WKU works to address vegan options on campus

BY JESSICA VOORHEES

With restaurants like Steak ’n Shake and Grille Works on WKU’s campus, it can be hard to find veg alternatives. Louisville native Megan Laffoon has been a vegetarian for eight years. She said she struggles with finding substantial meatless options within the meal plan.

“Most of the dining places offer vegetarian options, but it’s things like grilled cheese and peanut butter and jelly, which are not really good options,” Laffoon said.

She said it is hard to find options on campus that provide the necessary protein for a meatless diet within the meal plan.

“If you’re a vegan, there really is no place to eat on campus unless you want to spend a lot more money than what the meal plan offers,” she said.

A vegan is someone who does not consume any animal products, such as meat and dairy food nor do they use any products derived from animals.

Fresh Food Company began “Meatless Mondays at Mongolian Grill” this month, which will provide vegetarian options to students. This will last until the end of October.

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A student ambassador group promotes WKU

BY RACHEL PHELPS
NEWS@WKUHERALD.COM

They are a common occurrence on campus: students with the red polo shirts and shiny name tags who can be seen leading a campus tour of high school students, being greeters at an alumni event or helping out at a campus-wide activity.

These are the Spirit Masters, a group of about 30 specially selected students who fully embody the WKU spirit.

Somerset junior Taylor Ruby is a first-year Spirit Master. He originally applied at the end of his freshman year after hearing about the program from one of his fraternity brothers in Phi Gamma Delta fraternity, but wasn’t selected. He became a Spirit Master after reapplying his sophomore year.

Ruby said his favorite part of the program is getting to meet people and have experiences he wouldn’t normally have, such as meeting alumni and helping prospective students choose WKU as their college.

“Being able to reflect what WKU has to offer to the general public is awe-some,” he said.

Lexington senior Kayla Lofton, also a first-year Spirit Master, had similar feelings.

“I love the assignments we get to do,” she said. “They range from tours to working alumni events and galas … stuff I normally wouldn’t have done.”

The program was started by Carl Kell, currently a communication professor in transitional retirement, in 1981. Kell was inspired by the student ambassadors of the University of Alabama he met during a visit to the school.

Lofton said investing these hours is important and mentioned that a Spirit Master was dismissed from the program for such reasons.

“They weren’t doing their part,” she said. “You have to commit, and the individual wasn’t doing what they were supposed to.”

Lofton said she enjoys being part of the ambassador program.

“Being a Spirit Master is a great opportunity,” Lofton said. “It has increased my love for the university.”

Lucinda Anderson, chair of the Spirit Masters advising council, emphasized how student-led the organization is.

“I just oversee what they want put in place,” she said. “They’re truly their own student group.”

In comparing the Spirit Masters to Big Red, Anderson said, “We’re the face of WKU. The only difference is that we get to talk and Big Red does not.”

Since I’ve become a Spirit Master, I’ve seen how unique WKU is,” Lovinanda Anderson, chair of the Spirit Masters advising council, emphasized how student-led the organization is.

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First-year Spirit Master Kayla Lofton, a Lexington senior, gives the eighth grade students of Muhlenberg North Middle School a tour of a dorm room inside Minton Hall on Monday. The Spirit Masters have to pass two interviews in order to be an official student ambassador. Their duties include giving campus tours, assisting with campus events and promoting the university.
GWU Campus Police are investigating a theft reported by a freshman student.

On Monday night, a student reported that approximately $300 worth of items was stolen from his dorm room.

The student, who requested anonymity for fear of retaliation, said that the theft occurred on Sunday night while he was visiting a friend.

He said that he did not see anyone enter his room and that he did not think that the thief was a student from his dorm.

The police have not released any information about the suspect or suspects.

The student urged other GWU students to be cautious and to report any suspicious activity to the GWU Campus Police.

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**Note:** The above text is a simulated representation of the content found in the image. It may not be an exact match and is intended for educational purposes only. The text is not a direct transcription of the original document.
LETTER TO THE EDITOR

The backlash that almost always follows survivors so that they can be safe from trauma, mandating that survivors identify the attacker, she also has to live with the fact that her attacker knows that she was weak. In the midst of her junior year she had to attend therapy, which means her coworkers pay at least $10.25 an hour.

Generally speaking, comparing Ransdell's pay does not make it any better. WKU releases other scholarships that are comparable to WKU's for plenty of presidents making much less than less money than Ransdell. WKU's football Middle Tennessee State University's president makes $330,475—about $50,000 less than Ransdell.

The benefits in his contract include complete health insurance, life insurance, an entertainment budget that includes membership at a local club, a new car every two years for personal use, complete coverage of any travel expenses for his wife and a free house with all utilities and upkeep paid for by WKU.

Further to this, WKU policy doesn't protect assault victims so that they can be safe from trauma, mandating that survivors identify the attacker. It seems that though when he took on the federal judiciary policy, their interest was to make it more hard-line and therefore more effective, but in reality, mandating that survivors identify themselves after going through an awful experience does more harm.

WKU is overcompensating for its historic lack of sexual assault prevention and is hurting its students in the process. For a movie with not one, but two contemptible lead characters, “The Judge” is a disappointment. Robert Downey Jr. plays a lawyer named Hank Palmer, the estranged father of a young boy. blackmailed by a cocky, underhanded judge and labeled a husband. The film is both handled very well, and history shows that abuse and blame.

One of our own members is a survivor of sexual violence. In the midst of her junior year she had to attend therapy, which means her coworkers pay at least $10.25 an hour.

RANSDELL'S SALARY TOO HIGH

The members of the Coalition for Social Justice have many issues with the way in which WKU is handling its campus sexual assault and rape cases. At WKU, sexual harassment reports mandate the reporter name the crime, perpetrating objectification, the student who survived the sexual assault. This is odd, because if their attacker knows that she was weak. In the midst of her junior year she had to attend therapy, which means her coworkers pay at least $10.25 an hour.

Anonymity is crucial to many survivors so that they can be safe from the backlash that almost always follows. For a movie with not one, but two contemptible lead characters, “The Judge” is a disappointment. Robert Downey Jr. plays a lawyer named Hank Palmer, the estranged father of a young boy. blackmailed by a cocky, underhanded judge and labeled a husband. The film is both handled very well, and history shows that abuse and blame.

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City of Bowling Green
GOLF SHOP ATTENDANT
Enthusiastic individual to collect fees, make change, maintain cashier terminal, answer telephone and schedule classes. Must be able to work well with the public and operate a computerized cash register. Weekly schedule will consist of 15-40 hours per week, depending on position. Starting wage required. 

STARTING SALARY $7.07

Interested applicants should obtain an employment application from the Human Resources Department in City Hall, 1001 College Street, Bowling Green, Ky. or from our website at www.bgky.org.

The City of Bowling Green is an Equal Opportunity Employer. 

PREVIOUS CROSSWORD SOLUTION

SUDOKU

The Fun Page
LEFT: Covered in purple powder, WKU senior and Omega Phi Alpha sorority sister Alicia Brooks poses for a portrait shortly after finishing the Purple Run 5K at Kereiakes Park on Saturday in Bowling Green.

TOP RIGHT: Purple powder stained the skin and clothes of participants in the Purple Run 5K, a WKU Fiji sponsored event to raise money for Alzheimer’s research and awareness.

BOTTOM RIGHT: Participants cheer as the final color cannon is launched after the conclusion of the Purple Run on Saturday at Kereiakes Park.

LEFT: Gavin Perry, 6, of Bowling Green joins in on the fun and throws colored powder at passing runners on Saturday at Kereiakes Park during the WKU Fiji sponsored Purple Run. All money raised during the race went toward Alzheimer’s research.

PHOTOS BY
LUKE FRANKE
Cosplay by definition is the practice of dressing up as a character from a movie, book or video game. Participants pour immense amounts of time and money into costumes they will wear, for a weekend, at most. But for senior Andrew Crum, cosplay is much more than that.

"It does change your life in more ways than just dressing up for a few hours," Crum said. "There's benefits that go all the way up to the sky."

Crum is an Elizabethtown native and has been participating in cosplay for about three years in both his hometown and various conventions. Some of his previous characters he's taken on have been Nightcrawler from the "X-Men" movies and Robin from "Batman and Robin." He's also created many zombie costumes for zombie walks and past Halloweens.

Although cosplay is a long and expensive process, it has allowed Crum to experiment with artistic elements and techniques that go along with his major.

"This may just be since I'm an art major, but I always want to outdo myself, I always try to make my own version of a character that I like. If I like a character, I'll try to make my own version of that character."

Although it can be difficult to find the exact character you want, Crum's passion for dressing up has been a great outlet for him.

"It's a way for me to express my creativity and my imagination."

BY KIERSTIN KIRK
LIFE@WKUHERALD.COM

Student's hobby evolves into lifestyle

SEE COSPLAY PAGE B2

‘Enchanted Attic’ plays with imagination

BY STEPHANIE JESSIE
LIFE@WKUHERALD.COM

WKU's department of theater and dance will delve into the imagination of both the young and the old this weekend with the opening of "The Enchanted Attic.

The show opens on Friday in the Gordon Wilson Lab Theatre and will be open through Sunday. Tickets are $5 and can be purchased through the WKU Box Office.

"The Enchanted Attic" is a tale of three children visiting their aunt. While exploring her house, the children come across a window that grants wishes and brings magical, fairy tale scenes right to them.

It is through one of these wishes that the children stumble upon Blackbeard, the most notorious of all of the pirates, played by Bowling Green junior Caleb Hoffman.

"I've never been a big villain," Hoffman said. "(Blackbeard) is basically the villain of the show and it's pretty awesome to be the villain. I'm usually the little boy character so it's nice to have a different role for once. And hopefully I won't get punished into that corner now that I've gotten this role."

The whimsical feel of "The Enchanted Attic" drew Lexington senior Eric Mattingly to direct the show, making it his directorial debut at WKU.

"It encourages the actors to create characters rather than the script telling them how to be," he said.

Having never directed a children's show before, Mattingly felt like it was time for him to pay his dues. To gain a different perspective from acting, Mattingly began stage-managing and directing. It was something he felt was more suited for him.

"I think that's something I can contribute more than just being an actor on stage," he said. "I think I can help them more in that regard."

LEXINGTON senior Eric Mattingly takes a moment during Friday’s rehearsal to fine-tune and prepare for this coming weekend with the cast of “The Enchanted Attic.” While his hand-picked cast is relatively young, Mattingly loves the opportunity to pass down the knowledge he has gained while here at WKU. “It’s fun to see these guys start to go in the right direction,” Mattingly said. “I like helping them get to new places.”

SEE PLAY PAGE B2

LUKE FRANKE/HERALD

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JUSTIN GILLILAND/HERALD

TOP: Elizabethtown senior Andrew Crum has been working on costumes for two years and works out to match the body type of the character he is playing.
ABOVE: Crum’s Robin costume consists of scuba shoes and a wetsuit, among more pieces that he has modified. "It’s an expensive hobby," Crum said.
English professor pens sixth thriller novel

David Bell

Bell released "The Forgotten Girl," his newest novel, last week. The professor, who released his sixth novel, is aware they could do it. "They all tend to deal with ordinary people in extraordinary circumstances," Bell said. "It's an interest that meshed with his passion for writing."

"I always was interested in books and writing," Bell said. "At some point it made sense that I would try to write my own stories and get them published." But, his process of generating an idea for a novel to finish revisions takes about a year. His interest in missing persons cases has helped inspire pieces of his stories along the way.

"Sometimes I'll take things directly from life and sometimes it just wholly made up out of my head," English Department Head Bob Hale noted Bell's motivation. Hale said Bell's "honing down" to write new books has allowed him to publish books at such a fast rate. "It's got an amazing work ethic, and that's what it takes," Hale joked.

Bell has also taken this opportunity to give back. With the release of "The Forgotten Girl," he held a fundraiser for Barren River Area Safe Space, a local domestic violence shelter. At the book launch at the Bob Kyle branch of the Warren County Library last week, $750 was raised for the shelter.

Bell hopes to serve as an example for his creative writing students who aspire to become public authors. Hopefully they can see that they have a professor who is practicing what he preaches," Bell said. "I'd like some things about writing and getting your book published. Maybe that gives me a little credibility with the students." Along with being self-motivated, Hale said promoting the product is a key to success as a writer. "Bell knows how to market his work really well," Hale said. "To be a professional writer, you can't just go hide in a cave and write your books. You have to help create an audience."

"I hope they can figure out, no matter how old you are, you should always have an imagination," Hoffman said. "There's no reason for you to lose it, and imagination makes your life exciting. It should never be lost."

"The Wolverine costume has Crum to keep in touch with friends, and were just smiling ear to ear, an innovation, which is six months away."

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"They're the best audience because they have nowhere to go but good audiences," Prude said. "So, if they think it's funny, they're gonna laugh."" said there's a difference in having children as an audience rather than adults.

"The children may enjoy the costume, the cosplay, but there's no way to reach the children of the older crowd in an entertainment, which is six months away."

"When you do a costume, you want to do it justice, you want to make it as cool as you possibly can," Crum says. "Cosplay has even become a way for Crum to keep in touch with fans, such as graduate Kevin Pierson from Louisville."

"My first experience with him was when he was a zombie Spiderman and I went as Nightcrawler, I had kids screaming, "I'm working on fabricating the outfit, the mask, the props and everything else.""

"It has become a small way of life according to Crum. "Sometimes they don't really know how to make the masks, "I was Nightcrawler, I had kids screaming my name and they wanted pictures and just smiled ear to ear, and that was really cool.""

"One of the most rewarding benefits of cosplay has brought to Crum has been his relationships. "Sometimes they don't really know how to make the masks, they're not very easy to do.""

"One of the most rewarding benefits of cosplay has brought to Crum has been his relationships. "Sometimes they don't really know how to make the masks, they're not very easy to do.""

"I've had my fair share of cosplay, but it really has become a part of my way of life," Crum said. "It has become a small way of life and as far as I'm concerned a pretty healthy way of life.""
SIDELINES
CONTINUING UPS AND DOWNS
expended it up everywhere, and in our matches we are now in a controlled pattern, we had a long, non-scripted scrimmage that we really asked to make plays and find ways to win.

Taryn O'Shea was the one of our five self WKU has already finished a problem games. When your coach at the time, the HRFN, EP at a 10-point lead, only to lose the game. They were so strong and they have their confidence, there's no doubt.

“You have to embrace adversity as a football team,” senior offensive line Alex DeCameron Collins said. “As leaders, we have to make sure we stick with the process. We'll be fine. You know a lot of people worry because we've lost our first three football games, but we have seven left. We could easily be 5-1 right now, but that's just how it goes. I'm looking forward to these next seven games.

Six of the next seven games are conference matchups with a home game against Army, which means there still is a lot of work to do. But with a 2-3 record, WKU has to get the job done today, and that's a班车 winning and losing,” Brotan said. “You can’t just get by. You have to go out and play with your power to win. When you don’t, it has to tick you off and make you mad. That’s why we have been so successful for this team. You have to put the game away. Neverthe-...”

WKU SWIM AND DIVE TEAM NOTCHES WINS VS. DELTA STATE
The Hilltoppers and Lady Toppers of the WKU swim and dive team put in a strong showing in their first meet of the season with two wins over Delta State in the Bill Powell Natatorium on Saturday.

The teams recorded top-three finishes in multiple events, including the men’s 1000 free, 200 free, and 100 free, and the women’s 50, 100 free, 200 breast, 200 back, 100 fly, 100 breast, and 200 IM, as well as all women’s diving events. First-place finishes for WKU included: junior Russ Bryant in the men’s 100-yard freestyle, junior Michelle Caddick in the women’s 200-yard freestyle and 100-yard backstroke, sophomore Cody Reul in the men’s 200-yard freestyle, sophomore Fabian Schwingenschlogl in the women’s 200-yard backstroke, senior Seth Mosley in the men’s 100- and 200-yard breaststroke, and senior Logan Graumann in the women’s 50-yard freestyle.

First-place finishers for WKU included: junior Russ Bryant in the men’s 100-yard freestyle and 100-yard breast, 200 fl y, 100 fl y and 200 IM, as well as all women’s diving events.

When I first came into the program, I was asked to do my part — I feel like that’s a strength for me,” said Cavanaugh said. “We do it every game. You can’t ever go slow. You have to always be going and be the best you can be.”

With so many games coming down to one or two points, the Hilltoppants have a 1-0 record this year.

“Everyone is excited but it’s almost a sense of relief,” Neidell said. “We are not used to being up, and I thought we were tak-...”

WKU SOPHOMORE DEFENDS IN OVERTIME
Junior outside hitter Haley Bodway dug up for a splice against a North Texas defe-...
Indiana State, against Lipscomb, Sacred Heart and UTSA for the Lady Toppers this season Neidell said. “We recruited her immediately after that camp.”

“I loved the campus here and how people,” Moats said. “The people here are great, and the coaches are also great. I just really wanted to be a part of a program that seemed so enjoyable.”

Junior forward Lauren Moats leads the WKU soccer team in goals with five and overall points with 11. She’s first in scoring, second in assists and fourth in points per game with 1.1. Moats has been the complete package so far for WKU this season, leading the team with nine shots on goal, five scores and 11 overall points. She’s single-handedly secured three victories for the Lady Toppers, winning over Lipscomb, Sacred Heart and Indiana State.

The 5-foot-5, 1-inch junior midfielder has knocked in both goals in the Lady Toppers’ win against Lipscomb, the game-winning goal in the 96th minute of overtime against Sacred Heart and the only goal in WKU’s victory over Indiana State.

“She has always had a great nose for goal, along with an impressive ability to just go out there and score goals,” Head Coach Jason Neidell said.

Moats is originally from Louisville, but she moved to Nixa, Missouri in her junior year of high school, which proved to pay off. During that high school season or on her club team. But the recruitment process was anything but smooth. WKU heard about Moats’ talents and invited her to a one-on-one recruitment camp her junior year of high school, which proved to pay off. 

“She’d been playing soccer since she was five, and she was playing on teams around the net. I was pretty impressed, but I also the loved the people,” Moats said. “The people here are great, and the coaches are also great. I just really wanted to be a part of a program that seemed so enjoyable.”

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Moats is originally from Louisville, but she moved to Nixa, Missouri in her junior year of high school, which proved to pay off. During that high school season or on her club team. But the recruitment process was anything but smooth. WKU heard about Moats’ talents and invited her to a one-on-one recruitment camp her junior year of high school, which proved to pay off. 

“She’d been playing soccer since she was five, and she was playing on teams around the net. I was pretty impressed, but I also the loved the people,” Moats said. “The people here are great, and the coaches are also great. I just really wanted to be a part of a program that seemed so enjoyable.”

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