How online dating impacts mental health of students

Kaylee Mohlman
Reporter

Online dating has been popular since the middle 2000s, but technology has expanded and become more user-friendly — so has finding love.

According to a May article from CNN, online dating may also affect how we perceive ourselves. In a 2017 study published in the peer-reviewed journal "Body Image," about 1,300 mostly college-age students were asked about their Tinder use, body image and self-esteem. The study found that men and women who use the app appear to have lower self-esteem than those who don’t.

There are many types of dating apps; some allow women to take the lead, let individuals play matchmaker for their single friends or even provide dating services specifically for Ivy League students. Newer apps often utilize a swiping mechanism — left swipe if there is no interest in a person, right swipe if there is. That is different than traditional online dating websites, such as eHarmony or Match, that are still in use by older adults.

Tinder, which was released in 2012, is one of the most popular dating sites for younger generations. Even though "Humane Tech" reported in 2018 that Tinder is the ninth out of 15 applications that make people the most unhappy.

"Expanded Ramblings" reported, as of August 2018, Tinder has an estimated 50 million users. Of those 50 million, around 10 million are daily users. The last time a record was taken in 2016, it was concluded that the average person spent around 35 minutes a day swiping on Tinder or 12,775 minutes a year.

Yulya Besplemennova of Medium, using the First Look at User Activity on Tinder paper by Gareth Tyson, Vasile Perta, Hamed Haddadi and Michael Seto, provided information on dating strategies of Tinder from 230,000 male and 250,000 female profiles used in the study.

These intentions and strategies resulted in many studies surrounding the mental health of individuals who date online, specifically younger people using apps; it is not good for mental health and stability.

A 2016 "Time" article by Mandy Oaklander stated, "compared to people who weren’t on the dating app, Tinder users had lower levels of self-worth and reported being less satisfied with their faces and looks.

Read the rest online @ bgfalconmedia.com
The zoo has its pros and cons

There’s a darker truth behind the bright lights and smiling tourists of your local zoo

Keralynne Frederick
Columnist

It’s that time of year again when every other couple goes to the zoo to take pictures in front of different light fixtures the zoo sets up around their park. While the festive lights are fun, I think it is important to note that the lights are at a zoo, and zoos may not always be the best places to show support for.

I wanted to highlight some pros and cons to maybe help you decide whether going to a zoo for some holiday pictures will be worth it or not. So let’s start with the pros. First of all, zoos are educational. Zoos offer an abundance of information on the animals in their enclosures, which helps people to learn about those creatures. Zoos are also great because they allow people to see animals in-person when they would never likely be seen otherwise. Another benefit of the zoos is they help species that are close to extinction by keeping them in zoo enclosures. Finally, zoos are a great spot for tourists, which creates revenue for the entire community.

The Toledo Zoo is also a great example, the Toledo Zoo offers many jobs to those creatures. Zoos are also great because they allow people to see animals in-person when they would never likely be seen otherwise. Another benefit of the zoos is they help species that are close to extinction by keeping them in zoo enclosures. And finally, offer an economic resource for their communities. For example, the Toledo Zoo offers many jobs to people in the area. The Toledo Zoo is also a great spot for tourists, which creates revenue for the entire community.

Now, let’s get down to the cons of zoos. The first con I would like to point out is when you pay to enter a zoo, you are contributing to keeping an animal in captivity. Many animals thrive perfectly fine in captivity; however, they obviously have to be taken care of specifically, and sometimes zoos do not meet those standards. For example, some animals need companionship or they will become stressed. Another example would be orca whales. Most zoos do not house orca whales, but places like SeaWorld keep the whales in very small enclosures, which will eventually lead to incredibly short and miserable lifespan for their sea life. According to Science Magazine, orca whales are the animals that suffer the most in enclosures, simply because these animals would experience more space out in the wild than any zoo could ever offer them.

My next con leads to the fact that many zoos seem to be more focused on what will bring in tourists, rather than focusing on the actual animals. The Business Journal wrote an article about the Woodland Park Zoo in Seattle a few years ago, describing how the zoo should have retired two of its elephants to an enclosure, but instead, they relocated them to a different zoo, supposedly because of finances. The Woodland Park Zoo is known as one of the best zoos in the country, yet finances may have come before its two elephants. If one of the best zoos in the country treats its elephants like this, it leaves the question of how other zoos are treating their animals.

On the topic of elephants, this leads me to my final con, which is enclosure space. Elephants are known to walk at least 15 miles every day in their natural habitats, but it is nearly impossible for any zoo to provide that kind of space to the animals. When certain animals, such as elephants, feel caged away, they become aggressive, which can be dangerous in any zoo setting, especially toward employees who are taking care of the elephants.

According to Royal Society for the Prevention of Cruelty to Animals there is no way to truly mimic the conditions elephants need to thrive, so their welfare suffers in zoos.
What language to use surrounding sexual violence?

Meredith Siegel
Forum Editor

There has been some discussion from journalists on what the best language is when describing rape and sexual assault. I think those two words are just it—describe the situation as it is. Although, some believe the term “nonconsensual sex” is easier to understand and more descriptive for readers, I truly don’t agree.

I think “nonconsensual sex,” even when used to describe a situation where one party is too drunk to consent, is always more clinical, less descriptive and therefore, less accurate than terms like sexual assault or rape.

First, a lot of people don’t understand what consent is, and others may have different definitions of consent (Do they mean a verbal yes or enthusiastic consent? A verbal yes could be coerced, which also falls under the definition of rape). Even the term “nonconsensual sex” requires more explanation.

Second, in a survey of college men and women, a sizable chunk of both victims and perpetrators didn’t consider holding a person’s arm down to force them to stay and have sex to be rape, even though that is part of the legal definition of rape (Sexual Assault, Naming the Unnamed Conspirator, around 16 minutes in).

I agree that many people probably don’t truly understand what rape or sexual assault looks like, either. So, the way I would go about the situation is to call the act rape or sexual assault, whichever is more correct, and then describe as much as needed to fully understand situation — so, using terms like “rape” and “forced vaginal sex” in a story to explain what happened.

Just because readers don’t fully understand the terms doesn’t mean we should sanitize the situation; we should use the terms and explain them. When we refuse to use terms like “rape” and “rapist” for any reason other than those terms not being accurate, we’re playing into a culture that trivializes rape and sexual assault.

There are absolutely situations where it’s hard to tell what actually happened, and we should be careful not to convict someone before they go to court. But we should also remember so few people report their assaults and even fewer lie.

It is our job to represent and speak out for vulnerable people, and this absolutely includes survivors of rape and sexual assault. They are so often harassed, not believed and retraumatised by the fallout of reporting their assault. Journalists should not add to that, especially if the rapist is convicted.

Learn from evangelist’s mistakes

Meredith Siegel
Forum Editor

John Chau was killed by an isolated tribe off the coast of India. It is illegal to go within five miles of the island the tribe lives on, and it is well-known that they kill outsiders. It’s ironic that an American man was trying to convert an indigenous tribe over the Thanksgiving weekend.

And yet, Chau believed it was his God-given duty to share the word of God with these people, despite not knowing their language and risking spreading deadly diseases to a group of people that only exists in the dozens.

Is it really worth their possible deaths to “save” them? Can they even be “saved” when there is no possible way they would understand Chau’s language?

This is an extreme form of evangelism I think is arrogant, egotistical, disrespectful and inherently evil. I want to make it clear that I don’t think his intentions were malicious, but his ignorance and disrespect for this tribe outweigh his “noble” intentions.

Chau ignored the decisions of the tribe, trivialised their wishes and beliefs and risked his own life and theirs to preach about a God they don’t believe in. Sure, he thought he was doing the right thing. But I also doubt God was speaking directly to him, saying he must go and convert the Sentinelese tribe. No, more likely, it was his own beliefs and his own ambition that convinced him to evangelize these people.

While anyone should be able to believe what they want, those beliefs should not open the door to danger for others. It should not crush other cultures or other people. And that’s exactly what he was attempting to do, whether he truly knew it or not.

Colonization like this has been happening since the Spanish sailed to the Americas. They destroyed the Jewish and Islamic presence in their own country, and then they forced the indigenous people of the Americas to convert from their “savage” ways.

Going to a culture and asking them to revoice it for your own, especially when doing so poses a danger to that culture, is a violent thing to do. People have survived a certain way for thousands of years, and it’s not our right to change that.

I understand that in many folk’s minds, bringing people to Christ is a noble duty, and I don’t think every instance of preaching about God is bad. But I do think it’s bad when it interferes with an entire culture and when it puts that culture in danger.

I hope people will learn from Chau’s mistakes and learn to respect other cultures. They don’t need to be saved, and it’s probably not your duty to reach the unreachables.
The Black Student Union is accepting submissions for its Black Issues Conference in February. The conference, which returned last spring from a hiatus, brings community members together to discuss current events not only pertaining to African Americans but to the political world as a whole.

As this is the second conference since its return, Black Student Union President Kyron Smith and Vice President Keyonté “K.J.” Ashford are excited to see what this year brings. The BSU is accepting submissions from artists or public speakers who want to present at the conference.

“In the past, we’ve had great people come in like P.J. Jones, a BG alumni, and great workshops and presentations, such as a big financial literacy workshop last year,” Smith said of past speakers at the conference.

The former president of the BSU may present at the conference, and there will be a guest appearance from Shaun King, a social activist and writer.

“It was definitely a big opportunity to get Shaun King to come, (it’s) something we are very excited for,” Ashford said.

Ashford said the focus of the conference isn’t all about politics or social injustices — love and positivity is a big theme, and submissions don’t have to relate to a serious issue happening in the world.

Read the rest online @ bgfalconmedia.com.
Reacting to new ‘Lion King’ trailer

Evan Hayes
Pulse Editor

If your Thanksgiving is anything like mine, you spend every year glued to your television, watching football while you eat your way through an entire Thursday. This year’s slate of games was nothing special, but viewers got a massive treat during the annual Cowboys-Redskins game when the first trailer for Disney’s “The Lion King,” a new live-action remake of the 1994 cartoon classic, aired.

The Internet seemed to break after the commercial aired, reactions ranging from ecstatic joy to critical indifference. The trailer was viewed 224.6 million times worldwide in its first 24 hours, a record for Disney, making it the second most viewed trailer of all time behind Marvel’s “Avengers: Infinity War” in that time frame. The remake features photorealistic CGI animation and was directed by Jon Favreau, who was picked after the success of his remake of “The Jungle Book” two years ago.

While the movie is one of many live-action remakes Disney has scheduled over the next decade, “The Lion King” is easily the most successful and high-profile work to be released. It is the highest grossing traditionally animated movie of all time and won two Academy Awards when it was released, as well as spawning multiple sequels, a Broadway musical and a television show. Here are some gut reactions to the new trailer and the remake as a whole.

Amazing photorealistic recreations of iconic scenes

The trailer opens with a series of wide shots of animals travelling across the savanna and bodies of water to gather at Pride Rock, and fans of the original film will recognize some of the iconic shots from the movie’s opening sequence in the trailer. Scenes of Mount Kilimanjaro, a sun rising over the savanna and birds flying over water are all visually spectacular and do justice to the original movie without deviating in a way that hurts the quality.

The similarities don’t stop there. A wide shot of the iconic Pride Rock is eerily similar to the original movie while baby Simba is held up in a similar manner and blessed by Rafiki.

The recreation of iconic scenes shows the movie has a commitment to retelling a classic story in a different medium, providing optimism that “The Lion King” will be one of the best remakes Disney has done to date.

This cast is spot-on

The end of the trailer features a list of the actors who are starring in the remake. James Earl Jones will be returning as the iconic voice of Mufasa, Simba’s father, while Academy-Award nominated Chiwetel Ejiofor will be voicing his evil brother Scar. Seth Rogen and Billy Eichner will be voicing the duo of Timon and Pumba, and I cannot think of any two people more suited to star in those roles.

John Oliver will be playing Zazu, the bumbling advisor to the King, while the ever wild Eric Andre and Keegan-Michael Key are two of Scar’s hyenas. But perhaps the most exciting casting lies in the two lead rolls of Simba and Nala.

Simba will be voiced by Donald Glover, while Nala is being voiced by Beyonce Knowles-Carter. Both of them are award winning musical artists who have been responsible for some of the most culturally significant moments of the past five years, and the possibility of the two doing a duet of “Can You Feel the Love Tonight” is enough to make any heart melt.

The animation is of the highest quality

The final thing that stands out from the trailer is the quality of animation. While some fans have complained about preferring the animated expressionism of the original to the realism of the remake, realistic characters give the story a completely different dynamic. The movie will likely feel much more cinematic, potentially providing a deeper emotional range than the original.

The quality of animation also makes this movie intriguing for all ages. Whether it is a child viewing the movie for the first time or an adult who adored the original, the new style of animation provides new opportunities for the movie to enhance the story.
Anderson .Paak is a musical visionary

Michael Schossler
Pulse Reporter

Anderson .Paak released his highly anticipated “Oxnard” LP Friday to follow 2016’s “Malibu.” The near hour-long album has a sense of familiarity due to the style but brings enough personality to flesh out its ideas and concepts. What separates .Paak from his peers goes beyond any one-note formula; his attention to detail and sonic pleasantry makes him a treasure of our current music age.

.Paak is a master of soul and funk. His songs often incorporate these genres to a perfect degree. Though mastery extends beyond simple adaptation, it can be easy to do but difficult to make sound well or, at the very least, fresh. .Paak knows this, however, and chooses to make his songs feel like new takes on past sounds.

His recent single off “Oxnard,” “Tints,” with Kendrick Lamar is a perfect showcase. The song displays synth funk at its finest with an embedded groove that takes over the listener, and both .Paak and Lamar fit the track like a glove.

Listeners always feel a sense of rhythm while .Paak is performing. Even songs with little significance can seem like big deals simply from .Paak’s arrangement of sounds. Whether relayering on his own vocals or the mix of the song, something is always present to give the arrangement a strong impact.

When a track does rely mostly on the vocals, it is sure to be passionate and dynamic with a certain raspy tone. Filled to the brim with emotion, it’s impressive witnessing just how much charisma his voice can carry. At the very least, .Paak is far from sloppy and anything but boring.

Even outside of his own music, .Paak can be a standout feature wherever his voice is heard. 2015’s “Compton” by Dr. Dre featured the artist six times, each time a distinct performance playing a key aspect of the respective song. .Paak’s presence is felt by listeners, also being a standout on albums by ScHoolboy Q with “Blank Face LP” and Mac Miller with the “The Divine Feminine.”

But at the end of the day, it all comes down to .Paak’s versatility. Though only a few albums in, any pick from his discography is a wide display of sounds that fit cohesively.

A record such as “Malibu” wastes no moments, having songs like “The Season / Carry Me” that switch between soulful singing and straight rapping, all while being a guided insight to his childhood.

With this comes the ability for his music to fit most occasions. Whether it be exercising at the gym or taking a long drive, .Paak possesses the talent to blend with the environment of the listener. Despite being known for touching on less-serious topics, it’s still in his wheelhouse to be able to make a song like “6 Summers” that touches on political commentary from President Trump’s sex scandals to gun violence.

“Every day, there’s a new situation that’s going on. So I had to write about it. Some artists are not affected, socially, with what’s going on around them,” stated .Paak in an interview with NPR.

However, versatility can be a crutch for .Paak at times. A wide arrangement of sounds leads to poor structure. His 2016 collaborative release with Knxwledge, “Yes Lawd!,” reinforced itself with a cohesive sound but included so many ideas and ways of making songs into one album that it felt like a collection of unconnected ideas.

.Paak is the kind of artist you wouldn’t mind playing in front of your parents, despite his vulgarities. His cadence as a whole can be so smooth that it almost doesn’t matter what exactly he’s saying, even when the subject matter is deep. Whether .Paak is in your current rotation or not, it’s never a bad time to check out the effort of a true musical visionary.
Football drops final game of season to Buffalo

Evan Hayes
Pulse Editor

The 2018 football season came to an end for Bowling Green after a lopsided 44-14 loss to Buffalo Friday. The Falcons, who finished the season 3-9 overall and 2-6 in the Mid-American Conference, were unable to compete with a potent Buffalo offense after falling behind early on.

The victory clinched a Mid-American Conference championship berth for the Bulls, who took the East Division with the win and will face Northern Illinois in the championship on Saturday in Detroit. Buffalo finished the season 10-2 overall and 7-1 in the MAC. It is the first 10-win season in program history.

The Bulls jumped out to an early 34-7 lead, capitalizing on early Bowling Green mistakes while controlling the line of scrimmage on both sides of the ball. Injuries to the Falcons’ already shaky defensive line allowed Buffalo’s offensive line to dominate up front, leading the way to 332 rushing yards and 483 total yards of offense. The Bulls dominated the time of possession, holding the football for 42:30 of 60 total minutes.

“That was my biggest fear, that we’d get into that type of game where we were just a little bit out-matched up front,” Head Coach Carl Pelini said.

The Falcon offense struggled throughout the day, racking up 205 yards in the air and only 58 on the ground. Quarterback Jarret Doege found receiver Scott Miller in the first quarter for a 7-yard touchdown pass, and quarterback Grant Loy later found Miller again for a 63-yard touchdown in the fourth.

“I was hoping to maybe jump on them offensively and keep them out of that, and we weren’t able to do that,” Pelini said.

Doege was 8-17 passing the ball with a touchdown and interception, while Miller caught four passes for 115 yards and two touchdowns in his last collegiate game. Miller finished his college football career third on Bowling Green’s all-time receiving yards list with 2,867 yards. His nine touchdown catches this season ranked first overall in the Mid-American Conference.

The Bowling Green football program now faces a period of uncertainty as those involved wait to find out if Pelini will be retained as head coach or an outside hire will come and take over. Pelini guided the Falcons to two wins down the final stretch of the season; he has also made an impact on the locker room this season — both Miller and cornerback Marcus Milton said they supported him as head coach after the game. Pelini is optimistic about his chances moving forward.

“I hope to be here. But I hope to be coaching football,” Pelini said when asked where he wants to be next season. “But that’s an unfair question because in life, you control what you can control. And I know that, like I’ve always done, I’ve always done my best. I’ve done my best here, and I’ve done my best at my previous jobs.”

While the 2018 season was ultimately a tumultuous one, the resilience of the group and the energy of the graduating seniors will not be forgotten. Standing strong in the face of adversity is something the Falcons can hold close and use to rebuild over the coming years.

“I’ve never felt so close to a group of guys on a football team,” Milton said. “That’s what I’ll remember: how we stayed together when everybody counted us out.”

Hockey defeats US National Development team

Jamison Terbrack
Sports Reporter

Going up against some of the most talented players they will ever face, the men’s hockey team beat the United States National Developmental U-18 (NTDP) over Thanksgiving break. The Falcons won by a score of 5-4 on the Developmental Team’s home ice arena.

The NTDP is a team of highly skilled hockey players under the age of 18 from all over the U.S. The team plays out of the USA Hockey Arena in Plymouth Township, Michigan.

They compete in the United States Hockey League and feature a U-17 and U-18 team.

Notable alumni include four first overall picks in the NHL draft: Auston Matthews (TOR), Patrick Kane (CHI), Erik Johnson (STL) and Rick DiPietro (NYI). Others to don the red, white and blue for the NTDP were Jack Eichel (BUF), Dylan Larkin (DET) and Phil Kessel (PIT).

The players on this team will go on to play college hockey next year with most players already committed to universities.

The biggest name on the NTDP this year is Jack Hughes, a forward from Orlando and the brother of Quinn and Luke Hughes. Jack is a heavy favorite and a possible top pick in the NHL draft this year. Quinn is on the University of Michigan team and was the eighth pick to Vancouver in June’s draft while Luke committed to Michigan.

The game started with the Falcons quickly going to the box twice. Once they killed off both penalties, it was the captain, senior Stephen Baylis, putting the team up by one on a feed from junior Lukas Craggs.

The Falcons realized early they had a major size advantage: they played a more physical game than the NTDP was used to, and it rattled their opponents.

Next, it was a sophomore affair as Sam Craggs scored on an assist by fellow Cam Wright. The play was set up by Connor Ford, who took a major hit in the corner to set the play up. Senior Shane Bednard scored the next goal, his first of the year.

After the NTDP team scored back, sophomore Max Johnson sniped a top-left corner, putting BG up by 3 again. The NTDP fought back to 4-3 before Lukas Craggs added an empty netter.

Once again, the NTDP fought back, but it was too little too late — the Falcons left with a one-goal victory.

The Falcons, with an overall record of 8-3-2, play Alabama Huntsville next and will not return to Slater until the match against Minnesota State on Dec.14.
Women's basketball takes one of three games

Zane Miller
Sports Reporter

The Falcon women's basketball team took down the Loyola Ramblers 88-74 on Tuesday before losing to the Coastal Carolina Chanticleers 81-80 on Friday in the first game of the Coastal Carolina Tournament in Conway, South Carolina. They also lost to the Mercer Bears 76-63 Sunday.

Tuesday's game began with the Falcons leading 13-7 in the first quarter as freshman guard Kadie Hemphill and sophomore center Angela Perry each had 4 points to lead the offense; however, Loyola turned it around in the second quarter with a 20-16 rally, closing the gap to 29-27 going into halftime.

In the third quarter, the Falcons began pulling away with a 25-19 quarter to take a 54-46 lead. Freshman guard Morgan McMillen led the team with 9 points. The fourth saw the team increase their lead further with a 34-28 run, claiming the 88-74 win. McMillen scored 13 points in the quarter for a total of 25 in the game.

"I'm really proud of the team," Head Coach Robyn Fralick said. "Loyola's a really good team. Coach Achter's done a really good job, and we made free throws and found a way."

On Friday, the team got off to a strong start with a 23-13 advantage over Coastal Carolina, senior guard Sydney Lambert scoring 8 points, but Coastal Carolina fought back in the second with a 24-22 quarter. However, the Falcons still maintained their 45-37 lead going into halftime.

In the third quarter, the Falcons outshot Coastal Carolina 20-17, taking a 65-54 lead as Perry led the offense with 6 points. In the fourth, though, Coastal Carolina battled back, outshooting the Falcons 27-15 to overtake them in the final seconds for an 81-80 victory. Lambert led the Falcons in offense overall with 21 points.

"This was a tough loss," Fralick said. "We needed to make some plays at the end of the game, and we didn't. We need to learn from this, get better and move on."

In the Sunday game against Mercer, the Falcons fell behind 16-14 in the first quarter as well as in the second quarter as Mercer outshot them 16-13 for a 32-27 lead going into halftime. While the Falcons grabbed a 1-point lead in the third with a 24-18 quarter, Mercer went ahead in the fourth with a 26-12 quarter, grabbing the 76-63 win.

The team will play Thursday morning on the road against the Xavier Musketeers.

NCAA star Williamson rivals Lebron James

Jon Quintal
Sports Reporter

The 2018-2019 season is underway, and the talent is higher than ever within the NCAA basketball league. On top of the superb talent throughout the college basketball league, it is arguably the most spread out it's been for a while now.

Although the talent is proportionate for the most part, Duke may have the best player to ever play college basketball on their squad right now. Zion Williamson is a 6'7 power forward with a 6'10 wingspan, weighing 285 pounds. Now, just to put that into perspective, coming straight out of high school, LeBron James weighed only 240 pounds — that is a whole 45-pound difference between the two.

However, one might think that difference in weight doesn't mean anything other than Williamson being borderline fat. If you do think this you are sadly mistaken, and all it takes for you to realize it is to watch the man play.

Williamson is a high-school LeBron James with a grown-man weight on him, and he is just as athletic as James was coming out of high school. It appears to the average NCAA basketball fan that Duke is truly blessed with Williamson, although he is more than likely a one-and-done. Even as talented as Williamson is, he is far from being the only conversation being had around NCAA basketball, especially Duke basketball.

Another potential superstar is catching the eyes of not only college basketball fans but what truly matters: NBA recruits. RJ Barrett Jr. is a problem in his own right, a perfect complement to Williamson's game. Barrett is a thinner, lankier 6'7 guard, and he is expected to be the next greatest basketball player from Canada.

Unlike Williamson, Barrett comes from a background made of straight-up ballers. Barrett's father used to play in a Canadian league and was even under contract with the Toronto Raptors, but unfortunately, he never had the chance to play in an NBA game. Also, Barrett's godfather is Steve Nash. That's right — NBA legend Steve Nash.

Based off that information, it isn't hard for me to see the potential Barrett has while, of course, also considering the skills he has displayed for basketball fans since his sophomore year of high school. Barrett's slashing ability is uncanny to that of any other guard in the college basketball league. His ability to finish through contact, despite being undersized in some cases, is incredible.

Williamson and Barrett are the perfect one-and-two punch for Duke that should have the rest of NCAA basketball on their toes.
Chalkings raise awareness of Mexican femicides

Brionna Scebbi  
Copy Chief

At the start of this semester, senior psychology student Jaclyn Gordon had no knowledge of femicides happening in Mexico. But after learning about the number of women attacked and murdered every day based on their gender in her Latina/o Gender and Sexuality course, violence against women in Latin American countries was something she thought was worth chalking on campus.

Her professor, Michaela Walsh, said the project was meant to bring attention to an issue discussed in class that personally struck the student as important.

“Thinking about an assignment for my students, the idea that I had was for them to come up with a creative intervention around an issue — a social justice issue — related to class themes that sparked them, so that’s how Jaclyn came up with this project,” Walsh said.

Gordon said the topic of violence against women in Mexico was not something she knew a lot about before the class, but after hearing on average seven women are murdered each day in Mexico, a statistic gathered by the U.N., she knew this is what her project would be about.

Gordon wrote #noestamostodas in chalk all over campus for the course’s midterm project. She also placed notecards defining femicide in several buildings on campus and downtown in Grounds for Thought.

“I wanted to put it everywhere, so people crossed it multiple times so when they would continuously see it they would wonder what it is and what it means,” Gordon said.

The hashtag refers to a social media movement that raises awareness of femicides in Mexico through artwork. “No estamos todas” is directly translated as “we are not all.”

In a 2016 study by Small Arms Survey, a Switzerland-based organization that researches violence, the countries with the highest violent rates for women are in Central and South America and the Caribbean. In these regions, about 12 women are killed every day, according to the article “The long road to justice, prosecuting femicide in Mexico” put out by the U.N.

“Not to be, I guess, morbid, but it’s not just murders, it’s assaults, sexual assaults, violence, their bodies are just completely mutilated and beaten beyond recognition,” Gordon said.

Gordon’s classmate and junior human development and family studies major Adam Garcia was also not aware of the extent to which femicide was a problem, but after learning about it in class, he sees how there is violence and mutilation of women all over the world, he said.

Gordon was moved to action not only by the number of women affected by violence but also by the number of these murder or assault cases that go unsolved in Mexico.

“Another problem is the police and government in Mexico don’t really act on it,” she said. “Basically, the police find — or whoever finds — a new body; they just kind of just take it to the morgue and that’s that. They don’t really do any investigation.”

Walsh attested to this nonchalant attitude toward the problem of femicides.

“It hasn’t been recognized as an issue within Mexico or other places in Latin America except from people doing grassroots work to bring awareness,” she said. “This issue of femicide isn’t even acknowledged because women’s lives simply aren’t valued or recognized as much as a male life.”

Walsh said machismo ”plays such a strong role” in countries like Mexico, explaining that many kidnappings are played off by the abductor as him trying to corral a disobedient wife. She said many people in Latin American countries think domestic disputes are not any of their business, so they let what they think is a husband taking control over his wife happen, all the while the woman is taken away to die.

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Chalkings raise awareness
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"With respect to women, no one intervenes in these street scenes," she said.

The problem is "very gendered," Walsh said, and the lives of transgender women or men are also "even less documented" when people who identify as such are murdered.

The topic of femicide is very real to Walsh, rather than just a distant problem, because her uncle owns a ranch in Mexico. He had been contacted by the police because they found bodies of women dumped there by perpetrators of violence.

"Thinking, too, about disposability, the way these women are murdered is absolutely brutal, and then they’re literally thrown into dumpsters … or disappeared, so they can’t even be honored or there can’t be closure for their families," Walsh said.

This type of treatment of the dead is even more appalling in the culture of many Latin American countries where “death is actually something that’s sort of celebrated; there’s an intimacy and beauty to it,” she said.

In the days since chalking the hashtag across campus, Gordon has started conversations about femicide, respect for the dead and knowledge of global issues with co-workers, classmates and passersby at the listening post in the Union.
Student caffeine use leads to unwanted effects

Shaeele Haaf
Reporter

Senior Casey Schutt stands in a long line of students leading into the campus Starbucks as she waits to place her order at the register.

“The Daily Crossword Fix

The employees keep busy serving nearly 1,300 customers every day, according to General Manager Josh Fink.

“I drink about two cups of coffee a day. I really like the taste because it’s soothing to my body.” Schutt, a pre-medicine student, said.

She is one among thousands of students who drink caffeine beverages on a regular basis. According to a clinical research study by ScienceDirect concerning college student’s caffeine intake, 92 percent of college students consume caffeine in various forms, which is at a slightly higher number than the national average of 89 percent.

While coffee is the most common source of caffeine intake, other products — such as energy drinks, carbonated soft drinks, tea and chocolate — also contain caffeine.

“Caffeine is a stimulant and the most commonly used drug in the world. Every day, millions consume it to increase wakefulness, alleviate fatigue and improve concentration and focus,” according to Medical News Today.

Studies have often shown college students are sleep-deprived due to an overabundance of work and extracurricular activities. In an effort to keep up with it all, many students turn to caffeine as a quick solution, especially because it can start having effects within 15 minutes of consumption and can last between four to six hours.

Caffeine affects the neurotransmitters adenosine and dopamine in the brain. Adenosine slows down cells’ activity and promotes sleep; caffeine can temporarily replace adenosine to speed up cells’ activity instead. It can also mimic dopamine, which prompts feelings of pleasure.

Moderate doses have benefits along with risks, according to Medical News Today.

“If caffeine is consumed in a moderate dose, which is 250 mg, or two 6-ounce cups a day, there can be short-term benefits where a person might feel more alert,” Kerri Knippen, an assistant professor in the Department of Public and Allied Health, said.

Other benefits include enhanced short-term memory, improved reaction times or increased prevention of some diseases.

“Getting adequate sleep and minimizing distractions before bed is always a good start to help with energy levels throughout the day,” Knippen said.

Risk

While caffeine consumption can lead to a myriad of benefits, it can also cause serious side effects. Withdrawal symptoms can occur within 12 hours of cessation and can last more than a week for some people if regular consumption suddenly stops. Symptoms can present themselves as headaches, irritability, fatigue, tremors, increased anxiety or depression.

“I’ve never drank coffee, and I don’t really do caffeine. I took anatomy my senior year of high school and learned that caffeine interacts with neurotransmitters the same way drugs do, and that scared me,” said Brionna Scebbi, a sophomore studying multiplatform journalism and the copy chief for The BG News.

She said she works out at least three times a week because it “gives her the same effect as people who drink coffee.”

Gradually decreasing caffeine intake over time can help combat withdrawal symptoms, and there are various ways to feel more energized besides drinking caffeine.

“Getting adequate sleep and minimizing distractions before bed is always a good start to help with energy levels throughout the day,” Knippen said.

The Daily Crossword Fix

ACROSS

1. Poop
2. Wash
3. Ignorant
4. Kayak
5. Barely manage
6. Temporary living quarters
7. Frog sound
8. Dining
9. A red transparent zircon
10. Black, in poetry
11. Plod along
12. Collections
15. Adult male singing voice
21. Lascivious look
23. 2 2 2 2
25. Twin sister of Ares
27. Grotto
28. Pointed arch
29. Sweet potato
31. Bigger than a teaspoon
32. German iris
34. Indian bread
36. Cushions or mats
39. Policeman
40. Was cognizant
43. Nitrify
44. Russian emperor
46. Vice President
47. Creative persons
49. Alpha’s opposite
50. Close
53. Aqualung
55. Probabilities
56. B in Roman numerals
57. Always
58. Part of a foot
59. He plays the bagpipes
62. Opera star
63. A thin porridge
65. Kind of bean
66. Weight loss plan
67. Monastery
68. Ripped
69. “Your majesty”
70. Harvard rival
71. Catch

DOWN

14. Unit of gold purity
16. Adopt
17. Keen
18. Overact
19. Codger
20. Prison-related
22. Pictures
24. No change
26. Famous
27. Food preparation
30. Cave
32. Where the eye goes
33. Agricultural
35. Not dull
37. Vigor
38. Kiss lightly
41. Brassiere

ANSWERS

1. Association
2. Enjoy
3. Behold, in old Rome
4. A short strap of leather
5. Hindu princess
6. Unit of gold purity
7. Adept
8. Keen
9. Overact
10. Codger
11. Prison-related
12. Pictures
13. No change
14. Famous
15. Food preparation
16. Cave
17. Agricultural
18. Not dull
19. Vigor
20. Kiss lightly
21. Brassiere
22. Enjoy
23. A short strap of leather
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43. Adept
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45. Overact
46. Codger
47. Prison-related
48. Pictures
49. No change
50. Famous
51. Food preparation
52. Cave
53. Agricultural
54. Not dull
55. Vigor
56. Kiss lightly
57. Brassiere

THE BG NEWS SUDOKU

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

SUDOKU

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

ANSWERS

If TODAY’S YOUR Birthday dinner’s ON US! Samb’s famous Birthday Wildcat 61. Telephoned 64. Alkaline liquid

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