NETFLIX & CHILL

What shows, movies to cozy up to throughout December | Page 8
Students discuss vegan diets

Mary Ross
Forum Editor

Veganism is on the rise all over the United States, according to Forbes. Several reasons for this surge toward vegan diets include health benefits, celebrity support and awareness of how non-vegan lifestyles harm the environment and animal populations.

A vegan lifestyle, according to healthline.com, is defined as a way of living that attempts to exclude all forms of animal exploitation and cruelty, whether for food, clothing or any other purpose.

For some people, such as Ohio State University freshman Elena Stojanovaski, avoiding personal contributions to animal exploitation pulled her to be vegan.

“I really love animals and didn’t want to hurt them,” she said. “Plus, being vegan is very good for the environment.”

As Stojanovaski said, being vegan helps to limit the amount of harmful carbon emissions created by the food industry during the various steps of production.

Being vegan results in a reduction of carbon emissions one’s individual lifestyle produces. According to an infographic from vox.com, vegans only produce 6.4 pounds of carbon emissions every day as compared to 12.4 pounds of carbon emissions every day from medium meat eaters, or people who eat 1.7 and 3.5 ounces of meat each day.

Angel Sterringer, a student at BGSU, was drawn to the vegan lifestyle for a few reasons.

“I decided to become vegan for my health, for the environmental impact, and for athletic performance reasons,” she wrote.

Sterringer and Stojanovaski are part of the 3% of people aged 18-29 who have decided to give a vegan diet a try. According to an infographic created by Forbes and Statistica, the 18-29 age group are tied for the second most likely to be vegans, as compared to 4% in the 30-49 age group, 1% in the 50-64 age group and 3% in the 65 and older age group.

Some people won’t partake in the diet because they believe it will affect their quality of life too much. Junior gerontology major Veronica Voinovich falls into this group.

“With all the things that I’m allergic to, being vegan would restrict my diet in a way that would not be healthy for me,” she said.

Not being healthy and getting all the nutrients is a concern many people have when considering vegan lifestyles and diets.

“Anytime I ever tell people I’m vegan they automatically ask me what I eat and how I get all the nutrients and protein and how many supplements I have to take, which can actually be very frustrating because a plant-based diet provides nearly everything I need/ would get from a regular meat and dairy diet,” Sterringer wrote. “The only supplements I ever take is vitamin B-12, a vitamin most people are deficient in, and iron, only because I am anemic and was anemic even when I was eating meat and dairy as well.”

Read the rest at bgfalconmedia.com.
I wrote a 50,000-word novel in 1 month

Alicia Kobasic
WBGU-FM Promotions Director

For the second year in a row I took on the challenge of writing 50,000 words over the course of November in honor of National Writing Month. For the second year in a row I completed the challenge. But this year was a lot more difficult than the year before.

So what is National Novel Writing Month, or NaNoWriMo as it is more commonly known as? It began in 1999 as a simple challenge of writing 50,000 words of a novel over the course of November. In 2006 it became a nonprofit organization that helps support writing fluency and education.

I first heard of this challenge in high school but never actually attempted to complete it until November 2018. I will admit, while I completed the challenge, I made it easier on myself by choosing to write my story with each chapter alternating between my two main characters’ points of view, with each chapter having repeat dialogue and the same events from the previous chapter. I did not have to come up with completely new content for each day.

I was not even planning on doing the challenge this year. I knew I had a lot of assignments coming up for my classes and did not think I would have time to write every day. But my roommate pretty much told me I had no option and I had to do the challenge for the second time.

Each day I wrote at least 1,667 words, with no repeat dialogue or events. Let’s just say it was a struggle. The first half of the month was the most difficult, having to remember to sit down and write everyday to prevent myself from getting behind.

What’s in your Starbucks holiday lattes?

Aubreyonna Van Hoose
Columnist

It’s almost impossible to miss the long line of caffeine-thirsty students that blocks many of the exit doors in the Bowen Thompson Student Union. As tons of students line up at Starbucks and wait for a hot cup of joe, does anyone really know what goes in their drink?

When you order a cotton candy frappuccino or caramel macchiato, can you explain what ingredients are in these fancy holiday drinks?

Still, most regular customers can’t explain what ingredients are in these fancy holiday drinks; here is a list of the warm holiday drinks, peppermint mocha is the new phrase everyone is using.

Each participant receives a certificate.

Peppermint Mocha
- 4 pumps of mocha
- 4 pumps of peppermint syrup
- 2 shots of espresso
- ¾ of the cup filled with steamed 2% milk
- Topped with whipped cream and chocolate curls

Peppermint mocha is just slightly different from a cafe mocha, because it includes the chocolate curl topping and, of course, the peppermint syrup. It is debatably the most popular holiday drink. It tastes like a hard caramel candy in a drink form. Debatably, this drink has the perfect blend of caramel compared to any other. Even if you dislike caramel, the caramel brûlée adds to a sweet flavoring that is critical to improve any drink.

Caramel Brûlée Latte
- 4 pumps of the Starbucks specialty caramel brûlée syrup
- 2 shots of espresso
- ¾ of the cup filled with steamed 2% milk
- Topped with whipped cream and specialty Starbucks caramel brûlée sprinkles

The caramel brûlée latte is the sweet holiday drink. It tastes like a hard caramel candy in a drink form. Debatably, this drink has the perfect blend of caramel compared to any other. Even if you dislike caramel, the
Economic essentials in Africa

Economic development in Africa is vital for its success

Berthold M. Bonny
Guest Columnist

Although Africa is a continent filled with natural resources, which are vital for its economic growth, it is the home to the world's poorest individuals. In alleviating its poverty, the African continent has been the major recipient of foreign aid for decades. Prominent scholars, such as Jeffrey Sachs, believe that with proper planning and funding, extreme poverty could be wiped off the Earth by 2025. This is not the case, however, as financial aid received by African countries has not enabled them to graduate to a middle-income stage. The health poverty action report on Africa depicts while $134 billion flows into the continent each year — predominantly in the form of loans, foreign investment and aid — $192 billion is taken out, mainly in profits made by foreign companies, tax dodging and the costs of adapting to climate change. Multinational companies in Africa have deliberately misrepresented the value of their imports or exports to reduce tax. The result is Africa suffers a net loss of $58 billion a year.

To date, a majority of African leaders are no longer the champions of foreign aid. Leaders, such as President Paul Kagame of Rwanda and Akufo of Ghana, have argued their citizens and other leaders to have a vision of life beyond foreign aid in Africa. Other leaders, such as President Magufuli of Tanzania, have re-worked mining, port construction and other contracts which were previously reducing income tax to the government with the essence of creating sustainable development and reduce foreign aid dependence. These African leaders have realized the way foreign nations are aiding Africa is flawed. Rather, it is Africa aiding the rest of the world.

The World Bank 2020 report, Doing Business, categorizes Africa as one of the best places to start a business. The majority of African countries have improved the reliability of power supply, reducing certain taxes, ensured political stability, strengthening minority investor protections and reduced the level of corruption. The result is the African continent has gained attention in the world. Recently, powerful countries, such as China and Russia, have held summits with African leaders in their quests of increasing their businesses in this continent. Other countries, such as France, are due to hold such summits in a year to come. Improvement of African countries' business conditions is a pathway to economic prosperity and reduction in foreign aid dependence.

The biggest challenge facing African leaders to date is embracing Intra-African trade. Some African countries have favored exportation and importation of goods from other continental countries instead of goods from other African countries. The result is the share of intra-African exports as a percentage of total African exports is about 18%, which is well below the 69% recorded for Europe and 59% for Asia. The rapid economic growth observed in Asian and European countries is attributed by intra-Asian and intra-European trade respectively. I believe that improving intra-African commerce will contribute in advancing the continent's economic growth.

In speeding up African countries economic growth to attain middle income status by 2030, industrialization is very important. Industrialization has been a campaign promise across the African continent, with its acknowledged ability to bring prosperity, new jobs and better incomes for all. Yet the continent is less industrialized today than it was four decades ago. The UN Economic Commission for Africa depicts the contribution of Africa's manufacturing sector to the continent's gross domestic product declined from 12% in 1980 to 11% in 2013, and it has remained stagnant for over the past few years. This is bad news for African countries which are struggling to liberate their citizens from extreme poverty conditions.

Industrialization in Africa needs good policies such as establishment of a single African currency and creation of special economic zones — such as Shenzhen in China — and positioning the manufacturing sector as a fulcrum to attract investments and create new jobs. Creation of special economic zones will help African countries to advance in their industrialization at the same speed as China. The creation of special economic zones has helped China to liberate more than 800 million Chinese from poverty between the years 1980 and 2018. African countries need to copy this policy for speeding up economic development. Some countries like Tanzania have started adopting this policy by creating Kigamboni district as one of its special economic zones. I believe other African countries can also do the same.

It is also important to note that industrialization of African countries will largely depend on the awakening of diasporas. One of the major awakenings were the business summits in different African countries between African Americans and Africans organized by Leon H. Sullivan foundation which closed its doors in 2013. These business summits were important for diasporas to identify areas of investment in Africa and forge business deals with African leaders, businessmen, and businesswomen. African diasporas from different countries are influential is bringing advanced technology industries in Africa which will make African manufactured goods acceptable in other continent's markets.

For years, the quality of African manufactured goods has been questioned by buyers from other continents and ended up getting low prices. Eventually, this has contributed to closing of African industries' operations and make a lot of African countries the major importers than exporters of goods from other continents which affects their economies. I believe the African diaspora investments in manufacturing sector will help to change this perception of the quality of African goods.

Today, Africa calls for committed and determined African leaders and its diasporas to speed up its economic development.
Secret Window inks its 2nd anniversary

Penny Rae Hawkins
WBGU-FM News Director

Since the shop opened two years ago, Secret Window Art Collective tattoo shop has developed something of a sterling reputation in town. Not only are most of the tattoo artists booked months in advance, but the shop has gained 145 five-star reviews on Facebook. Logan Moss — known as Gray — touts only “a couple of little, tiny” problems.

“We had somebody hanging out in the alley like begging for change and got mad because he got told to leave and he left us a three-star review,” he said.

In the two years since Secret Window has been in downtown Bowling Green, the artists have taught tattoo first-timers a thing or two about getting inked.

According to Gray, a fourth-year tattoo artist and owner of Secret Window, it’s most important to know the tattoo is going to hurt, but it’s going to look good so long as you have researched your artist beforehand. The most important thing, other than to not copy another tattoo artist’s custom design, is to listen to your artist when it comes to aftercare.

“Ask questions before you leave,” Gray said. “Don’t leave and ask your friends what they did. Ask the professional. Don’t go to Google and search what ointments to put on your tattoo. Make sure you follow aftercare instructions, don’t go swimming, keep your animals away from your tattoos.”

Secret Window not only provides a full aftercare sheet for first-time clients but advice for those who may be a little nervous about their first time.

“You should know it’s not going to hurt as bad as you think it is,” Gray said. “Kind of like riding a roller coaster, you’re really nervous at first if you’ve never gotten one before but once you get to the top and go down you’re like, ‘I want to do this again.’”

Gray had “a lot of cool stuff” planned to celebrate the two-year anniversary of Secret Window Art Collective.

Gray enlisted the help of other Ohio tattoo artists to celebrate the occasion. Charlie Thursday from Sacred Crown in Mansfield joined Logan Brahm from Wanderlust in Akron and Dustin Rochowiak from Norwalk.

These three artists, along with Hayley Grohowsky, Ryan Bly, Saffron Florea and Isaac Smith, helped give customers “dice roll” tattoos.

“The way that this is formatted is there’s going to be a twelve-sided dice and each artist is going to have twelve designs,” Gray said.

“These designs, they’re going to be from $40 to $75. If you spent $40, you have to use the dice to pick the tattoo, but if you spend $75 you get to pick one of the designs that are valued twice to what they normally would be. So, you’re basically getting 50% off your tattoo, or more. It just depends who and what design you pick.”

If you couldn’t front the dice roll price tag, there was a $20 flash sheet available. The designs were celebratory in nature for those who just wanted “a little souvenir” of the event. An online raffle was also included an online raffle. Sharing the Facebook event and commented the number 2 automatically put you down for a chance to win a $200 gift card to Secret Window.
Church Directory

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

FREE FOOD FOR BODY AND SOUL!
THURSDAY EVENINGS
6:00 pm Homecooked Supper
7:00 pm Compline
7:45 pm Roundtable Discussion

ST. JOHN’S EPISCOPAL CHURCH | 1505 E. Wooster at Mercer
Sunday Service at 10 am

WANT MORE?
ST. THOMAS MORE UNIVERSITY PARISH
JOIN US FOR MASS
SATURDAY 5:00PM
SUNDAY 10:00AM
9:00PM
5:00PM

ST THOMAS MORE UNIVERSITY PARISH
425 THURSTIN STREET
419.352.7555
www.sttoms.com

Church  
Directory
—BOWLING GREEN —

Just 2 blocks from campus

FOR MORE INFO, FIND EPISCOPAL BRIDGES ON FACEBOOK
ST. JOHN’S EPISCOPAL CHURCH | 1505 E. Wooster at Mercer
Sunday Service at 10 am

CHRISTMAS WITH H2OCHURCH
INVITING PEOPLE TO FIND AND FOLLOW JESUS TOGETHER
SUNDAYS | DEC 8, 15, 22, 29 | 9:00AM & 10:30AM
CHRISTMAS EVE | DEC 24 | 6:00PM
DOWNTOWN VENUE | 252 S MAIN ST
@H2OCHURCHBG
Students of all backgrounds come together at H2O to engage in worship, Scripture-based teachings, and connection with others. Serving the campus for more than 30 years, H2O Church is dedicated to coming alongside students as they explore what it means to have a personal relationship with Jesus Christ or those who want to go deeper in their faith, while connecting them with an authentic community of other believers. H2O is a contemporary campus ministry that involves more than 500 students in a host of worship services, campus fellowship opportunities, and service and outreach activities.

“The big thing that we’re about is sharing and learning about Jesus and we’re about welcoming people to have a conversation about their faith,” says Pastor Joe Kaloger, who works with H2O’s small group ministry. “We really try to be considerate of those that are seeking and maybe just checking it out. Maybe they didn’t grow up in a Christian background—that’s totally fine! We love to welcome all people to come check us out.”

H2O has an 11:30 a.m. on-campus worship service every Sunday during the school year in the Union Ballroom. They also offer services at an off-campus venue in downtown Bowling Green at 252 S. Main St. with similar contemporary services at 9 and 10:30a.m. Students can expect to find an atmosphere that is friendly and comfortable, teachings that are Biblical, challenging and honest, and music that is loud, upbeat, and always about Jesus.

“What we’re about is authenticity. We want to be a Christian community built on genuine relationships.” — Jill Beebe — H2O Staff Member

Engaging with people and developing relationships are core principles of H2O Church. “After the services, we invite people to our small groups during the week,” says Joe Kaloger. “Those usually meet in dormitories, houses or apartments. That’s where people really get to know some of their best friends.”

H2O offers Groups, consisting of 15-20 individuals, for people in every season of life including traditional students on or off campus and students already meeting within specific communities (specific majors, athletes, Greek life, international students, etc.). H2O also offers city groups for graduate students, recent graduates transitioning to life as young professionals, as well as community members and families.

H2O has many other ways to get involved, in addition to Sundays and Groups. There are opportunities to serve within specific areas such as music, video, hospitality, H2O Kids, and more. Perhaps more importantly is a culture within H2O focused on connecting with the University and with the city of Bowling Green through volunteering for campus events and collaborating with other University and city organizations. Joe Kaloger continues, “We feel like partnering with other organizations is one of the coolest things we do. We have a great partnership with the University. We really enjoy engaging and helping students spiritually, but also just enjoy having fun and meeting people.”

It takes a team of dedicated staff and student volunteers to accomplish the level of involvement H2O has on campus and in the community. If there is one thing that H2O Church hopes to express is the importance of the Good News of Jesus Christ and the value of building authentic relationships with students and community members of Bowling Green.

“What we’re about is authenticity,” says staff member, Jill Beebe. “We want to be a Christian community built on genuine relationships. We want students to know that they are not just a number or that they are coming to see a show on Sunday morning. We want them to know that we care about them as individuals.”

If you want to find out more about H2O, stop by one of their many events this week or check out their website at H2Ochurch.com.
Music in December: What to listen to this month

Dec. 6
On the first Friday of the month, fans of Top 40 radio will have two big releases to look forward to from two former band members. Camila Cabello, formerly of girl group Fifth Harmony, will be releasing her second studio album “Romance,” the follow up to her 2018 self-titled debut. Liam Payne, the former One Direction heartbeat, will be releasing his long awaited debut LP, the appropriately titled “LP1.” Fans have been anticipating releases from these two ever since they were announced, and their wishes will finally come true on Dec. 6. Other releases include the debut album from Blueface, the final posthumous release from XXXTENTACION, a new album from The Who and much more.

Dec. 13
As expected, December has the least amount of Fridays with major releases. That being said, Dec. 13 is shaping up to be a monumental release date. First and foremost, the return of Harry Styles with his second LP, “Fine Line.” Styles seems to be heading in a different direction after his first self-titled album leaned heavily on ‘70s style rock, and should be the main talking point coming out of Dec. 13. Right behind him is the return of Blake Shelton, who hasn’t released a project since 2017’s “Texoma Shore.” Grime rapper Stormzy will also be making his return with “Heavy is the Head,” and Anderson .Paak’s backing band Free Nationals will be releasing their first album as a band in the form of “Free Nationals.”

TBA
Nothing else has really been announced for the rest of the year, but there have been hints at various projects that could potentially come out by the end of the year. The seemingly eternal wait for “Eternal Atake” from Lil Uzi Vert could come to an end now that he has been teasing a new single, and his frequent collaborator Playboi Carti has been hinting at “Whole Lotta Red” all year now. Kanye West, after dropping “JESUS IS KING” in October, has announced a follow up called “JESUS IS BORN” to come out on Christmas, but with his track record you can take it with a grain of salt right now. Travis Scott has been promoting “Jack Boys,” a compilation album with his labelmates at Cactus Jack Records, and Lil Wayne has been hinting at “Funeral” to come out anytime now. And if none of these get released, we’ve got plenty to look forward to for 2020.

Streaming in December: What to watch this month

Andrew Bailey
Pulse Reporter

December is here, and that means it’s time to stay inside under a warm blanket. So, make sure to grab a gallon of eggnog, crank up the heating and kick back and relax with these picks on streaming services this month.

‘Hala’
Streaming on: Apple TV+

Coming to Apple TV+ on Dec. 6 is Minhal Baig’s “Hala.” With writing credits on critically acclaimed shows like “BoJack Horseman” and “Ramy,” director Minhal Baig looks to tell a personal story as the titular Hala struggles through her senior year of high school.

With up and coming talent Geraldine Viswanathan helming the main character, the film looks to take inspiration from coming-of-age dramas like “Lady Bird” and shows highlighting the daily struggles minorities experience in the US like “Atlanta” and “Ramy.” With Baig’s established writing skills, “Hala” is sure to be an emotional hit.

‘The Witcher’
Streaming on: Netflix

Fans of Andrzej Sapkowski’s “Witcher” book series and CD Projekt Red’s video game adaptations of the novels need only wait until Dec. 20 to see Henry Cavill become the Butcher of Blaviken. Also, showrunner Lauren Hissrich has assured fans that the show will maintain the franchise’s characteristic mature content and R-rating in an interview with Entertainment Weekly.

In the same interview, Hissrich stated that the show will be adapting the source material, not the best-selling video game series, much like Damon Lindelof's “Watchmen” is adapting the original graphic novel over Zack Snyder’s 2009 film.

The trailer shows no holding back on the horrific beasts and tough decisions Geralt encounters on his journey, so look forward to a gripping show from beginning to end.

‘Marriage Story’
Streaming on: Netflix

Divorce is almost never an easy endeavor, and director Noah Baumbach displays its warts and all in an unflinching look at a couple severing their ties.

Currently sitting at 97% on Rotten Tomatoes, “Marriage Story” doesn’t take sides, showing how both parties are struggling to divorce amicably, but parents, lawyers and children don’t make the grueling process any easier. Adam Driver and Scarlett Johansson’s have been hailed by critics as emotionally complex and wholly understandable.

On Dec. 6, grab a box of tissues as “Marriage Story” is sure to tug at the heartstrings and warrant a waterfall of tears.

‘The Two Popes’
Streaming on: Netflix

Inspired by true events, “The Two Popes” shows the behind-the-scenes transition of 3 men attempting to find a middle ground between their oppositional beliefs in order to start the Catholic Church off on the right foot when Francis assumes his position as Pope.

The film is slated to release at a perfect time, Dec. 20, as political divisions is becoming increasingly more volatile. “The Two Popes” will display arguments and agreements from behind the Vatican walls as both men try to establish what the future for their institution will look like.
5 songs to get you through the week

Pulse Reporter

**Pitbull**

‘Give Me Everything’
(Feat. Ne-Yo, Afrojack and Nayer)

“Me not working hard? / Yeah right! / Picture that with a Kodak / Or better yet, go to Times Square, take a picture of me with a Kodak.” It was with those immortal words that Pitbull launched the biggest banger of 2011. While the featured artists pull more than their own weight, especially Ne-Yo, Mr. 305 proves more than why he is the president of the United States. Anytime you tune into a song starring the one and only Mr. Worldwide, you had better be ready to have a great time. Dale.

**Flo Rida – ‘Who Dat Girl’**
(Feat. Akon)

If there was ever a guy who could be second in command to the party monster that is Pitbull, it would have to be the guy whose name is literally Florida. You can gather all you need to know about this song from a video of Ron Swanson from “Parks and Recreation.” This is a rager above all other ragers. Flo Rida has such a way with words, and Akon sings so heavenly that you’ll also be wondering who that girl was. Timeless.

**LMFAO**

‘Party Rock Anthem’
(Feat. Lauren Bennett and GoonRock)

Their name may be LMFAO, but you won’t be laughing by the end of this club hopper. In fact, there’s a very good chance you’ll be crying. And shuffling. Crying and shuffling at the same time. The perfect combination. LMFAO were kings when it came to getting people on the dancefloor, and this — maybe their most popular song — was no exception. These two geniuses were making better party music than The Beatles, mainly because The Beatles never made party music. However, if they did, this is what it would sound like. Incredible.

**Limp Bizkit**

‘My Way’

The perfect song to listen to when you’re angry and ready for a change. You’ve been thinking about it for a long time now, but upon listening to this sick track, you are finally going to do it. You get in the car and drive like a person possessed. All of this happens while you listen to this song on repeat. You finally get to your destination. You walk in and eventually walk out changed. You have done it. You, my friend, have gotten a perm. That’s a decision you will never regret until the end of time, and it’s all thanks to good ol’ Limp Bizkit. Thanks, Limp Bizkit.

**Whatchya**

‘Taste You Like Yogurt’
(Feat. Flula Borg and Flynt Flossy)

There were discussions going on when this song was first released that the video for this song should replace any and all sex education programs at schools. That’s not true, but once you get to finally see it, you’ll wonder why it isn’t true. Whatchya crafted the ultimate song about love, desire and passion with this tasteful bop. Sung partially in German — the sexiest language — Whatchya’s ode to this healthy alternative to ice cream has modern classic written all over it.

Shaelee Haaf
City Editor

Six years after Disney produced the highest-grossing animated film in 2013, “Frozen II” was welcomed into theaters late November. Was it worth the wait? It was, indeed. This was the first Disney princess sequel that received a theatrical release, and has certainly earned that honor, as it explores the complexity of each character even more so than before. The idea of producing a second movie stemmed from the constant question, “How did Elsa get her powers?” The producers also felt the character’s relationships had just begun at the end of “Frozen.”

The story continues with the dynamic duo, Anna and Elsa, along with their friends, Olaf, Kristoff and Sven. When all seems to be going well for the tight-knit group, the ice queen hears a magical voice she can’t seem to ignore and accidentally awakens something deep within an enchanted forest. Compelled to find what is calling her and to protect the people of Arendelle, the five of them set out on an epic journey filled with adventure, danger and hidden secrets of the past.

Each of these characters are challenged in unexpected ways, which is vital for them to gain a new understanding of their emotions and relationships with one another. Elsa finally feels she belongs somewhere in a world of ordinary people. Anna learns how to keep doing “the next right thing” even when grief weighs her down. Kristoff struggles with conflicting emotions towards his dream gal and Olaf comes to realize that, no, you don’t understand everything once you’re older.

And of course, this grand adventure is accompanied by stunningly beautiful visuals. The animation team paid such close attention to detail, they took a trip to Norway to get inspiration for different visual elements in the movie including clothing styles, food, buildings, structures, landscapes and traditions.

The entirety of the soundtrack was written well enough to send chills down your spine, although a few of the songs are not what some would call a traditional Disney pop song. They were still enjoyable nonetheless. The key change in Elsa’s “Show Yourself” feels powerful and triumphant, while “Some Things Never Change” emphasizes the warm and open relationships the characters have developed since the first movie.

The best song in the movie and quite possibly the best Disney prince song to have ever existed was sung by Kristoff, voiced by Jonathan Groff, as he poured out his heart and soul in “Lost in the Woods.”

Audiences were graced with this heartfelt song with ’80s power-ballad-boy-band vibes. It sounds a bit odd out of context, but is unlike any other Disney song that has been composed. Groff explained in an interview with Entertainment Weekly that he recorded roughly 18 different voice tracks for the song, which includes Kristoff’s melodies and harmonies, as well as Sven’s background layers and harmonies.

It’s hard to say if the second movie is better than the first, because the themes and character arcs are drastically different. Certainly “Frozen II” feels more personal as audiences have gotten to know the Frozen gang over two movies, two shorts and six years. This series holds a special place in my heart.
Concern for mental health of athletes grows

Maxwell Marko
Falcon Media Sports Director

The growing concern for head trauma in contact sports has put pressure on professional leagues like the NFL and NHL to change. Rules and how the game is played in order to protect the players. At the NCAA level, the hope is to teach players still in the development stage of their career.

Dan Fischer, assistant athletic director for sports medicine at BGSU, has seen his job change over the past couple of years. The amount of information being brought to the scene has increased since Fischer was a student.

“How we return athletes to play and to learn (has changed). Taking the proper steps, going through the proper protocols,” he said, “we need to make sure they’re safely engaging them back into school or back into play.”

The concern that has been connected with the process of going through any injury is that an athlete could become impatient. They feel that they might be ready to play, and therefore they will try to rush back into action even if their body isn’t ready for it.

The rise in incidents involving concussions and the trauma that comes with them has, perhaps, put a focal point on the extended process for an athlete.

“Definitely now there’s no rush at all. It’s no different than if you sprain your ankle. If you can’t play you can’t play. You’re not going to be forced into something you’re not ready for,” Fischer said.

Before, there might have been a waiting period after concussion-like symptoms and if the symptoms didn’t return the athlete was okay to go. Now it is a step-by-step progression where a little more activity is brought to the athlete each day, testing if the uptick in movement and exercise causes discomfort.

“If we’re on day two or three and we have the athlete riding 30 or 40 minutes on the bike and they say ‘hey I’m starting to feel something’ well then we stop,” he said.

In the short-term, athletes may be brought off the playing surface in the middle of the game after a hit to the head. Fischer, who works primarily with the hockey program, has even dealt with opposing players that need to be evaluated.

Competition is always going to be flowing in the middle of a game. It may be hard for an athlete to realize it may be in their best interest to not return to the action.

“Clearly we are capable of evaluating those and making an informed decision. If it doesn’t smell right, you’re not going,” Fischer said.

“When I’m on the road I have trust that (an opposing team’s) physicians are going to guide us the right way. When a kid is injured, the jersey is off. That doesn’t matter.”

Trust is also involved when dealing with the program’s own student athletes. They are the one’s going through the injury. Sometimes the athlete feels something that a trainer or a doctor can’t see.
Shayne Nissen
Sports Reporter

The Bowling Green volleyball team has had yet another fantastic year under head coach Danijela Tomic, although falling just short in the MAC Championship to Ball State. But a good team isn’t a good team without great players, and the Falcons definitely have plenty of them. Here are the five players that have been the most impactful for the BGSU volleyball team this season.

1. Isabelle Marciniak
The senior setter from Lambertville, Michigan is had a fantastic season for the Falcons this year. She had 1,026 assists this season with a 9.24 assists per set ratio. That assists per set number is good for number five in the MAC conference this season.

Marciniak’s best quality is the fact that she has been a rock for Bowling Green this season, with some of the inexperience that the Falcons have especially in the offensive aspect of the game. Marciniak has been key in making sure the outside hitters of the Falcons have been set up for success.

2. Julia Walz
Defense has definitely been a strong suit for the Falcons this season, and sophomore libero Julia Walz has been leading the defensive charge for the Falcons this season. She’s averaged 5.55 digs per set for the Falcons, that number is the best in the MAC conference and 11th in the NCAA.

Walz this season. With Walz only being a sophomore, the future definitely looks bright, particularly on defense for BGSU volleyball.

3. Katie Kidwell
Katie Kidwell’s position is a blocker and she did that about just as well as anyone in the MAC this season. The junior from Watseka, Illinois is averaged 1.16 blocks per set this season, just adding another dimension to an already stellar defense from the Falcons.

Kidwell has also been one of the better players on offense for BGSU as well. She’s averaged 2.77 kills per set for the Falcons, good for third on the team. She was a big piece to the puzzle after Petra Indrova went down with an injury, and with Indrova back it only made the Falcons more dangerous.

4. Katelyn Meyer
If you want to talk about offense, then it would be pretty difficult not to talk about Katelyn Meyer, especially in the BGSU offensive scheme. The sophomore led the MAC with 3.73 kills per set this season and was crucial to the Falcons success after Petra Indrova went down with an injury. When Indrova went down, she was the leader in kills for the Falcons, Meyer needed to step up and she has done just that.

5. Petra Indrova
We’ve talked about her quite a bit already, but the return of Indrova was big for the Falcons, especially in the MAC tournament. In the huge semi-final win over Central Michigan the freshman from the Czech Republic had 16 kills, second on the team behind Katelyn Meyer. This one-two punch on the frontline has proven to be lethal for the Falcons in their postseason run.

The Daily Crossword Fix

ACROSS

1. Light wood 43. Yield
6. Countertenor 44. Yellow fruit
10. Sought damages 46. Being
14. French for “Love” 47. Test versions
15. Mend 59. Showered with love
16. Style ofordo 53. Cut down
17. Eviscerate 54. Carriage
19. Make unclear 55. A rational motive
20. A Christian celebration 60. Tropical tüber
21. Cheer 61. Papal financial secretary (alt. sp.)
22. Ill 63. Beige
23. Valleys 64. French for “State”
25. Locations 65. Cooked in hot fat
26. Shock 66. Sun
30. Worn away 67. Expunge
32. Green gem 68. Varieties
35. A short novel
36. Emit
37. Boys
38. Away from the wind
39. Feline
40. Showered with love
41. Private
42. Emit
43. Feline
44. Yellow fruit
45. Usual
46. Being
47. Test versions
48. Precise
49. Latin name for our planet
50. Showered with love
51. Mistake
52. Dutch pottery city
53. Cut down
54. Carriage
55. A rational motive
56. Breezed through
57. Trim
58. Curved molding
59. Gestures of assent
60. Tropical tüber
61. Papal financial secretary (alt. sp.)
62. French for “Summer”
63. Beige
64. French for “State”
65. Cooked in hot fat
66. Sun
67. Expunge
68. Varieties

DOWN

1. Invited
2. Dogfish
3. Not a win
4. Cooking fat
5. Possessing a weapon
6. Stir
7. Attorney
8. Treachery
9. Unique
10. An abatement in intensity
11. Lit to a higher degree
12. Draw forth
13. Dull stupid fatuous people
18. Brassieres
24. Directed
25. One more than 6
26. A Star Wars hero
27. Portent
28. Focusing glass
29. Minstrel
30. Worn away
31. Extinct flightless bird
32. Green gem
33. A short novel
34. Low-fat
35. A rational motive
36. Untruths
37. Boys
38. Away from the wind
39. Indicate
40. Showered with love
41. Private
42. Emit
43. Feline
44. Yellow fruit
45. Usual
46. Being
47. Test versions
48. Precise
49. Latin name for our planet
50. Showered with love
51. Mistake
52. Dutch pottery city
53. Cut down
54. Carriage
55. A rational motive
56. Breezed through
57. Trim
58. Curved molding
59. Gestures of assent
60. Tropical tüber
61. Papal financial secretary (alt. sp.)
62. French for “Summer”

ANSWERS

PHOTO BY MEGAN GAUMER

PHOTO BY MEGAN GAUMER

PHOTO BY KYLE MICHAELIS

PHOTO BY KYLE MICHAELIS

PHOTO BY KYLE MICHAELIS

PHOTO BY MEGAN GAUMER

PHOTO BY MEGAN GAUMER

PHOTO BY MEGAN GAUMER

PHOTO BY MEGAN GAUMER

PHOTO BY MEGAN GAUMER

PHOTO BY MEGAN GAUMER

PHOTO BY MEGAN GAUMER

PHOTO BY MEGAN GAUMER

PHOTO BY MEGAN GAUMER

PHOTO BY MEGAN GAUMER

PHOTO BY MEGAN GAUMER

PHOTO BY MEGAN GAUMER

PHOTO BY MEGAN GAUMER

PHOTO BY MEGAN GAUMER

PHOTO BY MEGAN GAUMER

PHOTO BY MEGAN GAUMER

PHOTO BY MEGAN GAUMER

PHOTO BY MEGAN GAUMER

PHOTO BY MEGAN GAUMER
W E DELIVER.

Tyler Traylor
Reporter

Bowling Green residents should expect major changes to parking services downtown. City council is planning to expand the use of parking kiosks around the city of Bowling Green as early as January 2020.

In the Bowling Green City Council meeting on Nov. 4, city council members decided to make a few key parking changes. Earlier this year, city council approved an increase in parking prices, but the meeting was a formality to re-institute the changes that were incorrectly followed, along with a few upcoming changes.

City council voted to expand the use of parking kiosks to all city lots and doubled the price per hour from 25 cents to 50 cents, along with an extension of the maximum time limit from two hours to three hours and no charge for handicapped parking.

This amendment officially allows city Municipal Administrator, Lori Tretter, to enter into a parking contract for new kiosks.

“We’re going to have kiosks in all the city municipal lots, hopefully in early January. We’re being told it’s much more user friendly, and you can download an app, register your information, and tell the app how long you want to stay. You do not even have to use the kiosk,” City Council President Mike Aspacher said.

City Council also discussed previous meetings where kiosk funding was slowed. At these previous meetings, the council approved a $59,106 funding for new kiosks in the city.

Expansion of the kiosks is coming soon after a parking holiday, which took place over the summer in Bowling Green. Parking holidays meant free parking downtown, which local businesses disliked. They prefer a “high turnover”, Aspacher said, and “the parking holiday cost the city around $50,000 in parking revenue,” due to constant construction hindering business.

“I do believe we’re going to have a financial struggle if we do it again,” Councilwoman Sandy Rowland said referring to extending or reimplementing a parking holiday.

Aspacher referred to the downtown construction as a “one-in-a-generation project” that would not be done again in the city of Bowling Green for another 50 years.

Parking kiosks downtown are expected as early as January.

The Toledo Blade Food Critic
bgsu.edu/bgsucares

LOOK OUT FOR YOUR FALCON FRIENDS.