

KEY

magazine

Springtime in BG

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BGSU[®]

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Letter from **THE EDITOR**

Dear Readers,

Another school year is coming to a close and my time as editor of Key is ending as well. I'm so grateful for this opportunity and the experiences I have been lucky enough to have. I have met and worked with some amazing people and can't wait to see where the magazine goes. I'm currently a junior so I will be around next year as a member of the Key Magazine staff.

This semester has been a whirlwind. Below freezing temperatures and snow, successful winter athletics, planning and execution of events like Dance Marathon, Bikes for Tikes and Not In Our Town Week just to name a few. This campus is always coming up with new and improved ways to create diversity, inclusion, and all in all a great deal of fun.

One particular campus event that was influential for me this semester was BG4Unity. I had the opportunity to be at the forefront of the campaign in Dr. Hanasono's class. It opened up the floodgates of conversation, inclusion, and diversity on campus. I truly feel the campaign helped shape the atmosphere of this semester on campus and I really suggest you all check out BG4Unity's Facebook and Twitter pages and get involved!

I want to thank my assistant editor, Audrey Quinn, my writers, photographers, and faculty advisors for everything they have done for me and for the magazine this semester and this year.

Sincerely,
Lily Bartell

KEY MAGAZINE

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TOGETHER

By Patricia Holt | Photos courtesy of Zeng Yu



“The amount of support we received across the university at our kickoff event alone was astounding.”

— Luke Sims

Alex Mitov is blind. But like any other 13-year-old boy, Alex has always wanted to play sports. But numerous times, Alex was turned away from sporting leagues. He was told he would slow down the team or did not have a place there. Fortunately, he, among many others, has found a place within RallyCap Sports.

One of the newest organizations on campus, RallyCap Sports is a non-profit organization that provides sports opportunities for children with special needs. RallyCap Sports strives to foster social integration, healthy living, and promote greater self-confidence for children with disabilities through organized team sports.

Alex's mom, Mariana Mitova, is a professor at BGSU and advises various student organizations on campus. She has become particularly involved with RallyCap Sports, working as a faculty advisor for the organization, and more personally, as a parent of one of the participants.

“My main goal is to provide an active environment for participants. We want to provide opportunities for participants to play recreational sports and further their inclusion in the community,” said Mitova.

The idea behind RallyCap Sports originated in New Jersey through the efforts of BGSU alumni Paul Hooker. Founded in 1990, the original “Challenged Youth Sports, Inc.” is community-based. The program celebrates their 25th anniversary in April 2015. Hooker had a vision to extend this program to universities across the nation and chose his alma mater of BGSU as the first.

“I reached out to College of Business Dean Ray Braun for some help with this project, and he agreed to help me get it started. He recommended that senior student Luke Sims help me with this project,” said Hooker.

Luke Sims, BGSU senior business major, has worked tirelessly to successfully start this program at BGSU.

“I am very proud of the job that Luke Sims has done. He had a tremendously successful launch of the program in October 2014, then a four-week soccer program in the fall of 2014, then a very successful basketball program in January 2015,” said Hooker.

The BGSU chapter of Hooker's vision, titled “RallyCap Sports” officially kicked off on October 19, 2014 at the Perry Fieldhouse. The event hosted 37 participants, with over 90 volunteers from a variety of different organizations across campus. The sports hosted at the event included flag football, soccer and golf.

“The amount of support we received across the university at our kickoff event alone was astounding. In addition to all the volunteers, BGSU President Dr. Ellen Mazey and BGSU Athletic Director Chris Kingston came to show their support as well,” said Sims.

Now the organization has grown to include an active 350 volunteers, an average of 30 participants at each session and is the fastest growing organization on campus.

The volunteers and kids have a chance to get to know each other on a more personal level as each participant is paired up with a “buddy” to guide them through the session.



WE RALLY

These “buddies” are predominantly special education majors at BGSU.

“Because of our mission, we are able to engage the entire community. We have volunteers from fraternities, sororities, service organizations, the college of business, sports teams, varsity athletes, special education majors and more. It is really remarkable to bring the entire campus together for a common goal,” said Sims.

Part of what makes RallyCap so special is that many of these kids have never had the opportunity to be a part of team sports. Through these camps, they learn the basic rules of the game and certain skills, as well as the valuable life lessons of teamwork, perseverance, and goal setting. And most importantly, the kids have fun.

Camps meet once a week for one hour over a four-week span. In the fall, kids attended a four-week long soccer camp in Perry Fieldhouse. The kids had the opportunity to meet members of BGSU’s varsity soccer teams. The spring session consisted of basketball, with members of BGSU’s varsity basketball teams teaching and interacting with the kids as well. These sessions took place in the Schmidhorst Pavilion, the auxiliary gym at the Stroh Center. The third session, which should kick off after Spring Break, will consist of either

golf or tennis.

During the final basketball session, four varsity BGSU basketball players came to help out and interact with the kids. They would even pick the kids up and help them dunk.

“One of the players gave his BGSU Men’s Basketball hoodie he was wearing to one of the kids. It brought tears to my eyes. That’s an example of how cool our players are, and how awesome they are with the kids,” said Mitova.

Following the completion of the final basketball session, the kids were invited to attend an award ceremony, in which they would receive trophies.

Many of these kids have never had the opportunity to receive trophies before.

“It shows that ‘I accomplished something. I did something.’ Everyone should have trophies. And so this little six inch statue becomes so much more,” said Sims.

Hooker said that it is through the “beauty of digital access” that he continues to stay so involved in RallyCap Sports, as Luke and him communicate through email and other technological means, in addition to his visits to campus.

“It is important to keep a hands on approach,” said Hooker.

RallyCap Sports has received much praise from the university, community, and everyone involved.

“Everyone who has been touched by RallyCap has been ecstatic by this program. Parents are excited to see college students so involved, considerate and accepting. Volunteers are given amazing opportunities for personal growth. And participants don’t even wait for registration - they just run right in. They are so excited,” said Mitova.

The name “RallyCap” originates from an idea in baseball of starting late in the game and overcoming obstacles. The phrase “together we rally” has become the slogan of the organization.

“Hand in hand we do this together. It builds the idea of a team,” said Sims.

It is the hope of Hooker, Sims and the multitude of people involved that the organization will continue to have success so that they may start other chapters across the nation.

“My story with Alex is not a single case. There are many people around the country who are told they cannot play because they are blind, or autistic, or are diagnosed with Down syndrome, can’t walk, many reasons,” said Mitova.

“We hope to create a chapter here that is growing to impact the lives of individuals with disabilities in northwest Ohio. And I think sports are an important way of helping us do this,” said Sims. ■ KEY

“Everyone who has been touched by RallyCap has been ecstatic by this program.”

— Mariana Mitova



DANCE MARATHON TURNS

By Kelly Naylor

20

“We are standing for those that can’t. It is about doing something bigger than yourself. Making that connection is one of the most powerful things you can experience and that is why I come back every year.”

– Austin Flores

Spring semester is finally here and you know what that means! Another year of Dance Marathon! This year marks 20 years of raising money for the Children’s Miracle Network Hospitals specifically dealing with the Mercy Children’s Hospital in Toledo, Ohio.

The dance is happening on April 18th and 19th in the field house and begins at 10 a.m. The most exciting part of this year is it is going to be the biggest and best year EVER. That being said, I sat down with Austin Flores, the assistant director of internal affairs to investigate the journey Dance Marathon has danced their way through. Dance Marathon started in 1995 and Bowling Green State University was one of the first five pilot schools for Dance Marathon. This

campus organization has come a long way since then even incorporating an event called Ziggython into their itinerary.

Ziggython, named after the school song Aye Ziggy Zoomba, is a 32 hour event that includes different activities for the dancers like lessons on how to line dance and even live musical performances. Everyone is invited! Miracle children, their families, hospital staff, you, your friends, alumni, your parents, your dog.... Ok maybe not your dog... but everyone else is invited to come check out this awesome event. The miracle children and their families are the stars of the event and this year Dance Marathon will also be showcasing alumni who helped make Dance Marathon what it is today. Even though this is their biggest event of the year Dance Marathon holds other events throughout the year like Extra Life where people play video games for 12 hours for the kids or a benefit dinner in the fall that raised just over \$8,000 this year! Combined with this major Ziggython event Dance Marathon has raised 3.4 million dollars which has gone to miracle families with children suffering from chronic illness, cancer, or a tragic accident.

Since this is a big year for Dance Marathon they want to raise more than last year. In total \$275,000 was raised and they are looking to substantially increase that number. Although Austin is just one of the people that make this organization move there is one head director, four assistant directors who make up the executive board committee who in turn have 18 people who are steering chairs who in turn each have a committee. 150 people working together for the kids! The next important thing for Dance Marathon are the dancers!

These are people who have raised at least 100 dollars including the 25 dollar registration fee. A dancer receives 12 free meals, a t-shirt and recognition throughout the entire event. You are helping miracle families! If you decide to raise 200 dollars you get something extra like sit down time or a nap.

If you go beyond that ... say you raise 1000 dollars... you can get things like a meal of your choice, spirit time, or a dancer bag survival kit. Last year there was a total of about 310 dancers. As of February 25, 2015 there were 290 and the goal was to increase that number. Not only can you make a difference now you could make a difference in the future! People have gone on to work for Children's Miracle Network Hospitals and having Dance Marathon on your resume is a huge bonus.

I asked Austin why he keeps coming back every year

"We are standing for those that can't. It is about doing something that is bigger than



yourself. Making that connection is one of the most powerful things you can experience and that is why I come back every year," he said.

Not only is Dance Marathon making an impact on Bowling Green State University they are spreading the word to local high schools. Dance Marathon is piloting a Mini Dance Marathon program where they help local Wood County high schools set up their own Dance Marathon to raise money for the kids. So if you really want to be a part of something inspirational and special grab your boogie shoes, some friends, and go raise some money and dance the night away!

But if you aren't really into dancing and staying up for thirty two hours is not for you never fear! Bike for Tikes is here! Bike for Tikes was founded by Mark and Sarah Johnston who graduated from Bowling Green State University. Mark thought it would be fun to ride his bike from here to Cincinnati, Ohio for the children who couldn't. It is another great event sponsored by Dance Marathon and is a part of Ziggython.

These children are also a part of the Children's Miracle Network and suffer from many different illnesses. Currently today Bike for Tikes is celebrating their 15th year at BGSU.

I talked to Joelle Lugabihl who is one of nine core committee members and works with sponsorship and dining. This whole well-oiled machine is overseen by Cory Huber who is the head of the committee. Each committee member is expected to raise at least \$1,000 if not more! Although if you are not a part of the committee you are still expected to raise a minimum of four

Dance Marathon started in 1995 and Bowling Green State University was one of the first five pilot schools for Dance Marathon.

hundred and fifty dollars for the children in order to be able to bike.

Besides raising money, participants will go on a three-day one hundred eighty mile bike trip. Rain or shine. Up hills and down. Around bends and through forests. Anywhere and everywhere these bikers will bike! Along with trekking through the great outdoors and facing the unknown, these bikers will gain some camping experience as well. Well camping indoors that is.

The bikers will start in Cincinnati Ohio and sleep on a gym floor! The adventures do not stop there though! Great memories will be made along with the miracle children. One of the most inspirational aspects Joelle told me was "there is a lot of mental preparation that goes into this, you just have to remember every mile you are biking for these miracle children."

Bikes for Tikes raised \$75629.60 last year and are determined to break the record of \$100,000 this year.

Congratulations to Dance Marathon and Bike for Tikes for reaching such monumental goals throughout the years! If you cannot participate in these events please feel free to go check them out as a spectator! Don't forget to like them on social media and visit the Dance Marathon website at bgsudancemarathon.org.

This ensures you can keep up to date on how to get involved next year as well as more details on the events going on. Let's make this year even more Falcon Fantastic! ■ KEY

Blogging.com

The Emergence Of The Fun Work Requirement

By Audrey Quinn | Photos courtesy of Integrity/Aesthetics.com & reneemonaco.tumblr.com

Blogging is a growing requirement in many job fields, allowing for professionals to share their opinions and connect to their audience in a quick, concise and meaningful way.

There are blogs written about virtually every subject, from someone blogging about their garden in their spare time, to a reporter in a war-torn country, to financial advice blogs from bank operators.

“Sometimes, blogs are the only way to tell complicated stories... [they] really offer backstory,” said University professor Catherine Cassara.

Even for those who have not yet entered the professional field of their choosing, blogging allows for them to build a portfolio, learn what works and what doesn't and build an audience.

“People feel this need to get their side of the story out there and blogs offer that,” said Cassara. “They offer people a way to talk about their work that they didn't have otherwise.”

Juniors Nolan Ritter and Renee Monaco use their personal blogs to showcase their work in their aspiring fields.

Ritter, a Visual Communications Technology major, uses his blog IntegrityAesthetics.com to serve as a way to showcase his work for his media company, Integrity Aesthetics.

Using his blog since July, Ritter has worked with a variety of clients, from jewelry companies to rappers. Working with different types of people and projects pushes him to innovate and create new content, he said.

“Every time I do a project... I am learning by doing... that is the nature of digital media,” Ritter said.

To date, Ritter is most proud of his work on a music video for rapper J. Nes titled “Paisley Rugs”. “It speaks to my style as a videographer,” he said. “It has been a challenge working on it.”

Similar to Ritter, Monaco uses her blog reneemonaco.tumblr.com to promote her own content. An Apparel Merchandise and Product Development major, Monaco uses her blog to show her day-to-day outfits and show other people the latest fashion.

While she has been blogging for three months, her blog already has over 3000 views, leading to a collaboration with Akira, an online clothing store.

“They wanted to do a collaboration with me because they believe in my blog and my followers,” Monaco said.

For a set amount of days, followers of Monaco's blog could use a special code to receive a discount off their purchases at Akira.

One reason Monaco thinks her blog is succeeding is that it is realistic. “It's selfies, nothing professional but shows my style,” she said.

When starting a blog for yourself, it is important to remember the permanency of the internet. “Pretty much anything you put out there stays out there,” said Cassara, “There's some really good sites that give advice on how to blog professionally— do a lot of reading first.”

“Post the content that you believe is the best and don't leave room for anything you think isn't your best work,” Ritter said. “Make sure content is unique”.

“It's always important to show your personality through your website, otherwise you become bland,” Monaco said.. When starting out, “don't have any expectations, start by just doing it for yourself,” she said.

“It's always important to show your personality through your website, otherwise you become bland. Don't have any expectations, start by just doing it yourself.”

- Renee Monaco





Examples of pictures and blog posts from Nolan Ritter and Renee Monaco. Photo courtesy of IntegrityAesthetics.com & reneemonaco.tumblr.com

Both Ritter and Monaco use a Tumblr account as the structure for their blogs and use a domain name purchased from GoDaddy.com. “Tumblr is a good way to temporarily show your portfolio before showing a real website,” Ritter said.

“It makes it easy to update on my phone and keep current,” Monaco said.

“It’s okay to just be learning about something or doing something for the first time,” said Cassara. However, she also stresses the importance of keeping an open mind when starting out, “you don’t want to be judgmental when you have no knowledge,” she said.

It also helps to be a shameless self-promoter. “Everyone should visit my page and my Instagram,” said Monaco. Promoting your work in as many ways as possible, from in-person to social media, helps you reach a larger audience.

Cassara teaches the importance of blogs in her classes. “I try to ask the students to blog, get started, or think about it,” she said. She has found that when students go out on job interviews, they return to her saying that they didn’t realize the importance of blogging in many job fields. “Blogging is important even at news stations in Cleveland,” she said.

Cassara also stresses the importance of

staying ethical with your blog. Always ask people for permission to write about them beforehand.

Additionally, it is important to remember that while it may not feel like much starting out, blogging will help you develop your writing and technical skills and allow you to have a portfolio on-hand at all times for any networking events you may find yourself attending. ■ KEY



STUDENT ATHLETE NETWORKING NIGHT

MAKING MEANINGFUL CONNECTIONS

By: Elena Lancioni

“My favorite part of the event was the panel, the information was useful and could be applied to any field.”

– Rachel Walny

Imagine a rigorous course load, demanding practice schedule and traveling to sporting competitions miles away. This is reality for our student athletes who must live a challenging lifestyle in college while trying to discover what their passion outside of sports is. With little free time in their schedules it is difficult to find the time to connect with potential employers.

Luckily, for our student athletes there is an event that allows them to socialize with various companies and employers. This event is Student Athlete Networking Night. The event has been held the past five years with the goal to help student athletes think about the future and meet professionals in their field of interest. This year the event was held on March 25, 2015 in the Stroh Center.

The Student Athlete Advisory Council (SAAC) is in charge of setting up the event and finding business professionals to attend. Many of the business professionals are Bowling Green State University Alumni, which offers a unique connection for the students. There typically are between 30 and 40 business professionals who attend the event and offer their time to make connections with the athletes.

This unique event for our student athletes was started by the student athlete services with the desire for athletes to get used to the real world by making connections and writing resumes. The event is personalized towards each of the four hundred and twenty student athletes

here. While preparing for the event, each athlete is asked what his or her major is and what business person he or she would be interested in meeting.

Many of the businesses and employers at the event are from local areas. The majority of the business professionals are involved in business communications, since a majority of the athletes have a major in business. There are also principals, teachers, physical therapists, and other professionals at the event.

“I talked to Joel with Skylight Financial Group, he was knowledgeable and helpful,” Haley Parkinson said.

Once the athletes entered the Stroh Center, business professionals were found on the top floor of the Stroh with tables set up to provide information. There was also a PowerPoint screen hanging in the background that introduced each of the business people to help the athletes know who to network with. While waiting for the event to start, athletes and professionals enjoyed a wide array of refreshments and beverages.

The event was staged in a way that felt professional and mature. There was soft music playing in the background that helped set a calm mood and keep the conversations flowing.

After some mingling, there was a panel of professionals that answered questions and shared advice on what they look for in an employee. One of the professionals



ETWORKING NIGHT:

shared that the five traits he looks for in an employee is that he or she is confident, coachable, prepared, energetic, and has a certain “it” factor. He added that most student athletes learn these traits while in school and this provides athletes with an advantage in the work place.

Another person who shared great advice was Bowling Green State University Athletic Director, Chris Kingston. He shared a quote from the book *The Power of Who* by Bob Beaudine that emphasized the importance of networking because many people have jobs due to the people they already know. Kingston left the athletes with the advice, “Successful people leave clues.”

“My favorite part of the event was the panel, the information was useful and could be applied to any field,” Rachel Walny said.

Once the panel finished answering questions, the athletes were allowed to move freely around the Stroh. This helped the athletes become acclimated with the professionals and feel more confident speaking with them.

The professionals in attendance were easy to approach and answered any questions the student athletes had regarding what was the professionals college major, what is the hardest part of his or her job, and what does one enjoy most about his or her job.

“I spoke with Eric and he helped me answer some of my questions about physical therapy,” Elisa Baron added.

The purpose of the event is to allow student athletes to connect with professionals and hopefully obtain an interview or a job. Networking is important to help compile resumes and make connections with people in the real world.

SAAC president, Carmen Young, said, “I think it helps talking to professionals and creating connections.”

For the athletes in attendance to get the most benefit from Networking Night it is important to gain experience talking to the business professionals even if you may not be interested in the same field of work.

“I like talking to all of the different professionals and hearing their perspectives about how they got started,” Young said.

Another key factor is to attend this exceptional event. One of the goals of the SAAC is to have as many student athletes attend the event as possible.

Each year an average of five to ten student athletes are called in for an interview or are given an application for an internship.

“It has opened my eyes to other opportunities that are out there,” Jen Reyes said.

Being a student athlete in college is something that only a small percentage of people in can identify with. It is important to showcase this unique label. It takes determination and certain skills to handle being a student and an athlete.

“Build off being a student athlete,” Young said.

Employers can find leadership,

organizational and a strong work ethic when they hire student athletes. Networking is critical to obtaining a job and this process of establishing relationships can help people break out of their comfort zones and become familiar speaking to people who may soon be hiring you. Taking advantage of the opportunities offered in college is important and can help us expand our horizons before we enter the real world. ■ KEY

“ I like talking to all of the different professionals and hearing their perspectives about how they got started.”

– Carmen Young



LEADERSHIP AT BGSU

By Holly Shively

“I work to improve the student experience at BGSU by collaborating with various constituencies across campus.”

– Brian Kochheiser

Leadership plays a key role in organizations all around campus. Without leaders, each organization would be missing a vital aspect and tool for success. Student leaders here at Bowling Green State University deserve a lot of recognition, especially leaders like Zack Deininger, Amanda Cushnie and Brian Kochheiser.

Zack Deininger has been involved in the Falcon Marching Band (FMB) for four years. For the last two years, he has been a Band Librarian, but even more, he has served as the Falcon Marching Band Drum Major for the past three years. Deininger enjoys the FMB as an educational ensemble that promotes pride, loyalty, and integrity, which teaches members valuable skill in whatever they will pursue.

“Contrary to what a lot of people would think, I actually do not play drums. My most visible action as the Drum Major is to conduct the band during pregame, halftime, and the football game itself,” Deininger said.

He also works with the graduate assistants to coordinate the music the band

plays with the music and advertisements run by the marketing and athletic departments.

Though being the drum major is being the face of the FMB, Deininger has behind-the-scenes roles as well. During rehearsals he helps the director teach the rest of the band, working with every member to make the band the best it can be.

“We are merely the people that help keep the group moving forward by working to facilitate success for the other members of the band,” Deininger said.

Deininger’s favorite part about being a member of the FMB is the shared friendship amongst the members. “In no other organization on campus are you going to find such a diverse group of people working toward a common goal. Every college of the University is represented in the Falcon Marching Band,” he said.

The FMB just held its 90th anniversary this past fall. Deininger is proud to be part of the tradition that many others before him have carried on, including marching on the field of the Doyt Perry Stadium, promoting school spirit at games and pep rallies and

most importantly, portraying the ideals of pride, loyalty, and integrity.

Amanda Cushnie can also be seen at football games along the sidelines with her organization. Cushnie has been a member of the University's Dance Team for three years and is this year's Dance Team Captain. With this team, Cushnie performs at every home football and basketball game, participates in on-campus activities, and attends events on campus and within Bowling Green's community.

The Dance Team here at BGSU dates back to the 1970s. In the 1970s, the Pommerette Dance Team began as a group who performed at halftime shows at basketball games and pep rallies. The dancers became noticeable all around campus. From there, the Pommerettes grew and became what we now know as the BGSU Dance Team.

As captain of this year's Dance Team, Cushnie serves the team in making sure everything goes as planned. Some roles she takes on include organization and keeping the team on track, as well as holding the team together.

Cushnie's favorite part about the dance

team are the people and the dancing. She said, "I love getting to do what I love with all my best friends."

In upcoming events, the team will be having tryouts for the 2015-2016 season on Saturday April 11, 2015.

Another leader who puts in hard work and time for his organization is the Undergraduate Student Government President, Brian Kochheiser. Kochheiser was elected in April of 2014 and has been serving the presidential position since. He has been involved in USG since this sophomore year. In his time at Bowling Green State University, Kochheiser has also served as IFC Greek Senator and the cabinet position as Chief of Staff.

The Campus website says, "USG provides opportunities for students to learn, grow, and lead in an environment that promotes cooperation, respect for one another, intellectual and spiritual growth, creative imaginings, and pride in a job well done." To uphold this environment, students can call in, email, or visit the USG office to bring up any issues or problems that they feel need discussed and changed.

"USG is the official student voice on campus," Kochheiser said.

The organization's main role, which is performed by the annually elected officers such as Kochheiser, is to hear student concerns and provide solutions that both satisfy and engage all members of the campus.

"It's a very complex role, but in short I represent the student body to administrators, faculty, government officials and the Board of Trustees," Kochheiser said. "I work to improve the student experience at BGSU by collaborating with various constituencies across campus."

Overall, Kochheiser's favorite part about participating in USG is working with a wide and diverse range of people, all for the good cause of improving life for Bowling Green State University's students. Elections for University Student Government will take place April 6-9, and the results will be announced on April 10.

These leaders each take pride in what they do, and serve the University, helping to bring each organization to its full potential.

■ KEY



AMANDA CUSHNIE

Organization and title:
BGSU Spirit Groups/ BGSU Dance Team
Year in school:
Junior
Birthday:
June 8th
Height:
5'6
Eye Color:
Brown
Major:
Health & Physical Education Major
What you look for in a significant other:
Someone that shares the same values as me and someone who makes me laugh until I can't breathe.



BRIAN KOCHHEISER

Organization and title:
Undergraduate Student Government, President
Year in school:
Senior
Birthday:
February 16
Height:
6'2"
Eye Color:
Blue
Major:
Sport Management
What you look for in a significant other:
I look for someone who is driven, intelligent, and has a fun personality.



ZACK DEININGER

Organization and title:
Falcon Marching Band – Drum Major
Year in school:
Senior
Birthday:
February 21
Height:
6'2"
Eye Color:
Blue
Major:
Music Education
What you look for in a significant other:
Someone who enjoys going out to a concert or sporting event but also enjoys a lazy day in with sweat pants and movies.

SOCIAL EXPERIMENT

JACKIE LUEDTKE'S JOURNEY GIVING UP SOCIAL MEDIA

By Jackie K. Luedtke

“I believe we post and share things on social media because humans are inherently social creatures, we want to connect, and we want to receive.”

– Jackie K. Luedtke

Sometimes I feel old. Other times I feel out of touch. In reality, I am a 27-year-old graduate student who has never really considered herself “with it,” and this is especially true when it comes to social media. Like 1.35 billion other people on the planet, I use Facebook. I dabble in Twitter but (real talk, here), I only sort of get how to use it. I’m also aware that by not having an Imgur or Instagram account and not being interested in Yik Yak makes me prehistoric in social media times. I actually had to Google how to spell Imgur and, I’m still not convinced I know how to pronounce it correctly. However, this doesn’t mean a person can’t take the first step in admitting she has a problem. I caught myself using social media too much and defaulting to my phone when there was nothing else going on. To remedy this, I accepted the challenge of giving up social media for a week and documenting my experience.

I have always wanted to be a person that lives their life in the present and to be mindful of what is going on in the moment. Over the last couple of years I have begun a yoga and mindfulness or meditation practice, to varying degrees of success in any given week or month. I prefer having conversations with others in-person. I would rather have a handful of close friends than to keep track of dozens of acquaintances. Therefore, social media and being constantly connected or “plugged in” has never really been a priority. My list of social media sites I was to give up was short and consisted of Facebook and Twitter, SnapChat, and TriviaCrack.

You might be thinking at this point that I didn’t really have a problem. How could

somebody who doesn’t get Twitter have a social media problem anyway? Compared to your friend who sends Snapchats like it’s their job, or another who can’t have a conversation longer than 30 seconds without looking down at their phone, I may not have been in bad shape. However, since starting graduate school last August, my social media habits had increased dramatically, and I was starting to get concerned. I was starting to click on the Facebook app out of habit. Whenever I had a break in my work, I would automatically click on the Twitter icon without even realizing it. My goal after a week of no social media was to only check on Facebook and Twitter a few times a day and not default to my cell phone during down time. So, challenge accepted.

DAY ONE

My first day was tough because I was at work, and that is where I got myself in the most trouble. Within the first few hours and after resisting the urge to go on Facebook, I realized I needed to do something to distract myself. I was a little ashamed, I’ll be honest. “Really?” I thought, “You can’t go three hours without a distraction?” The answer was a resounding no, so I decided to listen to podcasts instead. I have been meaning to listen to podcasts for the last couple of years, but just could not get into the habit. It seemed like such an adult and sophisticated thing to do and, since I already listened to NPR, it didn’t seem like much of a stretch. I had heard good things about this podcast called Serial, so I downloaded an app, subscribed to the series, and innocently started the first episode. I thought I would



“I have always wanted to be a person that lives their life in the present and to be mindful of what is going on in the moment.”

– Jackie K. Luedtke

listen for a while and see what else I could find if it wasn't interesting enough to pass the time. Well, folks, Serial is the Breaking Bad of podcasts and I could not stop listening. In twelve episodes, it follows one investigative journalist's story into a 15-year-old murder of a teenage girl in Baltimore, Maryland. I even went home after work and just sat on my futon listening to the last few episodes because I had to know how it ended. I just sat there, with nothing to distract me, listening to an incredible story.

DAY TWO

For a while on the second day, I thought my story of giving up social media would turn into how I went into Serial withdrawals. I asked everyone I knew if they had listened to the podcast, eager to connect with somebody else, because I couldn't post all about it on Facebook! Of course, no one I met had listened to it, so I was forced to ruminate in my own thoughts and draw my own conclusions and opinions about the show. What a concept! As I reflected on this, I realized I didn't have enough moments in my life where I just ruminated on things like a good book (or podcast). Social media took up a lot of my time and energy, but to what end? So I could watch the latest funny viral video? So I could share mildly entertaining articles with my friends? I have been using Facebook for almost eight years, since 2006, and it has carved out a place in my adult life as a way to connect with people. Yet it has also wormed its way into my life as a distraction and prevented me from absorbing meaningful information and stories. Curbing my social media use suddenly became much more important to me.

DAY THREE

It seemed like funny things kept happening on the third day where I instinctively wanted to go on Facebook and post about it. I even became aware of a habit where I would experience something and then internally construct it in a manner that would make for an entertaining post. “Who am I?” I thought to myself. “Am I really living my life via social media posts?” Although that might have been a slight exaggeration on my part, I was shocked to discover how my brain seemed so cued into social media. It also made me reflect as to why I wanted to post so often. I believe we post and share things on social media because humans are inherently social creatures, we want to connect, and we want to receive validation from others. Most of us don't just post because we want to track the progress of our lives. No, we post because we want other people to see or read it and then acknowledge our presence. This is why we can get so upset when no one likes or re-Tweets our statuses. Sometimes, I delete those posts, just so no one can see that I posted something no one else seemed to care about. My journey into human nature helped calm the fiery passion of the previous day, where I had almost convinced myself social media was the worst thing ever.

THE COUNTDOWN

The remaining days actually went by uneventfully. I noticed that each day my desire to click on the Facebook or Twitter icons decreased, as did my thoughts regarding potential posts. By the end of the week I felt refreshed, almost as if I had done one of those body cleanses by only drinking

lemon juice, maple syrup, and cayenne pepper. (Look it up, I swear it exists!) Even a week on, I am checking Facebook and Twitter much less. I still send the occasional SnapChat of something banal or silly, but I ended up deleting my TriviaCrack app completely. After seven days of not caring about my deplorable Science and Sports percentages, I realized TriviaCrack didn't do much for me. Most of the questions were badly worded and about how Vincent Van Gogh cut off his own ear and painted Starry Night anyway.

It is our human nature to desire that connection and attention from other people, and social media has slid effortlessly into our lives as an outlet for our behaviors. However, what are we missing by becoming connected via social media platforms. The next time you are in the Nest or in a public place, look up from your own phone and look at how many others are staring at their screens. How many times do we see a group of people at a restaurant all completely ignoring each other on their phones? Taking time to meet a friend for coffee, just listening to or read a good story can feel amazingly refreshing. I challenge anybody to give up social media for a week or even a month. Your results and withdrawal symptoms will probably be different from mine, but I can almost guarantee you will have a new outlook on some aspect of life. Maybe you'll even discover a new connection you couldn't make on Imgur on Instagram (or whatever it is teenagers these days are using). ■ KEY

#BG4UNITY

Two Programs Change a Community

By Holly Shively

“With the recent racial issues and how they were taken to social media, I believe BG4Unity can have a very positive effect on the community.”

– Drew Ashby-King

Recently, two programs on campus have been fighting discrimination and hate speech.

The Not In Our Town movement started 20 years ago in Billings, Montana, according to BGSU’s website. More than 50 towns around the nation now have a NIOT community, which started here in Bowling Green after a series of events beginning in the fall of 2012. During 2012, there was targeted graffiti and property damage. Later, in the spring of 2013, a black fraternity hosted a Ziggy social event, which caused an upraise on Twitter.

After the events of the spring of 2013, NIOT was launched early here on Campus as a quick response, and it continued to grow and evolve. Graduate student and social director for the office of multicultural affairs until the position ended in 2014, Ray Plaza, said the question NIOT asks is “What can we do to be more proactive?”

Plaza has now been here for two years and got involved in NIOT in 2013. He has been serving as the campus cochair for NIOT since last summer. Plaza shared that

the organization almost collapsed because students wondered why NIOT hadn’t yet resolved the problems with hate speech and discrimination. To keep NIOT alive, the movement became a joint effort between the university and the city of Bowling Green.

Embedding the program deeper into Bowling Green’s community has helped the Not In Our Town movement become as proactive as possible, and the leaders of the organization hope to continue in the same way.

Plaza shared that many people in the community say diversity isn’t a problem, but he doesn’t believe that is true. NIOT hopes to better educate others about the problem in attempts of improvement. It’s a win-win because students are hearing about the problem from other students.

“It’s there to sort of be that watchdog of what’s taking place and respond accordingly,” Plaza said.

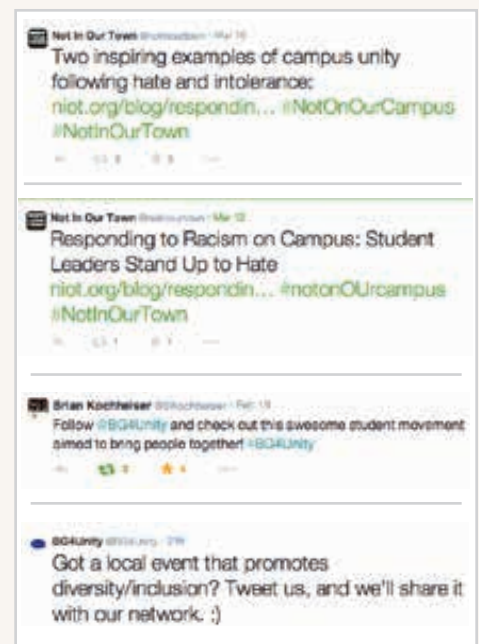
NIOT has been busy this past fall with the Ferguson verdict. The organization issued different statements of support, and is working on many programs. Other instances that NIOT has addressed are the campus preachers, such as Bible Bob. About these preachers, Plaza says, “Once you cross that line of hateful actions, it is no longer freedom of speech.”

Bowling Green is one of the few NIOT communities with strong university and town connections. A film titled Premier of BG has even been produced about how NIOT formed. In the future, keep an eye out for Premier of BG, the 2nd anniversary of Not In Our Town here in BG, and the How do you be an Ally Program.

To get involved with NIOT, sign the pledge, educate others about NIOT, and speak out against hate speech and discrimination.

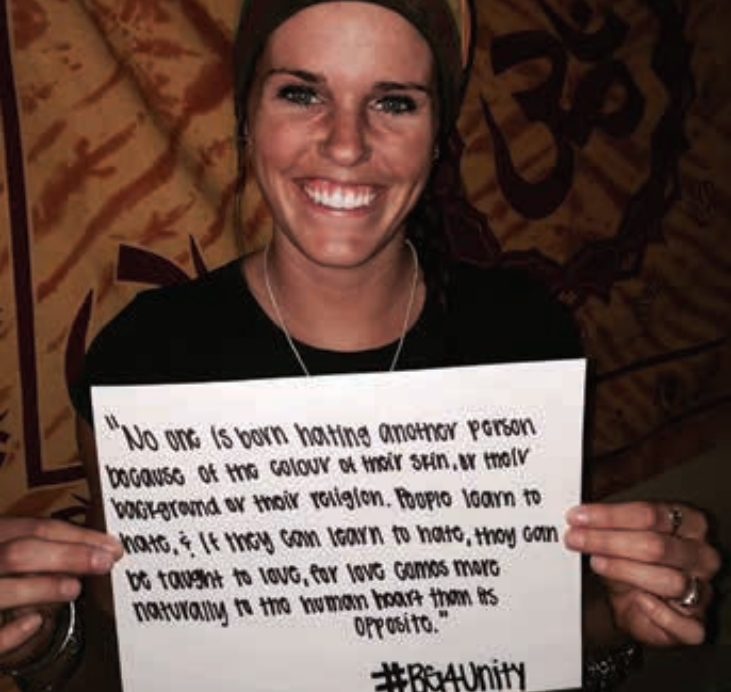
Along with NIOT, BG’s own communication department has started a campaign to end discrimination. The campaign, BG4Unity, was developed by Dr. Lisa Hanasono along with the students in her COMM 3030 class, Persuasion. Hanasono said that she and the students recognized the increased use of social media and technology. However, what they noticed more was that not everyone was using these tools in a productive or responsible manner. Instead, people were getting hurt.

“Hate speech unfortunately is a prevalent issue,” Hanasono said.



Examples of the use of social media to promote Not In Our Town and BG4Unity.





ABOVE LEFT:

Allie Schaber quoting Nelson Mandela to bring awareness to BG4Unity
 Photo courtesy of Allie Schaber

ABOVE RIGHT:

James Knapke speaks out against discrimination
 Photo courtesy of James Knapke

BOTTOM LEFT:

Alyssa Adams sends a shout out to girls who like to lift just as much as men do
 Photo courtesy of Alyssa Adams

BOTTOM LEFT:

Joelle Lugabihl poses for a picture for change
 Photo courtesy of Joelle Lugabihl

The overall goal of BG4Unity is to respond to prejudice and discrimination found in online context by using online messages of hope, happiness, and care to combat the hate speech. The students and Hanasono wanted to develop a social media product that encourages people to use social media properly.

Using social media allows BG4Unity to focus on an ongoing and accessible way of entry partly because people in Bowling Green and on campus are social media savvy and get news through it. This daily use of social media, and BG4Unity's part in it, helps weave the fight against hate speech into everyday lives.

Currently, BG4Unity is inviting students to create messages on cards and take picture to share on social media. Hanasono said, "The goal is to spread the word to offer a message of hope."

Those involved with the campaign hope it will be effective because it's easy for people to take part in the images of hope. Though the campaign isn't in a position to make huge changes all at once, it can cause a rippling effect.

Drew Ashby-King, a student in Hanasono's Persuasion class has become involved in the campaign. "The campaign is only just getting off the ground but has been getting a lot of support from the community," Ashby-King said.

Ashby-King went on to explain how he believes the campaign will help promote diversity and inclusion as well as limit hate speech and discrimination. "With the recent racial issues and how they were taken to social media, I believe BG4Unity can have a very positive effect on the community by having the discussion about diversity in a more open and safe environment," he said.

Part one of BG4Unity is for students to join and get involved by sending their pictures and messages to social media with the Twitter handle @BG4Unity or to the BG4Unity Facebook page. After spring break, BG4Unity hopes to start public service announcement video projects, which will allow students to participate in other ways using technology.

"Exposing students to alternative ways of expressing their feelings about the

situations is important," Ashby-King said. "The University has done a great job so far at creating events that start the conversations and give students a safe environment to discuss issues."

Ashby-King shared that the next steps to solving the problem of discrimination and hate speech is for more involvement of these on-campus events and more exposure to campaigns like BG4Unity.

Hanasono shared that her plan is to keep the campaign here in BG. However, she does hope that other communities will be able to learn from BG4Unity and create programs at their own campuses or towns to combat hate speech as well.

BG4Unity and Not In Our Town are not competing. Both groups are moving towards the same end in complimentary ways with different approaches. BG4Unity is a student lead project focusing on social media, where Not In Our Town involves more formal events, pledge cards, and other anti-discrimination actions. Both are working toward a solution to a very prominent issue. ■ KEY

Three BGSU students find their passions at unique internships

By Audrey Quinn

Internships for students can come in a variety of different forms, but are all focused on helping students gain meaningful experience in their chosen field of study.

Senior Keely Jordan currently has an internship with the Ohio Bureau of Criminal Investigations on Bowling Green's campus, an official crime lab for the state of Ohio.

"It's been an interesting experience, definitely not what I expected when I came in," said Jordan. "I've learned a lot about the field of forensics. Coming into this, I didn't know a lot of what it entailed, and I have since learned quite a few procedures".

While Jordan herself is not able to handle samples brought into the lab, she has learned how to work in several different areas, including forensic biology, latent prints, chemistry, firearms and trace evidence.

What Jordan has found most interesting through her time at the crime lab is what little it takes to find someone's DNA or fingerprint. "There's a lot of cases where they are able to trace back simple things," she said, such as DNA in between the fingers of a glove.

One of the requirements for the internship required undertaking a polygraph test. "It's not nearly nerve-racking as people would think," she said.

With a relatively low time commitment of around 10 hours per work, Jordan is able to keep a full class load while interning at the crime lab.

Junior Mackenzie Mullins spent last spring semester as a cast member with the Disney College Program in Florida.

Her position at the internship largely involved handling guests' luggage as a bell services greeter.

"I got to stand outside and welcome guests to the resort," she said. Sometimes, when parents were checking in, Mullins got to entertain the kids and create "magical moments", where a cast member goes above and beyond the call of duty to make a family's vacation as enjoyable as possible.

While Mullins learned a lot of job skills through her time with Disney, she was also able to broaden her personal horizons. "I lived with a girl from China and another from Wales, so I learned a lot about different cultures," she said. "I learned about myself and how confident I really can be".

Junior Caitlin Cunningham had an internship at Nature's Nursery in Whitehouse, Ohio, last summer that has since turned into a job.

Starting out as a volunteer at the nursery, Cunningham was able to learn about the nursery before becoming an intern.

While interning, Cunningham learned how to deal with injured animals, front desk tasks, and the public. While she had to do some "dirty work"—including cleaning up cages and poop—it ended being really worth it because she was offered a job there, she said. "Always be willing to do whatever they ask you to do," she said.

All of the hard work was worth it, she said. "I learned that that's what I want to do with my career," she said.

For students looking for internships of their own, Jordan recommends going to the University's career center, where she found her current internship.

The career center offers a variety of internship opportunities for students in almost any field. They also offer resume critiques, help with cover letters and mock

interviews to help you practice how to present yourself in an internship.

Additionally, Mullins suggests students talk to their friends, coworkers and professors. "So many people at Bowling Green have done great things and can point you in the right direction," she said. "Go to job fairs and don't be afraid to talk to companies that you have no clue about".

Cunningham suggests looking at a variety of internships to find one that best fits you. "I looked at a lot of different internships and I applied to the ones that fit me the most," she said.

Cunningham also mentioned the importance of trying out internships in areas you may not be interested in, if only to learn what you don't want to do in your field. Cunningham previously had an internship in a research department, leading her to discover what she really wanted: "I want to be involved in humane societies or animal sanctuaries now," she said.

"Your internship doesn't have to be what you want to go into," said Jordan. "You can take what you learn and apply it to another field".

For students looking for advice on how to behave during an internship, Jordan recommends to act professional. "It sets you apart from other people if you show maturity and responsibility," she said.

In cases where other employees may look down on you for being an intern, Mullins recommends to stay confident. "You have to be confident in yourself and know that you got the job for a reason," she said.

■ KEY



“Your internship doesn’t have to be what you want to go into. You can take what you learn and apply it to another field.”

– Caitlin Cunningham

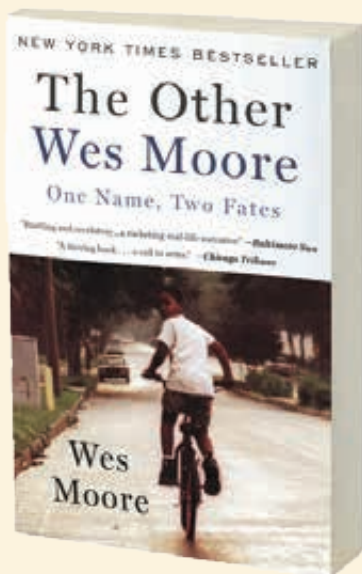
“One Name, Two Fates”

Common Read author, Wes Moore, visits Bowling Green State University

By Jasmine Burnett | Photos courtesy of Jasmine Burnett

“What I wanted people to understand is how thin that line really is between our life and someone else’s life.”

– Wes Moore



Each year, BGSU selects a best-selling author for a common read. The theme for the 2014-2015 year is “Who are you? your choices, your identity, your future.”

Common Read Author, Wes Moore, author of “The Other Wes Moore: Two Names One Fate,” visited Bowling Green’s campus and gave a speech to faculty, staff and members of the Bowling Green community.

“It binds us in terms of what we know about ourselves, what we can think about ourselves, where we are today, where we want to be in the future and the paths we take through life,” University President Dr. Mary Ellen Mazey said.

Close your eyes and envision yourself in a rural community. Envision the struggle as a teenager who is trying to escape the line of being a product of their environment. Now envision someone else. Envision someone who looks completely different but with the same name as you.

That is exactly what Wes Moore did.

Moore wanted people to see beyond the title. He wanted those in that room at that particular moment to understand that the lesson within the book itself was not about: one neighborhood, two kids, one name, one race, or one socioeconomic problem, and it’s not about one generation.

Rodney Santos said, “It’s good to see someone who’s that successful [Wes Moore] stand up in front of everyone and say hey, “This is not just about me, it’s about the people around you.”

For so long, this generation has lived off the famous quote: “they are products of their environment.”

“I heard that so much that eventually I just start swallowing it assuming that it was all true and I never ever questioned it, I just assumed that people are products of their environments,” Moore said.

As he looked to the ceiling in the Union Ballroom, he flashed back on the first

time he meet the other Wes Moore. It started with just a letter that said, “Hey Wes, my names is Wes,” and he proceeded to tell how he heard of him. Moore said that one letter turned to dozens of letters, those dozens of letters turned into dozens of visits at the Jessup Correctional Institution where the most profound conversations would ever take place.

“If you’re takeaway from the story is the good Wes and the bad Wes, the story of the one kid that got sent away and the other didn’t. I would argue that not only did you miss the point but you probably didn’t even read the book,” Moore said.

Often in society, it seems that we miss the whole point of a life lesson. We read the book, we put it down, and then we go tell other’s about it. Completely missing the message that unfolds as you turn from one page to another.

“What I wanted people to understand is how thin that line really is between our life and someone else’s life. I feel like we can be so quick to congratulate, or so quick to castigate without at all even knowing the story,” Moore said.

So he did his years of research until he was able to put together not only a life lesson, but a best seller.

“What I wanted to do actually is take the reader on a journey. Start off with its most adventured moment. Start off with one kid who at 4 years old watched his father die in front of him. Start off with one kid who at 5 years old meets his father for the first time. Then let the reader understand how sometimes them small decisions can have really big impacts rather we realize it or rather we notice it or not,” Moore said.

One Wes Moore decided to go to the Army, attend Johns Hopkins University, and the University of Oxford. The other Wes Moore whose fate turned out differently is now serving year 14 of his no-parole life sentence.



Wes Moore signs his book.



Wes Moore speaks about his book.

Moore said he didn't write this book to create a free Wes Moore movement.

He chuckled and said, "I had six titles for this book."

The book was simply called "Untitled" by Wes Moore.

It wasn't until the fifth week before the book was set to come out that he and his publishers perfected a book title. His publishers came up with "The Other Wes Moore: One Name, Two Fates."

At first he wasn't at all happy with such title. But the publishers made him see the title differently.

The publishers fired back and said, "The name is completely irrelevant, you can throw any name inside of that book title, it really does not matter, because the truth is, there are Wes Moore's that exist in every one of our communities and at every one of our schools and in every one of our homes. The most important thing about the title is: The Other. That fact that our society is full of others."

This book was made for the ones that are voiceless. The other people that we walk past every day, and fail to acknowledge that they are there.

"The space between potential and where we all end up is where we all collectively come in, the higher education the one who understand that we cannot live in a society where we're simply going to be apathetic. But we have to live in a society where we decide to pay attention," Moore said.

Higher education goes beyond having a degree. It goes beyond yourself.

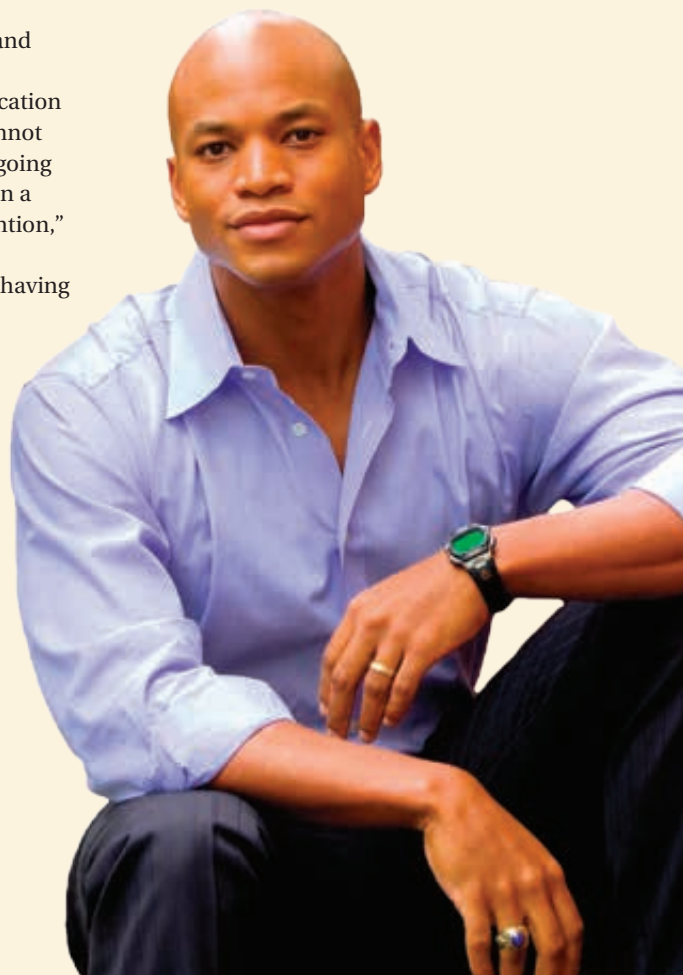
"The definition of higher education is not your ability to get something that you can frame on the wall. The definition of higher education is how do you take that foundation to have it mean something," Moore said.

He asked the crowd, who will you fight for? Who does it matter to the most that you are a Falcon?

Moore has used his talents to teach others to be the best they can be.

"Moore just taught me that higher education is finding things that make you passionate, things that you see that you're going to change," Naomi LaVette said.

Moore said we are products of our own expectations. "You all have really worked very hard to get in the seats you are in, work harder. You have sacrificed a lot to be here in Bowling Green, sacrifice more, because then that's that definition of understanding what higher education is supposed to be about," he said. ■ KEY



“The definition of higher education is how do you take that foundation to have it mean something.”

- Wes Moore



CHAARG

Changing health, attitudes
and actions to re-create girls

By Hannah Benson

“I want to make sure we are meeting their needs and I want them to feel comfortable with us. I want them to see that fitness is not scary.”

– Sammie Frankenberg

More than 200 girls on BG’s campus now have a community to discover new ways to workout and maintain a healthy lifestyle thanks to Sammie Frankenberg.

This community is CHAARG: Changing health, attitudes and actions to recreate girls.

CHAARG was started in 2012 by Elizabeth Tavierne at The Ohio State University and has spread to a total of 18 universities.

The goal of CHAARG is “to ignite a passion in college-aged girls for health and fitness,” according to the website.

BGSU CHAARG Ambassador Sammie Frankenberg said she applied to be an ambassador at the beginning of Fall 2014 semester.

The application was online and included a video submission.

In the video, she went around campus and asked girls what they think of CHAARG and if they would want to see it on BG’s campus. She also included information about the newly renovated rec and explained why she would be a good ambassador.

Frankenberg was a cheerleader for the university her freshman and junior years. After submitting an online application, Frankenberg said she had a Skype interview with the chapter trainer, Sarah Clem. Before being accepted, Frankenberg spent the weekend in Chicago with other potential ambassadors and Tavierne.

During the weekend, the potential ambassadors were given a general overview of what it would look like to be an ambassador on their campus. They also participated in teambuilding activities. Frankenberg described the experience as positive.

On November 4, Frankenberg said she received the email stating that CHAARG would officially be coming to BG.

She said she cried because this is such a huge opportunity for the community and only four to five universities are accepted each semester.

Despite her excitement, she said she had to keep it a secret until it was officially announced by CHAARG.

Over the next six weeks, Frankenberg went through ambassador training, where she was assigned “missions,” such as setting up social media accounts, becoming a student organization and selecting her executive team.

The executive team is made up of secretary Adrienne Devore, treasurer Bailey Gilligan, event coordinators Trisha Conley and Alyssa Adams, VP of membership Kaitlyn Porter and VP of media Marissa Flores.

CHAARG is made up of several elements: main events, off-campus events, small groups, fit plans and 6 a.m. sessions. Frankenberg described the response to CHAARG on BG’s campus as “overwhelmingly awesome.”



TOP:
CHAARGE members attend a workout class.



BOTTOM:
Members of CHAARGE pose together for a photo.

She said she was stoked for the welcome party because when they opened the doors girls just flooded the room.

"You could see how excited they were," she said.

Each chapter has a goal of reaching 100 members and Frankenberg said they did that before registration was over.

They currently have over 200 members. This popularity can be attributed to CHAARG's web-presence, Frankenberg said. Social media is a crucial part of the CHAARG community.

Each executive team member said they discovered CHAARG through a friend's social media.

Frankenberg said she first heard about CHAARG through Instagram.

"I followed a girl from high school who was a member at a different school," she said. "Then I followed the CHAARG account and fell in love with the idea."

Porter said social media, specifically

Instagram, is a way to find motivation.

"I do Instagram as a positive thing," Porter said. "When people look at other girls' CHAARG accounts they see motivation."

Adams also said she discovered CHAARG on social media.

"I stalked the crap out of their social media," Adams said. "For a long time, I was a behind the scenes fan girl."

Adams said she has tried in the past to bring CHAARG to BG because it is always uplifting and always empowering. A virtual chapter exists with over 250 members for those who do not have CHAARG on their campus.

Gilligan said she was a virtual member before a chapter was brought to BG's campus.

The university had 20 virtual members before an on-campus chapter was established.

Members of the virtual chapter have access to the CHAARG community, gear, workouts and national events.

Frankenberg said there has been a push

to get on BG's campus because it is different, has a positive energy and it focuses on women empowerment.

"An active and healthy lifestyle is one of the selling points of this campus," she said. The main events take place on Thursday nights from 7–8pm and 8–9pm.

During these main events, the organization partners with local studios in the area, which instruct the group in a non-traditional workout.

"Everyone has different ways of working out and at the main events you see different people excelling at different things," Porter said.

One main event was "Pound," a workout that fuses cardio, Pilates, isometric movements, plyometrics and isometric poses into a 45-minute series.

The hidden gems of CHAARG are the small groups, Frankenberg said. Each of the seven executive members leads a small group at a different time during the week, which the general members can pick which one they would like to attend.

The goal of small groups is to keep each other accountable and to meet new girls in a more intimate setting, Frankenberg said. Currently, Frankenberg said she is trying to establish a good moral with the members.

"I want to make sure we are meeting their needs and I want them to feel comfortable to communicate with us," she said. "I want them to see that fitness is not scary."

To accommodate girls who have busy day schedules, they have adopted the 6 am crew, which meets in the rec Monday through Friday at 6 am.

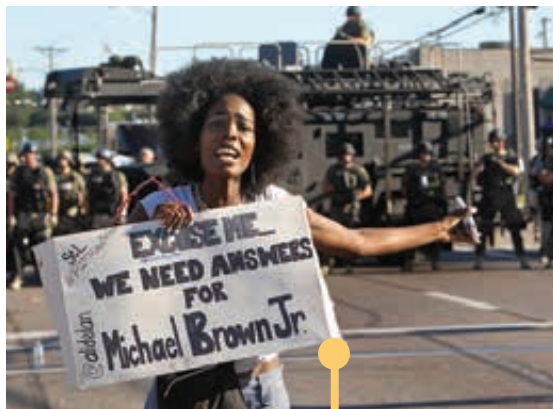
Frankenberg said girls at any fitness level can join CHAARG because it is all a learning experience.

"The CHAARG community is so uplifting; its rare and beautiful," Frankenberg said.

Porter said CHAARG stands out among all the organizations she is part of.

"I've been in a lot of organizations, but this organization has made me feel confident in myself and more motivated and makes me realize who I want to be in the future," Porter said. ■ **KEY**

Shooting of Michael Brown Jr. causes unrest in Ferguson, Missouri.



BGSU knocks down Greek Housing.

YEAR IN

2014 | AUGUST SEPTEMBER OCTOBER NOVEMBER

BGSU's annual STEM in the Park draws nearly 4,000 people.



ISIS militants force 130,000 refugees from north-central Syria to flood into Turkey.



BG Football team wins MAC East.



BGSU Football team wins Camellia Bowl against South Alabama.



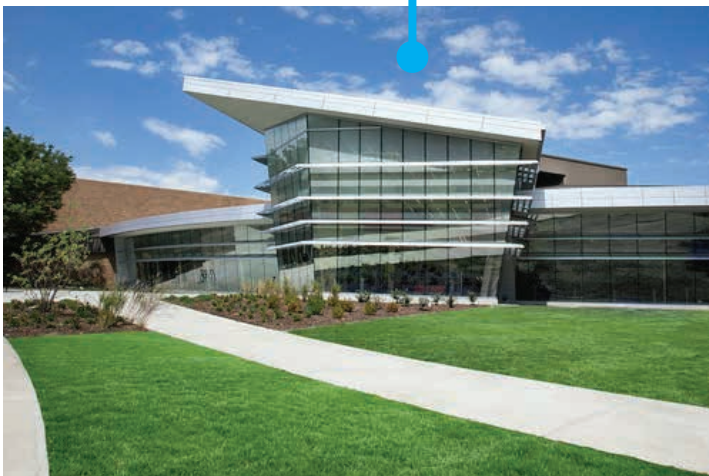
BGSU named one of Business Week's "Best Colleges in America."



20K1Day (Feb. 13). Dance Marathon raised \$20,000 in one day for a total of 28 medals.

REVIEW

DECEMBER JANUARY FEBRUARY MARCH | 2015



Rec Center renovations completed.



CNN Host Brian Stelter visits BGSU.



Men's basketball coach, Chris Jans is fired.

Getting to Know the Board of Trustees

By Lily Bartell

The Board of Trustees are often mythical creatures who students are aware of but don't entirely know what they do or what they are like as people. Essentially, the trustees apply to team up with the board of trustees and then the Ohio governor appoints them to their position for a maximum of nine years. Each of the trustees has a history with BGSU or with the city of Bowling Green and works to create a the best experience possible for students at the University. Wondering what these trustees are like? Here's a little bit about them.



William Primrose III

“It's really important to stay connected to the university.”

Originally from Cleveland, Ohio, Primrose graduated from BGSU with a bachelor's degree in accounting, was a varsity swimmer and enjoys spending time at BGSU tries to attend events at the University as often as he can. Both of his parents, his wife, sister and nephew are alumni of BGSU and his family seems to bleed orange and brown. He believes that education is an important and BGSU has helped him tremendously throughout his life.

“You have a good solid foundation (at BGSU), but your education never ends and you need to read and learn,” he said.

Primrose has many hobbies including golf, photography, riding his motorcycle and reading. He takes one trip per year on his motorcycle and has been places like the Rio Grande, Pikes Peak, Moab, Utah and has traveled through Texas. He enjoys traveling and has a second home in Santa Fe, New Mexico where he plans to retire. In order to learn more about photography, one item on his bucket list is to take photographs at the Summer Olympics. One of Primrose's

favorite books is Steve Job's biography because he could relate to the book both personally and professionally.

“He grew up about the same time,” he said. “A lot of stuff in the book I lived through.”

His parents were Falcon Flames and growing up, his dad was a big influence in his life.

“He taught me a lot about business and he was instrumental in a lot of things in my life. He didn't want me to get a motorcycle,” he joked.

With only one more year to serve on the Board of Trustees, Primrose is forced to look at the message he will leave behind to everyone at BGSU.

“The thing that's real important that maybe students don't recognize is that it's really important to stay connected to the university. It needs support, money, involvement and its wonderful to pay them back for education,” he said.

From Columbus, Ohio and currently residing there, Montgomery served as the first female attorney general in Ohio and currently works as an attorney at the firm of MacMurray, Petersen & Shuster LLP, in Columbus, Ohio. She graduated from BGSU with a bachelor's degree in art and English and attended the Toledo College of Law. Her resume is astounding and her list of professional accomplishments would fill many pages.

One of Montgomery's favorite hobbies is reading. She enjoys nonfiction, history and historical fiction that helps answer why our government is set up the way it is, what influences have morphed our government. One of her favorite authors? David McCullough.

"I like to read, I love to sail, I like generally to go to live entertainment," she said. "Generally, I live a quiet life, read, and socialize and travel."

One of Montgomery's role models is Jo Ann Davidson, the first woman speaker of the Ohio house. She discussed her accomplishments, how she also attended Toledo College of Law, and how Montgomery wanted to follow in her footsteps.

"She's a remarkable woman," she said.

Like Primrose, Montgomery enjoys traveling and her jobs have taken her all over the world including London, Paris, China, South Africa, but also enjoys traveling in the U.S.

"Quite frankly, I love traveling in this country," she said. "There are so many beautiful places."

Traveling is also on her bucket list and, just like her reading, she wants to learn something from the traveling.

"I want to travel England and Ireland a little bit more. I want to travel to understand my family. Just to understand the forces that brought your ancestors here," she said. "You do that by understanding events that propelled people to come here and create this experiment called democracy."

She feels a strong connection to BGSU and with six more years as a trustee, she will help students have the best experience and open up opportunities for them.

"I think Bowling Green is a wonderful Launchpad to an education and a wonderful future," she said. "Enjoy your time at school, it's precious. Enjoy the friends you make and the learning opportunities you have. The University is dedicated to graduating students who will make a difference in society."



Betty Montgomery

"I think Bowling Green is a wonderful launchpad to an education and a wonderful future."

A third generation Falcon from Lima, Ohio with grandparents that went to BGSU in the 1920s, Daley is one of 10 children (5 of whom attended BGSU), graduated from BGSU with a bachelor's degree in business education, and currently living in Columbus, Ohio.

He has worked in the financial industry for the majority of his professional career and currently works as a financial advisor at Ameriprise Financial Services Inc. In his free time he enjoys cycling. In 2014, he decided to ride in the Pelotonia, a three-day cycling experience, to raise money to fund research at The Ohio State University Comprehensive Cancer Center. He would get on his bike some days at noon and would end at 9 p.m.

"It was a year where I decided to physically challenge myself," he said. I trained for a hundred mile cycling ride with team BGSU made up of alumni and faculty members."

When at BGSU, Daley was a member of Pi Kappa Alpha and got involved with the Board of Trustees through his fraternity.

"The best thing for me at Bowling Green was getting involved. Second semester I decided to check some of the organizations out," he said. "It was great leadership

training. I decided to get involved, I became an officer early on. Really, you are running a business. Helped me in the corporate world."

Daley also enjoys traveling and has been to Paris, London, Ireland, Portugal, Italy, New York and California.

"I would say one of my favorite get away places would be Napa Valley," he said. "I didn't really know much about wine before going, but it's something everyone needs to do. You become a wine connoisseur."

As for advice for current students, he emphasizes simply getting involved.

"There are so many things to get involved in and it is also important to give back in organization," he said. "It broadens your horizons."



Stephen Daley

"The best thing for me at Bowling Green was getting involved."



Francis (Fran) Voll

“I think it’s been good for our board to have diversity and represent different backgrounds of people.”

Former Women’s Basketball head coach between 1984 and 1991, Voll is originally from Marion, Ohio, received a bachelor’s degree in business from BGSU and has three sons who went to BGSU. After he graduated he thought he would try out teaching and coaching.

“In the late 60s early 70s there was a real demand for more teachers and if you had a degree and if you were working toward a certificate in teaching you could teach,” he said. “I thought I wanted to try that and I always thought I wanted to coach so I did and before I knew it, it was 45 years later.”

Voll currently lives in Marion, Ohio, but enjoys coming back to BGSU for athletic events. However, he has 11 grandchildren who keep him more than a little busy.

“We have a lot to do we don’t run out of things to do,” he said.

He has served on all the committees within the Board of Trustees and continues to have the goal to serve the community and make sure the university is physically

and financially sound, like with the Greek Housing Project. He also wants the University to be socially sound and for each student to feel included.

“To me, it’s a sad note if somebody gets lost in the shuffle. We want to make sure someone reaches out to them and do what we can to help them grow,” he said. “I don’t come from the business world like most of the trustees do. I think it’s been good for our board to have diversity and represent different backgrounds of people.”

His advice to students, like Daley, is to get involved. Also, to not miss opportunities in college.

“Don’t let it go by. It’s a once in a lifetime thing,” he said.



Megan Newlove

“Make sure you enjoy what you’re doing.”

From Bowling Green, Megan Newlove is the owner of a title company and specializes in real estate, business and adoption law and her father, Dick Newlove, used to be on the Board of Trustees.

She attended Miami University and received her law degree from the Toledo College of Law. She has two young sons and having her own business has opened up her schedule in order to have a good professional and personal life.

“It’s been wonderful having my own business and having kids,” she said. “I have flexibility that I wouldn’t have in other settings.”

In her free time she enjoys reading, doing pottery and traveling. Her husband is from England, she traveled through Europe one summer when in law school and she wishes to travel more internationally in the future.

As a business owner, she wants BGSU students to understand that starting a business can be scary, but it can be more than worth it.

“Make sure you enjoy what you’re doing,” she said. “I would say to take that leap of faith. It was an intimidating step. It’s rewarding in the end.” ■ KEY

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“The direction in which education starts
a man will determine his future life.”

— PLATO





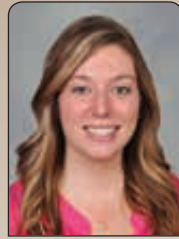
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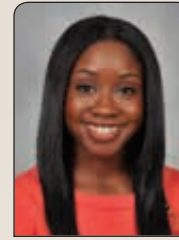
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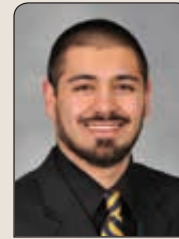
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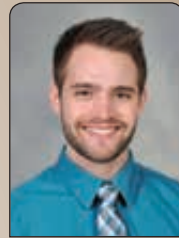
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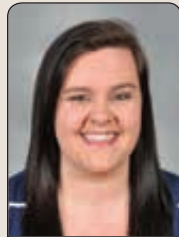
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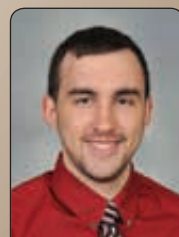
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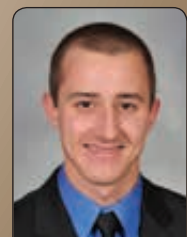
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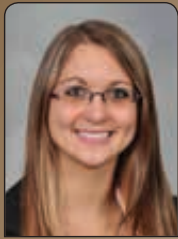
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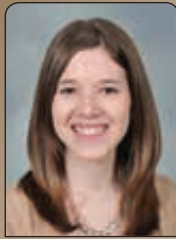
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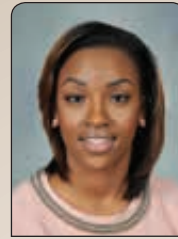
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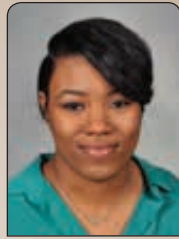
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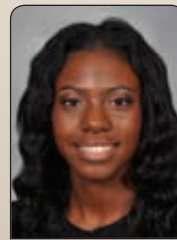
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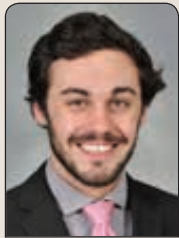
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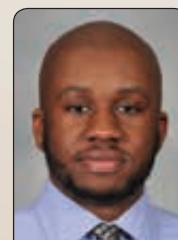
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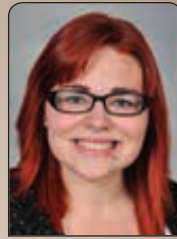
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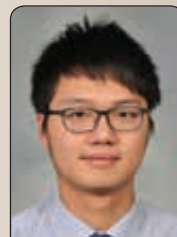
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Sport Management

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