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Winter Wheat Festival brings creative writers together

Max Hess
Reporter

The 18th annual Winter Wheat Festival drew skilled writers from all over the region to the Bowen-Thompson Student Union the first week of November. Named as a metaphor for planting seeds to later take harvest in the spring, Winter Wheat provides University students, faculty and visitors with an environment to learn more about creative writing, often directly from professionals.

Winter Wheat 2018 was separated into three days, offering a book fair and six different 75-minute workshop sessions for guests to hone their creative writing skills. Each session offered seven or eight different workshops, where participants can select anything they want. They are useful for self-improvement, according to Abigail Cloud, the festival’s coordinator.

“The workshops include writing time within them. You walk away with new writing to work with over the next months and then hopefully have some sort of harvest of creative work down the road. The writing time, especially, makes Winter Wheat different from most other conferences,” she said.

There was also a roundtable session, where people spent around an hour asking questions to three Mid-American Review editors. Mid-American Review is a publication literary journal of the English department, but it is staffed primarily by the Master of Fine Arts in Creative Writing students. According to Cloud, undergraduate creative writers in the Creative Writing program, or sometimes the English program, help to keep the festival running smoothly.

“They volunteer, give presentations and help to keep things cohesive during the event,” she said.

The annual Winter Wheat Festival started when Cloud was a University graduate student in the Master of Fine Arts Program of Creative Writing in 2001. She has had a close connection with the event from its conception on campus and has always played a role in it. Before settling on “Winter Wheat” as a metaphor for sowing seeds, the festival’s creators played around with several different names, one of which was “Wheatstock,” a play on Woodstock.

“I have very distinct memories of being at the lounge in East Hall, talking about the creation of a new festival. It was the brainchild of Karen Craigo, who was the Mid-American Review poetry editor at the time, later associate editor and then co-editor-in-chief. Craig’s idea was to have a sort of Bohemian-style festival but something that would be open to the public and would bring in people from outside as well, so sort of merging our community of writers,” she said.

Read the rest online @ bgfalconmedia.com.
10 ways to deal with stress

Morgan Ward
Columnist

It’s that time in the semester where everyone sort of just wants to give up and curl up in bed watching Netflix all day. I know senioritis has kicked in for me and I’m only a junior. I can’t imagine what seniors must be feeling like. I found that just taking the time to destress this semester has helped me tremendously. Here are 10 ways that I destress and hopefully they are ways that can help you, too.

1. Blast your favorite playlist and dance
Dancing isn’t just a fun way to jump around and gel loose! It has also been proven to improve psychological well-being and boost self-esteem, according to Psychology Today.

2. Hit the gym
Going to the gym is a great stress reliever. Exercise stimulates active release, the good feeling endorphins that improve mood and endorphins come over you, according to the National Fibromyalgia and Chronic Pain Association. Taking a yoga class is good for the mind, body and soul. You are focusing on one thing rather than everything else going on around you.

3. Netflix and chill
Take some time to chill and let yourself relax. You are a hard working college student that needs a break. Our bodies weren’t meant to keep going and going. Relaxing is a way to reduce the activity of stress hormones and improve concentration.

4. Treat yourself!
Pamper the stress away, but don’t over-do it at the same time. Treating yourself to an ice cream or dessert can help the stress go away temporarily. Just finished a 3-page paper this week? Go on that Target shopping trip you deserve.

5. Get outside
Yeah, it might not be the ideal weather to go outside, but feel the breeze on your face! Going for a walk is a great way to ditch the stress. The fresh air can clear the mind and let you think about life in a positive way.

6. Do something that will make you laugh
Laugh the stress away! When you laugh, it allows the body’s stress response to react and then cool down causing a relaxing feeling and endorphins come over you, according to the National Fibromyalgia and Chronic Pain Association.

7. Get organized
Getting organized and cleaning can be a great way to practice mindfulness. This forces you to put other work aside and think about what you are doing now. Organization will keep the stress away by making things look cleaner and not having to worry about where to find things. A clean space makes for a clean mind.

8. Eat your favorite food
Stress can cause you to forget to eat or eat a lot. I’m guilty of both. Eating your favorite food will put you in a good mood and cause stress to decrease.

9. Have a friend’s night
Make time for your friends. It’s never a wrong idea to have a good time and rant to friends. Part of a healthy lifestyle is confining in friends for them to give you the boost and reassurance that everything will be okay and get done.

10. Write
Not everyone likes to take the time to write but it can be helpful. You are probably writing on Twitter so why not take five minutes out of your day to write your thoughts and feelings down. It makes you less stressed. Even writing a to-do list and crossing things off of the list is great for the mind. It physically shows you that things are getting done.

Challenge yourself to not judge others

Miah Paloma
Columnist

Remember that one girl back in high school that did that one thing? Or that on-again and off-again “it” couple that wouldn’t quit with the PDA in the hallway?

Well, what about that one challenge, you know, the one where people would make themselves purposefully look hideous with marker and makeup just to show they are actually stunning? This was known as the “Don’t Judge Challenge.”

Of all of the challenges our generation has come up with, this was one of the most ridiculous. (Of course, No. 1 is Tide Pods, No. 2 is the Kylie Jenner challenge. Yikes.) Anyway, when this challenge was popular, I hated it. It was the absolute dumbest thing to me. The way I saw it, people are going to judge you regardless of what you do with yourself because they just do.

This brings me to my main point: judging. Let me start off by saying that we are ALL guilty of judging. I can, in fact, attest to there being a time where I was one of the most judgemental people ever. I was sheltered and naive; it was disgusting. (I shudder at the thought to this day.) No, this is not something I am proud of. But of course for me to grow out of it, time needs to pass. I can remember my mom brought it to my attention. One never wants to hear about themselves, but I thankfully have a mother who doesn’t hold back.

What I had to realize was every kind of lifestyle was just a decision away. The only thing separating us from anybody else are the choices we make. The only difference between us and criminals are a single choice. What if we started thinking about everything like this?

If all we do is spend our lives pulling our hair out over other people, we are only going to end up bald and lonely (and I don’t think I would look good bald). Picture a world where people did not judge each other, understood that our differences are only decisions and kept their full heads of hair. That is a world I want to live in.
Open letter to a student organization

Bea Fields
Guest Columnist

Dear “Student Organization,”

Damn. I know that you might think the reaction to your racist and insensitive picture has been “over the top” but consider this: our current political climate.

Also consider this: being a decent group of young white guys and not being so blatantly racist. You’re not really helping the image of, let’s say, I don’t know — Greek life on this campus. Greek life (hypothetically speaking, of course) has been in hot water in this country for years!

For the perceived lack of diversity, for issues with sexual assault and hazing. The stunt like the one you pulled is ripping the progress other Greek members are trying to achieve.

When I (a non-Greek, humble, brown lesbian) saw your picture on Instagram — and I am saying “your” because, well, it was posted by a heap of your members — I have to admit #chologang was a bit of a red flag.

Sure, you didn’t go the whole nine yards and paint your faces brown, but throwing “gang signs” with magic marker tattoos? Meijer-bought bandanas? Y’all on some kind of budget? And using the bit of Spanish found on the internet — “vato” — the whole picture seemed pretty clear what stereotype you wanted to go as for Halloween.

I think the main thing that got to me the most was your caption, “Your culture IS my costume.” This is clearly responding to the hashtag “my culture isn’t your costume” campaign, which speaks out against exactly the racial insensitivity on Halloween that your post shows. This indicates that this is more than some accident. You know about the efforts of people of color trying not to be simplified as a stereotype on Halloween and every other day of the year.

Racial insensitivity on a college campus isn’t unheard of, but the fact that you knew what you were responding to and posted it on a PUBLIC account is more than messy. It’s a bit ♂♂♂ up.

Now, I’m not writing this to hurt you. I’m writing this to warn you about yourselves and your racist ignorance. Dressing up as these stereotypes can harm Latinx people because, as you read this, Mexicans are being called rapists and drug dealers by our government.

Latinx asylum seekers are being detained by our border guards, having their children taken and stashed in prison cells, alone and traumatized. Now, I know you didn’t even think about politics when you put on the costumes.

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For More Information: theconversation@bgsu.edu | 419.372.2081
City Council elects Mark Hollenbaugh to fill vacant seat

Adam Gretsinger
City Editor

Former Bowling Green City Council member Mark Hollenbaugh filled a vacated seat on the current council following a six-way race.

At Tuesday’s meeting, City Council unanimously elected Hollenbaugh to fill former member Daniel Gordon’s 1st Ward spot until the term expires at the end of 2019.

The appointed member was one of six write-in candidates, who also included:

• Madison Stump, an undergraduate University student who serves as the director of government relations in Undergraduate Student Government.

• Connor Goodpaster, a recent graduate from the University with a master’s in Public Administration and a desire to continue the Council’s actions supporting town diversity.

• Neoicles Leontis, a biochemistry professor at the University with a drive to make the town famous for being eco-friendly.

• Sebastian Ochoa-Kaup, a current member of the town’s human relations commission who offered to bring experiences in HIV activism and volunteer work to the position.

• Hunter Sluss, a University student and Cedar Point Guest Services supervisor, who lost to Gordon in last year’s election. He was absent from the meeting.

“Thank you all for your kind words tonight,” Hollenbaugh said quietly after the general meeting had concluded.

The standing members of the council had plenty of those kind words for the incoming member as they explained their votes.

“It was a very good group of candidates,” councilman William Herald said in praise of the emergency ballot, jokingly bemoaning the council’s likely inability to bring more than one new member in at the moment.

However, Herald said his vote was strongly in favor of Hollenbaugh because of his proven track record of success in management and public roles.

Read the rest online @ bgfalconmedia.com.
Men’s basketball wins big in season opener

Evan Hayes
Pulse Editor

The Bowling Green men’s basketball team kicked off their 2018 season Tuesday night against Division II Tiffin University, winning 91-52 at the Stroh Center.

The Falcons got off to a torrid offensive start, going on a 21-2 run in the opening quarter and leading 45-20 at halftime. Controlling the boards on both ends while locking down on defense opened up easy lanes for the Falcons, who took advantage of a smaller and less athletic Tiffin squad.

“We got the shots that we wanted. We were able to get layups,” coach Michael Huger said. “The way they played ball screens we had the opportunity to refuse ball screens to get drives. I thought we capitalized on that.”

Junior guard Dylan Frye led the way for Bowling Green with 20 points in 20 minutes, grabbing five rebounds and making four of seven three-pointers. Senior forward Demajeo Wiggins recorded a double-double with 12 points and 10 rebounds to go with two blocks, while redshirt sophomore guard Justin Turner added 16 points and five rebounds.

The Falcons out-rebounded the Dragons 62-29, pursuing the ball as a team on the defensive end. On the offensive end, Bowling Green repeatedly capitalized inside, both off of second-chance opportunities and from offensive sets, scoring 50 points in the paint and 21 second-chance points.

Redshirt senior forward Jeffrey Uju pulled down 10 rebounds for the Falcons, while junior guard Michael Laster had eight and freshman center Tayler Mattos grabbed nine, both off the bench. The team effort on the glass helped the Falcons eliminate second-chance points while pushing the ball in transition back on the offense.

“(Wiggins) is a big boy. He’s going to have his 10 to 15 or however many he’s going to get, but when we guards crash, it helps us all,” Frye said. “It helps him too.”

The Falcons spent much of the offseason focusing on making defensive adjustments to improve their play on that end of the floor this season, and it showed against Tiffin. The Dragons opened the game going one for 14 from the field and shot 29.9 percent for the contest. BG spent much of the second half playing their bench, cruising to an easy victory.

“Last year, we had a lot of guys who weren’t interested in defense,” Huger said. “We had to change that mentality. We worked on that from the end of last season until now. It’s been a long summer for us. That’s all we did was defense.”

The Falcons will be traveling for their next pair of games as a part of the 2018 Legends Classic. Bowling Green will play St. John’s in Queens, New York, on Friday at 6:30 p.m., and then travel to Richmond, Virginia, to play VCU on Monday.

Women’s basketball loses in first game

Zane Miller
Sports Reporter

The Falcon women’s basketball team fell 99-69 in its first game of the season on the road in the Breslin Center against the Michigan State Spartans Tuesday night.

The game was also the first for the Falcons’ new head coach, Robyn Fralick, who was previously the head coach for the Ashland Eagles in Division II, with a 104-3 coaching record over two seasons with the team.

Despite the loss, Fralick was impressed by the effort of her team against a tough Big Ten Conference opponent.

“I loved our fight,” Fralick said. “To fight back to a 12-point deficit was great. The problem is that you don’t want to dig yourself into such a hole where you have to expend that much energy to fight back.”

The Falcons kept the game close through the first quarter, with Michigan State leading it 20-15. Junior guard Andrea Cecil led the Falcon offense with 6 points on a pair of three-pointers. In the second quarter, however, Michigan State began to pull away with a 21-10 advantage to take a 41-25 lead at halftime. Freshman guard Molly Dever had a strong quarter, however, leading the offense with 5 points on two layups and a successful free throw.

“I thought they did a lot of good things for us,” Fralick said of the team’s freshman players. “Especially in a first college game, they made a lot of positive contributions, and they’ve been doing that in practice too. It was great to see that carry over.”

In the third quarter, Michigan State outscored the Falcons 29-21 to grab a 70-46 lead. Senior guard Sydney Lambert earned 8 points in the quarter, as a jumper, layup, free throw and three-pointer were all successful. The team then improved on their offensive production even more in the fourth quarter with 23 points; however, it wouldn’t be enough as Michigan State outscored the team 29-23 to win it 99-69. Cecil led the Falcons offense overall with 19 points, which included four three-pointers, three layups and a free throw.

“Going into this game, we really wanted a barometer for where we were,” Fralick said. “Now we’ve got a lot of feedback, and I hope they feel motivated this week to know where we are now and let’s get better.”

The team believes one of the biggest things they want to work on going into conference play is putting together a more complete effort.

“Playing a full 40 minute game and doing the things we’re supposed to do consistently, we’ve got to get better at,” Fralick said. “There’s also things that I loved; I loved our fight. We didn’t give up, and we’re going to hold onto that and continue to get better.”

The team will next play on Tuesday night in their first home game of the season against the Marshall Thundering Herd.
Craggs brothers shine for the Falcons

Jamison Terbrack
Sports Reporter

Bowling Green men's hockey coach Chris Bergeron found his own version of the “Bash Brothers” from the popular film series, “The Mighty Ducks,” in brothers Lukas and Sam Craggs.

Lukas, a junior, and Sam, a sophomore, hail from Elmhurst, Illinois. They were born with hockey in their blood as their father Bill played college hockey for NCAA DIII St. Mary’s University in Minnesota.

This made it an easy decision for their mother to sign the boys up for skating when they each were three years old.

With the boys only being one year apart, the best decision early in their career was for Sam to play a year up. This meant he was playing with boys Lukas’ age, but once they started to physically mature, they split off individually.

This was not the end of their time playing together, as the brothers would each go on to be selected in the USHL draft by the Youngstown Phantoms. After their time with the Phantoms, they each had a college decision to make.

“Barry Schuette gave me a nice phone call,” Lukas Craggs said. “I came out and visited, liked what I saw and I committed instantly. They were the first school to talk to me, and I rolled with it and loved it.”

The decision was not as easy for his brother Sam, but he too, would decide to don the orange and brown for four years.

“I had a few schools talk to me first, but BG was very consistent, and they talked to me. When I came out to visit, I liked it. Also, (Lukas) was coming here, so that was a plus.”

The brothers have a chemistry that cannot be taught by a coach. Sam still had to ask his brother for permission before accepting the offer to Bowling Green, he said, while laughing to his brother.

With the brothers deciding to lace up together, it made travel plans easier for their family, who support them at the games.

“The family aspect is big, my brother and parents can come out and watch us play,” Lukas Craggs said.

A strength the brothers have is their willingness to play the body.

“Yes, obviously when we are playing together, we are beating people up, so it’s fun. Bringing a little physical play, it shuts the opponent down. They don’t want it, and I’m happy to do it,” Lukas said.

He led the Falcons last year with 109 penalty minutes and already has 42 so far this season, less than a quarter of the way through the season. As a freshman last year, Sam, also sat in the sin bin his fair amount, collecting 36 minutes of penalty time.

Lukas was not always the physical player Falcon fans watch today. He admitted he was kind of small once he was old enough to hit in hockey. It took him a while to work on his trade.

The brothers are not only known for their defensive skills; their offense has earned the Falcons points too. Lukas is one of the Falcons’ top scorers this season with 7 points in eight games after tallying 19 last year. Sam scored 9 as a freshman and is off to good start this season, with 3 quick points.

They share the same favorite moment as a Falcon: winning the GLI Championship. The boys won the hardware in Detroit, where they topped the Michigan Wolverines, the eventual national championship runner-up.

The young men are grateful for their Bowling Green fans.

“The fans are everything. When you go out on the ice and hear the roar, it’s a special feeling. I love to see the fans in the stands,” Sam said.

Lukas agreed with his brother.

“BGSU hockey fans, we’re loving the support right now; we want to keep that up. There’s more to come. We have a special group. We’re working on something special this year, so expect a deep run and nothing less. We are shooting for it all this year,” he said.
Exercising helps minimize stress
Healthy indoor and outdoor activities for increasing happy hormones

Mary Ross
Reporter

All too often around the University’s campus, many students are talking about their stress levels from schoolwork and a myriad of other things.

Because of this, many students turn to some form of exercise to minimize stress, release their frustration and relax. Any exercise is good for limiting stress and focusing the mind, according to a Forbes article.

“Exercise helps trigger endorphins, which improve the prioritizing functions of the brain. After exercise, your ability to sort out priorities improves, allowing you to block out distractions and better concentrate on the task at hand.”

Here are five stress-reducing exercises.

Yoga
Yoga is a mind-body practice which seeks to promote inner peace by helping manage stress and anxiety. The practice focuses on breathing and holding certain positions, making it easier for a practicing person to forget their stressors, resulting in reduced stress and anxiety. Helping students, staff and faculty to relax is one reason the Student Recreation Center is hosting Move for your Mood sessions, featuring Gentle Yoga through Nov. 19.

Kickboxing
Kickboxing is an intense cardio workout which centers around kicks and punches. "The high energy work out (sic) encourages the flow of endorphins, reduces anxiety and provides a useful outlet for frustrations big and small,” according to Fitness 19’s website.

For students looking to let out their frustration through kicks and punches, kickboxing may be a stress reliever.

Team sports
For many, team sports are a way to exercise, spend time with friends and reduce stress. Reduction of stress happens as both exercising and socializing with people induce the creation of oxytocin, a hormone that prompts relaxation and a feeling of stability.

“Brain oxytocin also appears to reduce stress responses, including anxiety,” according to a Medical News Today article.

Outdoor activities
Students, like junior Brett Ross, find fresh air, new scenery and a workout as great ways to clear a stress-filled mind. The new scenery creates something new to focus on, which can limit stress caused by overthinking. The exercise creates stress-relieving hormones.

“When I’m running, I can clear my mind from all my issues and just focus on running,” Ross said.

High-energy activities
These can range anywhere from running on the treadmill, riding on a stationary bike, using the elliptical, lifting weights, rock-wall climbing and much more. Freshman Sophia DeBord often works out to calm down and limit her stress.

“I like to either run on the treadmill for a couple miles really fast or go on the bike for four or five miles,” DeBord said. “I also typically listen to really loud music and just kind of get my anger out, and then after about fifteen or twenty minutes, I’m alright.”

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.