2-11-2016

UA12/2/1 Dining Guide

WKU Student Affairs

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Students share opinions on new restaurants

BY ELISABETH MOORE
HERALD.NEWS@WKU.EDU

After weather delays and some kitchen controversy, two new restaurants, Topper Grill and Pub and Chili’s, will be opening soon on WKU’s campus.

The two restaurants have encountered delays during construction due to inclement weather. Topper Grill and Pub as well as Chili’s is expected to open at the end of the month.

Some students, such as Bowling Green senior Katie Norris, are excited about the new additions.

“Chili’s sounds like a good idea,” Norris said.

Sol Govin, a senior from Sunrise, Florida, said she thinks having a Chili’s will be cool although the new restaurants’ locations at the top of the Hill will make it less appealing to students who live in dorms at the bottom.

“They are probably going to get traffic from non-WKU students who work in the area,” Govin said. “This is probably going to make prices more expensive as well, since this is campus.”

Steve Hoyng, resident district manager for Aramark, said the Topper Grill and Pub planned to use the Garrett Food Court’s kitchen to be more efficient. However, because of the shared space, the Department of Alcoholic Beverage Control denied Topper Grill and Pub a liquor license. Aramark withdrew its application for a liquor license that would allow Topper Grill and Pub to sell alcohol to salvage WKU’s future licensing endeavors.

“If you are denied a license, it looks bad on you and on any other license you apply,” Hoyng said during Tuesday’s Student Government Association meeting.

Norris said she was disappointed that the Topper Grill and Pub will not serve alcohol when it opens.

“So it’s the bar and grill without the bar,” Norris said.

Govin agreed.

“It’s basically like Redzone,” Govin said. “It’s like having a restaurant with a bar vibe without the bar.”

Govin said the bar would have been a cool idea but now seems like a waste of funding.

Hoyng said as far as he knows, Chili’s will be selling alcohol, and there are plans for Topper Grill and Pub to sell alcohol in the future.

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YOU SNAP? WE SNAP. LET'S BE FRIENDS.
Brunch: The second official meal of the day

“Breakfast is the most important meal of the day” is a phrase you might have heard from a parent, teacher or educational TV show when you were younger. Now the saying is only associated with a feeling of nostalgia and a tinge of regret.

While many herald breakfast as being the most important meal we eat, the fact is that as college students -- and perhaps as professors and staff too -- many of us do not have time to consume a wholesome or healthy breakfast.

Things are always moving so fast in the world of higher education that often times a granola bar or a blueberry Pop-Tart will be the only source of nutrients we get for several hours until our three consecutive classes let out on Tuesday. Where is our respite, our quiet time, our reflection or simply our opportunity to enjoy breakfast at a later, yet socially acceptable, time?

Brunch, an amalgamation of “breakfast” and “lunch,” offers us such an opportunity. Not to be confused with the unpopular “Lunfast” or “Blunch,” brunch is an event in mainstream culture that has been gaining more popularity in recent years.

A story published in the Washington Post by Roberto Ferdman and Christopher Ingraham highlighted how search interest for brunch has been growing steadily since 2004. They researched the story by examining search term numbers from Google Trends. They noted a spike in search terms related to brunch occurred each spring during times that corresponded to Easter and Mother’s Day.

The phenomena of brunch, however, reaches far beyond 2004 and measurable Google Trends data. The term “brunch” first appeared in print in an 1895 “Hunter’s Weekly” article in the British magazine Punch, according to the Smithsonian.

The article, titled “Brunch: A Plea,” was written by British author Guy Beringer. In the article, Beringer offered a suggestion to the alternative of the “heavy, post-church Sunday meals” and instead give favor to a “lighter fare served late in the morning.”

“Brunch is cheerful, sociable and inciting,” Beringer wrote.

Beringer’s article enthusiastically pin-points the benefits of brunch: it allows you to stay up later and drink more on Saturday night without having to worry about waking up early for breakfast the following Sunday morning.

“By eliminating the need to get up early on Sunday, brunch would make life brighter for Saturday-night carousers,” Beringer wrote. “It would promote human happiness in other ways as well.”

As I began to learn the historical and cultural intricacies of a meal that is essentially the twilight between breakfast and lunch, I knew that to fully immerse myself in this cultural event, I had to experience it for myself.

While brunch is often held on Sundays beginning around 11 a.m. and might involve a Bloody Mary or mimosa cocktail as the drink of choice, I had a deadline to adhere to and a legal drinking age holding me back.

On the morning of Feb. 10, I traveled to Wild Eggs to have brunch. I arrived there at approximately 10 a.m., which is a little early for brunch but also later than breakfast may sometimes be devoured.

There were 16 other people sparsely filling the room. Roughly three or four families and a handful of individuals were all seated intermittently throughout the restaurant. By no means was it hectic, but it was inhabited enough to be peaceful.

Photos of eggs in different positions lined the room. One picture was of an egg inside a hollow avocado. Turns out Wild Eggs really likes to play on the theme of eggs in their interior decorating, but I digress.

My order consisted of a Wild Berry Mocha and an omelette with Swiss cheese, chicken, ham, spinach, tomato and mushrooms. It also came with skillet potatoes and the restaurant’s signature Everything Muffin.

While I was keenly aware of my deadline and upcoming classes, the timing and meal associated with this brunch offered me an opportune time to slow down and reflect. While I had not engaged in carousing the previous night as Beringer might have wished, brunch for me stirred a new level of human happiness.

College is a whirlwind of many events mashed into what’s supposed to be a four-year journey, so take time out of your days to go to brunch or maybe even “brinner,” a topic for a different day.
Food: a necessity for human life. One thing college students can agree on is that we like to eat. Bowling Green has given students a few new options for dining out within the last year. Some of those restaurants are Cookout, Wing Stop and Wild Eggs. There are many other places to choose from when you're out late with friends and want to grab a bite to eat. Here are some of the top food spots in Bowling Green:

1. OVERTIME SPORTS BAR & GRILL

If you're looking for a laid back atmosphere, great food and fans screaming for their favorite sports team, OverTime is the place for you. The restaurant is located on Bakersfield Way just off of Campbellsville Road. This spot is very popular among many upperclassmen.

Must Eat: Order the chicken nacho libre. This huge basket of nachos will have you asking for a to-go box, according to Louisville sophomore Brittany Perry. You can choose chicken, beef or pulled pork variations of this tasty dish, which is discounted on Tuesdays.

Take Note: If you want to make your experience better outside your meal, head to OverTime on Wednesdays for trivia and Thursdays for karaoke.

2. SHOGUN BISTRO & HIBACHI

Be sure to get to Shogun early if you don't want to wait. This Japanese-inspired restaurant is a great place for casual dining and enjoyable conversation with your friends. And it offers more than just sushi. If you like to play with your food or enjoy food-based entertainment, choose hibachi and witness a professional create a delicious dish for you.

Must Eat: Savor the chicken hibachi and fried rice drenched with yum yum sauce.

Take Note: If you go to Shogun on Tuesdays, you can get half-priced sushi rolls.

3. SAM’S GYROS

You may not have studied abroad yet, but that doesn’t mean you can’t get a taste of overseas cuisine here in Bowling Green for a more feasible price. This Greek restaurant on Campbell Lane will have you ordering takeout almost every month.

Must Eat: The gyro chicken combo with rice is a great way to begin your journey with Greek food.

Take Note: To spice up your dish, ask for cucumber sauce to pour on top of your rice.

4. CHUY’S

This Tex-Mex restaurant is one to remember. The pink and blue exterior will invite you in, but the food will have you making regular visits. Chuy’s is located on Ken Bale Boulevard off Scottsville Road.

Must Eat: The chuychanga is one of the best things on the menu. The fried tortilla shell and seasoned chicken breast inside pair well with a side of refried beans.

Take Note: If you happen to love Chuy’s and your group or organization has a party, Chuy’s offers an offsite catering car.

5. JUDY’S CASTLE

If you want to feel at home, this is a great place to check out. A hidden gem, Judy’s Castle is located on the 31-W Bypass. If you haven’t been a student for a while, you might miss it, but the little brown castle has great service and food.

Must Eat: The biscuits and gravy may be the best you’ve ever had. This dish fills you with Southern comfort.

Take Note: The ladies who serve and make these scrumptious dishes will make you feel like part of the family.

6. WILD EGGS

This new addition to the Bowling Green community has been a hit. Wild Eggs is a breakfast and brunch restaurant, so if you want to enjoy its cuisine, make sure you arrive before 3 p.m. on the weekends and before 2:30 p.m. on weekdays.

Must Eat: Relish the classic French toast. This meal is sure to make your taste buds sing. If you pair it with seasoned potatoes, this dish will be the perfect start to your day.

Take Note: Try the Everything muffin. It’s everything you’ve ever wanted.
TOMATOES FOR TOPPERS

BY JUSTIN TURNER
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From crisp greens to succulent tomatoes using locally-sourced produce is just one of the many ways WKU is striving to provide more sustainable dining.

As a participating university in the Kentucky Department of Agriculture’s Farm to Campus program, WKU uses a variety of fresh produce from local farms. WKU officially began connecting to vendors through Aramark in 2014. The produce is used in WKU Restaurant Group’s Fresh Green.

WKU Sustainability Coordinator Christian Ryan worked closely with the WKU Restaurant Group and Dining Services to implement the practice, which she felt was an essential step in ensuring that WKU is both mindful of the environment and of local economy.

“It is important because, as a university, we wish to reduce our environmental impacts and support local, sustainable agriculture,” Ryan said.

The process has not been without difficulties, however. Ryan said finding farms that can match the amount of food WKU needs is the biggest challenge.

“It is difficult for local farmers to produce enough to serve our needs, so we have to get as much as is available, and hope that our demand will encourage and allow farmers to produce more,” Ryan said.

Currently, less than 5 percent of WKU’s food is sourced from local providers. Dining Services hope to raise this quantity by 5 percent every year.

Local farmers may be stepping up to the task. Jackson Rolett, a farmer from Think Little CSA of Scottsville said he thinks that the regional sustainable foods market is experiencing growth because of WKU’s partnership with Community Farmers Market in Bowling Green.

“We help connect Western with farmers who are ready to take their relations to the next level,” Rolett said.

Rolett is one of many local farmers who sell their products at Community Farmers Market, which WKU is an outreach partner with.

Rolett said WKU’s partnership with them helps create space in the market since larger farms have transitioned to sell to institutions and other companies.

“It’s great to see that there’s opportunity to scale up and to serve institutions,” Rolett said.

Gary Robbins of ATP Greenhouses, LLC in Morgantown supplies tomatoes to WKU. Robbins said his business still serves local customers at Community Farmers Market, but selling to WKU is beneficial to his business because his product is always needed.

“When you have a fresh product that you have to grow in the wintertime, you have a little harder time finding people to buy them,” Robbins said. “With Western, it has been a really good deal.”

Finding a local food supply to meet WKU’s demand is not the only challenge to making sustainable changes within campus dining.

Ryan thinks the most substantial hindrance to increasing sustainable foods in WKU dining is the campus culture. For Ryan, educating the student body as well as the faculty and staff on the importance of sustainable practices is imperative.

“If students, faculty or staff care about sustainable dining options, the majority of students seem unaware that these options are possibilities, or are even preferable,” Ryan said.

The Student Government Association Sustainability Committee, which was created by SGA President Jay Todd Richey in 2015, works closely with the Office of Sustainability to directly involve students in effecting change on campus.

“If students, faculty or staff care about sustainable dining options, the best way for them to make a difference is to join the committee, to help in making this change,” Ryan said.

Con Con’s: The best diner in Kentucky

BY MOLLIE MOORE
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On my first visit to Bowling Green I was in a desperate need of hash browns and coffee.

After searching the perimeter of campus for over an hour, I decided to give up and put my phone to good use. The second result of the Google search “Bowling Green breakfast,” was a restaurant named Con Con’s, so I buckled my seatbelt and made my way to the little diner on Russellville Road that would soon become my destiny.

A visit to Con Con’s is always a comforting break away from the stressors of life. From the decor reminiscent of an old bait and tackle shop to the classic, dependable diner coffee, Con Con’s never disappoints.

The food selection has no frills and is straight to the point. My favorite thing to get on the menu is the breakfast special, which comes with a choice of ham, sausage or bacon, eggs cooked to your liking, a choice of hash browns, home fries or grits and the option of biscuits and gravy or toast. It’s delicious and hearty, and if you order it before 10:30 a.m., it’s a mere $5.50. With a cup of coffee, which includes refills, you won’t pay more than $10 including the tip.

They also have sweet breakfast foods like pancakes and french toast. I’ve tried both and they’re tasty. Trust me.

If you’re the kind of person who doesn’t really like breakfast — honestly though, what kind of person doesn’t like breakfast? — they’ve got a great lunch menu that includes burgers, chili dogs and even salads.

While the food at Con Con’s is delectable, what really makes the place so special is the atmosphere. The best time to go is a weekday morning when they are busy but not crowded and all the regulars are making their way in. There are always at least two old men sitting at the bar, joking around with the waitresses. At the end of the bar usually sits an empty stool with a plaque in front of it that reads “Here sits Millard” in memory of a regular who passed away.

The waitresses are sweethearts and the regulars are eccentric. One morning last winter, a waitress offered to invite me to her house to dig up a cactus she didn’t want anymore, and a man whose name everyone knew told me about how many times he’d been stabbed. The man also guessed my personality traits and told me my fortune. It was a productive day.

Overall, Con Con’s is a magical place. It’s a part of Bowling Green that feels completely separate from WKU, which is perfect if you want an hour to escape the demands of school.

Where else could you find a place with wall signs that say stuff like, “24 hours in a day. 24 beers in a case. Coincidence... Maybe,” and get your fortune told all while drinking a damn fine cup of coffee?
A DAY IN THE LIFE
OF A SPORTS-MINDED DIET

A look at our athletes’ eating habits on campus

BY JOHN REECE
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For a student-athlete at WKU, nutrition is drastically different than that of a regular student. What much of the student body doesn’t realize is just how radical this contrast is. Thankfully, junior defensive lineman Kalvin Robinson of the WKU football team shed some light on this stark divide.

“When I wake up I’m eating carbs, and before I go to sleep I’m eating carbs. Carbs are just one of those things that I always must have with my meal.”

Carbohydrates are imperative for any athlete to consume on a daily basis because of their ability to absorb slowly into the blood system, thus giving athletes more energy. “Rice and beans give you the highest amount of carbs,” Robinson said. “Brown rice is also really great in protein and carbs. Carbs help you gain a lot of weight.”

Rice is one of the more popular meals for athletes on campus as it promotes a healthy weight gain while also providing much-needed energy. The dish is also one reason why so many athletes can be seen carrying water jugs around campus.

“One good thing about rice is that it also increases your water intake so that you can hold more water,” Robinson said. “If you are an athlete, you are constantly sweating, so what you do is you always carry a gallon of water around. It helps to prevent dehydration.”

However, it is important to note that not every athlete eats

SEE ATHLETE’S DIET PAGE 8
the same carbohydrate-driven diet. Consuming particular types of foods depends on different diet goals.

"If you are trying to cut down on weight, the best thing to do is to have baked and grilled foods," Robinson said. "If you are trying to get lean, then you need to eat lean things like broccoli, and you cut out your bad fats. Only eat good fats, which can be found in steaks."

Another habit that athletes on campus have is the time of the day in which they consume food. Normally players always eat when they wake up and before bedtime and at least twice during the day.

What is also essential to any Hilltopper athlete's diet is the absence of soft drinks, which have very negative influences on the body.

"I don't drink sodas," Robinson said. "The only thing I drink is water and Powerade. The main reason why is that if you drink sodas with most meals, you will build fat quickly. I try to drink an entire gallon of water every day, but that's hit or miss."

One thing students and faculty might notice is the absence of athletes from dining locations on campus like Steak-n-Shake or Popeyes. Thanks to these students' active lives, there is a reason they avoid these eateries.

"With every thing that fast food restaurants put into food, it takes a long time to get that out, and it's just not even worth it," Robinson said. "You don't need to be taking in greasy substances like butter or salt."

For the 6-foot-5-inch, 250-pound junior, living this rigid lifestyle is completely necessary for achieving maximum performance on the field.

All athletes must adhere to a strict nutrition regime so that they see a boosted level of play in their respective sports that, in turn, help provide for their educations.

"It's just like a car," Robinson said. "If you want to run like a Mercedes, then you need to put the best gas in your car."

The common student is not left out of this nutrition analysis as Robinson is also able to provide great advice for them on the healthiest places to eat.

"Personally, I prefer to eat at home," Robinson said. "That's the best place to eat. However, if you are a regular student and on campus, the only place I would recommend going to is Garret Food Court just because they have a really good variety of healthy things."
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Top 10 worst places to take your date to dinner

**BY BRANDON CARTER AND KATHERINE SPROLES**
HERALD.OPINION@WKU.EDU

**Hooters:** It may be the “Big Game Headquarters,” but your game is guaranteed to fail if you take your date to this wings-and-beer spot. Take one look at the menu: The sheer number of double entendres should make you have second — and third, and fourth — thoughts.

**Gas station:** We get it. You once had a religious experience munching on a massive turkey leg that previously spent an undetermined amount of time twirling under the warming light. But try to avoid it on the 14th; Valentine’s Day is about hearts, not heart attacks.

**Applebee’s:** “Half-price apps” doesn’t exactly scream “romantic date.” There are plenty of other sports bars with boring food and listless atmospheres. Don’t choose those either.

**Bowling alley:** The snack bar may be tempting, but treating your date to nachos and a pitcher of crappy beer will be your first strike of the night. Spare yourself the trouble, and pick a place with better food and fewer lottery ticket dispensers.

**Any place that takes Big Red Dollars:** Nothing says “I’m loaded” like whipping out your WKU ID to cover the check. Whether you’re splurging for the Angus Three Cheese & Bacon sandwich at Arby’s or quenching your thirst with a Route 44-sized drink at Sonic, your declining-balance payment is sure to decline your romantic successes.

**Captain D’s:** You’re on a sinking ship if you take your date to this fast-casual seafood joint. In the words of one of our editors, “If they’re high-class, at least take them to Long John Silver’s.”

**Mall food court:** Sbarro? More like SbarrNO. And don’t even think about taking your date to Auntie Anne’s. If you think those pretzels will sweeten your date, you’ve got it twisted.

**Costco and Sam’s Club samples:** There’s a bit of romance in the mystery of this adventure. What samples will be provided? Where will they be in the store? Sadly, the thrill of the chase is overshadowed by the glares being thrown your way by store employees as you take your sixth taquito sample of the night. Perhaps it would be best to take your date somewhere where the food isn’t small enough to fit on a toothpick.

**Strip club:** Do we even have to explain this one? And no, the champagne available for purchase should NOT make you consider this.

**Buffet:** You’ve loaded your plate with your all your favorites: fried fish, mac-and-cheese, rice and gravy, collard greens and an assortment of desserts. You turn to your date. They stare at you, horrified at the culinary confusion you’re holding in your hand. You realize you’ve made a great mistake. Stay away from the buffet.
THE DSU FOOD COURT BANG HOW MUCH FOR YOUR MEAL SWIPE

PHOTOS BY: JUSTIN GILLILAND

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