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Bowling Green State University

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Job Expo Leads To Internship

Accounting Major Benefits From Experience

By **Myah Lanier**
Reporter



Justin Miller
Accounting major

Justin Miller is taking a stance in his career with a summer internship from the BGSU Career Expo to peruse his dreams.

Miller, a student at the University majoring in accounting, will be a senior in the fall.

"I am almost finished with school, but I am blessed to have such an amazing internship to help out with my major," he said.

Miller went to a Job Expo at the University where he talked to a Human

Resources employee from Andersons Incorporated. After delivering an elevator speech, Miller was given an interview with her.

"After I got the interview I had got my offer letter that next week, went in for my drug test, and started that summer of 2013," he said.

Andersons Incorporated is a publicly traded company with diverse interests that include agribusinesses such as grain and plant nutrients, railcar leasing and repair, industrial products formulation, turf products, retailing and, most recently, ethanol operations.

"I was the one to help Justin prepare his elevator speech and who informed him about the Job Career Expo, but I also know people who [were] associated with the company he interns for," said Jordan Meador, an event planner at the University. "The company is a great company that one man built on his own that makes it possible for young men like Justin."

Miller said the internship is paid, and worked through the summer full time Monday through Friday, nine to five.

A typical day for Miller at the internship is to go in and work on his assigned work from his supervisor.

Miller helped his supervisor with things such as stock testing and auditing.

"We did have different projects and different audits," Bryant Helton, former intern at Andersons Incorporated, said. "We went to Tennessee and had to do an audit or just office work."

Miller went to the facility that the company bought in Tennessee and made sure they transferred the policies to the Andersons' policy.

"The traveling is fun, everything is paid for and it was nice to be outside the office not having to pay for everything," Miller said.

Helton said Miller talks about how his internship has changed his life tremendously.

"I know Justin loves this internship," Helton said.

Miller said he enjoys the work he does.

"It's nice to see the work that I have done translated into the audit that they have to do," Miller said.

By having this internship, Miller feels that he was now able to go to the Job Career Expo this year and receive eight different offers from companies that wanted him to join their team.

See **Internship** | Page 2

Boomin' BG Businesses

Local business are still busy even though classes are out of session

By **Angela Hill and Alexander Elfreich**
Reporters

During the school year, most of downtown Bowling Green is bustling with students frequenting in and out of shops and telling their friends what good deals they got or what the new food is that they tried from a particular restaurant.

In the summer the businesses still remain, but as in any town, every business has a plan when classes let out and students are home. Businesses in Bowling Green depend upon the people in the city to keep them alive, and often the locals do not stop coming in simply because classes are not in session. "Surprisingly, business has not really slowed down at all considering that school left out a couple of weeks ago," Charlie Emenhiser, a bouncer, disc jockey and server at City Tap, said.

See **Business** | Page 3

Summer Season Offers Time to Improve Weight, Health

By **Lydia Scott**

With summer around the corner, many look to improving their health and weight. Maintaining a healthy weight is imperative to being healthy and preventing certain ailments.

With many snack foods available in the U.S., weight gain does not seem unlikely. Gaining weight as one ages is very probable and occurs frequently.

According to the National Heart, Blood and Lung Institute, on average, one to two pounds can be gained yearly by those between the ages of 18 and 49.

Even though weight gain does occur, it's dangerous. Maintaining a healthy weight can prevent many diseases.

In addition to lowering the risk of heart disease, stroke, diabetes, and high blood pressure, maintaining a healthy weight can also lower the risk of many different cancers, according to the Harvard School of Public Health's website.

Mary-Jon Ludy, an assistant professor of clinical

nutrition at the University, says being overweight can stem from being on campus where there is constant access to food, less physical activity than in high school and, in some cases, alcohol consumption.

Ludy teaches undergraduate and graduate classes in the food and nutrition program and researches patterns of weight change in college students. She said being involved in activities on campus and making smart eating choices can lower the risk of being overweight.

Maintaining healthy weight needs to be a lifestyle decision, one that encompasses every aspect of a person's life, said Faith Yingling, director of Wellness Connections.

"I think what people need to really think about is a healthy lifestyle and how to maintain that over time, how to get moving, and eat nutritiously, reduce stress, those types of things," she said.

Yingling said not to focus on weight, but rather on a

healthy lifestyle because healthy life decisions are the things that stave off chronic disease. As an example, deciding not to drink a soda saves 200 calories, she said.

Both women feel that exercise and a healthy diet are keys to successful weight maintenance.

"It isn't much more complicated than that," Ludy said.

One way to assess health is using Body Mass Index, BMI, to determine what a healthy weight is.

The Center for Disease Control and Prevention website illustrates how to calculate BMI. In order to find it, the site says to take weight, divide it by height squared, and multiply that number by a conversion factor of 703. Healthy BMI is between 18.5 and 24.9.

However, BMI can be misleading in some cases. If someone is more muscular, Yingling said, their BMI could be higher, which can be misleading because

See **Health** | Page 2

FOSTER AT THE FILLMORE

PULSE editor Amanda Matthews reviews Foster the People. | **PAGE 5**



FORUM

Copy Chief Lydia Scott writes on how books are superior to the movies they inspire. | **PAGE 4**



WHAT DO YOU HOPE TO ACCOMPLISH THIS SUMMER?

"Finish reading Les Miserables, that's my big goal."

Kat Virostko
Senior, AYA Integrated Language Arts



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BLOTTER



SAT., MAY 17 1:30 P.M.

Complainant reported that sometime during the night unknown subjects destroyed a mailbox within the 700 block of 8th St. Damage estimated at \$50.

3:14 P.M.

Complainant reported that sometime during the night an unknown person took the mirror glass out of the driver side mirror within the 700 block of High St. Estimated damage \$75.

4:30 P.M.

John Martin Rosado, 24, of Bowling Green, was arrested for rape and aggravated burglary within the 1000 block of Fairview Ave. He was lodged in the Wood County Justice Center.

11:32 P.M.

Emily C. Beavers, 22, of Bowling Green, was cited for open container of alcohol within the 800 block of N. Enterprise St.

SUN., MAY 18 12:12 A.M.

Brandon R. Matukas, 22, of Bowling Green, was cited for disorderly conduct/urinating within the 100 block of N. Enterprise St.

1:25 A.M.

Ryan P. Conlan, 20, of Bowling Green, was cited for underage possession of alcohol and open container within the 100 block of N. Main St.

7:27 A.M.

Absulon A. Collins, 30, of Toledo, was cited for open container in a motor vehicle within the 1600 block of E. Wooster St.

MON., MAY 19 3:35 P.M.

Complainant reported the theft of a meter hood cover near Lot 2 downtown.

Check out the full interactive blotter map at **BGNEWS.COM**

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HEALTH

From Page 1

they aren't overweight.

Another way to assess healthy weight is to do daily weight checks and look at the average range weekly, said Kimberly Fischer, a state tested nurse's aide at Interim and Meadows of Leipsic.

Ambulation, the ability to move or walk around, is a problem for being under or overweight, she said. If a person is too skinny, she said, they have no strength to move and if someone is overweight, they may not be able to carry their own weight.

Overall, sustaining a healthy weight helps to create better health.

There are seven things Jenny Block, a writer at PolicyMic.com, says one can do to attain this goal.

The things, she says, are to rid your diet of artificial sweeteners, cut back sweets, take probiotics for the digestive system, and portion plates with veggies, starch and protein. Furthermore, she said to get 30 minutes of cardio a day, buy an organic product at the grocery store and eat more vegetables such as cabbage, kale and broccoli.

"Exercise. Even if it's going for a quick walk down the hallway," Fischer said. "[Eat] three meals a day. And of course, drink fluids."

INTERNSHIP

From Page 1

"The companies were actually selling themselves to me this time," he said. "They were persuading me and telling me why I should work for them, only because of the [internship] I have now and the experience it has given me."

Miller has another internship at Owens Illinois in Perrysburg, Ohio. He sees it as being another great opportunity for him.

"I think students need to take advantage of the resources on campus," Miller said. "I was able to get my resume how businesses would want it to look and I was able to get two interns just by attending this Career Expo."

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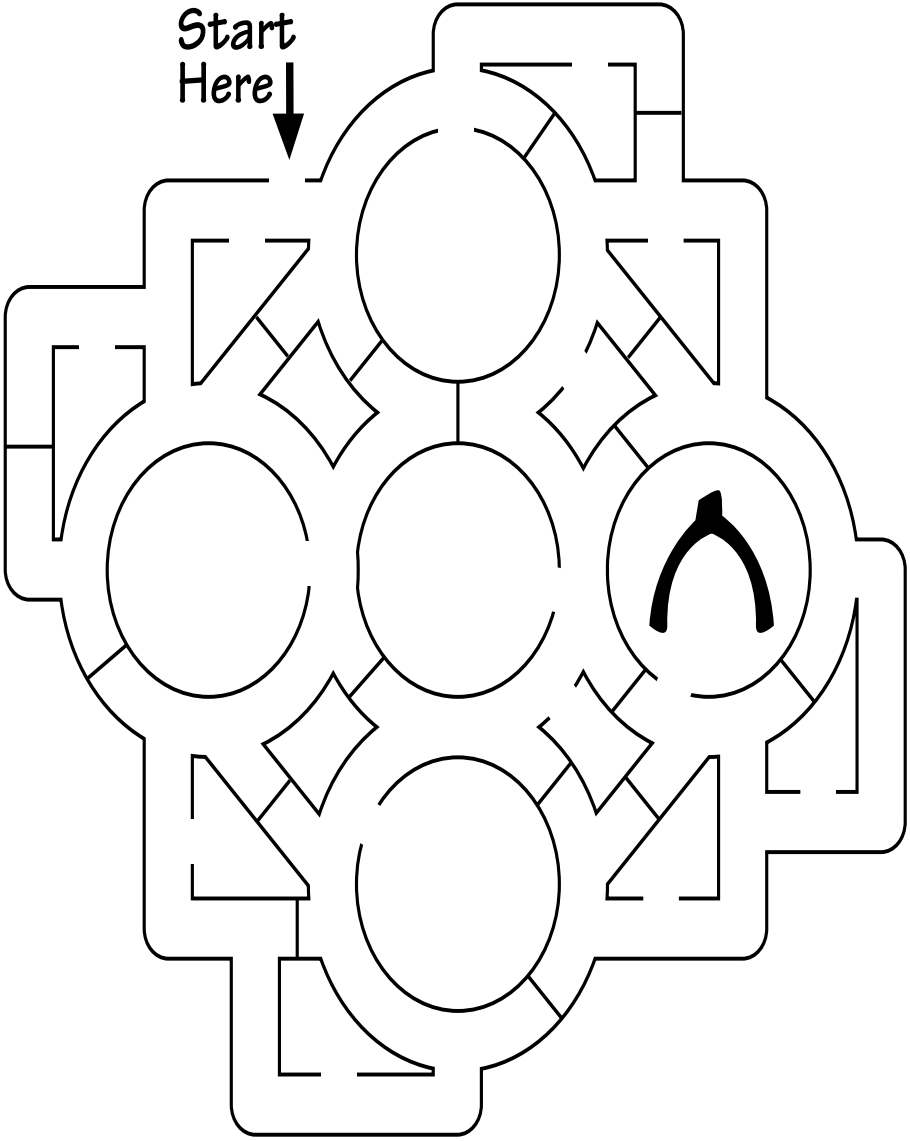
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BUSINESS

From Page 1

He also talked about how the owners adapt to the change in the year. A couple of ways they adapt to the change is by looking at food costs and liquor orders and then will decide from there about how much to order.

“We still do a lot of specials during the week,” Sarah Bonham, a bartender and server at City Tap, said.

Right now, City Tap is running a special on its wings for 34 cents.

“Getting 12 wings for under five dollars is a deal,” Emenhiser said.

City Tap keeps the same menu and runs the same weekend schedule and City Tap is known in Bowling Green for its burgers and wings, Emenhiser said.

“Last summer was really great for us, and so far this summer has proven to be a great start,” said Rick Ault, One49 owner.

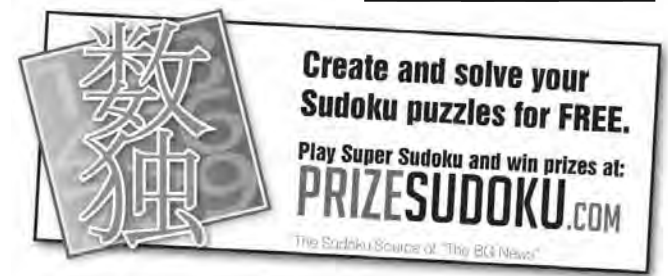
Various members of staff at One49 felt that locals remember how wide open their bar is as well as their pinot bombs.

4						9		1
	1	3		8	9			7
		8			7	6		3
		9			4		1	
7	2	1	3			4		
	4	1				3		
9		5	3			1		4
8		4	5	6		7		
	6					5		8

SUDOKU

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

8	8	5	7	6	7	9	1
6	7	1	9	5	7	8	8
7	9	1	8	7	5	7	6
7	7	5	6	8	1	7	9
5	6	7	9	5	1	7	8
9	1	8	7	7	6	5	8
8	5	9	7	1	7	8	6
7	7	7	6	8	9	5	1
1	8	6	8	5	5	7	7



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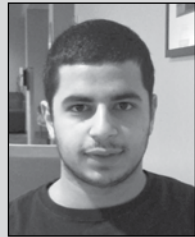
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PEOPLE ON THE STREET What do you hope to accomplish this summer?



"I hope to do well in class and find a job and I guess learning more about BG because I'm a transfer student."

JOSH ACKERMAN
Senior,
Exercise Science



"Get some money for fall semester and get some summer classes out of the way."

OMAR GIRAD
Sophomore,
Biology



"Just doing well in summer classes so I can get accepted into methods in the fall."

DEVON SANDERS
Senior,
Special Education



"Passing chemistry."

KAYLA CLARK
Senior,
Biology

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Have your own take on today's People On The Street? Or a suggestion for a question? Give us your feedback at bgnews.com.

Embracing a new beginning of life



TAYLOR FREYER
FORUM EDITOR

Often, we try to live our lives in a routine. It is a simple, safe, and a familiar way of living. Yet, at certain times, our lives become unpredictable.

In reality, life is constantly changing and we're changing with it.

No matter what we may think, everyone changes in some way.

We're not the same person we were a year ago, a month ago, or even a week ago.

The cycle of life never stops, but every ending creates a new beginning.

New beginnings bring a rollercoaster of emotions through excitement, happiness, fear and worry.

Although at times it may seem easier to just give up after experiencing different situations in life, there are ways to approach these new obstacles with positive strategies to avoid feel-

ing defeated by them.

First, take things one day at a time. Sure, it seems simple, but when experiencing new beginnings in your life you often look at the big picture, leading it to seem overwhelming. Slow down and dissect it. You'll realize it's easier to tackle it in smaller pieces.

Secondly, have an open mind. It's easier said than done, but challenge yourself to remain positive. As each situation will impact your life differently, you have the power to determine its outcome.

Thirdly, be courageous. The famous saying, "Never let the fear of striking out keep you from playing the game," could not be more meaningful when attempting to face your fears. Don't let fear keep you from accomplishing goals you've set for your life. Believe in yourself.

Fourthly, trust yourself. Out of all the people in the world, you know yourself the best. You know your strengths and weaknesses, and

you also know your past mistakes. Let these guide you in moving forward in new situations.

Lastly, embrace the changes in your life. Remind yourself that you are lucky enough to experience new opportunities in your life and give yourself the chance to enjoy these changes. Allow yourself to take the next step in your new path to a great life.

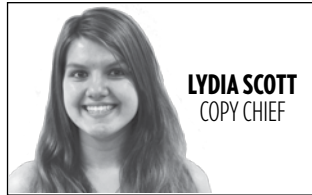
I understand it's not always simple, but it is important to remember that today is not just another day. Take each day as a new opportunity, another chance, a new beginning and embrace it because tomorrow is never certain.

After the end of a successful 2013-14 school year here at the University, consider the summer of 2014 your new beginning.

Accept new challenges, explore different opportunities and embrace every moment of the changes in your life.

Respond to Taylor at thenews@bgsu.edu

Books dominate movie counterparts



LYDIA SCOTT
COPY CHIEF

We all have our favorite book. Sometimes, our favorite books are transformed into our favorite movies. But which would be your go-to: the book or its movie?

To me, being imaginative is something that's important. I like the feeling of being creative. Books give me the power to do that.

Northern Virginia Magazine, a source Amazon.com values for its authority in all things entertaining and fun, pushes the matter into existence.

It explains that a reader's imagination is what makes a book. Without imagination, it says, there is no book.

Authors leave most of the imagining to readers, the site says.

Imagination is not something that movies really allow for. It is imperative, then, that

"Books let you feel everything, know everything and LIVE everything,"

Barnes & Noble | Website

we use our imagination when reading.

As a rather large chain bookstore, Barnes & Noble agrees, attesting that the movie rarely, if ever, goes in line with most people's idea of who each character is—the one they created in their mind. Transforming a book into a movie removes the connection people make with the character they created, Barnes & Noble's article iterates.

The emotional connection the reader had is now gone. The character they created is now being portrayed by some prim and proper actor.

Furthermore, The Guardian, "one of the

world's best-selling international weekly newspapers" according to its website, expands on Barnes & Noble's idea, explaining the detachment readers may experience when they watch a film.

"Books let you feel everything, know everything and LIVE everything," the website says. "When you read a book, nothing else exists and you can be a whole other person in this completely new and amazing world."

I don't know about you, but being part of any amazing world I throw myself into when I read is imperative to the enjoyment of engrossing myself into something. That touch of individual pizzazz we all give stories is what makes books so much more than the movie.

Imagination, ladies and gents, is the reason you should shut off the movie and pick up the book.

Respond to Lydia at thenews@bgsu.edu

Set new goals for the summer



ALEXANDER ELFREICH
EDITOR-IN-CHIEF

Summer is here. It's the time when we take a breather from 16 weeks of class work—unless, of course, you're taking summer classes at the University.

Summer can be an exciting time of the year. But, like the school year, there can eventually come a point in the next few months where we find ourselves in the "dog days," feeling listless.

I have definitely had this happen to me at some point or another during the last few summers. It will probably happen at some point this summer as well. But even if we can't stop it, we can prepare for how we're going to respond to it.

"Summer can be an exciting time of the year."

The beginning of summer is a good time to set goals for ourselves. Maybe there are things you want to do over summer like read certain books, exercise more, or incorporate something healthy into your diet. If you want to be intentional about your summer, there's no time like the present to start. When those "dog days" start to kick in, you can remember those goals and remain purposeful in striving to reach them.

Over the last week, I have decided to set summer goals for myself. One of my goals is to get up earlier than I would if I slept in so I can spend some quiet time reading or praying before getting

into my tasks for the day.

I also want to make sure I have some one-on-one time with people every day, whether that means getting lunch with someone I know or interacting with someone I don't know on campus.

What are some things you'd like to do differently this summer? What do you think you can do to become a better version of yourself? You can turn these thoughts into goals for the summer.

If you're going to set goals for yourself, I encourage you to tell someone else about them. Have the other person set goals as well. You both can hold each other accountable for reaching and maintaining them.

Hope your summer gets off to a good start!

Respond to Alexander at thenews@bgsu.edu

College students always busy



CASSIE SULLIVAN
COLUMNIST

Over the past two weeks since the semester ended, I've realized a few things.

One of these things is how adapting to one kind of lifestyle after living a certain way for most of this year is difficult.

See, while I'm at the University, I work two jobs, have classes and have to take care of myself while making sure homework gets done and I still sleep so I don't feel like death.

My life gets a little hectic and I know it. I love the sense of constantly going, knowing when it's all said and done, I'll have a lot to show for it.

But, when the semester is done, my lifestyle changes.

"No longer am I stressed because I can't seem to get that paper done or I keep putting off smaller things, but instead, I'm able to relax and do things I normally wouldn't be able to do if I were still in school, like read and watch movies."

No longer am I stressed because I can't seem to get that paper done or I keep putting off smaller things, but instead, I'm able to relax and do things I normally wouldn't be able to do if

I were still in school, like read and watch movies. It's even worse when I go from working close to 40 hours a week to not having work at all.

Not only is this a loss of time spent earning a paycheck, but also something hard to adjust to when you're used to making your own ends meet.

While I am kicking myself for not working the instant I got home, I've enjoyed the last two weeks relearning how it feels to sit at home and read or watch TV.

As college students, our lives are constantly going, no matter what time of the year it is.

Take time and enjoy the small things, even if you're in summer classes or spending the summer working. Or both—don't drive yourself insane.

Respond to Cassie at thenews@bgsu.edu

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ALEXANDER ELFREICH,
EDITOR-IN-CHIEF

210 West Hall

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LETTERS TO THE EDITOR

Letters are generally to be fewer than 300 words. These are usually in response to a current issue on the University's campus or the Bowling Green area.

GUEST COLUMNS

Guest Columns are generally longer pieces between 400 and 700 words. These are usually also in response to a current issue on the University's campus or the Bowling Green area. Two submissions per month maximum.

POLICIES

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BLOTTER



SAT., MAY 17 1:30 P.M.

Complainant reported that sometime during the night unknown subjects destroyed a mailbox within the 700 block of 8th St. Damage estimated at \$50.

3:14 P.M.

Complainant reported that sometime during the night an unknown person took the mirror glass out of the driver side mirror within the 700 block of High St. Estimated damage \$75.

4:30 P.M.

John Martin Rosado, 24, of Bowling Green, was arrested for rape and aggravated burglary within the 1000 block of Fairview Ave. He was lodged in the Wood County Justice Center.

11:32 P.M.

Emily C. Beavers, 22, of Bowling Green, was cited for open container of alcohol within the 800 block of N. Enterprise St.

SUN., MAY 18 12:12 A.M.

Brandon R. Matukas, 22, of Bowling Green, was cited for disorderly conduct/urinating within the 100 block of N. Enterprise St.

1:25 A.M.

Ryan P. Conlan, 20, of Bowling Green, was cited for underage possession of alcohol and open container within the 100 block of N. Main St.

7:27 A.M.

Absulon A. Collins, 30, of Toledo, was cited for open container in a motor vehicle within the 1600 block of E. Wooster St.

MON., MAY. 19 3:35 P.M.

Complainant reported the theft of a meter hood cover near Lot 2 downtown.

Check out the full interactive blotter map at **BGNEWS.COM**

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HEALTH

From Page 1

they aren't overweight.

Another way to assess healthy weight is to do daily weight checks and look at the average range weekly, said Kimberly Fischer, a state tested nurse's aide at Interim and Meadows of Leipsic.

Ambulation, the ability to move or walk around, is a problem for being under or overweight, she said. If a person is too skinny, she said, they have no strength to move and if someone is overweight, they may not be able to carry their own weight.

Overall, sustaining a healthy weight helps to create better health.

There are seven things Jenny Block, a writer at PolicyMic.com, says one can do to attain this goal.

The things, she says, are to rid your diet of artificial sweeteners, cut back sweets, take probiotics for the digestive system, and portion plates with veggies, starch and protein. Furthermore, she said to get 30 minutes of cardio a day, buy an organic product at the grocery store and eat more vegetables such as cabbage, kale and broccoli.

"Exercise. Even if it's going for a quick walk down the hallway," Fischer said. "[Eat] three meals a day. And of course, drink fluids."

INTERNSHIP

From Page 1

"The companies were actually selling themselves to me this time," he said. "They were persuading me and telling me why I should work for them, only because of the [internship] I have now and the experience it has given me."

Miller has another internship at Owens Illinois in Perrysburg, Ohio. He sees it as being another great opportunity for him.

"I think students need to take advantage of the resources on campus," Miller said. "I was able to get my resume how businesses would want it to look and I was able to get two interns just by attending this Career Expo."





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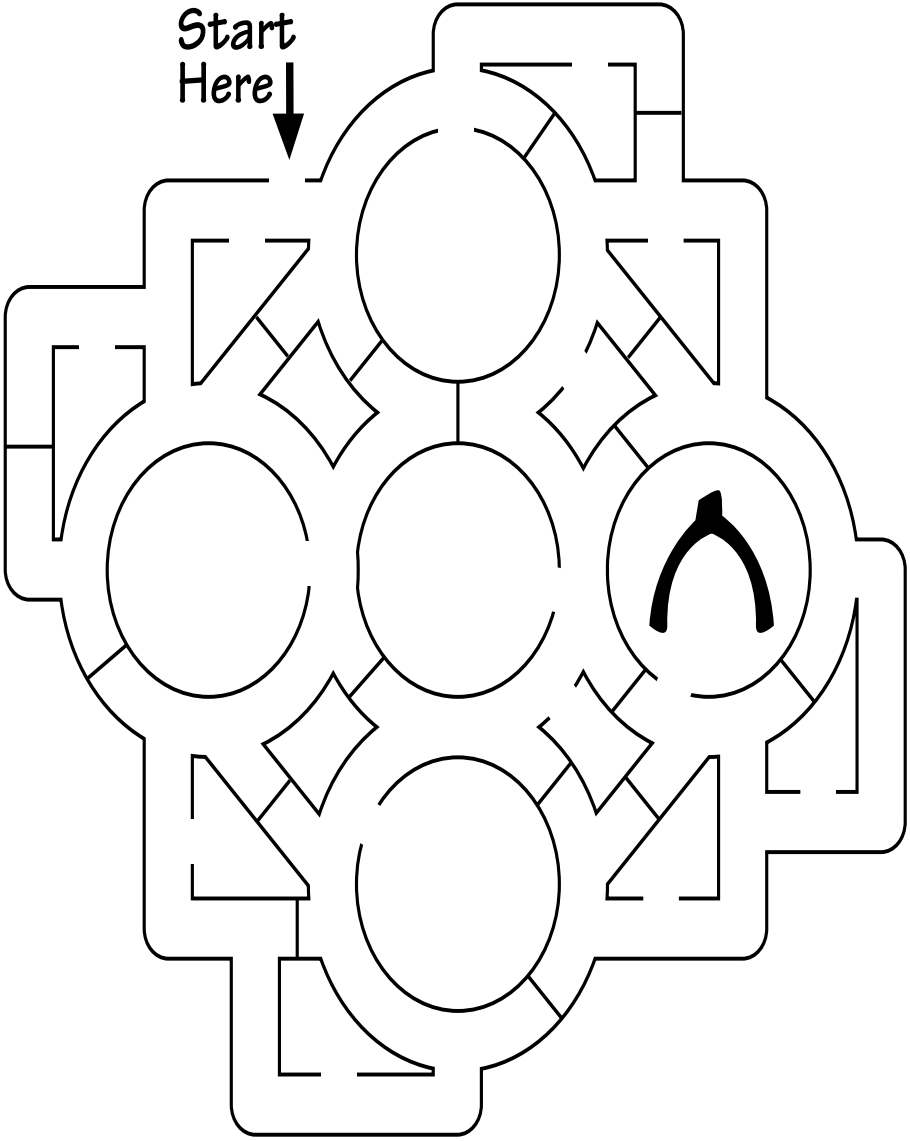
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BUSINESS

From Page 1

He also talked about how the owners adapt to the change in the year. A couple of ways they adapt to the change is by looking at food costs and liquor orders and then will decide from there about how much to order.

“We still do a lot of specials during the week,” Sarah Bonham, a bartender and server at City Tap, said.

Right now, City Tap is running a special on its wings for 34 cents.

“Getting 12 wings for under five dollars is a deal,” Emenhiser said.

City Tap keeps the same menu and runs the same weekend schedule and City Tap is known in Bowling Green for its burgers and wings, Emenhiser said.

“Last summer was really great for us, and so far this summer has proven to be a great start,” said Rick Ault, One49 owner.

Various members of staff at One49 felt that locals remember how wide open their bar is as well as their pinot bombs.

THE BG NEWS SUDOKU								
4						9		1
	1	3		8	9			7
		8			7	6		3
		9			4		1	
7	2	1	3			4		
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8		4	5	6		7		
	6					5		8

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7	9	1	8	7	5	7	6
7	7	5	6	8	1	7	9
5	6	7	9	5	1	7	8
9	1	8	7	7	6	5	8
8	5	9	7	1	7	8	6
7	7	7	6	8	9	5	1
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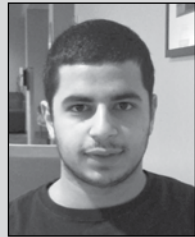
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PEOPLE ON THE STREET What do you hope to accomplish this summer?



"I hope to do well in class and find a job and I guess learning more about BG because I'm a transfer student."

JOSH ACKERMAN
Senior,
Exercise Science



"Get some money for fall semester and get some summer classes out of the way."

OMAR GIRAD
Sophomore,
Biology



"Just doing well in summer classes so I can get accepted into methods in the fall."

DEVON SANDERS
Senior,
Special Education



"Passing chemistry."

KAYLA CLARK
Senior,
Biology

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Have your own take on today's People On The Street? Or a suggestion for a question? Give us your feedback at bgnews.com.

Embracing a new beginning of life



TAYLOR FREYER
FORUM EDITOR

Often, we try to live our lives in a routine. It is a simple, safe, and a familiar way of living. Yet, at certain times, our lives become unpredictable.

In reality, life is constantly changing and we're changing with it.

No matter what we may think, everyone changes in some way.

We're not the same person we were a year ago, a month ago, or even a week ago.

The cycle of life never stops, but every ending creates a new beginning.

New beginnings bring a rollercoaster of emotions through excitement, happiness, fear and worry.

Although at times it may seem easier to just give up after experiencing different situations in life, there are ways to approach these new obstacles with positive strategies to avoid feel-

ing defeated by them.

First, take things one day at a time. Sure, it seems simple, but when experiencing new beginnings in your life you often look at the big picture, leading it to seem overwhelming. Slow down and dissect it. You'll realize it's easier to tackle it in smaller pieces.

Secondly, have an open mind. It's easier said than done, but challenge yourself to remain positive. As each situation will impact your life differently, you have the power to determine its outcome.

Thirdly, be courageous. The famous saying, "Never let the fear of striking out keep you from playing the game," could not be more meaningful when attempting to face your fears. Don't let fear keep you from accomplishing goals you've set for your life. Believe in yourself.

Fourthly, trust yourself. Out of all the people in the world, you know yourself the best. You know your strengths and weaknesses, and

you also know your past mistakes. Let these guide you in moving forward in new situations.

Lastly, embrace the changes in your life. Remind yourself that you are lucky enough to experience new opportunities in your life and give yourself the chance to enjoy these changes. Allow yourself to take the next step in your new path to a great life.

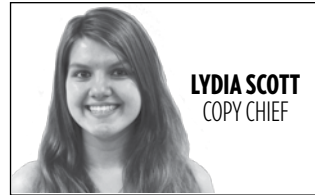
I understand it's not always simple, but it is important to remember that today is not just another day. Take each day as a new opportunity, another chance, a new beginning and embrace it because tomorrow is never certain.

After the end of a successful 2013-14 school year here at the University, consider the summer of 2014 your new beginning.

Accept new challenges, explore different opportunities and embrace every moment of the changes in your life.

Respond to Taylor at thenews@bgsu.edu

Books dominate movie counterparts



LYDIA SCOTT
COPY CHIEF

We all have our favorite book. Sometimes, our favorite books are transformed into our favorite movies. But which would be your go-to: the book or its movie?

To me, being imaginative is something that's important. I like the feeling of being creative. Books give me the power to do that.

Northern Virginia Magazine, a source Amazon.com values for its authority in all things entertaining and fun, pushes the matter into existence.

It explains that a reader's imagination is what makes a book. Without imagination, it says, there is no book.

Authors leave most of the imagining to readers, the site says.

Imagination is not something that movies really allow for. It is imperative, then, that

"Books let you feel everything, know everything and LIVE everything,"

Barnes & Noble | Website

we use our imagination when reading.

As a rather large chain bookstore, Barnes & Noble agrees, attesting that the movie rarely, if ever, goes in line with most people's idea of who each character is—the one they created in their mind. Transforming a book into a movie removes the connection people make with the character they created, Barnes & Noble's article iterates.

The emotional connection the reader had is now gone. The character they created is now being portrayed by some prim and proper actor.

Furthermore, The Guardian, "one of the

world's best-selling international weekly newspapers" according to its website, expands on Barnes & Noble's idea, explaining the detachment readers may experience when they watch a film.

"Books let you feel everything, know everything and LIVE everything," the website says. "When you read a book, nothing else exists and you can be a whole other person in this completely new and amazing world."

I don't know about you, but being part of any amazing world I throw myself into when I read is imperative to the enjoyment of engrossing myself into something. That touch of individual pizzazz we all give stories is what makes books so much more than the movie.

Imagination, ladies and gents, is the reason you should shut off the movie and pick up the book.

Respond to Lydia at thenews@bgsu.edu

Set new goals for the summer



ALEXANDER ELFREICH
EDITOR-IN-CHIEF

Summer is here. It's the time when we take a breather from 16 weeks of class work—unless, of course, you're taking summer classes at the University.

Summer can be an exciting time of the year. But, like the school year, there can eventually come a point in the next few months where we find ourselves in the "dog days," feeling listless.

I have definitely had this happen to me at some point or another during the last few summers. It will probably happen at some point this summer as well. But even if we can't stop it, we can prepare for how we're going to respond to it.

"Summer can be an exciting time of the year."

The beginning of summer is a good time to set goals for ourselves. Maybe there are things you want to do over summer like read certain books, exercise more, or incorporate something healthy into your diet. If you want to be intentional about your summer, there's no time like the present to start. When those "dog days" start to kick in, you can remember those goals and remain purposeful in striving to reach them.

Over the last week, I have decided to set summer goals for myself. One of my goals is to get up earlier than I would if I slept in so I can spend some quiet time reading or praying before getting

into my tasks for the day.

I also want to make sure I have some one-on-one time with people every day, whether that means getting lunch with someone I know or interacting with someone I don't know on campus.

What are some things you'd like to do differently this summer? What do you think you can do to become a better version of yourself? You can turn these thoughts into goals for the summer.

If you're going to set goals for yourself, I encourage you to tell someone else about them. Have the other person set goals as well. You both can hold each other accountable for reaching and maintaining them.

Hope your summer gets off to a good start!

Respond to Alexander at thenews@bgsu.edu

College students always busy



CASSIE SULLIVAN
COLUMNIST

Over the past two weeks since the semester ended, I've realized a few things.

One of these things is how adapting to one kind of lifestyle after living a certain way for most of this year is difficult.

See, while I'm at the University, I work two jobs, have classes and have to take care of myself while making sure homework gets done and I still sleep so I don't feel like death.

My life gets a little hectic and I know it. I love the sense of constantly going, knowing when it's all said and done, I'll have a lot to show for it.

But, when the semester is done, my lifestyle changes.

"No longer am I stressed because I can't seem to get that paper done or I keep putting off smaller things, but instead, I'm able to relax and do things I normally wouldn't be able to do if I were still in school, like read and watch movies."

No longer am I stressed because I can't seem to get that paper done or I keep putting off smaller things, but instead, I'm able to relax and do things I normally wouldn't be able to do if

I were still in school, like read and watch movies. It's even worse when I go from working close to 40 hours a week to not having work at all.

Not only is this a loss of time spent earning a paycheck, but also something hard to adjust to when you're used to making your own ends meet.

While I am kicking myself for not working the instant I got home, I've enjoyed the last two weeks relearning how it feels to sit at home and read or watch TV.

As college students, our lives are constantly going, no matter what time of the year it is.

Take time and enjoy the small things, even if you're in summer classes or spending the summer working. Or both—don't drive yourself insane.

Respond to Cassie at thenews@bgsu.edu

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THE BG NEWS

ALEXANDER ELFREICH,
EDITOR-IN-CHIEF

210 West Hall

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AMANDA MATTHEWS | THE BG NEWS

MEDIA REVIEWS

FOSTER THE PEOPLE Concert | Grade: A



AMANDA MATTHEWS | THE BG NEWS

MARK FOSTER performs in front of a packed house of supporters singing along to every song on the setlist.



AMANDA MATTHEWS | THE BG NEWS

FOSTER THE PEOPLE shakes the Fillmore in Detroit with their high-energy tunes with powerful beats that had the crowd dancing up a storm. See [More Photos](#) | Page 6

By **Amanda Matthews**
Pulse Editor

While some parents encourage their children to pursue a path in life that includes a safe job with a stable income, a Cleveland boy named Mark Foster was given a Beach Boys cassette by his father that would lead him on an unusual career path.

The boy grew older, followed his father's advice, and moved out to California to pursue his passion for music, first sparked by that Beach Boys cassette. After meeting bassist and backing vocalist Cubbie Fink and drummer Mark Pontius, Foster formed the Billboard Music Award-winning band, Foster the People.

The band headed back to Foster's midwestern roots by performing at the Fillmore in Detroit, Mich. on May 15, 2014.

The night kicked off with South African-born musician Jean-Philip Grobler, better known by his stage name St. Lucia. He was joined on stage by four of his friends to make up a group whose chemistry was brilliant.

St. Lucia was the perfect choice to support Foster the People on this tour. They got the crowd warmed up by having them dance along to their songs performing uniquely influenced tunes from all of Grobler's travels. St. Lucia left me wanting more and I've been streaming them on Spotify since leaving the show.

Foster the People's set began with their hit song "Helena Beat" which got the crowd up and jumping with the first beat of the drums.

The stage setup featured five strips of wave lights featuring a kaleidoscope of colors synchronized to the rhythm of the tunes filling the packed theater. This was especially prominent during their performance of "Coming of Age."

Lights flashed with the drum beats while the crowd sang and danced along to the song. The trio was joined by three touring members to give Foster the People a highly dynamic sound which made the songs really come to life.

Additionally, their energy and powerful sound made a bold statement when they performed their chart-topping song "Pumped Up Kicks." This song has stirred up a lot of conversation because of its upbeat instrumentals that are paired with dark lyrics discussing the life of a troubled teen.

In an interview with The World Famous KROQ, Mark Foster stated, "I kind of wrote the song to bring awareness to the issue. That sort of thing keeps happening more and more in our country—it's kind of turning into an epidemic. To me the epidemic isn't gun violence; the epidemic is lack of family, lack of love, and isolation—kids who don't have anywhere to go or anyone to talk to and that's what makes them snap."

It's great to see musicians bring attention to important topics and spark conversations on how change needs to be made.

The lighting during this song was some of the most vibrant and colorful of the night. That, paired with Foster's impressive

vocals, added a whole other level to the compelling statement of "Pumped Up Kicks."

Another highlight of the show was when the band performed "Goats In Trees." The lights dimmed for this slower tune, making the venue filled with a couple thousand people feel very intimate—a hard feat for any musical performer to pull off with a large crowd. The instrumentals in this song gave off a haunting vibe that gave me goosebumps.

The show's energy was kept alive throughout the night by transitioning from one song to the next with a little banter in between. However, when coming back for their encore, Foster talked about his love of Detroit.

He shared how he had previously come to the city to do some recording and how how he felt a connection with the city with being raised in nearby Cleveland. He said he disagrees with people that feel Detroit is a broken city. Instead, he sees a city that is going through a "rebirth."

"It's the people of the city that makes a city, not the buildings around it," Foster said. "Just like a flower can split a slab of concrete five inches thick, that's what I see... you guys have the indomitable spirit Detroit."

It was great to see an artist care this much about the people of the city they were performing in. After Foster's speech, the night came to a close when the band performed "Don't Stop (Color on the Walls)."

If you ever get the opportunity to experience Foster the People live, don't miss the chance.

See [Foster](#) | Page 6

Bowling Green Hotspots Series



By **Alexander Elfreich**
Editor-in-chief

Looking for a place to get away for an afternoon? Does the idea of getting lost among shelves of books strike your fancy? Are you interested in coffee and refreshments? If so, spend some time in Grounds For Thought on Main Street.

It's one of my favorite places to go in Bowling Green, especially in the summer on a lazy afternoon. I first walked through its door about seven years ago on a summer afternoon and I've returned many times since then, especially once I started taking classes at the University.

The main reason I go to Grounds For Thought is to browse its book collection. There is a huge variety of books, new and old, waiting to be discovered among the many shelves. Grounds For Thought is a great place to go if you want to find something without knowing exactly what you're looking for. You'll be surprised by what you might find.

You'll also find records, DVDs, videos and comic books to browse through.

Grounds For Thought is also a good place to get away for a while. Its small tables make perfect places to meet one-on-one or with a small group of

friends.

There's something refreshing about being in a quiet place that smells like coffee and old books, whether you're by yourself or with a friend.

If you plan on sticking around for a while, Grounds For Thought offers a variety of drinks and pastries. Although I'm not an avid coffee drinker, I can count on finding something satisfying to drink while I'm there—like the several flavors of hot chocolate and tea.

If you haven't been yet, I recommend taking a look around. You just might find something that interests you.

BG FACTS

BGSU's Center for the Study of Popular Culture was the first in the nation, founded in 1967 by Dr. Ray Browne. Browne and BGSU were known worldwide, appearing in publications from *People* to *Rolling Stones*.

100 Facts for 100 Years | 1910-2010





FOSTER

From Page 5

Raquel Martinez and Harmony Nguyen travelled from Grand Rapids, Mich. and waited in the frigid cold for five hours to ensure that they got to experience the show from the front row.

"Amazing. One of the best shows I have ever seen," Martinez said. "I almost lost my voice."

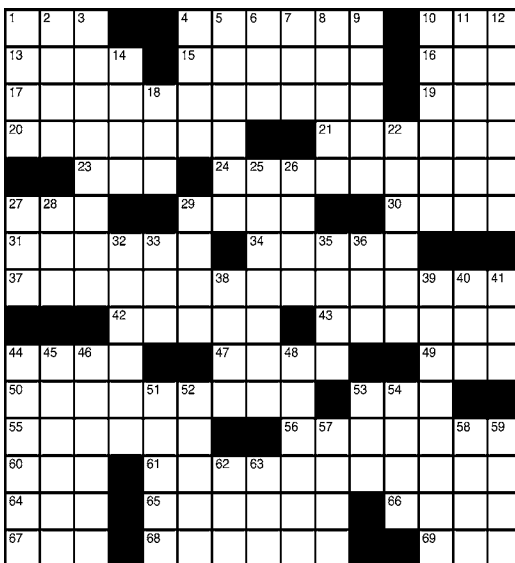
Nguyen said it was "fantastic" and that at one point in the show Foster had grabbed her hand. She felt a connection with him that made her feel very appreciated for singing along with their songs.

The next time you feel that your goals are out of reach, just remember that an Ohio boy attained his dream by following his passion and taking a chance.



AMANDA MATTHEWS | THE BG NEWS

The Daily Crossword Fix brought to you by DACOR



- 1 Baby bears
- 2 Look at lasciviously
- 3 "So what?"
- 4 Alan of "M*A*S*H"
- 5 Like rosebushes
- 6 Pub spigot
- 7 "Woe ___": Patricia T. O'Conner grammar book
- 8 Gondolier's "street"
- 9 Hopping mad
- 10 One of Minn.'s Twin Cities
- 11 Singer Warwick
- 12 Frigid historic period
- 14 Aretha's genre
- 18 551, at the Forum
- 22 Dad's nephew
- 25 Aerie hatchlings
- 26 Playing an extra NBA period, say
- 27 Quick blow
- 28 Gardner once married to Sinatra
- 29 Refusing to listen
- 32 Use, as a coupon
- 33 Entrepreneur-aiding org.

- 35 Optimistic
- 36 Opposite of WSW
- 38 Come in last
- 39 Lasagna-loving cat
- 40 Growth chart nos.
- 41 Brewed drink
- 44 Poorly made
- 45 Wells' "The Island of Dr. ___"
- 46 Arnold Palmer or Shirley Temple, drink-wise
- 48 Where charity begins
- 51 Formally gives up
- 52 Raise, as a sail
- 53 Old fort near Monterey
- 54 Sounds of wonder
- 57 Grandson of Adam
- 58 Depilatory brand
- 59 Hot tub swirl
- 62 Alias letters
- 63 Former Russian space station

ACROSS

- 1 Mooing critter
- 4 Ancient region surrounding Athens
- 10 Reagan era mil. program
- 13 Disgusted grunts
- 15 Resident of Tibet's capital
- 16 Muscle spasm
- 17 Illegal activity admitted by Lance Armstrong in January 2013
- 19 Writer for whom the Edgar award is named
- 20 Not sacred
- 21 Secret matters
- 23 Baba who stole from thieves
- 24 Singer with Crosby, Stills & Nash
- 27 Glass container
- 29 Actress Cannon
- 30 Peter Fonda's title beekeeper
- 31 Opposed (to)
- 34 Hurts with a tusk
- 37 ESPN show with an "Inside Pitch" segment
- 42 Willem of "Platoon"

- 43 100-lawmakers group
- 44 "Peter Pan" pirate
- 47 Hang around
- 49 Pretoria's land: Abbr.
- 50 Trousseau holder
- 53 Stomach-punch response
- 55 Start of the line that includes "wherefore art thou"
- 56 Female star
- 60 Comfy room
- 61 Volcanic Hawaiian landmark, and a hint to the first word of 17-, 24-, 37- and 50-Across
- 64 Night's opposite
- 65 ___ Pie: ice cream treat
- 66 Reached base in a cloud of dust
- 67 "Tasty!"
- 68 Unsettling looks
- 69 Arid

ANSWERS





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