Bowling Green Halloween

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ITS discusses threat of malicious emails

Maxwell Brickner
Reporter

Email scams are a potential threat to the online security of students and staff, and according to BGSU’s Informational Technology Services, they can appear in various forms.

When attackers breach the filter, students should take their own precautions to avoid being a victim. According to ITS Chief Information Security Officer, Matthew Haschack, signs of malicious email include generic greetings, poor grammar or spelling, arrival at times such as 2 a.m., misleading links, calls for urgent action and unexpected attachments.

Malicious email can be used to snatch accounts for use by scammers. In 2017 the number of account takeovers peaked at 1,837. So far in 2019, the number of account takeovers has decreased to 543, a number which is “still more than we’d like” according to Haschack. Every time an account is taken over, it requires at least 30 minutes of staff time, adding up to over 271 hours spent recovering accounts this year.

Haschack says ITS uses defense-in-depth strategies, adding multiple layers of security to make successful cybercrime difficult. The use of Duo two-factor authentication software is a key part of stopping email account takeovers, because it requires an extra bit of constantly changing information, making gobbled passwords useless. Duo is optional for email, but students should seriously consider enabling it.

However, not all methods of Duo are equally secure. Haschack says using Duo with a phone number, but not the app, is vulnerable to SIM jacking attacks, where phone companies are tricked by scammers into transferring your phone number to a scammer. Haschack says there have been no known incidents of SIM jacking at BGSU, but given its recent rise in use by cybercriminals, he remains vigilant.

Each text message and phone call sent by Duo also costs BGSU money. While the amount for each is only a fraction of a cent, it adds up to thousands of dollars each year. This money could be spent improving other technology on campus, such as better Wi-Fi or more ITS helpdesk resources.

Haschack recommends using the Duo app for the best security and convenience. Another secure option for students is called a Duo Token. This physical token can be loaned out for free from ITS as a backup option for International Travel or in the event a smartphone is damaged and needs repairs. A token can also be purchased for permanent use at a cost of $20, which is what ITS pays for the unit.

A common scam noted by Haschack, which has claimed several victims at BGSU, is a targeted gift card scam. Scammers will find an organizational chart of employees and create a Gmail account pretending to be a supervisor.

They will send their target an email, pretending to ask a subordinate to get them many gift cards from Wal-Mart, with the promise of reimbursement. Once the codes on the gift cards are sent to the scammer, the target is not reimbursed. Because of the international nature of email, the money is gone for good.

A common scam Maison DeWalt, a senior studying supply chain management and international business, sees is a professor looking for a student employee. He says he receives a couple emails like these in a week, and they are usually from outside of BGSU.

He says has never clicked on attachment in scam emails and says he is pretty on guard for these things. Mariah Grow, a junior studying biology estimates she gets “at least 8 a week.” one such spam email was for a $500-a-week job on campus at a professor’s lab.

“She didn’t even specify who the professor was,” she said.

Grow also said, “I get a lot for honors fraternities that aren’t even on this campus — but I am in one that actually is on campus, and they always make the joke that when they send out recruitment emails that it just seems fake.”

Legitimate Phi Sigma Pi communications have sometimes been lumped in with the spam messages, noted Grow.

When faced with suspicious emails, it is important to not open attachments or click on included links. Forward the email to abuse@bgsu.edu for review by a professional.
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Halloween costume dos and don’ts
How to not be an offensive jerk when picking out a costume for this year

Cornasia Sandford
Columnist
Halloween is supposed to be the time of year where you can take a break from the normal and be something completely out of the ordinary.
You could be anything from a serial killer from your favorite scary movie something as cheesy as a bar of soap. But what you should never do is dress in a costume that would insult or appropriate someone else’s culture.

Here are five tips to avoid offensive costumes this Halloween.

Respect other people’s traditions.
People’s traditions are not your costume. Do not paint your face and dress up as a Native American or put fake jewels on your face and dress as someone from an Indian culture; it’s extremely offensive and disrespectful.
Many of these things are symbolic and have a history behind why they are done, so don’t disrespect other people’s traditions because you thought it looked cool. If you want to learn more about different cultures, read a book or do some research, but don’t dress up like them for sport.

Respect other people’s religion.
A religion is not a costume, even if it’s your own religion. Dressing up as a priest, pastor, Muslim or even a nun is not OK. Many of these titles hold respect in each religion, and you disrespect them when you imitate them for your own personal enjoyment. Even if you are a Christian, dressing as a pastor can be offensive to other Christians. Just because it doesn’t bother you doesn’t mean it doesn’t bother someone else.

Respect other people’s sexual orientation.
Exaggerating someone’s sexual orientation for laughs is not OK. A straight person imitating anyone from the LGBTQ community is offensive. Someone’s personality or appearance should not be stereotyped by their sexual orientation, especially through a Halloween costume. Being ridiculed on a regular basis from a homophobic society is already a lot to handle without it being a holiday “trend.”

Be ANYTHING that doesn’t fall under the above offensive categories.
Now I know some of you are wondering, “Well, what CAN I be for Halloween then?” Let me give you a few ideas. You could be something scary, such as a skeleton or just about any famous movie serial killer. You could be something sweet, such as a princess or a prince. You could be something realistic, such as a doctor. You could even be something crazy, such as a slice of pizza. Honestly, the choices are endless; just make the right one.

Halloween costume dos and don’ts
How to not be an offensive jerk when picking out a costume for this year

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5 cute coffee shops near BG

These caffeine gems provide study spaces and hangout spots all within 50 miles of campus

Aubreyonna Van Hoose
Reporter

Let’s admit it, coffee is an essential for most, and coffee shops are the biggest perk. The cozy, calm, laidback environment of a coffee shop makes it one of the best places to study or hang out with friends.

Bowling Green has a few coffee shops, but sometimes exploring other coffee shops can be rewarding, as each cup of coffee is made differently. Outside of Bowling Green, these are only some venues that produce incredible cups of coffee that you have to try.

Columbus, Ohio by the Crimson Cup. Only 27 minutes away, this Findlay coffee shop is a car ride away from endless coffee, smoothies, teas and sweets. Better yet, they have free wifi.

SIP Coffee - Toledo (27.1 miles)
SIP (“Socially Infused People”) Coffee is a 31-minute drive to amazing cookies and coffee. SIP Coffee follows the casual environment for students but has two levels of social interaction. The facility has an upstairs that provides a quiet place to study, and downstairs that allows social gatherings to occur. Even better, this coffee shop allows you to rent a conference room for $20 an hour.

It is the perfect environment for interacting with a large group of friends, meeting with potential clients for student business owners or allowing yourself more space to study for a quick hour. This shop offers more than just coffee; lemonade, salad and cookies are also included on the menu. The shop participates in Toledo’s annual Coffee Quest each May. The Coffee Quest is a fun monthly event that allows anyone to visit several local coffee shops and win prizes. At the very least, everyone should participate in this fun event. SIP is always a great place to study, relax and buy a quick drink.

Down Thyme Cafe - Fremont (28.2 miles)
Ever have some downtime? Go for a 40-minute drive to Down Thyme Cafe. Now, coffee is enough to get anyone excited, but they also serve ice cream. There are even special deals like any size coffee for $1 before 7:30 a.m. or $1 off ice cream on Tuesdays. This quirky area has special performances or skits during the day by entertainers. The cafe also collaborates with local businesses for coupons and deals so you can acquire handmade coffee mugs. It’s a perfect hangout spot to get caffeine and dessert.

Cabin Fever Coffee - Defiance (45 miles)
If you want to take a short weekend road trip out of town, Cabin Fever is the perfect spot to take a group of friends. In an hour's worth of travel time, you could be enjoying the warm comfort of a cabin and enjoy a good Americano. Not only do they produce simple lattes or mochas, they also serve frappes and bubble tea. In addition to their specialty drinks, they have a long list of sandwiches and wraps. As the cafe produces the cozy feel of a lodge cabin, they also have a small gift shop with coffee decor and a large selection of candies to bring back with you.

The Flying Joe - Perrysburg (11.2 miles)
The Flying Joe is a coffee shop located 15 minutes north of Bowling Green. It is located in the Levis Commons mall and is a great stop to make before seeing a movie. The Flying Joe specializes in serving coffee and cocktails. Founded in 2007, the coffee shop was created by Air Force veterans who traveled the world. This small coffee shop makes a great environment for studying and contributes to local artists by selling local apparel from Maumee and Toledo. Merchandise is available at their website, theflyingjoe.com, or you can purchase it from inside their beautiful cafe.

Coffee Amici - Findlay (25.5 miles)
Coffee Amici is a great place to hangout and do homework in the afternoon or attend live music performances of local groups at night. Their coffee beans are also locally made in Maumee and Toledo. Merchandise is available by Air Force veterans who traveled the world. This small coffee shop makes a great environment for studying and contributes to local artists by selling local apparel from Maumee and Toledo. Merchandise is available at their website, theflyingjoe.com, or you can purchase it from inside their beautiful cafe.

These coffee shops worth sipping at are within 50 miles of Bowling Green.
Church Directory

We invite you to worship with us and look forward to meeting you soon!

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ST. THOMAS MORE UNIVERSITY PARISH
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SUNDAY 10:00AM 5:00PM 9:00PM

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Sunday Service at 10 am

St. Thomas More University Parish
425 Thurstin Street
419.352.7555
www.sttoms.com

St. Mark's Lutheran Church
315 S. College Dr. | stmarksbg.org
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At St. Mark’s we believe all people matter to God, and therefore, ought to matter to the church. We value faithful discipleship lived out in worship, prayer, service, and loving relationships.

Our Campus Ministry meets on Wednesdays at Noon - 2 pm in the Bowen-Thompson Student Union. Look for the Turquoise Table!

WORSHIP
St. Mark’s offer three worship services every weekend.
- Saturday @ 5:00 pm
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COMMUNITY MEAL
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PRAYER
If you need prayer, St. Mark’s can help. We have a vibrant Stephen Ministry program, an active Prayer Network, and multiple pastors on staff.

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Website: www.stmarksbg.org
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You have chosen BGSU for your academic journey. We look forward to joining you on your spiritual journey.”
The best songs to play for Halloween

Spooky classics
Chances are if you’ve ever been to a Halloween party in the past, these are the songs you were guaranteed to hear. Songs like “Monster Mash” by Bobby “Boris” Pickett and “I Put a Spell on You,” which has been covered by so many, are still virtual locks to make the cut. Classic theme songs like “Halloween Theme” composed by John Carpenter or “Ghostbusters” by Ray Parker Jr. come equipped with movies to watch if the scores still leaving you wanting more. And, of course, Michael Jackson’s “Thriller” in both audio and video form will live forever.

Spooky/creepy songs
Some songs are so odd they make you feel weird about having to walk home alone. The most famous case of this comes from Rockwell’s “Somebody’s Watching Me,” but you can also get that feeling from Kraftwerk’s “Trans-Europe Express.” “Spill the Wine” by Eric Burdon & War was used to perfection in the film “Boogie Nights,” but on its own, it sounds so strange and shiver-inducing. Songs like “Psychobabble” by Frou Frou and Placebo’s cover of Kate Bush’s classic “Running Up That Hill” are masters at building suspense. Finally, the Pixies are famous for interesting song subjects, but they never sounded more ominous than they did on “Monkey Gone to Heaven.”

Spooky stories
For a genre that has had its fair share of artists telling stories from dangerous situations, it’s no surprise to learn that hip-hop has plenty of scary stories to tell. The most famous of these most likely being Geto Boys’ “Mind Playing Tricks On Me,” but another slip in sanity in the form of “Suicidal Thoughts” by The Notorious B.I.G. can’t be too far behind. You can hear Danny Brown’s struggle with drug addiction on “Ain’t It Funny.” You can hear a young man’s trials and tribulations with joining a gang on Immortal Technique’s “Dance With The Devil” and you can hear a tale of tragic child abuse on De La Soul’s “Millie Pulled a Pistol on Santa.” Oh, and yada yada yada Eminem killing his wife on “Kim.”

Spooky alternatives
These songs are, frankly, not easy to categorize in a genre or style. Maybe the absolute scariest song of all time, Aphex Twin’s “Come To Daddy (Pappy Mix)” is nightmare fuel personified. In a much different way, all three parts of Patti Smith’s “Land” will make you hold on tight to your comforter because of the build up and sheer amount of voices coming through headphones toward the end. Suicide’s “Frankie Teardrop” has become famous for just how terrifying it is as a song with screeches that you won’t forget anytime soon. And what can I say about Death Grips “Giving Bad People Good Ideas” that hasn’t already been said about the Cleveland Browns’ horrifying. The only difference is this is horrifying in a good way. A jump scare in audio form, you’ll wonder why you keep coming back to it time and time again.

A starter pack for the surrealism film genre

Spooky rock
Sometimes your spooky tunes need a little bit more firepower. You can add the final hint of gasoline to that explosion with tracks like “Psycho Killer” by Talking Heads and “(Don’t Fear) The Reaper” by Blue Oyster Cult. Black Sabbath was formed with the intent to scare, and that’s evident in songs like “Children of the Grave.” If you’re looking for something heavier, check out “Black Hole Sun” by Soundgarden, “Man in the Box” by Alice In Chains or White Zombie’s “More Human Than Human.” For something more on the psychedelic side, check out “Alabama Song (Whiskey Bar)” by The Doors.

Aubreyonna Van Hoose
Pulse Reporter
Surrealism is a film genre that doesn’t use the traditional narrative, but rather art or symbols to convey a message. The genre is eccentric and started from an early age in cinematic history in the 1920s. As the movement started after the catastrophe of World War I, many underlying themes including famine, death and despair became part of the genre’s characteristics. Here are some intriguing films to get you started in the surrealism genre.

‘The Alphabet’
(David Lynch, 1968)
This short, creepy and repetitive film renounces the alphabet in ways you were never taught. Your perspective on such a simplistic aspect of your childhood will change as letters are rewritten and morphed in ways never imagined. The uncomfortable sounds and incorrect singing of the actual alphabet song is enough to make anyone cringe from the torment of exploring the grey area of an original black-and-white piece. The film is available on YouTube and is a great exploration into surrealism as many frames within the film represent endless possibilities.

‘Meshes of the Afternoon’
(Maya Deren, 1943)
A cloaked figure catches the attention of a woman heading into her apartment. She sleeps in a chair and follows a dream sequence. The sequence contains the mysterious figure, a knife, a flower on a driveway and various other juxtaposing images that have deeper concepts within them. Furthermore, the film contains themes of self-identity. It’s definitely a film to watch to introduce anyone to surrealism as it is filled with 14 minutes of curiosities and twists. “Meshes of the Afternoon” is available to watch on YouTube.

‘Eraserhead’
(David Lynch, 1977)
If “The Alphabet” didn’t scare you off from Lynch’s work, “Eraserhead” just might. As the film is arguably one of the closest to a linear narrative produced by Lynch, it still adds many open-ended images for the audience to interpret. The film follows Henry Spencer (Jack Nance) as he discovers his girlfriend, Mary X (Charlotte Stewart), is carrying a child. After a long, uncomfortable family meal and some chicken imagery, the two decide to move into Spencer’s apartment. The only issue is the child. As Spencer pictures it as a terrifying beast, many obstacles or visions affect his state of mind. Overall, if you are into gore or horrifying pictures, this is a great example of Lynch’s finest work. It is available to buy on Amazon Prime and other online distributors.

‘The Seashell and the Clergyman’
(Germaine Dulac, 1928)
“The Seashell and the Clergyman” is a French surrealism film. Debatably one of the first of its time, the film follows hallucinations of a priest following a woman. Various shots partake in the symbolistic effects of World War I. This film is available for free on YouTube and allows for more imagery to digest.

Surrealism is an odd sub-genre that doesn’t receive the publicity it deserves. Similar to experimental film and often having themes of horror, surrealism focuses on imagery. Each symbolic image can represent several social issues within our society. Furthermore, surrealism is an intriguing, uncomfortable and awkward genre, but it will change your perspective on the simplest of ideas.
‘JESUS IS KING’ falls flat
Kanye kept fans waiting just to let them down with corny lyrics, themes

Kanye Omari West needs no introduction. After dominating the ‘00s, Mr. West opened the 2010’s with, arguably, the best album of the decade: “My Beautiful Dark Twisted Fantasy.” While his next two albums — 2013’s “Yeezus” and 2016’s “The Life of Pablo” — were a bit more divisive, the general consensus being that both were substantial bodies of work in their own different ways. In 2018, West returned to produce and release five albums for both himself and others like Pusha T, Teyana Taylor and Nas. West’s own release that year, “ye,” was plagued by multiple controversial comments he made in the promotion leading up to it, including his continued support for President Donald Trump and his idea that “slavery was a choice.” While the album itself was not all that bad, it felt too normal for a Kanye album. “KIDS SEE GHOSTS,” his collaborative album with Kid Cudi, released just a couple weeks later, gave fans that fix that was missing and showed fans that he may still have a lot left in the tank. So, when he announced the release of his new album “YANDHI” in September 2018, fans were eagerly awaiting to see the innovators’ next pivot point.

But September came and went, and the album never came out. Finally, after much-maligned delays, “JESUS IS KING” is here in its place. Following up the adventures of his Sunday Service crew, “JESUS IS KING” is a full-fledged religious offering. No swearing, no sinful substances and, apparently, no love-making. The album truly is another unique stage in his ever-changing discography; not unlike his ventures into auto-tune on “808’s & Heartbreaks” or his altering of song structure norms on “My Beautiful Dark Twisted Fantasy” or “Yeezus.” The difference between those paradigm shifts and this one, though? This one sucks.

The album kicks off with a true highlight in the soulful choir instrumental “Every Hour”; a highlight in that Yeezy himself is nowhere to be found on vocals. After that, it’s all downhill from there. The album is filled with what can only be described as the corniest of corny lyrics and themes. “Closed on Sunday” is potentially the worst song in the entire Kanye catalog; a song so terrible it might make you question ever going to a Chick-Fil-A for the rest of your existence. “God Is” is without a doubt the worst vocal performance of Kanye’s career with each agonizing moment sounding like nails across a chalkboard. While “Follow God” is far from the worst song on the album, the mixing is terrible. While the mixing on “Selah” is perfectly normal, the song is not worth being mixed because it’s a load of garbage. “Everything We Need” with Ty Dolla Sign and Ant Clemons is just boring at best and is too short to be labeled as important to the LP.

Even the actual highlights on this album are nowhere near the bar set by West in the past. The production, usually wholly original on West’s albums, sounds mediocre at best despite a good showing from Pi’erre Bourne on “On God.” Four of the album’s final five songs are actually enjoyable – the one that isn’t? “God Is,” of course. The problem with each of these tracks is still the overriding feeling of fakeness and corniness that comes along with them. This is not a bad album because it’s a religious album. This is a bad album that just happens to be a religious album.

Kanye’s arrogance to the point of making outrageously stupid and false comments in the past few years has resulted in a project that never comes across as genuine because the audience can see right through it. West started the decade on top of the world, but come the end of the decade and it appears as if the reign of one of pop music’s most influential artists has come to an end. Jesus may be king, but Kanye West no longer is.

7 artists to listen to before they hit mainstream

With so much new music constantly coming out with the rise of the internet, it can be hard to find new music that isn’t already flooding the airwaves. Luckily, I’ve got you covered. Here are seven artists to listen to and where to start.

Snail Mail
20-year-old Lindsey Jordan makes up what is Snail Mail. Considering how young she is, her words cut deep beyond her years. Everything is so well polished so early that it wouldn’t be a surprise to see her dominate the alternative charts in the years to come. Her 2018 debut album “Lush” is the perfect starting point to get into her brand of music.

IDLES
Are you ready to rage? With two albums under their belt – 2017’s “Brutalism” and 2018’s “Joy As An Act of Resistance,” IDLES has racked up both critical acclaim and a rabid fanbase. The band’s rowdy nature is comparable to that of The Clash and other punk outlets from the ‘70s heyday of the genre.

Fontaine’s D.C.
If you’re looking for something a bit prettier than IDLES smash-mouth approach, Fontaines D.C. are a bit similar but with a poppier edge to them. Their 2019 album “Dogrel” has been making waves all over the world, and with momentum like that and music that good, it’s hard to imagine them slowing down anytime soon.

SOPHIE
Maybe the most off-the-wall artist on this list, SOPHIE doesn’t get the credit she deserves. Both a producer and an artist in her own right, you may recognize SOPHIE’s signature production style from an album like Vince Staples’ 2017 outing “Big Fish Theory.” Her 2018 album “Oil of Every Pearl’s Un-Insides” hits just as hard.

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Pigeons Playing Ping Pong
A jam band much in the same vein as a band like Phish, Pigeons Playing Ping Pong have grown a consistent fan base from not only their music but their marathon touring sessions - playing as many as 200 shows a year. The music, while lengthy, is incredibly funky and energetic.

Yves Tumor
Yves Tumor is an experimental and electronic artist whose 2018 album “Safe in the Hands of Love” really put him on the map. As an electronic artist, the fact that he’s signed to Warp Records — home to big time players like Aphex Twin, among others — should tell you that there is a bright future ahead for this artist.

Steady Holiday
Looking for some relaxing music to get into? Presented here is one of the most soothing voices in alternative music in Dre Babinski. With music dating back to 2016 on all streaming services, Steady Holiday is the perfect band to listen to if you’re looking for something on the smoother side of things.
How to stay safe trick-or-treating

Khamila Stevenson
Reporter

Parents around the United States take their children out for trick-or-treating on Halloween each year. The holiday may come with some concerns from parents about the safety of their child.

Here are some tips to keep in mind to make trick-or-treating a fun and safe fall activity.

1. Keep them visible.

One way to keep a close eye on children would be to choose bright-colored costumes. Wearing bright-colored costumes will make it easier to see them. When children wear dark-colored costumes, it can be hard for parents to find their child in a crowd. You could also make sure that your child has some kind of light on them. If your child does not want to carry a flashlight around, try giving them a glow stick. Although a glow stick may not be as bright as a flashlight, it can still be a good way to keep track of your child while also making it fun for them.

2. Hold on tight.

One way a parent could keep their children close to them would be holding their child’s hand when going trick-or-treating. Not holding your child’s hand can result in the child running into streets, running inside homes or even just walking with other people they do not know.

Trick-or-treaters get candy at the 2016 Halloween Fun Fest.

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How to stay safe trick-or-treating
continued from page 10

3. Seek treats during daylight.
Many parents go trick-or-treating before dark because it's easier for them to see everything and helps them keep track of their children. Trick-or-treating earlier in the night also helps young children see the path in front of them. Children could fall when trick-or-treating at night because they can't see in the dark.

4. Plan out a route.
According to Homestructions.com, it would be a good idea to plan your route ahead of time. Doing this research in advance can help increase familiarity with neighborhoods besides your own where your candy search might take you. Becoming more familiar with the neighborhoods in which your family is trick-or-treating may also help you and your children feel safer.

5. Search the candy stash.
Parents may need to make sure their children's candy is safe to eat. There have been several cases of children ingesting harmful substances in their candy, but “it’s unlikely that a stranger will hand out harmful candy,” according to a 2017 article on pekininsurance.com. Although the odds are low, it's still important for parents to go through their children's candy stash — just to be on the safe side.

Following these tips can lead to families enjoying the spooky holiday while also being safe.
Strength coach raising the bar

Chase Bachman
Reporter

Allison Papenfuss is in her element when she’s in the weight room. Few people at BGSU have seen an athlete get after the weights the way she does. It’s been that way since high school. Now with her playing days behind her, she spends her time in a weight room helping others get after it, as the assistant director for strength and conditioning at BGSU.

“Some days are really busy and I get about an hour to sit down. Other days are calmer. It ebbs and flows depending on the team’s season,” Papenfuss said.

She interacts with a wide variety of sports. Being in charge of both basketball teams, both soccer teams, women’s tennis and women’s golf, Papenfuss works with six different sports and over 100 athletes.

Papenfuss assumed her title in July 2018, but she certainly isn’t new to Bowling Green. Her history with the school goes back 10 years, starting with her days as a high school prospect.

As a star athlete on both the volleyball and the girl’s basketball team at Anthony Wayne High School, she was on the radar of Division I coaches early on.

“She was the hardest working player that I could imagine playing the game of basketball,” said Justin Zemanski, Papenfuss’ high school basketball coach.

Papenfuss started in nearly every high school game she played. Mid-American Conference schools like Bowling Green, Toledo, and Kent State took notice of the northwest Ohio native. Ultimately, it was the Falcons that earned a commitment from the girl teammates referred to as Pap.

From the time she stepped on campus, Papenfuss proved herself to be one of the hardest working players and best teammates.

“She was always in the gym putting in extra time,” said Simone Eli, a friend and former teammate of Allison’s at BGSU. “Beyond that, she is an awesome friend. Super supportive of everyone on the team, and just got along with everybody.”

Papenfuss was a freshman on the 2009-10 squad that won 27 games, highlighted by MAC regular season and tournament championships, as well as a trip to the NCAA tournament.

“You see the results and you want that again, so you’re willing to go through it again,” Papenfuss said. “You’re willing to understand what it means to be in the system, and to continue to get better.”

The team continued to win plenty of games throughout Allison’s career as she carved out her role as a player who provided minutes and points off the bench.

In her senior season, Papenfuss’ role expanded, playing in all 35 games, reminiscent of her days in high school. The team’s 2012-13 season came to an end in the 3rd round of the Women’s National Invitation Tournament. Papenfuss’ career playing college basketball was over.

“I got to do it with great people that had my back. At the end of four years, I wouldn’t replace it with anything,” Papenfuss said.

But after four years of basketball, Papenfuss wasn’t done playing sports just yet. With a year of eligibility still remaining, Papenfuss joined the BGSU volleyball team. Playing two sports in college is a rarity these days, and few people expected Papenfuss to pick up a volleyball after not playing in four years. But with Allison’s athleticism and maturity, she had no problem making the transition.

“I went in to help the team. I wasn’t there to be the star. I went in to mentor the freshman, and it’s what really got me into coaching and training,” Papenfuss said.

Following graduation, Papenfuss made it her career to train and condition athletes at college programs.

“In strength and conditioning, I get to coach my favorite part,” Papenfuss said. “I don’t worry about what the other team is doing. I just get to worry about what my guys or girls are doing.”

As a trainer, her work has taken her to Frostburg State, Indiana, and now Bowling Green again.

“I was very ready to come back to Bowling Green,” Papenfuss said. “When they offered the strength job, I was more than willing to jump on board.”

Papenfuss trained and worked under Kenny Goodrich, who was recently named Associate Director of Strength and Conditioning at Michigan State University. Goodrich says that during her basketball days, Papenfuss was by far the strongest player on the team.

“It’s a natural fit for her to be a strength coach because it was always where she was most comfortable,” Goodrich said.

Just as Goodrich himself has moved from Bowling Green to a bigger program, there are those that believe Papenfuss is good enough to jump to the Power 5 level permanently.

“She’s going to take a huge step somewhere and run her own department,” Eli predicts.

Papenfuss wouldn’t rule out the possibility of moving again, but says she’s happy right where she is.

“This situation is great for me. I bought a house recently. My family is close by. Everything is great.”

Allison was recruited to play basketball, but finished her career as a volleyball player. Though most fans don’t see her nowadays, she’s always been one to notice in the weight room. Whenever spectators watch an athletic dunk or a killer serve, you can credit Allison Papenfuss for making it happen.
Falcons try to find themselves against Minnesota State

Maxwell Marko
Falcon Media Sports Director

After a string of inconsistent plays through the first seven games of the season, Bowling Green hockey runs into the powerhouse that is second-ranked Minnesota State this weekend. The Mavericks, a team that has been locked in by preseason polls to run away with the WCHA regular season and postseason titles, have always brought the best out of the Falcons, but the early matchup this year catches a BGSU team still trying to find its footing. The past two series against Western Michigan and Michigan Tech were defined by the Falcons’ strong play Friday and their lackluster efforts on Saturday.

Still, the season has yet to eclipse 10 games and Bowling Green hockey — under first-year head coach Ty Eigner and a new coaching staff — is in the process of identifying itself. The team has had games spread out on its unique schedule.

“I looked at our opening nine games and I said, ‘that’s a pretty difficult stretch,’” Eigner said on Tuesday. “As a first year head coach, there weren't any cupcakes on that schedule and they were all really good teams.”

The story remains the same against Mankato. This past weekend the Mavericks limited Alabama-Huntsville to 15 shots on goal each night. After BGSU’s loss to Michigan Tech on Saturday, the Falcons were looking for a higher quantity of scoring chances and to capitalize on the higher quality ones.

“Mankato is the gold standard in our league. They find a way to follow up a really good Friday performance with an equal or better performance on Saturday,” Eigner said.

“When we get opportunities in the offensive zone, one of the things we’ve talked about is pucks have to get on the net. We can’t get pucks blocked. We can’t miss the net on really good scoring chances. Those pucks have to get on the net. You have to make the goalie save a puck versus cutting them a break and missing the net.”

However, with the hype Mankato receives and the troubles Bowling Green has encountered, there is a slight fear of doing too much to prepare for this upcoming series.

“After evaluating the first seven games, we talked a little bit about everything. Do we keep the lineup the same? Do we shuffle everything? You have those conversations for sure,” Eigner said.

With the temptation of tinkering players hope to make the coaching staff’s job easier. Eigner believes players have been ready for this series and are excited to play the number two team in the country.

BGSU favored heading into matchup with Akron

Shayne Nissen
Sports Columnist

It’s been a long time since Bowling Green football was favored to win a game against an FBS opponent. Now, the Falcons head into a game this weekend against Akron as 6.5 point favorites.

Two years ago, going into a midweek MAC conference game against Kent State, the Falcons were favored by 1.5 points on the road over the Golden Flashes. The Falcons would win that game, 44-16 and go on to not be favored in a game since then, including the very next season when they took on Kent State at home.

But why were the Falcons favored in that game on a Tuesday night two years ago? It probably has something to do with Kent State being 2-6 heading into the contest and falling to Ohio 48-3 the week before. On the other hand, Bowling Green put up 30 points on Ohio two weeks before and showed some promise in a 48-30 defeat at the hands of the Bobcats. All of those things led to the one-win Falcons being favored.

Two years later, the Falcons will welcome Akron to Doyt L. Perry stadium in the first game they have been favored in since that 44-16 win two years ago. This time, Bowling Green is favored by 6.5 points against an Akron team that has yet to win a game this season. To the credit of the Zips, they did not play an FCS opponent this season, unlike BGSU who played Morgan State to start their schedule. Unlike BGSU though, Akron hasn’t really been close in any of their conference games.

In fact, their last three games have been pretty lopsided. Against Kent State, Buffalo and Northern Illinois, the Zips have been outscored 96-3 and have been shutout in their previous two contests. While giving up 93 points over three games isn’t great, it’s the lonely three points that stand out. In comparison, BGSU has scored 50 points over their past three games. While that isn’t blowing the doors off of their opponents, it’s still much better than a measly three points. For the season, Akron is averaging 10.8 points per game, which ranks 129th out of 130 teams playing FBS college football.

When looking at their team, it’s pretty easy to see why the Akron offense has been so bad this season. They can’t run the ball as they are last in college football averaging 55 rushing yards per game. They can’t really pass the ball either as they average just over 200 yards per game – good for 79th in the country – and when they do pass the ball, the chances it will get intercepted are likely. They average just under three interceptions per game and between the four quarterbacks that have been under center this year, they have thrown eight interceptions and nine touchdowns.

BGSU will likely see Zach Gibson at quarterback on Saturday, who has two interceptions and one touchdown on the season. Gibson replaced former quarterback Kato Nelson in week five against UMass. Nelson was suspended two games for violating team rules before last week’s contest.
This is Me: Anxiety & Depression Awareness Event offered an opportunity for students, faculty and community members to explore options for living with mental illness.

Stephanie Cotrone, a BGSU junior tourism, hospitality and event management major, combined her expertise at event planning with her passion for mental health awareness on Saturday. She said she hoped the event helped people not only learn something but have fun doing it.

"Ultimately my goal in life is to make people happy, and I think this event made people happy, and people for the most part learned something from what I heard people saying," Cotrone said.

Cotrone used tri-fold boards to present different ways to cope or escape from the challenges people face. She used her personal favorites such as amusement parks, reading and writing, music, theater and art. She hoped to help people see that using things other than alcohol and drugs can be beneficial when it comes to coping with life's challenges.

Cotrone put many hours into her research and into pulling together the components of her event. She had representatives from campus and the community to support her event. One of these partners was the Humanities Troupe, a student drama group that works through emotionally challenging situations with theater.

"We're basically a group of actors and actresses that tour around campus putting these skits ... they basically talk about the tough conversations — the elephant in the room," Ari Curtis, a sophomore broadcast journalism major said.

Several people mentioned they enjoyed the performances by the troupe. There were other interactive activities available and testimonies given by students about their own experiences with anxiety, depression and mental illness in general.

The National Alliance on Mental Illness had two tables in the room; both the Wood County chapter and the student run chapter were represented. Students have the opportunity to be involved with either or both free of charge. Both offer peer support for people who have mental illness and for those who support those with a mental illness.

"We know 1 in 5 individuals are living with mental health conditions. Only 50% of them are getting treatment for it. So that means you probably interact with someone on a daily basis who is struggling. Whether it is you yourself who is living with mental illness or someone you live with or a close friend, we have programs for everyone," said Jessica Schmitt, NAMI Wood County director.

Cotrone enlisted other student groups to help with this project as well. Kelsey Dietrich, a senior with a double major in psychology
and English was there to represent her work with the Wellness Center on campus.

The campus Counseling Center sent one of its counselors, too. Even President Rodney Rogers made an appearance.

Cotrone said the idea was a blend of her passion for event planning and the desire to explore aspects of mental illness that she and others she cares about have dealt with over the years. She said she felt this would be a good way to blend her two passions in a way that benefited the greater public.

“I was trying to erase the stigma associated with healthy coping mechanisms and even the use of escape as coping. Sometimes you have to take some time away to get a fresh take on the problem, to be able to look at it with a fresh set of eyes. Coping and getting through the problem is great, but it’s hard. Sometimes it’s OK to take that break and rest,” Cotrone said.

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Professor shares importance of black, British female authors

Andrew Bailey
Pulse Editor

For the past year and a half, black British people have been wrongly deported from the United Kingdom, detained and denied many legal rights, Nicole Jackson, associate professor of history, said.

Due to the U.K. immigration department’s hostile environment policy, immigrants who migrated from Caribbean countries in the mid-1900s — known as the “Windrush generation” — have faced increasing difficulty to remain in the UK.

According to The Independent, the UK government “has set immigrants up to fail,” creating a hostile environment for immigrants.

This harsh crackdown on immigrants in the U.K. set the stage for Jackson’s presentation on Oct. 24 at Grounds for Thought, titled “Women Writing Black to the British Empire.” She covered various black British female authors who wrote on black history, the British empire, how they fit into the bigger picture of Britain postcolonialism and what it means to be black, British and female.

Her presentation was focused on her work on the British Caribbean Arts Movement during the ‘60s and ‘70s, as it was building off the 16 years of research done by the many novelists she highlighted.

The audience, filling the lounge area of Grounds for Thought, was hanging on her every word, as she discussed the works of novelists like Andrea Levy, a child of the Windrush generation, who wrote the award-winning novel, “Small Island.” She read various passages from the short stories and books, like Beryl Gilroy’s “Black Teacher,” an unconventional autobiography about her time as the first black headteacher in London. The selected passages struck an emotional chord with the audience, as they showed firsthand experiences of the struggles migrants in the Windrush generation faced.

The presentation also opened the eyes of attendees who were unaware of how severe the situation was for black British people in the U.K., comparable to the racism and xenophobia currently in the U.S.

Nicole Jackson presenting at Grounds for Thought.

Read the rest at bgfalconmedia.com.

THE BG NEWS SUDOKU

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SUDOKO
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.

The Daily Crossword Fix

ACROSS
1. Piece of paper
6. Vipers
10. Strike heavily
14. Not late
15. Sly trick
16. Cry of pain
17. One of the great apes
19. Back of the neck
20. Anagram of “Steals”
21. Vaporize
22. 1 1 1
23. Supporting column
25. Type of drum
26. Haul
30. Prolongly
32. Eulogies
35. Percussionist
39. Yeast or baking powder
40. Fire
41. Gist
43. Urge
44. A rational motive
46. Toboggan
47. A hard kind of stone
50. Vomits
53. Weaving machine
54. Drunkard
55. Japanese hostess
56. Initial wager
57. Immediately
61. Formally expressing praise
62. Not in
63. Average
64. Brother of Jacob
65. A person who is owned by someone
66. At one time (archaic)
67. Colorful salamander
68. Dishes out

DOWN
1. Religious offshoot
2. Laugh
3. Twin sister of Ares
4. Shade trees
5. Varieties
6. Barley bristle
7. Seethe with deep anger
8. Ruffled
9. Dribble
10. Similar in meaning
11. Tropical vine
12. Not lower
13. Ganders
18. Altitude (abbrev.)
24. Actress Lupino
25. Impolite dinner sound
26. Expunge
27. Regrets
28. “What a shame!”
29. Legislature
31. Baby buggy
33. Agile Old World viverrine
34. Ancient Peruvian
36. Think (over)
37. Being
38. Marsh plant
42. Take up the cause
43. Writing liquid
45. Criminal
47. Blaze
48. Hermit
49. Scintillas
51. It comes from a hen
52. Earthquake
54. Observed
56. Small island
57. Immediately
58. Apiary
60. Air force heroes
61. Formally expressing praise
66. At one time (archaic)
67. Colorful salamander
68. Dishes out

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