parents cope with college goodbyes
PAGE 2

What shows to stream this month
Page 4

Fall sports earn early wins
Page 6
Mary Ross
Forum Editor

Although my 20th birthday was a few weeks ago, there are many lessons I learned before the fateful day I left the teenage years.

1. It’s OK to be isolated. Being isolated does not mean we are physically isolated. Sometimes it means we have a different mindset than our peers. For me, I have become so focused on my future that I set the going out, being wild mindset aside when a lot of my friends maintained that mindset. It has led to a lot of nights where I feel alone. But that isolation has motivated me to work harder for my dreams and has helped me to realize that the people who are meant to be in my life will accept my mindset and be supportive of it, no matter how similar or different theirs is.

2. Siblings always know when a relationship is wrong. Whether it’s a friendship or relationship, siblings normally can pick out the ones that are unhealthy. Trust them. Listen to them.

3. No one really has this life together. They are just good at projecting that they do. The number of people who have recently come up to me and said something along the lines of me having my life together is way more than I ever thought it would be. The truth is I don’t and honestly, I never will no matter how hard I try.

4. Asking for help is essential. We all need each other. There are seven billion other people on this planet for a reason. They are here to help you.

5. Helping others is essential too. If others help you, you help them. It’s as simple as that.

6. You shouldn’t be who everyone else expects you to be. Surprise them. You know yourself better than anybody else knows you. Therefore, you should set your own expectations of yourself and stick to them. Don’t let others boss you around and dictate who you become.

7. Trust your gut about situations. Humans have been blessed with good instincts. Use them.

8. Reusable bags are some of the best purchases you can make. Not only are you saving the environment, but there are so many uses for reusable bags.

9. If you want to learn, you have to read. Humans are pretty intelligent humans, especially when we listen and connect with each other. By reading, we understand how everything works better, and we learn.

10. You don’t have to fall in love with people; you can fall in love with small things. Love is a big word and sometimes love for other people is just not there. But that doesn’t mean you can’t love a nice cup of coffee in the morning or going for runs or smiling at strangers or a whole slew of other small things.

11. Vick’s VapoRub is a lifesaver. So are Panera delivery drivers. I would never have survived my first year of college had it not been for either of those things or people. Vick’s VapoRub kept me breathing, and Panera delivery drivers kept me eating.

12. Being passionate is essential to finding meaning in life. Unless you find passion in something, whether that be in a sport, the arts, being around other people or literally anything, you’re never going to find your purpose or your place in life.

13. Speak up. If you never speak up for what you want or believe in, you will never get it or you will never earn the respect of others who hold different beliefs. You will never get it or you will never earn the respect of others who hold different beliefs.

14. Everyone has different ways to find peace and relaxation. Find and understand your ways.

15. Living in fear is barely living at all. Fear holds you back. And when you are held back, you will never put yourself out there and make strides in a forward direction. Learning to overcome those fears is the only way to live a life of meaning.

16. If you have to lie about something you did, what you did was probably wrong.

17. Telling someone you love them when you don’t mean it is one of the worst things you can do to a person.

18. At the same time, if you love someone, tell them. We all could use a little more love in the world.

19. You have to get out of bed everyday, even if that’s the only thing you do. I’m not going to lie; there are so many days when it takes every ounce of my being to get out of bed and do something. That being said, even accomplishing one thing a day, such as getting out of bed and brushing your teeth or getting a glass of water, is better than nothing.

20. Be vulnerable. No matter what people tell you, being vulnerable and letting people in makes you stronger. Being vulnerable allows you to grow in ways you could never imagine. Being vulnerable makes you human, and we are all humans after all.
Parent's of The BG News Staff

Guest Columnists

Gidget Scebbi
Editor-in-Chief Bri Scebbi’s mom
Every year I am amazed at how quickly the summer zips by. And then, before I know it, it’s time for my daughter to go back to BG. It’s at this point that I begin to mentally prepare myself for the reality that she will be away from home. I try to keep my emotions in check and go right into ‘Mom Mode,’ incorporating a plan of action to get things done. These distractions help myself as well as my daughter to focus on other things rather than the fact that it’s time for her to go back to school. It allows us to spend quality time together, to get her organized and discuss her goals and plans for the new school year.

To offer words of encouragement and keep her connected to home while she’s away, I send her a greeting card every week and the occasional care package with all her favorites. I become her biggest cheerleader by reminding her that she is strong, smart, loved and missed. I always tell her to keep things in balance by taking time for herself and time to study.

As a parent, I have embraced social media as another way to stay connected. It’s a great way to put my mind at ease because it allows me to know she is safe, keeps me up to speed with her daily life and helps me be aware of her emotions. My hope is that the support I give her from a distance will strengthen her ability to continue to spread her wings and fly.

When Falcons leave the nest
How our parents cope with us leaving for college

Learning to live outside of our four walls and to make the best decisions for herself. Believe me, I miss her a lot and can’t wait to see her face. I am glad texting and FaceTime exist and that she taught me how to use them so I can still talk to her, even at a long distance.

Paula Fletcher
Copy Chief Rosiland Fletcher’s mom

When my daughter, Rosiland, went off to college, I felt really proud knowing that I have supplied her with the tools to be able to take care of herself. I taught her to be honest and independent, sympathetic and empathetic towards others, to help others when she’s able, to stand up for herself and be brave. As well as having the confidence to make the best decisions for herself.

Forum Editor Mary Ross’s mom

Mary’s leaving for college this year was a very special day for us. It is absolutely wonderful to see your child grow up and pursue their dreams. It is not easy to watch them leave the nest, but it is a part of life that we must all go through.

As a mother, I have been through this process before and I know it can be overwhelming for both the parent and the student. However, I have learned to embrace it and trust the process.

I was never concerned about the academic rigors awaiting her, as she had always been an exceptional student. I knew she would thrive when learning new skills, ideas and concepts. But my fear for her was in the ideas put into her head by the type of school she attended. It is so easy to indoctrinate young minds to believe harmful ideas. I still worry about her journey of knowing and understanding how the world works and how forces are actively seeking to harm her and her future.

Another concern was that she might discover the party lifestyle and begin to imbibe in harmful substances with people that had no concern for her wellbeing. College campuses offer such destructive opportunities and lifestyles. I am happy to report that she has remained in control of herself and not become entangled. I still have a concern about her ability to discern who the sincere people are in her life. I am continuing to watch out for people wanting to take advantage of her. I am trying to teach her what to look out for when she deals with the people that come into her life. I have never had a concern that her independence would lead her to make poor decisions.

My daughter has proven that she can be on her own. Leaving her at the campus was a very happy occasion and I remember telling her to get everything she can out of this time in her life and that she was going to have so much fun at college. The tough part for me has been not seeing her and having very limited contact with her. But I have steeled myself and have made the split from her, knowing that there is something big for her. I can live with that fact.
September Streaming: What to watch this month

Andrew Bailey
Pulse Editor

With school kicking into full swing this month, you might need the occasional break from studying and classes. Here’s some shows and movies to help you kick back and relax for a night:

‘GLOW’ (Season 3)
Currently streaming on: Netflix
“GLOW” is about the creation and growth of an all-women’s professional wrestling program in the 1980s. Starring Alison Brie, Betty Gilpin and Marc Maron, it shows an unfiltered look at the trials and tribulations of getting such a program up and running. Brie, Gilpin, Maron and Jackie Tohn all deliver stellar performances with some truly intense and often darkly comedic scenes.

A particular highlight of the show is how troubled personal lives of many of the stars are often more dramatic than the over-the-top theatrics of the wrestling promotion itself. “GLOW” doesn’t hold back with its behind-the-scenes drama, which helps support some truly engaging storylines and underdog group that you can’t help but root for.

‘The Fifth Element’
Currently streaming on: Amazon Prime, Hulu
A seminal classic of sci-fi adventures, “The Fifth Element” presents a world on par with worlds like in “Dune” and “Star Wars.” It was directed by Luc Besson and starring Milla Jovovich and Bruce Willis in some of their best performances, as well as Gary Oldman with his classic despicable villainy.

What makes “The Fifth Element” such a classic is that not only does it tell a wild and creative story, it embraces its own absurdity in ways that other sci-fi epics like “Star Trek” does not. Everything in this movie is slightly over-the-top and enjoyably so. The plot may lose itself at certain points, but the visceral assault of colorful action and even more colorful characters make this a must-watch.

‘Mindhunter’ (Season 2)
Currently streaming on: Netflix
Do you have an odd fascination with serial killers? “Mindhunter” scratches that itch by showing the development of criminal profiling in the FBI, focusing on classifying murderers in order to anticipate and hopefully prevent more.

The show stars many underrated actors, with Jonathan Groff, Holt McCallany and Anna Torv taking center stage as the heads of the FBI’s Behavioral Sciences Unit. Their contrasting personalities make the somewhat tired “buddy-cop” trope fresh again with some very real drama and consequences.

One of the other major highlights of the show is the amazing performances given by the actors portraying the serial killers. These interviews are extremely compelling and do not shy away from the gruesome details, with Cameron Britton as Ed Kemper being a particular standout.

‘Sorry to Bother You’
Currently streaming on: Hulu
Sorry to Bother You is one of the most outlandish films of this decade, and while its increasingly crazy and ridiculous plot deepens, it’s hard not to fall in love with the deeply satirical look at capitalism, racism and many other controversial topics affecting people from all walks of life.

The cast is star-studded, but it’s the lower profile actors who steal the show. Lakeith Stanfield and Armie Hammer especially give fantastic performances, delivering comedic gold left and right.

Boots Riley’s feature film debut as a director put him on the map as someone to watch out for. Words cannot do the insane narrative of this film justice, so make sure you watch it as soon as you can.

Twitter: @andrewbailey99
Email: andbail@bgsu.edu
September music: What to listen to this month

Andrew Bailey
Pulse Editor

Post Malone - Hollywood’s Bleeding
Release Date: Sept. 6
Post Malone’s mesmerizing blend of hip-hop, pop and the occasional rock element has skyrocketed him to stardom. With two stellar albums under his belt and a third out in a couple of days, his star power has afforded him some prime features, like Halsey, Ozzy Osbourne and Travis Scott.

Malone’s background in heavy metal and hard rock make the Ozzy Osbourne feature particularly exciting. Keep your fingers crossed for some cameos to Black Sabbath and guitar riffs that would make Tony Iommi proud.

The confirmed tracks are “Circles,” “Goodbyes,” “Sunflower” and “Wow.” Although “Wow” and “Goodbyes” were underwhelming, the other two tracks are stellar, so the optimism is still high.

Charli XCX - ‘Charli’
Release Date: Sept. 13
Charli XCX’s last album, “Sucker,” was released back in 2014. She’s followed it up with two EPs, but fans are anxiously awaiting another full-length album, which comes in the form of “Charli.”

What is particularly appealing about this album is Charli’s sublime songwriting. One of her more impressive songwriting contributions was Iggy Azalea’s “Fancy,” which she also featured on.

If her expert craft with songwriting isn’t enough, the teaser tracks are something to take note of as well. “1999,” featuring Troye Sivan, and “Blame It On Your Love,” featuring Lizzo, and “Gone,” featuring Christine and the Queens set the stage for an equally impressive album.

The Lumineers - ‘III’
Release Date: Sept. 13
They may have already released almost half the album as teaser tracks, but that has not diminished the anticipation at all. If anything, it has made the prospect of listening to the narrative of the album front to back even more compelling.

“Leader Of The Landslide” and the beautiful “Gloria” sound great, with the other teaser tracks hitting similarly high marks.

The Lumineers have cemented themselves as a folk-rock band with some deeply compelling lyrics, and with Lauren Jacobson officially joining the band for this album, they have the recipe for success.

Release Date: Sept. 20
Despite his infamous run-ins with the law and blown-out feuds with his brother, Noel, the former Oasis frontman, Liam Gallagher, is a solo artist to watch out for in his own right.

His debut album, “As You Were” made it clear he was still the former singer of Oasis, but with a more modern feel. His sophomore follow-up seems to be a growth from his last album. Now all the songs have been co-written, rectifying a complaint of weak songwriting on his last album.

Andrew Wyatt of Miike Snow and Greg Kurstin also return to help produce his second album, after having a hand in the first. This team of experts, coupled with some stellar singles, is quite impressive.

The single “Shockwave” signifies a more nuanced approach to lyrics accompanied by the always solid instrumentals. The music video for “Shockwave” is also entrancing, as its direction by award-winning filmmaker François Rousselet sets a somber and reflective tone.

Guillermo (Will) Pacheco is the 2019-2020 FREE RENT WINNER at Mecca Management, Inc.

This exciting event took place at the sold out BGSU Mens Basketball game against Toledo. Will is a Junior at BGSU, with a major in Architecture. He is also involved with the American Institute of Architecture. This is Mecca’s twelfth year, giving free rent for the school year, to one lucky person.

CONGRATULATIONS WILL.
BGSU sees successful week in athletics

Falcon Media Sports Staff

Football

Football is coming off of their most successful game in four years after taking down the Morgan State Bears, 46-3. In the dynamic team win, the Falcons received a boost from their freshman core. Defensive lineman Andrew Bench recorded a safety and defensive back, and Julian Hudson recorded a tackle for loss, both stats coming in each player's first collegiate snap.

Quarterback Darius Wade, 295 yards of total offense and 3 touchdowns, also received Mid-American Conference offensive player of the week honors for the east division. It is the first time a BGSU player has won a weekly award since week 10 of 2017 when linebacker Nate Locke was awarded defensive player of the week by posting 4 tackles for loss and kickoff returner Matthew Wilcox gathered 120 yards on special teams to clinical him special teams player of the week. The Falcons defeated Kent State 44-16. The last Falcon to win the offensive player of the week award was offensive lineman Tim McAuliffe in 2016. He paved the way for a team rushing total of 420 yards in a week 12 win over Kent State.

The Kansas State Wildcats are coming off an impressive win as well. Nicholls was no challenge for Kansas State, who were a 23 point favorite going into the matchup. They covered easily in a 49-14 victory. This week the Wildcats are favored by 23.5, but where the Falcons have the advantage is in the scouting department. Kansas State head coach Chris Klieman mentioned on The Chris Klieman Show this week he is still learning about the new coaching staff.

“We don’t know a lot about Bowling Green. We attacked the one game in front of us, which was Nicholls. We’ll go to work on those guys starting Sunday morning,” said Klieman.

Men's soccer

Eric Nichols’ squad began their season on the road in Pennsylvania, taking on Duquesne and Robert Morris. Their first match ended in a 1-1 draw after two periods of overtime could not produce a game-clinching goal. BGSU led 1-0 after the first half after a goal by Chris Sullivan. The Falcons had a chance to double their lead on a Charlie Maciejewski penalty kick, but he was stopped. Six minutes following the penalty, Zach Hall tied the game for the Dukes.

Eager to shake off a blown lead against a team pegged to finish 10th in the preseason Atlantic 10 poll, BGSU headed to Robert Morris to avenge just the second season-opening tie in Nichols’ tenure. Freshman Colin Iverson responded early by scoring his first collegiate goal in the seventh minute. Senior Chris Brennan recorded five shots during the match and would not be denied. He capitalized on a Robert Morris turnover and puts BGSU up 2-0. Senior goalkeeper Anthony Mwembia collects his 20th shutout of his career.

Men’s soccer now travels to Evanston, Illinois where they will face the University of Wisconsin and Northwestern University. The two Big 10 programs were predicted to finish in fifth and seventh, respectively, in the conference per the Big 10 preseason poll. Both teams hold a record of 1-1.

Women's soccer

The reigning MAC champions welcomed Valparaiso to Cochrane Stadium for their home opener in front of a raucous crowd. It will go down as a slim 2-0 victory on paper, but the Falcons dominated every facet of the game against the Crusaders. Shot totals would favor the Falcons by 21 (24-3), and Valpo was held without a shot on net for an easy day for senior goalkeeper Kathleen Duwve. Maureen Kennedy and Kennedy White recorded the two goals for BGSU, both notching their second on the season.

The Falcons will remain at home to take on Dayton on Sept. 5. The 1-1-1 club will look to carry themselves to a winning record on Pride Night at Cochrane Stadium.

Volleyball

BGSU volleyball kicked off their season in Notre Dame, participating in the Golden Dome Invitational.

The weekend got off to a great start as the Falcons defeated Wright State 3-1, Friday afternoon. The Falcons came out firing in the first set as they defeated the Raiders 25-16. BGSU would then win the next set, fall in the third set, and put the Raiders away in a close fourth set 25-23. Sophomore Katelyn Meyer, led the team with 18 kills.

The Falcons wouldn't be able to keep up the momentum after the first win though as they would fall in both of their matches on Saturday.

The first was a close one with La Salle as the Falcons would take sets 2 and 3 after losing the first one, but drop the final two sets to give them their first loss. Sophomore libero Julia Walz led the team with 31 digs and freshman Petra Indrova led the team in kills with 14.

The final match was a 7 p.m. meeting with Notre Dame on the Irish's home court. The Falcons fell in the first two sets but were able to get one back in the third. The fourth set didn't go as planned, however, as the Falcons would fall 25-9 and lose the match to fall to 1-2 on the season.

Meyer and Walz would both be named to the Golden Dome Invitational all-tournament team for their efforts.

The Falcons will now travel back home to take on Charlotte, Butler and Cleveland State in the Hampton Inn Bowling Green Invitational next weekend.

Football fans should proceed with caution

Shayne Nissen

Sports Columnist

The Scot Loeffler era in BGSU got off to a great start with a 46-3 blowout victory over Morgan State on Thursday. While this is a big step forward for a program that hasn't won a game by larger than 20 points since 2017, fans might need to pump the brakes on thinking the program is headed for its pre-Mike Jinks form.

Loeffler has already proven that he has gotten a Bowling Green football program — which was at about the lowest point they could possibly be before he got there — to play with some urgency, especially against an FCS opponent. Urgency that led to outgaining the Bears in total yards 620 to 70 and 326 to 46 on the ground, proving that they at least could stop an FCS team from running the ball after giving up 389 yards on the ground to FCS Eastern Kentucky last season.

That's great to see, because in seasons prior, when the Falcons matched up against an FCS program, an outsider wouldn't have been able to discern which team was an FCS school and which was not. On Thursday though, they looked like they were clearly better than the team they were facing, which is something that we never said under Jinks.

Just because the Falcons throttled a team that they were supposed to throttle, doesn't prove anything. If Loeffler had the task of going up against Ohio State, like Jinks did in his first game as the head coach, the story would be much different. We would be talking about how there was no big difference between this year's team, and the teams that Bowling Green had put on the field for the past three seasons.

So, if you are a Falcon football fan that has been waiting for the program to get back to what it was before, be proud of what the Falcons did against Morgan State. They dominated the opponent in every facet of the game, that's something to be proud of. But don't go into this week's game against Kansas State with high expectations for the team.

Instead, go into it with cautious optimism, watch to see if the Falcons are competing against a power five school. If the Falcons come out of the game with a 30-point loss but competed and at least showed that they were able to compete at that level, that is something to be even more proud of than the win from last Thursday.
Tall task awaits football in Manhattan

The first season opening win for the Falcons since 2013.

— Chase Bachman —
Sports Reporter

For the first time in a long time, BGSU football started off their season on a high note. The Scot Loeffler era of Falcon football couldn’t have gone any better with a 46-3 stomping of Morgan State last Thursday.

It was the first season-opening win for the Falcons since 2013. Quarterback Darius Wade had an impressive debut performance, totaling 253 yards through the air, 3 TD, and garnering MAC East division player of the week honors. But that was last week, as the Falcons are looking ahead to Kansas State.

“(The win) was great afterwards, it was great in the morning watching it with the players, and then after that it’s over. On to the next,” Loeffler said during his weekly press conference Monday.

Here are some things to look out for in the Falcons next game:

The opponent
Kansas State is undergoing its own football transformation. Gone is longtime head coach and icon Bill Snyder, who retired after 27 seasons at the helm in Manhattan. Taking over is Chris Klieman, who leaves North Dakota State after winning four FCS national championships. Klieman has only coached the Wildcats in one game so far, a 49-14 quashing of Nicholls State, but it’s safe to assume they have the edge. They’re not one of the dominant Big 12 programs, but a ‘Power 5’ team with good coaches and better talent. Kansas State will likely run the ball a lot Saturday, as evidenced by last week’s match when the Wildcats scored on the ground with five different players. Shutting down the run will be one of the keys to making Kansas State uncomfortable.

The visitors
The Falcons may have a formidable opponent in front of them, but this is not the Bowling Green of the past. They may be one week in, but the Orange and Brown have shown major improvements both on paper and aesthetically. The offense and defense looked reinvigorated against the Bears. Loeffler’s play-calling was quick and aggressive. QB Darius Wade thrived in the offensive scheme, moving the chains with ease. Brian VanGorder is taking a defense that last year ranked near the bottom of the FBS and now has them in the top five (at least for this week).

It may be a small sample size, but getting off on the right foot can be important. The team’s confidence is certainly better than if they were handed a loss the previous game. However, confidence can only take a team so far. Loeffler emphasized the team’s technical ability still has a long way to go. When playing a higher level opponent, it’s especially important to minimize mistakes.

“We definitely have a lot of confidence starting with a win,” said tight end Quintin Morris. “Of course there are still things we could’ve executed better.”

Prediction
This will easily be the best team the Falcons face behind Notre Dame. Beating the Wildcats is a tough ask for the Falcons. Few, if any expect them to. But an upset is not out of the question. As Tennessee showed last week, a flop performance from a ‘Power 5’ team at home could happen.

At the end of the day, Kansas State is the better team. Look for the Wildcats to run often against the Falcon defense. Loeffler’s offensive creativity may catch his opponent off guard a few times, but not nearly enough to stay competitive.

42-23 Kansas State.
Kickoff is scheduled for 12 p.m. Saturday.

Upcoming Games

Louisiana Tech (Homecoming)
Sept. 14, 5 p.m.
Doyt Perry Stadium
Bowling Green, Ohio

at Kent State
Sept. 21, 3:30 p.m.
Dix Stadium
Kent, Ohio

Offering towing both long and short distance

OIL CHANGES starting at $26.95 with a FREE VISUAL CHECKUP

Drive Responsibly - Don’t Drink and Drive
Tipsy Towing - to make sure no one needs to drive home drunk - starts at $45

Falcon friendly service. 20% off list pricing on parts with a student id.
Campus Fest encourages involvement

Olivia Metcalfe
Reporter

As the fall semester continues to move forward, the Office of the Dean of Students and the BGSU community are congregating for Wednesday’s annual Campus Fest in an effort to encourage student involvement.

The festival is taking over central campus with information tables from the many organizations at BGSU 1-5 p.m.

“It is a time for all students to interact with community partners, campus partners and student organizations on campus,” Office of the Dean of Students intern Makala Nelsen said.

Nelsen discussed a new aspect of Campus Fest this year and other opportunities available to students.

“One of my favorite things about Campus Fest this year is the ‘Passport to BGSU’… Students can pick up a postcard from the Campus Fest table, located outside of the Union. This postcard has a list of different things to do during Campus Fest. If you do these things and check them off on the card, you can turn it in at the Campus Fest table,” she said.

Students who turn in a postcard will be entered in a raffle to win a BGSU blanket, a BGSU water bottle or a pair of AirPods.

Campus Fest is also known for helping students find their passions and peers with similar interests. Gage Stephens, the treasurer and social media chair of the Environmental Action Group, elaborated on this aspect of the festival.

“I’d say Campus Fest helped me find like-minded people and activities I was proud to participate in,” he said.

Stephens also provided advice for anyone coming to Campus Fest for the first time.

“I really support finding an organization that fits your hobbies or field of study to make friends and participate in activities that will benefit you through college and life in general,” he said.

Students with questions about Campus Fest, the Passport to BGSU and where to find organizations’ tables can stop by the Campus Fest table outside of the Bowen-Thompson Student Union.

“This is the time to try different things and find out what is for you,” Nelsen said.