiences

Story and photo by Lily Bartell

I have to admit, looking out, I feel like I should probably be sitting out there, not really standing up here, but here I am.”

Elizabeth Smart made a stop at Bowling Green State University in November to promote her book “My Story” about her 2002 abduction at the age of 14 and how she has coped with her experiences.

A gradual hush fell on the audience as Smart entered the packed room of more than 550 students and faculty.

“I feel very lucky to be here today,” she said.

She made it clear to the audience that her story, however horrific it may be, is only one of numerous stories about abducted children.

Before getting into the details of her abduction, Smart gave the audience some background information. She talked about being 14 years old, how excited she was for high school, and joked about her quarrels with her four brothers and sister.



“I’ve come to the point in my life where I’m not sorry I was kidnapped.”
— Elizabeth Smart

She then guided the audience through the summary of events from the day she was kidnapped to the day she was rescued.

“Up until that point in my life, I really didn’t have anything to be afraid of,” she said. She felt her home was a safe haven.

She talked about her abductor taking her from her home in Salt Lake City, Utah,

“I would do whatever it took to survive.”
— Elizabeth Smart

while she was sleeping in her bed. He took her at knifepoint as her little sister lay in a bed beside hers. She described her lengthy trek through the mountains to her abductor’s campsite and the female accomplice she met there.

Smart said her abductor led her into a tent and conducted a marriage ceremony, making them “man and wife.”

“In my mind, that was not how marriage was supposed to work,” she said.

She described her tremendous confusion with all that had happened and couldn’t believe all that had ensued within the past few hours.

She described how her male abductor proceeded to consummate their marriage and how he laid her down and proceeded to rape her, something he did repeatedly for the entirety of the nine months she was missing.

After this, she talked about how she laid in the tent feeling broken and not certain of

what to think or do next. She tried to imagine being found, but felt her family might not even want her back after all that had happened. Her purity and innocence had been stolen from her, something she could never get back.

“What is the point of anyone finding me now?” she said she asked herself.

She said she realized after a great deal of thinking that because of her faith and her family’s faith, her family would still love her and all would be okay despite all that had happened.

“I would do whatever it took to survive,” Smart said.

After she and her captors moved to California to escape Colorado’s winter, they talked about moving east and Smart knew if there was any way anyone would find her, they would have to return to Salt Lake City.

She said she learned to play into her captor’s power and ego and was able to convince the pair to return to Salt Lake City where she would be rescued soon after.

On March 12, 2003, Smart was rescued from her abductors. After being reunited with her family, Smart said, her mother talked to her about what had happened and how to deal with it.

She said her mother told her that to be happy was “the best punishment you could ever give him.”

Smart’s new book, “My Story,” and her current book tour have been empowering for her as well as for others who have listened to her. Now, she wants to help those who have been in similar situations to cope with their issues and wants people to understand that she is not a victim but a victor.

“I’ve come to the point in my life that I’m not sorry I was kidnapped,” she said.

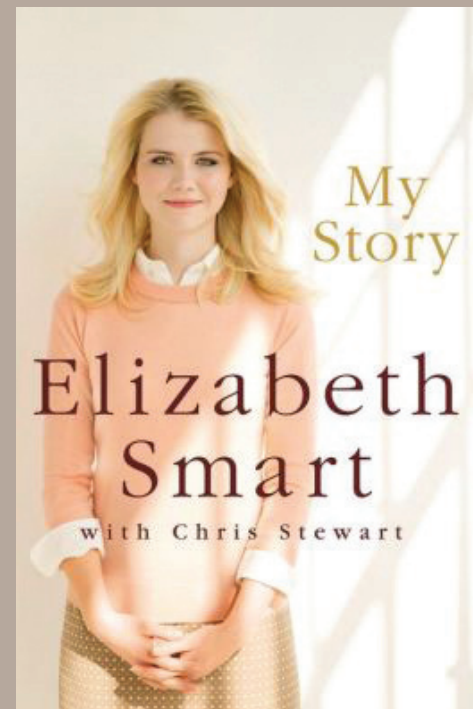
She has also created organizations such as the Elizabeth Smart Foundation and the Laura Recovery Center, and has partnered with programs such as radKIDS in order to empower young people and teach them how to feel safe in their communities. She

said over 80 percent of abductees who fight back get away from their captors, making these causes pertinent to her young audiences.

When asked about why she believes it is important to talk about her abduction and educate people about safety, she said that after all the terrible things people hear about on the news, every now and then there is a little light at the end of the tunnel.

What’s next for Elizabeth Smart? She plans to travel home on and off between book tour stops to spend time with her husband and two dogs. It’s a fairytale sort of ending for a strong woman with a powerful story. Or maybe it’s a fairytale sort of beginning.

“We all need a happy ending sometimes,” she said. ■ KEY



Barnes and Noble





MEN FIGHT TO MAKE SEASON SUCCESSFUL

By Angela D. Hill
Photo by Steven W. Echard

“We have a family culture here. The boys have a strong unity as well as chemistry as a team.”

— Louis Orr

Balance. Athleticism. Potential. Hopes for a Mid-American Conference championship. These are the goals of the men's basketball team this season.

“We have a family culture here. The boys have a strong unity as well as chemistry as a team,” Head coach Louis Orr said.

The team lost four players to graduation last year and gained three new players for this season.

The team, who went 13-19 last year, is hoping to win as many games as they can as well as winning more road games, Orr said.

“If you can win five on the road and a majority as you can at home, then we will have a successful season,” he said.

“I think we have a real balanced team... if we play together as a team we will be good,” senior Cameron Black said.

Their first game to show what they are planning to bring this season was the exhibition game against Malone, where they won 87-60. The biggest players in the game were Henderson with 17 points, Holmes and Orr with 16 each, Black with 12 and Parker with 11.

“We had a good balance going. I thought it was a good start for us,” Orr said.

“I'm very proud of them. I think that they achieved some of their goals and learned some things that they can adjust

from,” Chris Kingston, the new athletic director at the University, said.

The men hosted Earlham College on Nov. 9 at the Stroh Center and blew them out of the water 102-49. In that game, the main players were Clarke with 17 points, Parker with 16, Henderson with 15, Orr with 14, and Holmes and Black with 12 points each.

Then came the game against South Florida. Last year, the Falcons lost 84-87 in triple overtime and lost again this year, 61-75.

“We play well and have a good chemistry going. Everybody knows their roles and plays their roles,” Holmes said.

When it comes to the men's basketball program at the University, Kingston said they have a tremendous strength of winning at home. His hopes for the program are to win a MAC championship as well as a trip to the NCAA tournament.

Orr also hopes to win the MAC this year. While he does admit that there are areas to improve upon, the men take each game one at a time and see each game as a challenge.

“We have balanced contributions, we have good athleticism,” he said. We have good guys and they play well together. We have depth and I like that.” ■ KEY



TRADITION CONTINUES FOR THE BGSU LADY FALCONS

By Angela D. Hill
Photo by Steven W. Echard

The BG women's basketball team has a rich tradition of continuing to improve each year.

Last year, the Falcons broke a couple of records in the Mid-American Conference. They made their ninth consecutive trip to the Women's National Invitational Tournament and won 20 games for the tenth consecutive season, according to the University website.

Their record for last year was 24 out of 35 games overall, with 11-5 in conference play.

With losing four seniors from last year, the biggest difference for the team this year will be their roster. Freshmen Rachel Koniczki, Kennedy Kirkpatrick, Leah Bolton and Abby Siefker joined the team along with transfer student Erica Donovan.

"We have four incoming freshmen as well as a transfer; so really, five newcomers to the team this year," Head coach Jennifer Roos said.

The Falcons are hoping to win a ticket into the NCAA games, sophomore Miriam Justinger said. Justinger is a starting guard for the Falcons.

"Over the summer, we developed a lot of chemistry between us and the coaches and the players earlier than we usually do so that is really exciting," senior Jillian Halfhill said. "We are going to keep playing strong and keep playing hard for Coach."

The Falcons are showing how strong they are. The exhibition game against Tiffin University on Nov. 2 showed fans they are going to fight. They won 91-48 to start off the season and then went on the road to the Iona Tip-Off Tournament, where they took both games as victors.

Against the University of Michigan, they won 63-52. Halfhill put 18 points up on the board and Donovan, who played her first game in a BGSU jersey, had 15 points.

"I was happy for them and proud of their performance. I think they learned some things that they can adjust from," Athletic Director Chris Kingston said.

The Falcons on to win their next game against Iona College by a close match of 50-51. Big scorers in that game included Alexis Rodgers with 15 points, Halfhill with 10 points and Jill Stein with 8. They went on to take the Iona Tipp-Off Tournament title.

The Falcons had their home opener against Niagara University on Nov. 5. They brought their fight and won again, 90-58. In that matchup, Donovan had 20 points, followed by Deborah Hoekstra with 15, Halfhill 13, Koniczki 11 and Jasmine Matthews with 10.

When it comes to the future, "we're hoping for a MAC Championship," Halfhill said. ■ KEY

“We are going to keep playing strong and keep playing hard for Coach”

— Miriam Justinger





SMOKE-FREE BG

NEW POLICY BEGINS JAN. 1

By Hannah Benson
Photo by Lily Bartell

“It’s going to be a kind of social enforcement.”

— Faith Yingling

Beginning in January, students will walk to class through a smoke-free campus. The BGSU Smoke-free policy, which will be active on Jan. 1, 2014, will create designated areas for smoking near parking lots.

Rather than handing out tickets or fines for violating The Clean Air Policy, Director of Wellness Faith Yingling said she hopes the policy will be socially enforceable and will create a culture change on campus.

Sophomore Tyler Brewer said she has some friends who do not agree with having these areas.

“They say that it’s because if you are going to make a no smoking policy, make it campus-wide,” Brewer said. “That’s their only problem.”

Although sophomore Neesha Nainee would rather have the policy completely campus-wide, she said she thinks it is better than nothing.

“As a state school we kind of have that fine line of ‘you can’t discriminate,’” Nainee said.

Yingling said students would not be given tickets or fines for smoking outside of these areas. However, the policy is in the code of conduct for both staff and students, and Yingling said they would be held accountable to that.

“It’s going to be a kind of a social enforcement,” Yingling said.

Rather than just changing the rules, Yingling said she hopes the policy will change the culture and attitude of the campus.

“I think what will happen and what has happened from what I’ve seen and heard from my colleagues from other campuses who have implemented similar policies is that it is really changing the culture on the college campus,” Yingling said. “It’s creating this culture of wellness and it’s changing the culture to one of a smoke-free campus.”

Brewer said she thinks making the policy socially enforceable is a good idea.

“I think it’s a really smart idea,” she said. “Think of how much opposition BG would have if there were people going around giving tickets for it.”

Even though Brewer smokes, she said she does not mind the policy because smoking is unhealthy and it will keep tuition down.

Nainee said she thinks there should be more than just social enforcement for the policy.

“I definitely think someone should be able to enforce it... if the reason you are





“If the reason you are enacting it in the first place is to improve other students’ health, then I think you should take that a little more seriously.”

—Neesha Nainee

enacting it in the first place is to improve other students’ health, then I think you should take that a little more seriously and definitely have some repercussions,” she said. “I know some people are going to be like, ‘well, if it’s not a real rule, then why should I listen to it?’”

Regardless of how it is enforced, Nainee said she is excited about the policy because she has been personally affected by the negative effects of smoking. She said her aunt died from lung cancer and both her dad and stepdad used to be smokers.

“I hate smoking,” Nainee said. “I hate breathing it in. I think it’s silly to breathe in other people’s smoke and be affected by their poor choices on campus. So I’m really

“It’s just about changing the culture and we’ve seen it happen.”

excited about it.”

Nainee is a campus tour guide and said smoking could negatively impact a tour.

“When I’m giving tours and somebody sees somebody smoking on campus it gives more of a negative perception of campus,” Nainee said. “If I saw somebody smoking and I was on a campus tour, it would be a con and not a pro. It would give me a negative feeling about it.”

Yingling said she has heard mostly

positive feedback from students and the community about the policy.

“We’ve been out a lot: at campus fest, Late Night at the Rec, at pretty much everywhere I go, and the majority of the comments that I receive are all very positive,” she said. “That may change on Jan. 1, when it is implemented, but nothing too major at this point.”

Ultimately, Yingling said the culture shift is going to take time, which is why the policy has been marketed since the beginning of fall semester.

However, she believes it is possible because it has been done before.

“It’s just about changing the culture and we’ve seen it happen and one of the great examples of that is seeing the change happen in smoking in restaurants,” Yingling said. “Especially in states where there is smoking still, you kind of get taken aback. Those changes take time and we realize that.” ■ KEY



DINING SERVICES GOES TRANS-FAT-FREE

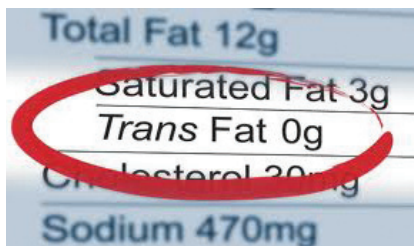
By Juan Pimiento





“There is good cholesterol & there is bad cholesterol, & trans fats is sort of a double whammy.”

—Dr. Mary Jon Ludy



The elimination of trans fats from the food industry is drawing closer as the Food and Drug Administration announced earlier in November its determination that partially hydrogenated oils are no longer recognized as safe.

Trans fats are linked to heart attacks and heart disease, and the measure could prevent up to 7000 deaths from heart disease each year and up to 20,000 heart attacks nationwide, according to the FDA.

“There is good cholesterol and there is bad cholesterol, and trans fats is sort of a double whammy in that it increases your bad cholesterol and decreases your good cholesterol,” said Dr. Mary Jon Ludy, associate professor in the School of Family and Consumer Sciences at Bowling Green State University. “There is no biological need for trans fats and there is real physiological harm.”

Trans fats are created when hydrogen is added to vegetable oil to make it more solid. This hydrogenated oil is used by food manufacturers to improve durability, flavor and texture of products like snack foods, cookies and crackers, fast food, baked goods, coffee creamers, frozen pizza and refrigerated dough products, according to the FDA.

“Trans fats are a food industry creation,” Ludy said. “The cool thing about trans fats is that they were able to keep food on the shelf for a long period of time...there’s also some pleasure involved in the flavor aspect.”

The FDA also announced a 60-day period for collecting additional data and obtaining input from food manufacturers on the potential timeframe needed to reformulate products that contain trans fats.

Ludy said the measure could be beneficial to change eating culture in the United States but there are ways for it not to

go as expected, depending on how the food industry adapts to the new regulation.

“It is a step in the right direction for the FDA but is going to be really hard for the food industry to sort of figure out how to take this (trans fats) out of all the products,” Ludy said. “But if the food industry replaces it (trans fats) with saturated fat or added sugars, that is a problem and I do not think there will be a huge health benefit.”

BGSU’s dining and food preparation practices will not be substantially affected by the FDA’s measure, according to Lois Serfozo, the general manager of the Kreischer Sundial dining hall.

“For us I don’t think it’s a big deal... we have already gone to pretty much zero trans-fat production,” Serfozo said. “There’s been a big push over the last few years to eliminate, as much as possible, anything with trans fats, especially from the standpoint of preparing our own food... in the dining halls we use strictly olive oil, canola oil, soybean oil which does not have any trans fats.”

Serfozo also praised the University’s efforts to educate students on culinary competency and healthy eating habits, but more work needs to be done to better educate students.

“A small percentage of students are concerned about what they’re putting in their mouths...it needs to start at home; it should also start at grade schools too,” Sforzo said.

“It is a long process, it is a slow process, but I think we are moving in the right direction, and I think everybody can do more.” ■ KEY





Another semester has come and gone at Bowling Green State University. I asked students to reflect on their experiences and offer advice to fellow Falcons.

Here are some of their responses.

What advice would you give to another student?

“Get involved... When I first got here, I thought Bowling Green would be boring and that I would not find like-minded people to bond with; but now, it will be bittersweet when I graduate. I know I will miss my life here at BGSU and will fondly remember the events and groups that I participated in.”

— *Rachel Robinson*
Second-year Graduate student

“If you have the desire to do something that seems crazy and unrealistic, DO IT! Even if it ends up being completely opposite of what you hoped it would be or expected it to be, the experience is always always worth it!”

— *Melissa Ripke*
Senior

“Get to know as many people as possible. Join a lot of organizations and enjoy your years here because they go by super fast.”

— *Jessica Siefker*
Sophomore



STUDENT REFLECTIONS

FALL 2013

By Alexander Elfreich

What was your favorite thing about this semester?

“My favorite thing about this semester has been being able to really dive into campus life. Being a second-year student, I know what being a college student requires and am not worried about the little things as much allowing me to become a lot more involved and building stronger relationships with my peers than ever before.”

— *Rachel Berg*
Sophomore

“Some of my favorite things were meeting all of these new people, becoming a part of Veritas, and joining the BG dodgeball club.”

— *Joey Bauer*
Freshman

“My favorite thing about this semester has been receiving many hours on advising for graduate school from my advisors, my research mentors, my professors, and fellow students. Without the guidance, encouragement, and helpful opinions I have been given, I do not think I would feel as prepared as I do going into applying for graduate schools.”

— *Merissa Acerbi*
Senior

What was the funniest/wierdest thing that happened to you this semester?

“The funniest thing that happened to me this semester occurred when two of my professors took a few graduate students and myself out to dinner for a guest lecturer that was visiting from out of town. Although it felt strange to interact with my professors on such a social level, I couldn’t help but enjoy eating large portions of food, talking about science, and listening to live jazz music.”

— *Merissa Acerbi*
Senior

“I was in New York for a co-op with “Esquire” magazine, and one day we shot head shots of Rob Delaney (a well-known comedian). It wasn’t until later that evening that I realized I had heard of him before, and I had this weird delayed star-struck reaction! I also got to meet Tony Danza while I was living there and he made me ask him ‘Who’s the Boss?’”

— *Melissa Ripke*
Senior

“I ran into a stop sign by Falcon Heights and the whole area stopped and looked at me”.

— *Jessica Siefker*
Sophomore

“Probably when the first time my friends and I ate at the Oaks. We were done eating and we were leaving but we went through the patio door thinking it was the exit. There was no way out and we were so confused and I just ended up jumping over the rock ledge. Total freshman moment.”

— *Joey Bauer*
Freshman

51 REASONS

to Rent at Summit Terrace Apartments

- 1 Terrific certified service technicians
- 2 **FREE High Speed Internet Access**
- 3 Visitor parking
- 4 **Non Smoking Buildings**
- 5 Clean laundry rooms
- 6 Fantastic cleaning personnel
- 7 Trash pick up 2 times a week
- 8 **FREE shuttle service to campus**
- 9 Professional snow removal in winter
- 10 Purchase stamps in office
- 11 **FREE Gas heat included**
- 12 **FREE Gas cooking included**
- 13 **FREE Water included (hot & cold)**
- 14 Spacious apartments
- 15 Service calls answered quickly
- 16 Close to Shopping
- 17 **Swimming pool**
- 18 Pop machines in laundry room
- 19 Professional grounds keepers
- 20 Credit card accepted in office
- 21 **Affordable rent**
- 22 Park in front of your home.
- 23 Garbage disposals
- 24 Backdoor exit for apartment
- 25 Ceiling fans
- 26 **Air conditioned**
- 27 Relaxed Atmosphere
- 28 Fire walls (great safety factor)
- 29 Insulated buildings
- 30 Resident picture I.D. cards
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- 34 **24 hour emergency maintenance**
- 35 Electric smoke alarms
- 36 Candy in Office
- 37 Change for laundry in office
- 38 Privacy
- 39 You don't have to mow the lawn
- 40 Picnic areas with grills
- 41 Window treatments furnished
- 42 On-site maintenance & management
- 43 **Clean and attractive property**
- 44 **FREE Basic Cable Included**
- 45 Located in nice residential area
- 46 Enclosed entry ways
- 47 **Well lit parking**
- 48 Wonderful office personnel
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