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Bowling Green State University, "The BG News January 11, 2018" (2018). *BG News (Student Newspaper)*. 9017.

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news

An independent student press serving the campus and surrounding community, ESTABLISHED 1920

Bowling Green State University Thursday January 11, 2018 Volume 97, Issue 38













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Opposition towards plus/minus scale

By Keefe Watson

Managing Editor

Less than 7 percent of students are in favor of a plus/minus grading scale that could be implemented at the University, according to a poll administered by the Undergraduate Student Government.

The poll, which closed in the beginning of December after accumulating over 1,100 responses in one week, led to USG's Dec. 4 resolution in opposition to a grading scale including pluses and minuses.

"The poll asked some basic questions about the plus/minus grading system and how students felt about it," USG Academic Affairs Chair Marcus Goolsby said.

When the poll was created, the intention was to continue the discussion into this semester. However, with the clear student feedback and over 1,100 responses, the student government thought it best to pass the resolution before winter break.

"That was a pretty resounding disagreement from the student body," Goolsby said.

Andy Alt, the assistant vice provost of academic affairs, has been leading a work group since early fall semester on the topic of implementing the new grading scale.

Before winter break, Alt and the work group received the poll results and resolution from USG.

"The student feedback is clear, and I don't dispute that. I don't think anybody disputes the student feedback and perspective that was shared," Alt said.

Alt stressed the importance of the feed-back received while also noting that student government's position on the topic is not the only perspective. He hopes for dialogue to continue between the work group and constituents, and also seeks more meaningful communication.

One of the other perspectives Alt mentioned is faculty.

Dale Klopfer is an associate dean of the College of Arts and Sciences, and a member of

Alt's work group since its creation.

"Faculty (members) tend to like it, and students tend not to like it," Klopfer said.

Students' lack of support doesn't come as a shock to Klopfer, who has contributed to the work group by finding research on the topic. While looking into the topic of changing grading scales, Klopfer found students' feelings at other schools that went through a change to a plus/minus system were negative.

One argument in favor of a new scale is its likelihood to motivate students more to work harder to receive the best mark. It's unknown if a new scale would motivate, but Klopfer has not seen any studies supporting or refuting the common argument.

Goolsby doesn't see the potential for motivation.

"Students already work really hard in all of their classes," he said. "If they aren't motivated to work, this isn't going to motivate them."

Goolsby, and some of USG, is also concerned that a new scale might require students to spend more time and stress on schoolwork,

which would take away from time to be involved with extracurricular activities.

Faculty tends to like the proposal because it allows for more precision in grading. For example, the scale would help to distinguish between a student with an 81 and a student with an 89 percent.

"Those are very different students," Klopfer said.

Alt and Klopfer stressed an aspect of the proposal they feel some students don't understand: the new scale would only give faculty the opportunity to award pluses and minuses. Faculty would not be obligated to use them.

This is a misconception that Alt feels is important to be communicated, especially in light of the poll results. Alt also wants students to see opportunity within a new scale to help grade point averages when pluses are awarded.

The first proposal was completed in November, and the work group is now working on its second, to be proposed sometime in Jan-

continued on page 3



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continued from page 2

uary. This new proposal, unlike the first, will likely include pluses and minuses on D and C grades. The first proposal did not include a D-, D+ or C-, Alt said.

For students and faculty who are interested in what the next proposal will look like, Miami, Akron, Ohio State, Kent, Central Michigan and Eastern Michigan all bear close resemblance – though, the proposal won't necessarily be an exact replica of another school.

The other area of the proposal up for discussion is the inclusion of an A+.

"If there is an A+, it's unlikely we would have quality points," Alt said. "Institutions want to avoid grade inflation."

This means an A+ would be awarded, but the A and A+ would translate to a 4.0.

The next proposal will be received by USG, as was the first.

"I believe that they really will take into consideration (our feedback)," Goolsby said. "If they didn't (care), then they would have just gone forward with it. And they gave us an adequate amount of time to form a response."

Alt says the work group is and will continue to be open to feedback.

The work group originally was eyeing fall 2018 for the new scale, but since has decided to take "reasonable time" to consider the change.

"It seems unlikely, but it's possible, that it could still be implemented for the fall," Alt said.

This is due to a deadline around the end of February for the course catalog for next fall. If a proposal is not finalized by the deadline, then it would be unable to be implemented for next school year.

2017: less crime, more drugs

By Paul Garbarino

City Editor

2017 boasted an overall successful year for BGPD with an overall reduction of 224 criminal offenses from the previous year, but drug abuses relating to alcohol and marijuana are still on the rise.

"Our traffic crashes were down, and our criminal activity was down," Bowling Green Police Chief Tony Hetrick said. "One thing that does concern me, and has concerned me for a few years and is what I think is our number one public health and public safety emergency, is the number of drunk driving incidents we have. We had an increase this year in drunk driving arrests."

From 2014 to 2016, there were 1,031 drunk driving arrests just for the city of Bowling Green, and four fatal crashes in that time period relating to alcohol.

There were a total of 347 drug abuse offenses in 2017, an increase of 81 incidents from 2016.

"That's an enormous amount of people out there driving drunk," Hetrick said.

One drug still hails as the source of Bowling Green's number one drug offense: marijuana.

"Marijuana is still king here," Hetrick said.
"We do see some of the opiates, but as far as drug abuse goes, marijuana is still our number one problem. A lot people think because it was voted in by the legislature that the ability to get it by a recommendation from a doctor that it's somehow lessens the penalties from having it illegally. We're seizing a lot of it. We're making a lot of arrests. We're seizing a lot of cash from

drug dealers as well. 2017 has kind of been a banner year for seizures of marijuana."

Under House Bill 523, effective on September 8, 2016, medical marijuana is legal in Ohio, but not for recreational use. Hetrick has employed new tactics to combat the rise in offenses.

"We started planning for this when Colorado made recreational marijuana legal. We have put in pace a drug recognition expert. If he comes across an intoxicated person, he can tell by their symptoms the likely drug that person is on. We also ordered that all our patrol officers be trained in Advanced Roadside Impaired Driving Enforcement. That links driving under the influence of alcohol and drugs. It gives us the mechanism to determine what the level of impairment is, for probable cause to make an arrest for drunk driving under the influence of the drug," Hetrick said.

One problem that officers face, however, is the difficulty determining someone's impairment level when someone is under the influence of a drug. It's 0.08 percent for alcohol, but what about marijuana? Hetrick said they are consistently thinking of new ways to curb abuses.

Overall, the police chief was content with the reduction in criminal activity.

"I thought it was good year. We had a great start to the Fall. Summer wasn't bad. Spring was good as well. It was kind of a wet spring, so there wasn't a lot of outdoor activities for people to engage in and party. The start to the fall was very quiet to us. I would say 2017 was a pretty solid year public safety wise," Hetrick said.



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FORUM

Ya caught me slippin', tumblin'

By Stepha Poulin

Forum Editor

Can someone please, for the love of all that is holy, put some more salt on the sidewalks. I know it's supposed to be warmer, but don't let the forecast trick you. Just one misstep and you will end up on the ground.

I know this all too well.

Let me paint you a picture-- you're walking to class. The air is deceptively warmer than usual. Nonetheless, you step onto the pavement with your weather-appropriate shoes.

But alas, you slip. You tumble to the ground in front of 50 people you may never see again, but the embarrassment is strong. Some people are laughing, others shift their gaze to avoid the awkward scene they had to witness. Your butt is throbbing; however, the embarrassment outweighs the pain tenfold.

Winter in Ohio can be deceiving, dangerous and produce both personal and second-hand embarrassment. I always forget about the looming chance of falling during this time of year.

Despite my embarrassment, falling



Stepha PoulinForum Editor

"Winter in Ohio can be deceiving, dangerous and produce both personal and second-hand embarrassment."

is still hilarious for some reason. It's like a less childlike version of a fart joke. Yet, it's usually not funny when it happens to you. For some reason, most of us like to remain infallible when it comes to falling.

After I picked myself up, I started to think about the times I snickered at those

poor souls who fell before me. How could I be so cruel? Why is it even funny to fall?

My theory is that most humor is really just a weird form of discomfort for people. We've all heard of nervous laughs, but most humor can be linked to some form of pain, emotional or physical. Comedians talk about dates from hell all the time.

If the circumstance in a lot of comedic routines happened to us, most of us would probably avoid being in public for a few weeks. However, we still laugh at their discomfort without a second thought. It's easiest to laugh at things that haven't happened to you, and it's easy to be offended when people laugh at your expense.

It's inexcusable to laugh at someone's expense when it comes to personal appearances or other unchangeable traits, but maybe we could all benefit from being able to laugh along with the people who are laughing at us.

Rather than wallowing in the embarrassment of my tumble, I laughed along with the onlookers. Honestly, it was a lot less awkward.

If you saw me fall, please don't bring it up again, though.

PEOPLEON THESTREET

What are your plans for Martin Luther King Jr. Day?



"I'm volunteering."

BRITTNEE AXEJunior, Intervention Specialist



"Finish up all my school work and study."

IAN HARPER
Sophomore, Aviation

"Writing a program for computer science."

NATHEN TOMESSophomore, Computer Science



NICK ARMOUR

Sophomore, Flight Tech and Operation

"Go flying."

Oprah's Golden Globe speech Inspiring, but not presidential

By Meredith Siegel

Columnist

I can't believe I feel the need to say this, but Oprah Winfrey should not be our next president. Oprah is a talented TV personality and show host and has built an empire. She is someone who has done a lot in this world. But, she's also a TV personality, and we know what happens when people from TV start running the country.

The Golden Globes on Sunday were host to movements of solidarity for more than one women's issue. These acts were a nice symbol but failed to truly make change in Hollywood culture. Especially wearing black to take a stand against sexual harassment and abuse, when more than several of the attendees wearing black have either worked for abusers in the past or have been accused themselves, like James Franco.

A huge discussion following the night was a push for Oprah Winfrey to run for president in 2020, based on a speech she gave after winning the Cecil B. DeMille award. This was a huge accomplishment, because she was the first black woman ever to win the award, and I think it's a step in the right direction and a huge achievement for her.

Also, Winfrey's speech was powerful and encouraging, and Oprah's story of how she got to be so successful today is a truly inspiring one. This has caused a stir-up on the internet calling for Oprah to run in 2020, with Facebook memes and images saying, "Should Oprah run for president? Share to say yes."

However, I do not think she should run for, and definitely not be, our next president.

Unless a comedian, late-night host, actor or reality television star has a degree related to politics and an in-depth understanding of how our governmental systems work and how the history of our country has brought us to this point, they should not be the president of the United States. They just are not qualified.

Even if you believe that people outside of the political sphere can bring about change and fresh perspectives, neither Donald Trump or Oprah Winfrey have the knowledge or background that creates a

"..we know what happens when people from TV start running the country."

Meredith Siegel —Columnist

good governmental leader.

The Democrats, who Oprah has assumed to be running under, do not have anyone that seems to be interested in running yet, which is a good thing because there is so much time between now and the 2020 election, but I can only hope it is someone that is enthusiastic but experienced and knowledgeable. Or maybe an independent candidate will finally be able to win the favor of the American public.

So I think it's important to celebrate powerful and successful women like Oprah, but other people should be sitting in the White House.

The Golden Globe black out

By Stepha Poulin

Forum Editor

At the 75th Golden Globe Awards, many attendees walked down the red carpet in all-black attire. Their fashion choice was to support the anti-sexual harassment group Time's Up.

While the blackout may have raised awareness, I have to wonder if there is a better way for the attendees to spread awareness and support the issue of sexual assault in Hollywood.

We see an increasing amount of headlines regarding sexual assault in Hollywood, and while it is great to see these things coming to light, the time to raise awareness has passed.

This may seem harsh, but one has to think of the resources (especially the funds) these black-clad actors and socialites have to raise awareness about sexual assault. I find no fault with the effort to raise awareness, but for many of these people, wearing all-black will be the full extent of their fight against sexual assault.

One actress, Blanca Blanco, showed up in an all-red dress rather than following the trend to wear black. She was the recipient of tons of online hate because of her outfit choice.

"Blanca Blanco doesn't necessarily have to conform to the #WhyWeWearBlack dress code, yet to show up in a gown that's not only bright red but extremely skimpy seems like a crass f--- -you to the whole movement," Twitter user @pattymanuelle tweeted.

In an industry where women are most often the recipient of sexual harassment and other snide comments, I find it ironic that she was receiving such hate due to an outfit choice. It may seem harsh, but her decision to wear red won't increase or decrease the number of women who are sexually assaulted. It may seem even harsher, but I doubt wearing black will change these statistics either.

Twitter user @ilockyouforlife put it into words perfectly.

"How hypocritical of people to criticize Blanca Blanco for wearing a dress that they say supports 'sexual misconduct.' I thought it doesn't matter what you wear?? If you're going to believe in something, believe it at all times, not when it's convenient for you," she tweeted.

Rather than choosing to wear a certain color, I would encourage people in the public eye to use their words.

So many people idolize their favorite celebrities, and the internet makes it extremely easy for idols to reach fans. A simple tweet could reach hundreds of thousands of people and provoke a conversation about sexual assault that survives past an award ceremony.

The issue is much bigger than a red or black dress.

"I find no fault with the effort to raise awareness, but for many of these people, wearing all-black will be the full extent of their fight against sexual assault."

Stepha Poulin –Forum Editor



PHOTO PROVIDED

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Letters are to be fewer than 300 words. They should be in response to current issues on campus or in the Bowling Green area.

GUEST COLUMNS: Guest Columns are generally longer pieces between 400 and 700 words. Two submissions per month maximum.

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Send submissions as an attachment to bgfalconmedia@gmail.com with the subject line marked "Letter to the Editor" or "Guest Column." All submissions are subject to review and editing for length and clarity before printing.



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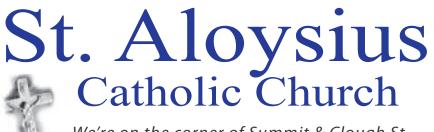
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H2O Church offers Student Connections while Seeking God

"You can expect an atmosphere that is friendly and comfortable, teachings that are Biblical, challenging, and honest, and music that is loud, upbeat, and always about Jesus."

— Pastor Brian Wiles

tudents of all backgrounds come together at H2O to engage in worship, Scripture-based teachings, and connection with others. This year H2O has two venues—Downtown Bowling Green at 10:00AM (252 S. Main Street) and On Campus at 11:30AM (Union Ballroom). "We are all at different places on our spiritual journey. But no matter where you find yourself right now, we want you to feel welcomed,"

"H2O has a ton of opportunities to offer and there is a place for everyone."

— Tesla Mitan, Church Student Leader said Pastor Bryan Wiles. "You can expect an atmosphere that is friendly and comfortable, teachings that are Biblical, challenging, and honest, and music that is loud, upbeat, and always about Jesus." The church is one of the largest student groups on campus and averages around 400 students at their weekly services.

while H2O's main gatherings occur on Sundays, the church has much more going on throughout the week, including various Bible study life groups you could get involved with. "We believe that Groups are the heartbeat of the church," said Joe Kaloger, H2O staff member. He continued, "It is a time when we open our Bibles in search of the truths that connect to our lives today. For me,

I was looking for a community that would help me grow in my search for spirituality and a place to build lasting friendships." Groups consist of 15-20 people gathered together to get to know each other in the context of community and be a part of discussion on spiritual matters relevant to our lives. H2O offers Groups for people in every season of life, from traditional students living on or off campus to students already meeting within specific communities (such as specific academic majors, athletes, Greek Life, military, internationals, etc.) H2O also offers City Groups for graduate students and recent graduates transitioning to life as young professionals, as well as established city/community members and families.

H2O has many other ways to get involved, in addition to Sundays and Groups. There are opportunities to join teams that serve with the music, video, hospitality, H2O Kids, and more. "Freshman year, I came to H2O to see what it was all about. Then, after getting involved with a group and serving on Sundays, I found a family," said Tessa Mitan, a student-turned-staffer with the church. "H2O has a ton of opportunities to offer and there is a place for everyone."

If you want to find out more about H2O, stop by one of their many events this week or check out their website at H2Ochurch.com. Many students have found this church to be a great place to not only meet other students, but to find and experience their relationship with God.

"It is a time when we open our Bibles in search of the truths that connect to our lives today. For me, I was looking for a community that would help me grow in my search for spirituality and a place to build lasting friendships."

> — Joe Kaloger, H2O Staff member





University sees increase in phishing emails

By Kaitlyn Fillhart

Social Media Editor

Director of IT Security, Matt Haschak, says that hackers are targeting higher education with emails aimed to take personal information from students and staff.

Q: What is a phishing email?

A: Haschak: It is the most common form of email trying to use deception to trick people into thinking that they're doing something for an authentic source. For example, hackers send an email reporting to be from the University to make users think it's legitimate, so they provide the information and click a link in a fraudulent email.

A majority of the time, after the victim has clicked the link in an email, they will be brought to a web page that looks like for example, our Outlook page. It's easy for the 'bad guys' to replicate the login of our websites because they're public. The person will log in and when they hit enter, it will then redirect them back to the real site to relog in. It makes the user think they just put in their information incorrectly, mean-

while the hacker took their credentials. Later, with the user's information, the hacker will go into the person's email looking through their personal information.

Q: Why has there been a sudden increase with the amount of phishing emails or has this been an ongoing problem?

A: In general, it has been going on for a long time. In 2016, we saw 1,052 come through. In 2017 we had 1,837 phishing emails, and so far this year, we have had 99 emails come through

as of this morning. If we keep that pace, we'll have over 3,600 fraudulent emails for the year. The increase is because the phishing emails being sent through continue to fall into the trap. It's not just a problem at our University; it is happening across the United States. Everyone is fighting this same battle in higher education.

Q: Has implementing the Duo authentication helped with email or MyBGSU security for students and staff?

A: Yes, immensely. From MyBGSU, Duo authentication is required, and we have not had any unauthorized logins. For email,

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MLK Day of Service to celebrate ten years

By Keefe Watson

Managing Editor

While most students will enjoy a day of relaxation on Monday's Martin Luther King Jr. Day, a few hundred will "make it a day on" by volunteering in community projects across Northwest Ohio.

For the 10th year in a row, the University is hosting the MLK Jr. Day of Service. At least 750 students will donate their time Monday, most of them signed up to volunteer at one of 35 project sites in the area. A total of at least 2,500 hours is expected to be served by students.

Student leaders in the Center for Community and Civic Engagement primarily organize the Day of Service, which includes volunteers sign-ins, transportation and a closing ceremony.

Angel Alls-Hall is a senior who works at the CCCE as one of several civic action leaders.

"It's all about the engagement and participation from BGSU," Alls-Hall said. "I feel like we have a really good pool of students who are willing to volunteer and do these things."

previous years' hundreds.

things."
Alls-Hall
spoke to the success of the program in its 10
years. All those years ago, there were only
about 30 participants, compared to this and

"It's part of a national movement," CCCE associate director Paul Valdez said. "Part of the reason it was named a holiday is so that people could contribute to their communities on that day."

2008 marked the first MLK Jr. Day of Service, which was grant-funded, allowing for the project materials to be paid for through the Office of Service Learning, which became the CCCE in 2016. As the day of service has grown, funding has shifted to community partners.

The projects range from small to big and near to far. One local project is with La Conexion de Wood County.

La Conexion de Wood County is a "community-based organization that works with Latino as well as recent-immigrant families," Jacqui Campbell, a civic action leader, said. She worked with La Conexion in her freshman year, where she learned about the then Office of Service Learning.

Volunteers will be building 15 "Little Free Libraries" bookcases. The project is partnered with Home Depot, Habitat for Humanity and the Rotary Club. About 50 students will help build and prime the bookcases under supervision of skilled workers from the partner groups. The lumber and other material were paid for with a grant from Serve Ohio.

"The Bowling Green community center wants one, some of the schools are interested, so I don't think we're going to have any problem getting rid of them," Valdez said about the bookshelves.

The farthest reaching project is a partnership with the Hancock park department. The travel time is about 45 minutes, and students will do general park clean-up and use tools to resurface picnic tables,

"MLK day encompasses the

purpose and the main goal

of why we serve. The legacy

that MLK left behind and his

dream and vision for having

a community . . . working

togehter."

- Angel Alls-Hall -

Civic Action Leader at CCCE

Campbell said.

Some other projects are much smaller in scale, as few as five students may be assigned to projects such as general cleaning with a partner.

One of the CCCE's strengths is its community relations. This makes finding and connecting with partnerships relatively simple. "Since it's

our 10th year, we have lists of people who have participated in the past," a lot of it is just getting the info out and how to sign up for the day, Valdez said. "Our recruitment is not nearly as difficult as it was in the earlier years."

Unlike previous years, students who volunteer will receive a dinner after they serve. This is along with bagged lunches prepared by the classified staff and administrative staff council, who prepare hundreds of lunches.

Although a warmer spring day could allow for better service projects, holding the day of service on MLK Jr. Day is important to many members of the CCCE.

"MLK Day encompasses the purpose and the main goal of why we serve," Alls-Hall said. "The legacy that MLK left behind and his dream and vision for having a community ... working together."

Beyond the Day of Service, the CCCE is at work year-round.

In the fall, the center co-hosted the City Council Candidate Forum. The center also houses BG Votes, a non-partisan effort to engage student voters.

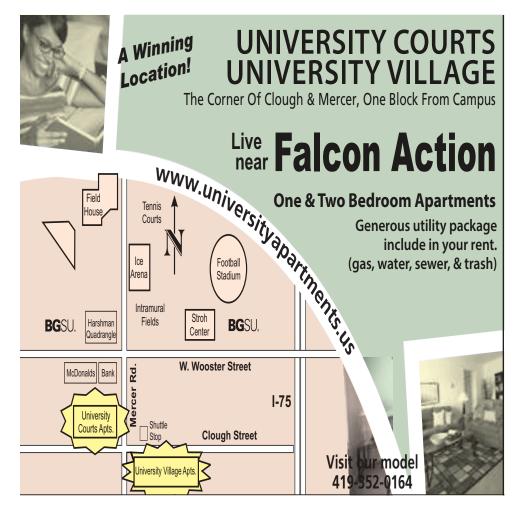
Year-round, they focus on community-based learning courses by tracking them to ensure students have valuable experiences. They're also responsible for the fall and spring alternative breaks, which share a similar mentality to the Day of Service.

CCCE also utilizes Falcon Funded, a crowd-sourcing method through the University. Using this method, the CCCE has reached out to the 4,900 alumni who have participated in the Day of Service over the past ten years.



PHOTO BY IAN CAMPBELL

Students participate in a previous MLK Day of Service.





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Men's basketball defeats N. Illinois

By Jamison Terbrack

Sports Reporter

The Falcon men's basketball team got a

and score in transition and

especially at the end of the

game.

Michael Huger

Falcons Head Coach

much-needed victory on Tuesday night, defeating Northern nois Huskies by a score of 66-57. The team was paced offensively in a big way by junior forward Demajeo Wiggins who had 15 total points and 15 total baskets. The Falcons now sit at 11-5 and 2-1 in the MAC.

"I thought (Demajeo Wig-

gins) did really good on both ends of the floor," Falcons head coach Michael Huger said. "He got a little tired; 36 minutes is prob-

ably too much for him. We've got to figure out a way to cut that down some, but I thought he was very good. We had a discussion earlier in the week about rebounding, and I thought he responded in a big way tonight."

The Falcons had a strong lead after a half of play which saw them head into the locker room up 33-19, but a strong comeback effort in the second quarter by the Huskies, who even came within one point of the Falcons, made things difficult.

"We had 18 turnovers their game earlier this season. caused transition buck-

ets, so once we turned it over, they are deadly in transition," Huger said. "They were able to go down and score in transition and get

back into the game. We have to take care of the ball, especially at the end of the game. The one thing that saved us towards the end was we had dead ball turnovers and not live

ball turnovers They were able to go down when they can go down and score in transition before the defense is set. get back into the game. We We had dead ball turnovers have to take care of the ball, where it went out of bounds, and we were able to set our defense. That was the thing that kind of saved us at the end."

> Wiggins did not shoulder the load alone. freshman

guard Justin Turner managed 14 points, two assists and two steals in the game.

A big reason Northern Illinois was able to fight back was their ability to take advan-

> tage of the Falstruggles in transition defense.

"We were able to get stops; we let those guys loose transition," Huger said. "We gave them what they do best and thats how they got the lead cut to one, but we were able to hit some big shots down the stretch. Justin Turner hit a big three out of the corner. Matt Fox hit a big three from the top. We were able to really pull it off at the end. We gotta find a way to be able to finish teams when we get them down, so thats the



The Falcons next game will pit them against the Akron Zips on Saturday afternoon.



PHOTO BY **KEVIN MENSAH**

Senior guard Matt Fox shoots against Northern Illinois.

Hockey looks to face N. Michigan

By Zane Miller

Sports Editor

The Falcon hockey team will face the Northern Michigan Wildcats Friday and Saturday nights. The Falcons will be facing Northern Michigan for the first time this season.

The most recent series between the two teams saw Northern Michigan shut out the Falcons 3-0 and 2-0 last season.

"Watching them on tape, it looks like a lot of the same," Falcons head coach Chris Bergeron said. "They've got individuals; Robbie Payne's a guy that comes to mind, who's leading the league in goals, might be leading the country in goals. They've got a good power play; it's a good team, and it's a team that's fast."

The teams also come into this weekend very close together in the standings, with the Falcons holding a 9-2-5 conference record, and Northern Michigan holding a 9-5-2 record.

"I know our guys are paying attention to it," Bergeron said. "The talk of Northern Michigan has been the good story of the year in the WCHA. We've been in these situations before and done pretty good and

done not so good. ... We're not putting any extra onus in terms of 'we've got to prepare better.' We want to do all of that the same, but, looking at the standings, this weekend matters, and it's a pretty important weekend."

The team also believes Northern Michigan will be a strong opponent due to

their sweep of the Minnesota State Mavericks, who are currently the top team in the WCHA, as well as ranked eighth nationally.

"This is an interesting series because we haven't seen them yet," Bergeron said. "They've

"They've obviously played some pretty good hockey, I think Minnesota State's the measuring stick of the league and Northern Michigan's beaten them twice in Minnesota State's rink."

Chris Bergeron

Falcons Head Coach

obviously played some pretty good hockey. I think Minnesota State's the measuring stick of the league, and Northern Michbeaten igan's them twice in Minnesota State's rink, so that says to me that they're really good."

The series will also be unique because it will be played on a wider Olympic-sized rink; however,

the team doesn't believe that it will have too much of an effect on how they get ready for the series. "It doesn't change how we prepare, but it's something we have to be aware of," Bergeron said. "It makes the game different; it would be like playing football on a bigger field or basketball on a bigger court. It's a wider rink, so it feels like there's more space out there obviously, but it doesn't change the preparation in terms of practice, because you can't simulate it."



GRAPHIC PROVIDED

Women's basketball falls to Ball State

By Brendan Kramer

Sports Reporter

The Falcon women's basketball team dropped their fourth consecutive game and sixth in total on the season to the Ball State Cardinals Saturday afternoon. Despite starting the season fast, the loss drops the team to 0-3 in conference play, as well as 8-6 on the campaign. Ball State, on the other hand, improved their record to 13-1.

The Falcons played well; however, they struggled to bounce back from a difficult first quarter, which saw the Falcons down 23-13 early on, and they were unable to recover.

"We played a great 30 minutes in my opinion, except for the entirety of the first quarter," Falcons head coach Jennifer Roos said. "We wanted to play better in the fourth and at the end, and we did that. But the start got us today, and we could not get ourselves out of that hole. We've led every game at half-time this season but two, so now teams are coming out, and we're the hunted. It got flipflopped, and Ball State came out strong in the beginning, and it took us a while to get up off the mat and rally."

"Credit to Ball State, they've got very balanced scoring, (Ball State) are the highest-ranked team in terms of RPI in the MAC. Again, though, to our kids' credit, we battled throughout. There were multiple times where we had a lot of young kids on the court, and they stepped up and produced in crunch time, and that experience will only help us grow."

Jennifer Roos

Falcons Head Coach

The team was led by sophomore guard Caterrion Thompson, who provided a surge off of the bench with 21 total points on 6-of-12 shooting with all six field goals converted being from behind the three-point line. Carly Santoro also added in a stellar performance with a double-double, scoring 17 points and corralling 11 rebounds.

Ball State excelled with spreading out the scoring, as seven different Ball State players had at least nine points or more, including Carmen Grande with 16 points and 7 assists, and Jasmin Samz with 14 points. This balanced offense created lots of problems on defense for the Falcons. Ball State made it hard for the team to determine what exactly the problem was, which, in the end, made the difference on the scoreboard.

"Credit to Ball State, they've got very balanced scoring," Roos said. "(Ball State) are the highest-ranked team in terms of RPI in the MAC. Again, though, to our kids' credit, we battled throughout. There were multiple times where we had a lot of young kids on the court, and they stepped up and produced in crunch time, and that experience will only help us grow."

Upcoming **GAMES**

Sat. 1/13 @ 4:30 PM **@ Akron**

Wed. 1/17 @ 7:00 PM **VS. Kent State**

Sat 1/20 @ 1:00 PM **VS. Ohio University**



Staying in shape after the holiday season

By Jacob Clary

Pulse Editor

The holiday season has come and gone, and

now comes, most likely, some reason to work out or try and stay in shape. Whether it be part of a New Year's Resolution or because the holidays are full of great food, fun and some bad eating habits, in many cases. Due to this, finding the best ways to stay in shape is very important. Cedric Bryant, a contributor at health. usnews.com,

compiled a list of steps people should take to be healthy in the holidays.

1. Keep moving: "Research shows that getting up for just five minutes every 30 to 60 minutes and performing light activity (say, pacing around the house or performing simple squat exercises) reduces the risk of diabetes and other heart disease risk factors," said Lance Dalleck, assistant professor of

> exercise and sport science at Western State Colorado University.

2. Be the person with a plan. Keep hydrated: "Start each day with a game plan, just like a great coach going into a big game," Nicholas DiNubile, clinical assistant professor of the Department of Orthopaedic Surgery at the Hospital of the University of

Pennsylvania, said.

"Enjoy the holiday, but

don't let it go from a day

of indulgence that leads

to unwanted habits that

continue beyond the holi-

day season."

-Jonathon Ross-

American Council on Exercise-certified per-

sonal trainer

3. Make lists, exercise early and **sleep:** "To alleviate the potential negative impacts of the season, I recommend making sure workouts are in the morning so you don't get distracted later in the day by parties, events or other holiday hoopla," Chris Freytag, American Council on Exercise certified personal trainer, health coach and group fitness instructor, said.

- **4. Expect the unexpected:** "While the rain may indeed fall on the just and the unjust, it does not fall on the prepared," Lee and Beth Jordan, American Council on Exercise certified personal trainers and health coaches, said.
- 5. Be creative and get rid of "all or **nothing" mindsets:** "During the holidays, get a bit creative with exercise and opt for fun ways that make physical activity a family affair," Jessica Matthews, assistant professor of exercise science at Miramar College and American Council on Exercise-certified personal trainer, health coach and group fitness instructor, said.
- 6. Plan and remember there is always time and opportunity for a workout: "Plan your workouts for the week and note them in your schedule to assure they are a part of your day," Pete McCall, American Council on Exercise certified personal trainer, said.

7. Indulge for a night, not a season: "Avoid allowing 'treats' to become staples by not letting them linger in the house after the celebration has ended," Sherry Pagoto, associate professor in the Division of Preventive and Behavioral Medicine at the University of

8. Remember it's a single day:

Massachusetts Medical School, said.

"Enjoy the holiday, but don't let it go from a day of indulgence to a month of indulgence that leads to unwanted habits that continue beyond the holiday season," Jonathan Ross, American Council on Exercise-certified personal trainer, said.

Brody Hanna, a junior Business major, took some of these steps into account over the holiday season.

"I stay here (at the University) over break, so I would go into the Rec in the morning and work out, play basketball," he said. "Then when I come home, I would watch what I was eating, instead of just eating everything."

Overall, there are some easy ways to stay healthy over the holiday season. Staying active, if only for a small amount of time each day, goes a long way towards making that big meal a little less worrying.





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continued from page 8

Duo authentication is optional unless you've had a compromised account. Right now, we have about 600 users doing the two-step authentication for email. Not all are victims of clicking on a fraudulent link; some are just being proactive. We haven't had any problems from accounts being overtaken when users have Duo authentication with their email.

Q: How is the ITS department continuing to prevent the phishing emails and protecting students from them?

A: One of the projects we were hoping to have rolled out soon, but we want to make sure its done right, is a solution from Cisco called Email Security that does spam and phish filtering. We are working on detecting spam and warning users. It gives us a warning on some emails for users to proceed with cation. This tool can look into a link and won't let you get to it saying the site is not to be trusted.

Q: How much damage if any has been caused by phishing emails?

A: For us, we've calculated it is about 30

minutes of staff time working to fix every compromised account. People on security team and in the Technology Support Center are all putting time in. We have spent thousands of man hours on this. We've had people who have been affected with their direct deposit being tampered with and W-2 form information have been accessed by hackers who have tried to get a refund with the tax information.

Q: What are possible solutions to this problem going forward?

A: Better filtering of the Cisco to stop the phishing emails from coming in in the first place, making students and staff aware of common signs of a fraudulent email and ultimately two-factor authentications are very effective methods. It is important to remember that the University will never ask you to submit your password through a link in an email marked "urgent."

For examples of phishing emails and tips to protect accounts from becoming compromised, visit the Information Technology Service's web page on phishing at https://www.bgsu.edu/its/infosec/phishing.html.



PHOTO PROVIDED





Meet your Morale Captains: Alina Hecht

BG News will be introducing you to the Morale Captains in following issues. Check in each week to meet a new member of the ZggyThon team!

Bv Brionna Scebbi

Reporter

What inspired you to become a Morale Captain?

During my freshman year of Dance Marathon my morale captains were so passionate about dance marathon and really helped me get through those 24 hours of being on my feet by pumping me up, offering to buy coffee to help me stay awake and giving me tips to make my feet hurt less. After seeing how passionate they all were about Dance Marathon. I knew that one day I wanted to be that for someone else.

What goals do you have for ZiggyThon?

A personal goal I have set for myself is to finally reach the comma club this year. I also just want to spread the word more about Dance Mar-



athon. It seems like people have the wrong image of what Dance Marathon is, and I just want everyone to be able to see how amazing this philanthropy is and all the miracles we help make happen throughout the year.

What are you most excited about for this year's Dance Marathon program?

I am excited about being a Morale Captain in general; I am excited for the line dance and being able to call 19 other people my family. I am also excited that I have the opportunity to represent Dance Marathon in a way that no one else can.

Do you have any words of advice for someone looking to join ZiggyThon?

I definitely think that Dance Marathon is something someone should do at least once during their time at BGSU. I remember my freshman vear I almost backed out from doing it, but Dance Marathon is one of the best things that I have done here at BGSU. Twenty-four hours seems like an impossible time to be standing and awake, but it goes by so fast that you are wanting the time to actually slow down. You

may be exhausted and your legs hurt, but when you really think about it, you get to go back home and take a shower and sleep. Your pain will go away, but the kids we are raising money for have to go through some things that are worse than that on a daily basis; seeing that the miracle children are still able to have smiles on their faces and they are so energetic is inspiring and really puts your troubles and worries into perspective.



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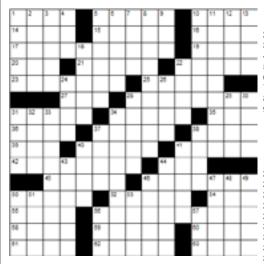
SUDOKU

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

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The Daily Crossword Fix



- Any light downy
- 2. Hawaiian veranda
- Corrosives Barbie's beau
- Completely
- Eagle's nest
- Docile
- 8. Vesperses 9. Crimson
- 10. Type of battercake
- 11. Deletions
- 12. Nights before
- 13. Ascend
- 18. Lose consciousness 22. Desiccated
- 24. Big bag
- 28. Classical Greek
- 29. Anagram of "Tine"
- 30. Delight
- 31. Type of sword
- 32. Pesky insects 33. Squeeze box

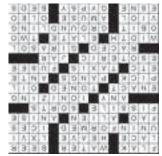
- 34. Mounting of animal
- skins 37. Cut back
- 38 Emanation
- 40. Engineering school
- 41. Got along
- 43. Be a snitch 44. Minibus
- 46. Magnetic induction unit
- 47. Attendance counter
- 48. Possessed 49. Corporate symbols
- 50. Interlaced
- 51. Nile bird 53. French for "Wolf"
- 56. Muzzle 57. Toss

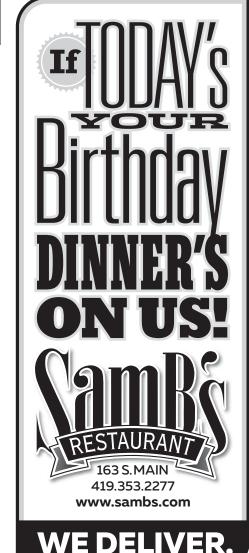
ACROSS

- 1. Antiaircraft gun 5. H2O
- 10. Ale
- 14. Shoestring
- 15. Throw with effort
- 16. 66 in Roman numerals
- 17. Ignorant
- 19. Frosts
- 20. Craze
- 21. Extraterrestrial
- 22. Licoricelike flavor
- 23. Fissionable
- 25. Classifies
- 27. One or more
- 28. Converting into ions 31. Make into law
- 34. In shape
- 35. Petroleum
- 36. Choose
- 37. Twinges

- 38. Blind (poker) 39. And so forth
- 40 Cabs
- 41. A friction match
- 42. Mystical
- 44. Glass container
- 45 Sped
- 46. Fire opal
- 50. Breadth
- 52. Gladden
- 54. Pair
- 55. Death notice 56. A bottom fish
- 58. Six-stringed instrument
- 59. Regale
- 60. Margarine
- 61. Feudal worker
- 62 Wanderer
- 63. What we sleep on

ANSWERS





WE DELIVER.