



# Sneak peak at being Greek

## *Ferris participates in rush week events*

Megan Hiler

*Torch Reporter*

A new school year means more members eager to join Ferris State's Greek community.

Ferris is home to six social sororities, six professional fraternities and sororities, seven Interfraternity Council Fraternities, three Black Greek council sororities and two Black Greek Council Fraternities.

This all adds up to over 500 students participating in Greek Life according to Amber Kneibel, assistant director of the Center for Leadership, Activities and Career Services (CLACS) in an article entitled "Greek Organizations Gear Up for Recruitment."

Ferris public relations senior Jamie Baranek is the Vice President of Recruitment for the Panhellenic Council and the Marshal and Philanthropy Chair of her sorority, Alpha Xi Delta.

"I joined Alpha Xi Delta in the Fall of 2013, the first semester of my freshman year, and it completely changed my life for the better," Baranek said. "It made me so much more confident, shaped me into a leader from all of the positions I've had—and most importantly—let me meet some amazing people in and outside of Alpha Xi Delta."

Baranek explained that there is more to Greek Life than meets the eye. Alpha Xi Delta's national philanthropy is Autism Speaks, and all sororities received a cumulative grade point average of 3.09 in the

Spring 2016 semester.

"There are so many misconceptions that I get asked [about] all the time by people who don't really know anything about being Greek and I always try to clear up and focus on the positives," Baranek said. "We really care about academics and making sure we all realize our full potential. The average GPA for all of the sororities on campus is higher than the average GPA of all the students at Ferris."

Ferris business administration junior Austin Felt is the President of the Pi Kappa Alpha fraternity. Felt particularly sees the value in being apart of the Greek community on campus.

"I love the constant interaction and networking with all the individuals that make up Greek Life and the people that we do everyday business with," Felt said.

Ferris healthcare systems administration senior Ashley Peterson is a member of Alpha Sigma Tau. She is also fond of the interactions between organizations and members.

"Being Greek is similar to being part of a giant network. Not only has it brought me a great amount of personal relationships, but also professional connections," Peterson said.

Peterson also enjoys the humanitarian side to Greek Life. Alpha Sigma Tau's national philanthropy is Habitat for Humanity and the organization participates in community events as well.

See **Greek** on page 3

*Graphic by: Jordan Lodge | Production Manager*



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**Angela Graf**  
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“The only vandalism I have seen before this event didn’t come close to the magnitude of the damage done to this vehicle,”  
- Bradley Gallagher  
See page 3 for story

# Let’s get political



Illustration by: Mikala Piller | Cartoonist

## How students and faculty handle political discussion on a college campus

Angela Graf & Andrea Lenhart  
News Editor & Torch Reporter

Tensions are high with the presidential election approaching in November and there is a common issue appearing not only on campus but all over the US: how do you interact respectfully with people that have vastly different political views than you?

Many people tend to have a hard time keeping their opinions to themselves. Some like to debate, while others try to persuade people into their beliefs. But Ferris State University has a number of programs attempting to educate faculty and students about elections and how to handle politics.

On Friday, Sept. 16, interested faculty and staff attended their first of six discussions to explore resources and views on how campus is dealing with the election.

“It’s an informal group opportunity for faculty members who feel that political differences are a way of relating to one another. How we go about understanding people who have different views,” said Julie Rowan from the Center for Teaching and Learning.

Political differences aren’t a rare occurrence in the classroom, particularly at the college level. Although many professors try to keep their views out of discussions, that doesn’t always stop them from spilling through.

“I am a Political Science student and I have always thought that the Political Science professors were the best when it comes to staying neutral and avoiding pressuring students into thinking certain ways,” said Ferris political science senior Jake Law. “The professors that I have seen firsthand try to sway students a certain way have usually been sociology, psychology and philosophy professors.”

Law even remembered a particular incident in which a professor took a break from course content to share his views on a historical political event.

“There was an ethics professor I had who dedicated an entire 50 minute period to ripping on the Bush/Cheney administration,” said Law. “About the way they approached the war in Iraq. It had very little to do with the course.”

According to Rowan, the discussions will also include analysis of different written works exploring psychological and moral reasons behind why people identify with specific aspects of different political platforms.

“It’s not so much about solving political issues,” Rowan said. “It’s rooted in exploring some of the reasons behind why people hold the values, beliefs and ideas that they do.”

In addition to the six week program for faculty, there are a number of other groups around campus geared toward engaging students in political discussion.

One such organization is the Political Engagement Project (PEP). Ferris communications professor Kristi Scholten is one of six faculty members that is involved with PEP. Scholten, like many staff and faculty members, has her own ideas as to how politics are, and how they should be, approached in the classroom.

“I think that some professors disen-

gage or don’t necessarily bring up specifically hot-button political topics because they know they’re highly emotional and they know that students will get angry or upset or have very strong feelings, which obviously can derail whatever lesson is being taught that day,” Scholten said. “But I also think there are just as many faculty members that embrace trying to bring those up in a very safe way where people are allowed to have a difference of opinion.”

On top of PEP, there are the College Republicans and Young Americans for Liberty on campus. Law, however, admits that there is a hole where a democratic student organization ought to be.

“It would be nice to see the College Democrats return to campus so that our student body can feature both sides of the political spectrum,” Law said.

PEP and the Mecosta County Democrats will be co-hosting a watch party for the first presidential debate on Monday, Sept. 26, from 8 p.m. to 10:30 p.m. The event is catered and is open to both the Ferris State community and the public.

# Bad Intentions

A roundup of this week's crime at Ferris State University

By Angela Graf - News Editor

## Should have been more careful

Sept. 4, 2 p.m., officers responded to a report of an unconscious male on the sidewalk by Lot 40. Emergency medical services were contacted and the subject was transported to the emergency room for over-intoxication. Once there he was found to be in possession of marijuana and was later transported to the county jail.

## Toking in Travis

Sept. 11, 2:45 p.m., officers responded to a report of marijuana in Travis Hall. The substance was

found and the case was sent to the prosecutor's office.



## Bad intentions

Sept. 8, 2:05 p.m., officers responded to a report of marijuana

in Merrill Hall. One subject was found in possession of marijuana and, upon consenting to a search of their phone, was also found to be intending to distribute the substance. The case was sent to the prosecutor's office.

For a special expanded On the Record incident report, see "Smashed" below.

The Ferris Department of Public Safety issued 543 parking tickets between Wednesday, Sept. 7, and Wednesday, Sept. 14, totaling \$5,845.

# Smashed

*Vandalized vehicles in campus parking lots*

Angela Graf

News Editor

On Wednesday, Sept. 14, and Thursday, Sept. 15, four unlucky Ferris students were informed that their vehicles were severely damaged while parked in campus parking lots.

The damage was discovered by Ferris criminal justice sophomore and Department of Public Safety (DPS) service officer Bradley Gallagher.

"It was early afternoon and I was strolling through Lot 61 when I looked at an early 2000's blue jeep and noticed muddy footprints on the hood along with the caved-in windshield and bent windshield wipers," Gallagher said. "The first thing that went through my head was, 'that is not supposed to be like that.'"

Not knowing exactly what to do, Gallagher contacted DPS for back-up.

"I called a more senior service officer to my location because I had never seen anything like this before while working at the department," Gallagher said. "When he arrived, we decided the best thing to do was to call an officer and have them do a report. It would also look better when the owner of the vehicle came out if there was a

real officer instead of a pair of neon vests."

There were three vehicles found in Lot 61 near Brophy McNerney Hall on Wednesday and one found in Lot 5 near Bond Hall on Thursday having sustained damage ranging from a bent antenna, to broken windshield wipers, to a smashed-in windshield. There is nothing concrete linking the two incidents.

"There was no indication that the suspects were trying to break in or steal anything; the damage seemed to be strictly malicious in nature," said DPS Director Bruce Borkovich.

Having worked at DPS for just over a year, Gallagher has never seen random destruction quite like this.

"Other than this one time—a very rare incident—the only vandalism I have seen before this event didn't come close to the magnitude of the damage done to this vehicle," Gallagher said of the jeep that he discovered.

There are currently no suspects in the investigation, but Borkovich urges anyone with information on the destruction to come forward. Ferris' Department of Public Safety can be contacted at (231) 591-5000.

# NEWS BRIEFS

By Angela Graf - News Editor

## Homecoming voting

Voting is officially open for this year's homecoming royalty. Students can log onto Ferris' OrgSync portal some time before Sept. 23 and vote for one, and only one, candidate. Only currently enrolled students with an active OrgSync account can vote. The 2016 homecoming royalty candidates are:

Jamie Baranek  
Wayne Bersano  
Alyssa Bodrie  
Andrea Lenhart  
Alexandra Reeds

## Latin@ Heritage - Film Night

On Wednesday, Sept. 21, OMSS will be hosting a showing of the documentary "Los Graduados/The Graduates." Focusing on what the American education system looks like to Latino students, the movie begins at 7 p.m. and concludes at roughly 8:30 p.m. This film will also be accompanied by an open discussion both before and after its viewing.



## Ferris State Torch Corrections

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FERRIS STATE UNIVERSITY

## GREEK

continued from page 1



Photo by: Rebecca Snow | Torch Photographer

Ferris pharmacy junior, Kayla Sternthal and senior, Catt Steinke, took part in Lambda Kappa Sigma's cookie decorating recruitment event on Tuesday, Sept. 13.

"My favorite part about being Greek is having the chance to give back not only to Ferris, but to the Big Rapids community," Peterson said. "We get to be a part of multiple events every year that help show our appreciation to them. We are also able to host our own events on campus. Every fall we host our own annual Anchor Slam volleyball tournament. It is a way for us to bring the community together for a great cause, but also a lot of fun."

While recruitment has come and gone, Baranek was especially enthusiastic about Bid Day, an event she had been planning since last December.

"The most exciting part about recruitment is seeing how happy and excited everyone is on the last day, bid day," Baranek said. "So much work and stress goes into it and seeing the outcome and the way everyone is just radiating with excitement and energy makes it all worth it."



## Posters on North Quad

This past week Global Prints hosted their annual poster sale on Ferris' campus. Students and staff alike browsed the displays and made their purchases in the sunny 75 degree weather.

*Photo by: Aubrey Kemme | Multimedia Editor*

# We, the Bulldogs

## Ferris celebrates homecoming week

Harley Harrison

*Torch Reporter*

The homecoming season is here again and students are building up more spirit with each passing day.

Ferris State's Center for Leadership, Activities and Career Services (CLACS) has been planning homecoming activities since the spring semester, according to Ferris Student Activities Specialist, Teresa Fogel.

"A lot of them are traditional—things that we've done year after year. But we do try to switch them up every so often," Fogel said. "The parade is one of my favorites because the whole town gets involved in it. We line up at the middle school and the entries are people in the community and offices and student organizations from on campus and just a good variety."

Another one of Fogel's favorites is the 5K Color Run and War because all the proceeds go to United Way.

"The [5K] Run and Color War seems fun and I like running, so I might do that," said Ferris dental hygiene freshmen Dana Hochstein. "The bonfire and the parade and the game...that's just like typical homecoming stuff and it seems fun to celebrate and get the spirit going."

Homecoming week is jam-packed with activities aimed for students with different interests.

"They're going to be really nice," said Ferris weld-

ing engineer senior Hassan Altkroni. "We need to have different activities during homecoming week because one activity, or maybe two or three activities, might not be enough for everyone to go to. We have a lot of people who want to go to different activities and some people might like activities that other people might not like."

Some of the different events include kickball, a lip sync competition, comedians and a bonfire.

"I've been to the Lip Sync," Altkroni said. "It was really nice. People have a lot of energy and you see how many people work together for an event to win a prize. It's just amazing, I think."

The different activities are also a great way to introduce new students to campus life.

"I think they all look pretty cool," said James Ryan, a Ferris radiology freshman. "It seems different than most other places that just have a game and a dance but there's much more options here."

For many students, homecoming is an outlet for getting involved with the campus and connecting with their peers.

"Because it unites everyone on campus," Hochstein said. "Because even though we're all different, we're all the same in the sense that we're all bulldogs and we all attend Ferris."

For more information about the weeks event, go to [ferris.edu/careerservices/](http://ferris.edu/careerservices/) or visit the Center for Leadership, Activities and Career Services office on the first floor of the University Center.

## HOMECOMING WEEK SCHEDULE

**Tuesday** September 20th, 2016

**LIP SYNC 7PM | WILLIAMS AUDITORIUM**

**Wednesday** September 21th, 2016

**5K RUN 6:30PM | SOUTH QUAD**

*Registration begins at 5PM*

**COLOR WAR 8PM-10PM | SOUTH QUAD**

*Registration begins at 7PM*

**SPIRIT DAY THEME: TOURIST DAY**

**Thursday** September 22th, 2016

**COMEDIAN 8PM | WILLIAMS AUDITORIUM**

*Starring Michael Che and Natasha Leggero*

**Friday** September 23th, 2016

**BONFIRE | LOT 61 AT 8PM**

**SPIRIT DAY THEME: FERRIS PRIDE**

**Saturday** September 24th, 2016

**PARADE & FOOTBALL GAME vs ASHLAND**

*Parade begins at 12PM*

*Game begins at 3:30PM | Top Taggart Field*

# Celebration of minorities



Photo by: Rebecca Snow | Torch Photographer

Ferris nursing and respiratory care therapy sophomore Diana Giles worked at the Hispanic Student Organization booth at the Office of Multicultural Student Services' annual "Get Acquainted" event.

## OMSS hosts annual "Get Acquainted Day" event

Andrea Lenhart  
Torch Reporter

The Office of Multicultural Student Services (OMSS) hosted their annual "Minority Students Get Acquainted" event on Thursday, Sept. 15.

"The purpose of the annual event is we want minority students to come and see what resource's are open to them," said Matthew Chaney, the Director of the Office of Multicultural Student Services. "Another reason is for the students to see what minority student registered student organizations are offered."

According to Chaney, OMSS has sponsored the event for nearly 30 years and it is a fun festive event open to all students to get acquainted on campus.

Students that attended the event had the chance to win free prizes while enjoying free food.

"This year we had 30 organizations and departments registered to have a table, and we always hover right around 30 or 40 tables," Chaney said.

Alpha Kappa Alpha Sorority Inc., Zeta Epsilon chapter, hosted one of the 30 tables at "Minority Students Get Acquainted" and according to Tiyler Rush, a Ferris senior in healthcare systems administration and a general member of the organization, their goal for attending the event was to get the word out about joining organizations on campus.

"It doesn't need to be a fraternity or a sorority, but any organization to get familiar with campus and so you wont be alone," Rush said.

Rush enjoyed attending the event to meet new faces, and to help promote her organization in hope to publicize what Alpha Kappa Alpha Sorority Inc., has to offer potential members.

"I have attended the event every year I've been on campus, and I love it," Rush said. "I especially love the fact that it is outside this year. We can catch people on their way through the quad, and I hope that it gets bigger and better in the years to come."

You Beautiful Black Woman (YBBW) was another organization with a table at the event in hopes of supporting minorities on campus and to promote their organization.

"I wanted You Beautiful Black Woman to be at this event because of all the freshman that attend and we can promote our organization and get to know the people that attend," said Jada Dill, a sophomore in public relations and the current sergeant at arms for her organization.

Dill hoped to gain members to bring girls together for sisterhood and to get new sisters.

"This event shows what organizations from OMSS are really about," Dill said. "It is a really nice event for everybody."

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# LIFESTYLES

**Nick Vander Wulp**  
Lifestyles Editor  
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"I came to MIM to learn the business of music and use the knowledge I have gained to be applied to my own music,"  
- Duke Talley  
See story below



Photo by: Rebecca Snow | Torch Photographer

Ferris music industry management junior Duke Talley has produced his first full-length mixtape with the help of fellow rappers from his hometown of Flint.

# Twenty keeps his cool

## Ferris rapper released first mixtape

Travis Sacher

Torch Reporter

The hard work of Ferris rapper Duke Talley—who goes under the name Twenty—has paid off and his first full-length mixtape is finally here.

"Cool Is Kept" dropped at midnight on Friday Sept. 9. It is a 15-track collaboration with members of Key to the Streetz Entertainment, a group of fellow rappers from Talley's hometown of Flint. "Cool Is Kept" highlights his ability to keep cool and calm as so much chaos is happening around him.

"Throughout my whole life, I've always kept my cool through every situation. I do not let struggles get to me," said Talley, the 20-year-old music industry management junior.

"The name is all about me and my personality," Talley added. "The cover art captures me in my tranquility, writing music with protestors and the Flint water crisis going on around me."

"Cool Is Kept" opens with the title track and immediately sets the tone for the album. The feeling that he is about to open up his mind, heart and unleash pure pain is immediate. This continues into the next track, "Ambition," where Talley flows deeply into portraying his life in Flint.

Mixing in curveballs and party jams, "Cool Is Kept" does not lose its main focus. Re-occurring themes include the social injustice of black lives, politics, hardships of Flint,

genuine love and appreciation for his friends and family as well as Talley keeping his cool during it all. "Slept On" does an excellent job of capturing all of this.

Talley's favorite song on the album is track 12, "I Got To."

"I Got To" came together this past summer and once I heard the beat I knew it was going to be an important song," Talley said.

With the help of Key to the Streetz member JG, the lyrics were finally written to complete the track. A key moment in the song is when Talley raps about his mother moving out of the inner city of Flint but still too close for real comfort.

"The beat was going good so I let it marinate before I wrote any words" Talley said. "Once I passed the track around the group, JG came up with the chorus. After that, I knew it would be a hit, I knew I would love it."

Challenges and obstacles were faced and overcome by Talley throughout his whole musical journey. Although never blessed financially, he began recording at 12 years old on a homemade studio, and he started an incomplete project in 2012 called "End To The World."

"In my imagination, 'End To The World' was so good that I thought this would be the end of the world. I was working on it [at the] same time as the movie "2012" was out in theaters and my project paralleled the film," Talley said.

Unfortunately for the young rapper, all of his files for the project were lost during a hard drive crash before it

could be completed.

In 2014, everything for Talley began to change. College had started, a new wave of hip-hop was emerging and Talley thoroughly began to focus on his future and wanted it be attached to the ever growing music industry.

In the fall of 2015, he made the switch from studying finance to the music industry management (MIM) program.

"I came to MIM to learn the business of music and use the knowledge I have gained to be applied to my own music," Talley said.

Now that the weight of completing his largest project to date is off of his shoulders, Talley is ready to focus on putting in the hard work to be successful in the music industry. The main goal is to fulfill his dream of becoming famous and continue making music.

"I was six or seven years old when I saw T.I. and Young Jeezy on TV in their glory, flashing money and wanted to do that. It all started when my sister's boyfriend at the time encouraged me to write my first rap song and even took me to a studio," Talley said.

Outside of making his own music, Talley aspires to work for Def Jam Recordings and eventually form his own record label. Talley expresses great thanks to advisor Dan Cronk and the MIM program for making such opportunities possible and having an expansive networking and internship system.

Download "Cool Is Kept" off of datpiff.com or stream the mixtape on Soundcloud and YouTube.

# Eid Mumbark

Muslim students tell about celebrating Eid at Ferris State

Nick Vander Wulp  
Lifestyles Editor

Muslims all over the world celebrated the holiday Eid al Adha, called in English "Festival of the Sacrifice" or "Sacrifice Feast," after fasting daily during the Islamic month of Ramadan.

Celebrated this year starting on the evening of Sunday, Sept. 11, and ending Thursday, Sept. 15, the Eid al Adha holiday is a happy occasion for Muslims to spend time with family and friends.

During the month of Ramadan, the faithful are not to eat or drink anything during the daylight hours from sunrise until sunset. Restrictions also include no smoking or kissing.

"Ramadan is when Muslims say, 'OK, God. We want to show you how much you

are important to us. We're going to give up the things most important to us during the day,'" said Ferris automotive engineering technology senior Murtadha Alwail. "What is the Eid? It's kind of like Christmas or Thanksgiving to us. We celebrate on Eid because it's breaking the fast of Ramadan."

"Early in the morning, like 6 or 7 a.m., we'll go pray together, and the rest of the day we'll go visit friends and families and say to them, 'Happy Eid,'" said Alwail. "I'm here alone, I don't have my family here and it's the same thing with many other students."

Having that network of friends at Ferris State is important during these times of celebration when Muslim students are away from their families, according to Alwail. They typically get together for company and share a big dinner at a friend's

home during the week.

At home in Saudi Arabia, families have the time off from work and school to travel so families can get together and have the time to relax and celebrate the Eid. In Saudi Arabia, they celebrate by eating large meals together and giving gifts, according to both Alwail and Ferris manufacturing engineering technology senior Motaz Haroun.

"Usually during the Eid celebration, people wear their new clothes," Haroun said. "This is something different from all of the other occasions, because people see each other sometimes after a year, so it makes the day really special and nice."

While there was an email sent out to faculty urging them to excuse Muslim students from class to celebrate the beginning of the Eid holiday on Monday, according to Alwail and Haroun some faculty

made class time mandatory because they knew it was a holiday.

"On Monday, I had three classes and none of them allowed for one day off," Alwail said. "Some instructors, when they know it's a holiday, they will give a quiz to make sure people aren't absent. Or maybe the instructor doesn't take attendance most days, but that day [they] will take attendance."

However, Alwail mentioned one instructor, Caroline Stern, as an instructor who makes accommodations for students to practice their faith.

"Other instructors, when they give assignments, they will give extra time," Haroun said. "Or if the Muslim student will go and explain the holiday to the professor, they will assign a make-up time."

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# Empty your mind

## Mindfulness-based stress reduction: a way into the fullness of life

Alexandra Bourne  
Torch Reporter

Ferris students and faculty are invited to participate in a yoga program designed to reduce stress and promote better wellbeing.

Beginning Tuesday, Sept. 20, George Nagel, Ferris State University communication professor, will lead an eight-week class on Mindfulness-Based Stress Reduction (MBSR) at Heart and Sole Yoga in downtown Big Rapids.

This will be the third year of partnership between Nagel and Heart and Sole Yoga teaching the MBSR course.

The course meets from 7 p.m. to 8:30 p.m. on Tuesdays until Nov. 15, with a Silent Retreat from 9 a.m. to 4 p.m. on Saturday, Nov. 5. For Ferris students, the course is half off, costing a total of \$150 with scholarships available for up to the full amount.

“The main thing is this is something you see value in and you’re willing to work towards,” Nagel said. “I want to provide students with the experience of how it works so they’re motivated to continue. Our own experience is the best teacher. It’s about the students, offering them something that can really be helpful to them in their daily lives.”

In an email to the FSU faculty about the class, Nagel reported that nearly 75 percent of Americans report moderate to high stress. Several decades of published research reported that the majority of people who participate in an eight-week MBSR course discover the following:

- The ability to cope more effectively with both short and long-term stress
- Lasting improvements in physical and psychological health
- An increased ability to calm and relax
- Reductions in pain levels and the ability to cope with long-term pain
- An enhanced sense of well-being
- An improved outlook and enthusiasm for life

“I knew within a couple weeks that I was really onto something,” Nagel said. “My wife noticed I was easier to get along with. What I noticed is two things happened right away: I was less reactive and I had less rumination.”

After taking MBSR courses himself, Nagel took a sabbatical to research his discovery. He found that nearly 50 percent of our waking hours we spend ruminating—re-living the past or worrying about the future.

“When we’re doing that it takes us out of the pres-

ent,” Nagel said. “It generates a negativity that has a life of its own. When you ruminate less, you develop a more positive attitude, your outlook goes up.”

Nagel quoted Zig Ziglar, an American author and motivational speaker from the sixties: “Your attitude determines your altitude.”

“The attitude we start with influences how we interpret,” Nagel said. “So these little things, these basic thinking and awareness skills are the key to doing whatever we do well.”

The course will help familiarize participants with several mindfulness meditation practices including the body scan, sitting meditation, walking meditation, eating meditation and gentle yoga.

“I’ve always been a proponent of experiential education,” Nagel said. “It’s about providing opportunities to learn stuff that will be helpful in daily lives. I knew I wanted the training because it would make a difference in my life and the students’ lives. It was really powerful.”

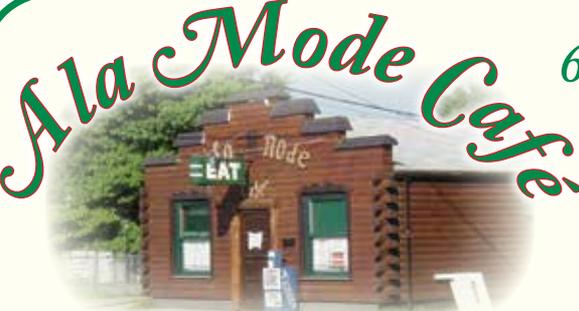
“For my students in particular, it’s the importance of taking time to take care of yourself, to be aware of your person and body,” continued Nagel. “You need to take a little time for yourself because you’re worth it and you need it. You want to determine your own destiny. The level of communication depends on the quantity and quality. You have to know you.”

“Mindfulness practices cultivate a new relationship between you and the things that stress you out,” read Nagel’s email to the faculty. “Drawing on your own inner resources, mindfulness develops caring, patience, awareness and attentiveness. You learn to stay present, open to your inner and outer experience and become less judgmental and more understanding. You develop clarity and the ability to remain focused.”

To register for the MBSR course, please contact George Nagel at (616) 481-1182 or [GeorgeNagel@ferris.edu](mailto:GeorgeNagel@ferris.edu).



Graphic by: Sarah Massey | Production Assistant



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# Black Greeks march on

## BGC members introduce new and old faces



Submitted Photo

Brothers of Kappa Alpha Psi Fraternity Inc., Epsilon Tau chapter, were sporting fellow member Kaepernick's jersey number on stage during the Thursday, Sept. 15, performance.

Tia Jane-Oakes  
 Torch Reporter

Ferris students were enthusiastic to see the performances that were a part of the Black Greek Council's annual marchdown.

Approximately 200 students gathered to watch members of the Black Greek Council perform at this year's marchdown. The show was on Thursday, September 15, in the North Quad.

"Everyone could dance and get the crowd hyped," said Ferris plastic engineering freshman Harmeet Singh.

The sororities and fraternities that are a part of the show took turns having their time on stage. Some of the performances included stepping, dancing and strolling.

The marchdown is held for students to see and familiarize themselves with the members of Black Greek Council on campus.

"The Black Greeks are known as the divine nine, and there are six active [Black] Greek organizations on the Ferris campus," said Ferris healthcare systems administration senior of Alpha Kappa Alpha Sorority Inc., Zeta Epsilon chapter, Sharae Williams.

"Getting adapted to the college life and letting students know what college is about is mostly why we present the yard show," said Gary Hallman, member of Kappa Alpha Psi Fraternity Inc., Epsilon Tau Chapter.

All of the active sororities and fraternities that are a part of Black Greek Council introduced themselves at the show. The members of Alpha Kappa Alpha Sorority Inc.,

Zeta Epsilon chapter, Delta Sigma Theta Sorority Inc., Zeta Rho chapter, Phi Beta Sigma Fraternity Inc., Zeta Theta chapter, Kappa Alpha Psi Fraternity Inc., Epsilon Tau Chapter, Alpha Phi Alpha Fraternity Inc., Zeta Beta chapter and Omega Psi Phi Fraternity Inc., Phi Zeta chapter, were all present for the show.

The show reflected the diversity on the Ferris campus. Students from different race backgrounds attended the show and enjoyed it.

"I'm from North India, but I still enjoyed the show because it was something new," Singh said.

Ferris finance freshman Shaquita Higgins said she didn't think the Ferris campus would be as diverse as it is and it's a good thing to be around.

The show took place on the stage outside of the University Center. Students crowded the stage, sitting and standing, to get a glimpse of the Greeks and their shows.

During the show, students recorded the performances and maintained a high level of excitement as each performer took the stage.

"Just giving a snippet to students of who we are is why new students should come to the [marchdown]," Williams said. "Students can see faces and see who is a part of each organization."

For more information about Black Greek Council visit the Office of Multicultural Student Services (OMSS) in Flite Suite 159.

# Ferris State University

## Homecoming Royalty Candidates

Jamie Baranek

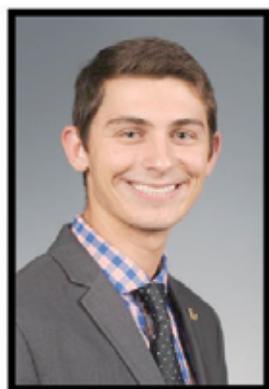


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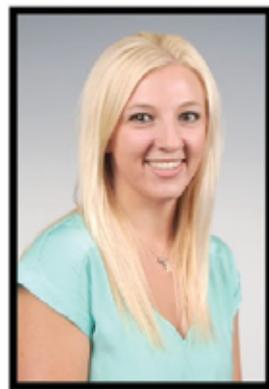


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# SPORTS

**Marshall Scheldt**

Sports Editor

mscheldt99@gmail.com

"I expect my guys to go out there and compete to win in every single event."

- Kyle Wittenbach

See page 12 for story



Photo by: Aubrey Kemme | Multimedia Editor

Ferris football will look for their 29th win in front of a raucous crowd in their Homecoming matchup against Ashland this Saturday. Last year's Homecoming game drew 6,577 fans, according to Ferris Athletics.

# 28 STRAIGHT

## Ferris football sets new school record

Beau Jensen

Torch Reporter

It may not have been easy but the Ferris State Bulldog football program has officially broken the school record for most consecutive regular-season wins.

In what was a stressful yet exciting game for any Bulldog football fan, the Dawgs triumphed over the Northwood Timberwolves 27-26 last Saturday for their 28th straight win in the regular season. The current team put in the work to finish the job that was started two years ago.

The previous streak of 27 wins held by a Bulldog football program came at a time before most of this year's Bulldog freshmen were even born. Between the span of 1993 to 1996, Ferris State football went 27-0 before being taken down by current rival Grand Valley State University.

Keith Otterbein was the head coach of that historic team before Jeff Pierce took over for him in 1995.

Senior receiver Shakur Sanders caught the 43-yard touchdown pass that shifted the momentum in the Dawg's favor on the way to their 28th win. Sanders talked about the

feeling of being a piece of a team that has recently accomplished so much.

"It is an amazing feeling to be a part of an organization that came from nothing," Sanders said. "We have stabilized a tradition here for the athletes to come, and sometimes

*"The only thing it is, is God and having heart."*

- Shakur Sanders

it is a lot of pressure every week because you know your opponent wants to give you their absolute best every play."

Sanders has seen action as a Bulldog now for four seasons and hopes to keep the momentum going.

"The only thing it is is God and having heart," Sanders said. "Persevering through all the negativity and making sure that we know every second that we are playing for our brothers next to us and that we have people that depend on us."

Kicker Wyatt Ford is a junior this year for the Dawgs and said that though the team is excited about the record, that is not where their focus is.

"It is one of those things that we try not to think about because if we get too caught up in it, we will start to begin focusing on the wrong things," Ford said. "It is a great goal to have, taking one game at a time, brick by brick, building a foundation. Yet, at the same time we know everyone in the GLIAC wants to beat the Bulldogs and ruin our streak."

Ford was responsible for Ferris' 27th win in which he kicked the game winning field goal in the waning moments of a 30-28 victory over Michigan Tech on Saturday, Sept. 10.

"Michigan Tech and Northwood both hit us in the mouth really good, but we kept moving forward together," Ford said.

"What motivates me is to not only do it for my teammates, coaches and our school, but for guys previously who played and gave us this great opportunity. Great examples are Jason [Vander Laan], Justin [Zimmer] and Jake [Lampman]."

The No. 6 ranked Bulldogs will put their 28-game win streak on the line this Saturday, Sept. 24th, for Homecoming, where they will be facing the Div. II No. 5 ranked Ashland Eagles on Top Taggart Field at 3:30 p.m.

# FERRIS FANTASY FOOTBALL

Ferris State football is 3-0 on the season, but 0-2 against me in Ferris Fantasy Football.

The Bulldogs once again won a close game this past weekend against the Northwood Timberwolves in a 27-26 last-second victory to keep their 28-game regular season winning streak alive.

Last week, I had a consistent team that put up pretty solid numbers across the board, with exception to the Jets defense who got tore up by the Buffalo Bills on Thursday night.

I only scored 81.5 points this week but slipped away with 81.5 to 73 victory. So technically, my fantasy team is the only group of players to beat the Bulldogs in the regular season since Hillsdale downed the Bulldogs on Oct. 19, 2013.

Now this may be a different platform but a win is a win, or at least I'll keep telling myself that.

In most weeks of fantasy football, it is tough for an "owner" to think of one play that virtually won the game for them but this week I can take a stab at it. Late in the first half of the game between the Detroit Lions and the Tennessee Titans, Lions quarterback Matthew Stafford connected with wide-receiver Marvin Jones for 47 yards, giving Jones 5.2 points on the play and Stafford 1.88, which combined for just over seven points, which is what I won by.

Anyway, here is my week three lineup:

**QB: Philip Rivers, San Diego Chargers:** I'm going to be 100 percent honest. My faith in Rivers is typically very low, but I can't help but think that he will take advantage of a Colts defense that has given up an average of 37 points per game this season.

**RB: DeAngelo Williams, Pittsburgh Steelers:** I expect Williams to show out in his last game as a starter before Le'Veon Bell returns to the depth chart after a suspension. Williams could probably start at running back for the majority of teams in the NFL. He'll be running against the 30th ranked rush defense in the Philadelphia Eagles.

**WR1: Jordy Nelson, Green Bay Packers:** Nelson is Aaron Rodgers' preferred target, but



Marshall Scheldt  
Sports Editor

he hasn't seen the end zone against the Lions since the last regular season game of the 2011 season where he caught nine passes for 162 yards and three touchdowns. Now I don't know if that will happen again but I wouldn't doubt it, considering the Lions secondary couldn't cover a twin sized mattress with a king sized comforter right now.

**WR2: Stefon Diggs, Minnesota Vikings:** I was skeptical after week one with Diggs since he had Shaun Hill throwing him the ball, but after watching Sunday Night Football it is obvious that he is the number one guy in Minnesota's passing game and he now has Sam Bradford throwing him the ball. He has a tough matchup against the Panthers but I think he'll still excel.

**FLEX: Travis Benjamin, San Diego Chargers:** With Keenan Allen out, Benjamin stepped up in a big way in week two and took the lead role at wide-out for the Chargers. He's freakishly athletic and has caught 14 of 15 passes that Rivers has thrown his way this season. Also, I'm doubling up with the Rivers-Benjamin combo.

**D/ST: Tampa Bay Buccaneers:** The Bucs got worked on defense last week but they play the Los Angeles Rams this week. The same LA Rams who have scored a total of nine points in two games this season. If the Bucs can stop Todd Gurley like the 49ers and Seahawks have in weeks one and two, then they leave an inexperienced quarterback in either Case Keenum or rookie Jared Goff, depending on who the Rams decide gets the start on Sunday.

**K: Cairo Santos, Kansas City Chiefs:** Santos has been great for the Chiefs so far this year. He is 6-6 through two games and has already made a 53-yarder.

This lineup will go up against the best of the best from Ferris State as they take on the Ashland Eagles in the homecoming match-up on Top Taggart field Saturday, Oct. 1, at 3:30 p.m.

## TEAM TORCH BOX SCORE

### Starters

Position	Player	Stats	Pts
QB	Matthew Stafford	22 completions, 291 TOTAL YDS, TD, INT	19
RB	Lamar Miller	2 REC, 97 TOTAL YDS	10
WR1	Marvin Jones	8 REC, 118 YDS	15
WR2	Willie Snead	5 REC, 54 YDS, TD	13.5
FLEX	LaGarrette Blount	123 YDS, TD	18
D/ST	New York Jets	31 PA, INT	0
K	Blair Walsh	FG, 2 XP	6
Total:			81.5

## FERRIS STATE BOX SCORE

### Starters

Position	Player	Stats	Pts
QB	Reggie Bell	23 completions, 241 TOTAL YDS, 2 TD, INT	19
RB	Jahaan Brown	66 YDS, 1 REC	6.5
WR1	Jajuan Pollock	84 PASS YDS, 5 REC, 36 YDS, 2 TOTAL TD, INT	16.5
WR2	Shakur Sanders	3 REC, 75 YDS, TD	14.5
FLEX	Brandon Walker	3 REC, 35 YDS, TD	10.5
D/ST	Ferris State	2 INT, 27 PA	4
K	Wyatt Ford	2 XPM, 0/1 FG	2
Total:			73

# Cheering on

## Dawg Pound welcomes new leader

Cody Burkhard

Torch Reporter

The Ferris hockey student section will be under new leadership this year as the Dawg Pound has a new section leader in Alex Colville.

This Ferris senior has been the "right-hand man" of Joel Root, the former section leader of the Dawg Pound, for the last cou-

ple years. Root graduated last Spring and left his position to Colville.

"Last year, Joel was about to graduate so there was a void," Colville said. "Me [and some other members] got together and they said, 'You know what, why don't we have Alex run it this year?'"

In years passed, Ewigleben Ice Arena has been filled with deafening chants from the student section. Their energy levels were always high with bleachers packed. Despite

a new face to guide it, the Dawg Pound will continue to bring the energy.

Colville and fellow section members are working on ways to get the crowd even more involved.

"We're doing a lot more interactive stuff with the student section," Colville said. "In the past there was a lot of downtime and people texting. We're doing a lot more movement with the student section so they're not just sitting around."

From the beginning of the game, opponents coming to Ferris feel the crowd. When the stadium lights go off and the colored lights put a show on the ice, the Dawg Pound comes alive with the arrival of their Bulldogs. Once the puck is dropped the crowd lets loose and the chaotic atmosphere is set.

A ruckus home crowd is known to be an energizer to their team in any sport. The Dawg Pound is no exception.

See **Dawg Pound** on page 13



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# Top Dawg

Photo courtesy of Ferris Athletics

Beau Jensen

Torch Reporter

A young Dawg is making a statement this week as freshman goalkeeper Grace Kraft grabs Top Dawg honors for a shutout performance.

Kraft helped their Bulldog soccer team triumph over the Panthers of Ohio Dominican when they blanked the Panthers for a 1-0 victory. Recording 13 saves on the day, Kraft moves to 2-0 in starts for the program.

The Bulldogs battled the Panthers in a long game that finally came to an end once senior defender Kate Kelly put it in the net off of a perfectly placed header on an assist from junior midfielder Rachel Fouts. Kraft had some key saves in the matchup and played through to the end until the game-ending score brought it to a close just over 102 minutes into the contest.

The lockdown performance was not Kraft's first shutout as a Dawg. In Kraft's very first start as a Bulldog against St. Joseph's College, they assisted in giving the team a 4-0 victory while recording seven saves.

Kraft out-saved Ohio Dominican's keeper 13-4 in the victory, and is no rookie when it comes to shutouts. Kraft recorded 13 total shutouts during their senior year of high school and 15 during their junior year.

The victory over Ohio Dominican was the Bulldogs' second straight win on Top Taggart Field. The team can't get too comfortable though, as their next game will be on the road when they head to Michigan Tech to face the Huskies. Kickoff is set for 7 p.m. Friday, Sept. 23.

# Fresh coach, fresh start

## Ferris golf team thrives under new coach

Brendan Samuels

Torch Reporter

Spirits are high for the Ferris State men's golf team following their 2-0 start under new head coach Kyle Wittenbach.

Wittenbach, a former golfer and assistant coach for Ferris, was hired in August with expectations to lead the Bulldogs to yet another solid season. The odds of meeting those expectations are high in his favor as the Bulldogs' golf team took a convincing win at the Northern Michigan Wildcat Invitational Sunday, Sept. 11, and again on Sunday, Sept. 18, at the GLIAC North Invitational.

"I expect my guys to go out there and compete to win in every single event and that's exactly what they did," Wittenbach said of his team. "They have the talent to do so; I just have to get them prepared

physically and mentally heading into every match. If I can accomplish that, I expect them to win a handful of tournaments this year."

Being a new head coach can make it difficult to mesh with new players. However, the FSU golf team seems to have found rapport with Wittenbach almost immediately. Senior Ben Cook, who is returning to the team after being absent due to an internship

last season, made an instant connection with his coach.

"Coach Kyle made it really easy for me to make the transition back to the team," Cook said. "We all knew heading into the season that we would have a strong team and when Coach Wittenbach came in it just made our team that much stronger."



Jack Weller

Bulldog Junior Jack Weller, who placed first overall in the GLIAC North Invitational, spoke about what Wittenbach brings to the team and how that strengthens them.

"Most people would say that golf is a very individual sport, which it is, but Coach Kyle helps settle our nerves and keep us focused," Weller said. "He understands the pressure we're under because he knows what it's like playing at a high level."

A huge hole was left in the team after former head coach Mike Mignano left Ferris. It appears however that Kyle Wittenbach is just the man to fill the void and give the Bulldogs another shot at a great season.

Wittenbach and the Bulldogs will continue their journey towards an outstanding season on Friday, Sept. 30, at the Kyle Ryman Memorial in Tiffin, Ohio.

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**DAWG POUND**

Continued from page 11



Photo courtesy of Katie Tobak

The Ferris student section, also known as the Dawg Pound, will cheer on the Bulldogs under new cheer leadership this season.

Head coach Bob Daniels said, "When the crowd gets into the game it's like having a sixth guy out there. The crowd can get the guys going."

Though the Dawg Pound creates an atmosphere suitable for a sport like hockey, some chants have been seen by others as crude.

When the opponent's starting line-up is announced, each name is heckled. First the crowd hears the opposing player's name, then the Dawg Pound responds with, "You suck..."

Everyone that's been to a Ferris hockey home game knows the rest of that line is a little obscene. The same problem comes when the op-

posing goalie goes out of the crease to make a play.

These are at the extreme end of the Dawg Pound's crude chants but most of the chants are typical of most sports events like the basic "D-Fence" chant or "let's go Bulldogs." Colville says he and the other section members are "very conscious" of the language and understand that some may have a problem with it. However, he believes the Dawg Pound has "toned it down a bit" in recent years.

"I understand where they're coming from," Colville said. "When people bring their kids to the games they're hoping for a family environ-

ment, but it's nice once and a while to just be able to let loose. There's a time when the student section seems to be a little rowdy and they let loose. I understand it might sound vulgar at times, but it's not all the time."

Colville said that they are working on using the more vulgar chants less this year. Some will be removed altogether. The decision on which chants selected to be removed will be determined in a meeting scheduled at a later date.

What is certain is new chants will be heard throughout the stadium this year, under the direction of a new leader.

# Sports Shorts

By Johnathon Gustin - Torch Reporter

## Two Bulldogs named GLIAC Athletes of the Week

Ferris State had two different student athletes named as GLIAC Players of the Week for week two. Ferris junior placekicker Wyatt Ford was named the Special Teams player of the week for converting three field goals. Ford's final field goal earned the Bulldogs a 30-28 victory over Michigan Tech. This allowed FSU football to record its 27th consecutive regular season victory and 14th straight road win. Ford also converted all three of his point after touchdown (PAT) attempts to finish the game with 12 points.

In GLIAC Cross Country, Ferris State senior Logan Hammer was named the Men's Athlete of the Week for winning the 42nd annual Ray Helsing Bulldog invitational on Saturday, Sept. 10. This also helped Ferris State secure the team championship for the event. Hammer ran a 26:14:6 in the eight-kilometer race, which was 40 seconds faster than his runner-up performance in 2015.

## Women's golf wins

The Ferris State women's golf team won the Bulldog Invitational at Katke Golf Course in Big Rapids last weekend.

The Bulldogs took first place with a two-day team score of 635, which was good enough to edge Lewis University by one stroke. Ferris State shot a 321 on the first day of the competition and followed it with a 314 on Sunday, Sept. 18 in their second tournament of the season.

Ferris played at their home course for the first time since Sept. 25, 2012, which may have played a role in the first place finish. Ferris junior Morgan Zloto carded a first-day 79 and followed it with a 78 on the second day for a two-day total of 157, which was good enough to tie for first place with Northwood's Danielle Little and Lewis' Hannah Schultz.

The next four Bulldogs all played within two strokes of one another as Ferris sophomore Sydney Murphy placed ninth with a 160 and seniors Elizabeth Bauernfeind and Jordan Duvall placed tied for 11th, both firing 161 in two days. Sophomore Destiny Lawson rounded out the top five Bulldogs with a score of 162.

## Michigan State Cross Country Invite Results

On Friday, Sept. 16, the Ferris State cross-country teams ran in the annual Spartan Invitational. Taking place in East Lansing, the women's cross country team placed sixth overall per unofficial results.

The men were lead by junior Trevor Holowaty with a time of 26:18, landing him the 78th spot, senior Logan Hammer with 26:22 at 82nd and senior Kyle Richardson with 26:22 and 95th place.



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“There’s a game we commuters play. It’s almost like musical chairs but much more intense.”

- Harley Harrison  
See below for story

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# Exasperated commuters

## Commuters crowded out of their parking lots

The construction located in two parking lots is taking its toll on commuters.

Being a commuter has never been easy, and as of this semester, it seems that Ferris has made it their goal to guarantee that it never will be. I knew what I was getting into when I signed up to commute to school. I accepted the fact that I had to get up earlier to drive all the way into town and even earlier on days when Mother Nature is ruthless with her snow.

What I didn’t sign up for was the overfilled commuter parking lots. As if the commuter lots weren’t already over-packed—thanks to the construction—commuters have lost two valuable parking lots. I understand that there are times where construction cannot be avoided, but what is Ferris doing to compensate for the lack of commuter space?

About a month after I pre-ordered my expensive commuter parking pass, I received an email directed toward commuters to let me know that two parking lots will be under construction for the beginning of the school year.

“The beginning of the school year? That’s not too bad,” I thought. But as I continued to read, the email provided instructions for what to do in cases of “inclement” weather. Commuters know what “inclement” means. We know the adjective is reserved for those days where we leave our houses two hours before class and intensely clutch our steering wheels as we go ice skating in our cars down the snow bank.

So not only are we sliding to class, we also have the inconvenience of not being able to park in



Harley Harrison  
Torch Reporter

close proximity to our buildings.

There’s a game we commuters play. It’s almost like musical chairs but much more intense. We drive around a parking lot, circling like sharks and waiting for a new spot to open up. As the clock ticks, we slowly find ourselves losing faith in finding a spot in time for class. We switch to another parking lot and repeat. Finally, we give up all together, and most of us park in the residential streets near or around campus.

I leave my house 45 minutes early just to ensure I can get a parking spot. But despite my planning, I still have to park in the residential areas twice a week. I usually have to park 2-4 blocks away from the administration building. During my walk, I notice that I’m not the only commuter with this issue; car after car displays that little purple sticker of regret.

If I knew I’d be parking on the residential streets, I would never have wasted my money on a parking pass. Ferris should be doing more to provide for commuters. If you’re going to take away two of our parking lots, give us a discount on our passes or at least warn us before we spend money on a pass. The least you could do is give us some reassurance or a date for when we can expect to have our parking back.

## ARE YOU OPINIONATED?

The Torch is now seeking a new opinions editor for the 2016-2017 school year.

Applications can be picked up at our office located in Alumni 011 and 013.

If you are interested in more information then contact us!

**Keith Salowich - Editor in Chief**

fsutorcheditor@gmail.com

## Chat with the chief

### Editor in Chief, Keith Salowich

## War on drugs, war on wallets

We’re just over three weeks into this young semester, yet there have already been eight reports of marijuana on campus.

According to drugpolicy.org, over 11,000 people in the U.S. were arrested for possession of marijuana just last week based on a breakdown of yearly averages.

Prisons around our country swell with scores of non-violent minor drug offenders. This, in turn, puts a drain on the wallets of taxpayers. We’re paying for their food, their beds and their orange jumpsuits.

Why? Because we don’t like the idea of a college kid getting stoned and listening to Pink Floyd from his bedroom on the weekends? Or is it just because we all vowed to never do drugs when the D.A.R.E. program came to our

elementary school?

In reality, it’s because law enforcement doesn’t want people getting high and then driving. I agree.

People shouldn’t get behind the wheel under the influence of any substance that inhibits their ability to react to rapidly changing surroundings. If someone is caught driving irresponsibly and the officer believes that the driver is high, it’s not difficult to administer a drug test back at the station.

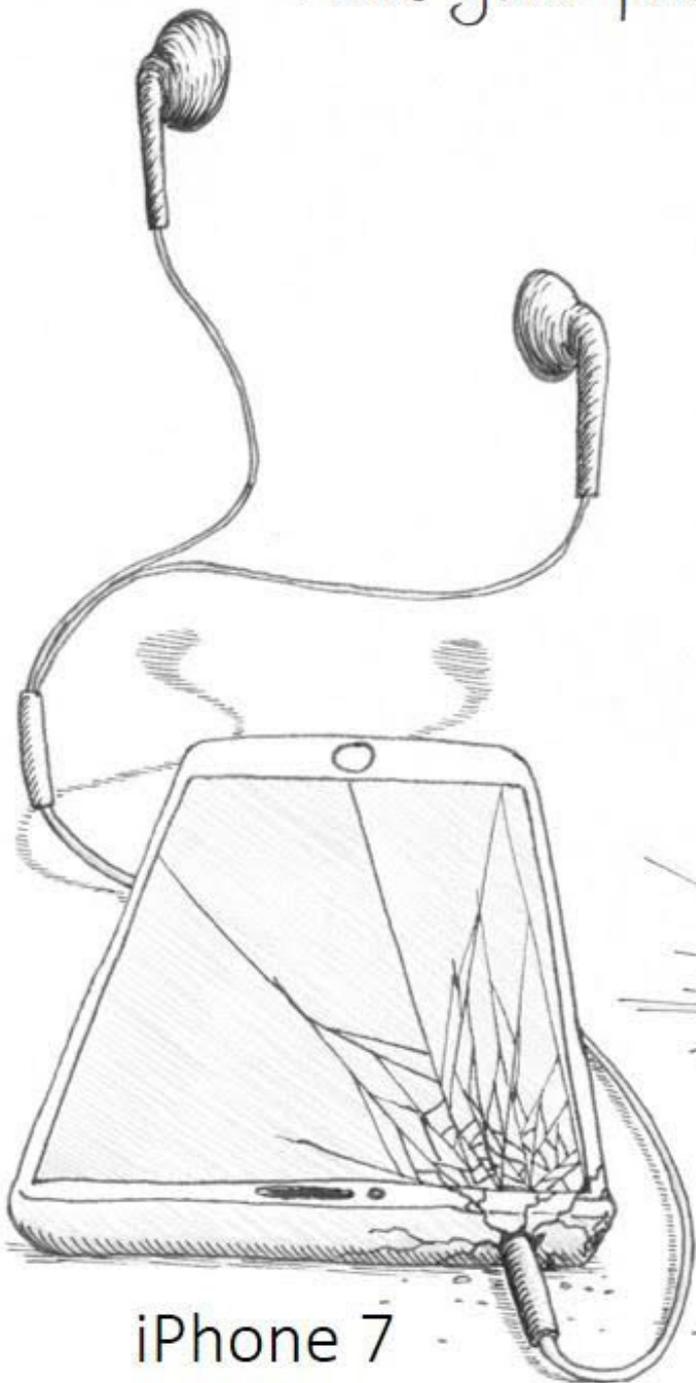
How about if the person were driving under the influence, suspend their license and let the courts decide their fate? In the interest of public safety, that theoretical officer would be doing a service to us all by forcing a potentially dangerous and intoxicated driver off the road.

Yet, when a high school student is caught smoking weed in the woods, he too can be offered up to the judicial system, and could very easily find himself in jail with a permanent scar on his criminal record.

This would all be due to the fact that he chose to inhale a largely harmless foreign substance that has never led to a death by overdose. Which is the exact same choice that Barack Obama admitted to making as a teenager. Our president.

Without even touching on potential economic gain and health benefits, the reduction of taxpayers’ dollars funneled into an overcrowded prison system is reason enough to legalize marijuana nationwide.

Pick your phone...pick your poison.



iPhone 7



Galaxy Note 7

Cartoon by: Mikala Piller | Cartoonist

# Staying active

*Having an active hobby can be a great stress reducer*

An active outdoor hobby is a great mechanism for college students to combat the high levels of stress and anxiety we are faced with.

As college students, we are all aware of the daily tasks we must endure. Waking up early everyday for class, working jobs just to afford ramen noodles, endless amounts of classwork, registered student organizations, internships, preparing for semester exams, the list goes on and on.

It is imperative to take at least 20 minutes out of your busy day to rest your mind and do some form of outdoor activity. Television, movies and video games are all great, but the body remains stagnant and the mind receives no rest.

According to an Anxiety and Depression Association of America (ADAA) article "Physical Activity Reduces Stress," exercise—which maintains physical fitness—is also vital in maintaining mental fitness reducing stress. ADAA studies have shown that exercise is very effective at reducing fatigue, improving alertness and concentration and enhancing overall cognitive function.



Travis Sacher  
Torch Reporter

As students, we often find ourselves competing to be busier and more stressed out than everyone else. We sign ourselves up for more than we can handle to fill our resumés and eliminate all forms of free time. The ADAA has made it clear that when stress negatively affects the brain, the rest of the body will feel the impact.

There are so many outdoor activities that do not require a ton of skill. Recently, I have tried my hand at long boarding. No, I am not able to bomb hills and swerve between students walking on sidewalks in the middle of campus, but I have gained the ability to enjoy a ride and improved the crucial task of balancing. Riding from my house in town to the end of Hemlock Park is a quick trip, but it at least frees my mind from work and school.

Besides long boarding and skateboarding, bike riding is another popular and easy option. If you seek a higher adrenaline rush, try out the mountain bike trails west of Big Rapids. Running and walking are timeless and free physical stress relievers. There are intriguing nature trails to be explored in Big Rapids, although no mountain to be hiked.

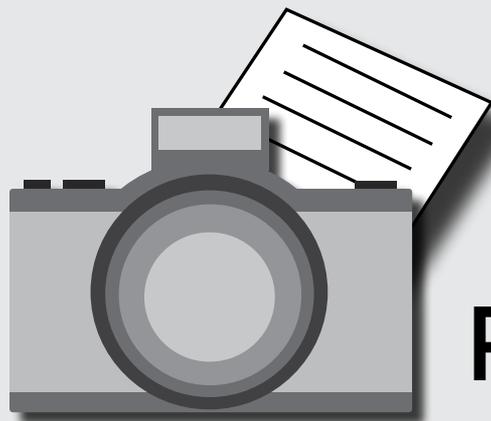
Other options are playing disc games, such as disc golf and ultimate Frisbee. North End Park has a great disc golf course and it is only a few minutes north of town. One of my favorite activities is grabbing a few friends together and tossing around an ultimate Frisbee. Fishing is a less physically demanding hobby but teaches the skill of patience.

The list continues and the point is given. It is so important to stay active and release stress. Big Rapids has a select amount of outdoor weather days during the school year. Use them wisely before winter is upon us.

This shouldn't be new information to students. We've been told all of our lives how crucial it is for our bodies to remain active. This remains true for youthful college students, so go ahead, take 20 minutes and go outside.

JOIN US AT THE TORCH!

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