



Ferris State University
TORCH
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HERE'S WHAT'S INSIDE

HOCKEY IS HERE
The Ferris' hockey team opened up their season this weekend. Find out how the Bulldogs fared against Western Michigan.

SPORTS | PAGE 12

YOGA'NA LOVE THIS
With midterms around the corner, stress is at an all-time high. Read up on a simple way keep the next few weeks as relaxing as possible.

LIFESTYLES | PAGE 8

Beat the bug

Birkam Health Center offering flu shots to students

COMMON MYTHS AND FACTS ABOUT INFLUENZA

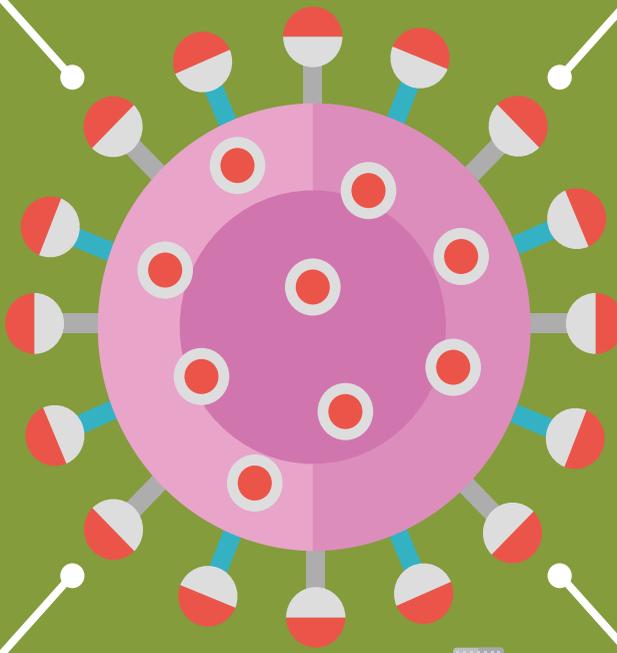
MYTH: The flu shot will protect you from all strains of the flu.



MYTH: A flu is a bad cold and is not dangerous.

FACT: The annual flu vaccine includes three strains of the influenza virus that are predicted to be active for that year. Should you be exposed to a strain not included in the flu shot, you could still get sick.

FACT: The flu can be very dangerous and can cause complications or even death.



MYTH: The flu vaccine will give you the flu.

MYTH: You do not need to get the flu vaccine every single year.

FACT: The flu vaccine does not contain a live virus, therefore it cannot give you the flu.

FACT: Getting a flu shot every single year compounds your immunity. Your body will build a resistance to many strains of the virus as time goes on.

Graphic by: Jordan Lodge | Production Manager

Information found at www.healthconnect.bannerhealth.com

Grant Siddall
 Torch Reporter

The flu can spread quickly around campus but steps can be taken to help you stay healthy.

According to the Mayo Clinic, over 3 million people in America catch the flu every year. One of the best preventative measures is to get a flu vaccination. According to the Centers for Disease Control and Prevention, the flu vaccine reduces the risk of flu illness by 40 to 60 percent.

"Immunizations are the safest and most effective way to protect our communities from vaccine-preventable diseases," Director of Health Services at Birkam Health Center Lindsay Barber said. "College life

exposes students to more people, especially when living in residence halls or a large student community. Close living conditions increase potential spreading of these diseases quicker than areas not on a college campus."



John Nyugen

For students who have paid their health center fee, the Birkam Health Center offers flu shots and will bill their insurance. They also offer flu shots for \$25 for students without insurance.

These services are available Monday through Friday from 8 a.m. until 5 p.m.

"It is very easy to get sick as a college

student. You've got a lot of things working against you. Close living conditions spread germs faster. High academic and social demands can cause stress on your body and make you more susceptible to illness," Barber said. "Make sure you're taking care of yourself—eat a well-balanced diet and make sure to drink enough water, get enough sleep and do your best to avoid stress."

Regular hand washing is also an important step to prevent contracting the flu.

"I think vaccinations are important because some people do get sick and they don't have good hygiene," Ferris pre-pharmacy junior John Nguyen said. "It's important because you see all these people every day and you don't know what they do.

Touching their germs could get you sick." Despite the risks, some Ferris students feel that they don't need the flu vaccine.



Jacob Stidwell

"I have not gotten my flu vaccines. I don't think I have in the past 10 years," Ferris welding engineering junior Jacob Stidwell said. "I don't believe that they're 100 percent necessary. On campus, I guess they're beneficial because if someone really does need it then sure but I probably won't get it."

Got news? Let us know.

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NEWS

"We saw something about a shooting, but didn't think anything of it,"
- Hunter Koster - See below for story

Harley Harrison | News Editor | harrih12@ferris.edu

#NoType is the best type

Campaign fights stereotyping

Megan Lewton
Torch Reporter

Stereotypes only cover the surface-level of an individual and the Ferris Office of Multicultural Student Services (OMSS) is working to help people look at each other

in depth.

OMSS is holding a campaign called #NoType, a fight to teach students about stereotypes and allows students to make a pledge against them.

"We hope that this is an opportunity to engage and really just address stereotypes but also leave there with some resources on how to be better," Assistant Director of OMSS Michael Wade said.

#NoType is from noon to 3 p.m., Oct. 17 through 19. The campaign is at a table in the University Center, where students can learn about stereotypes, hear the stories

of fellow students and share their personal experiences with stereotypes.

Wade said that stereotypes "are oversimplified thoughts or ideas about a person or thing," which doesn't only mean racial bias.

"It could be, 'This is what college is like,'" Wade said. "Or it could be 'This is what vegetarians are like.' It could be, 'This is what black people, women, or Hispanics or Muslims, whatever it is, are like.' And so, if you have a very small window of exposure about what that group is, your vision, a lot of times, is gonna be just in

that window."

This is the second year of #NoType. According to Wade, over a thousand students made pledges against stereotypes during the 2016 campaign.

"It's 2017 and people think this stuff doesn't exist. Well, it does," Ferris business and biology senior Sharell Williams said. "And some people are blind to it, like, because they didn't grow up around certain stuff."

Ferris graphic media management se-

OMSS | see page 3

DEVASTATING TESTIMONIES

Students describe the Las Vegas shooting

Harley Harrison and Marley Tucker
News Editor and Opinions Editor

A massacre in Las Vegas left 59 dead and over 500 injured after a terrorist shot into a crowd at the Route 91 Harvest Music Festival.

The mass shooting occurred Sunday, Oct. 1 just after 10 p.m. at the Mandalay Bay Hotel, according to various news reports.

One Ferris student and one alum were in Las Vegas at the time of the shooting. Here are their recounts of the tragedy.



Hunter Koster

Ferris alumnus Hunter Koster:

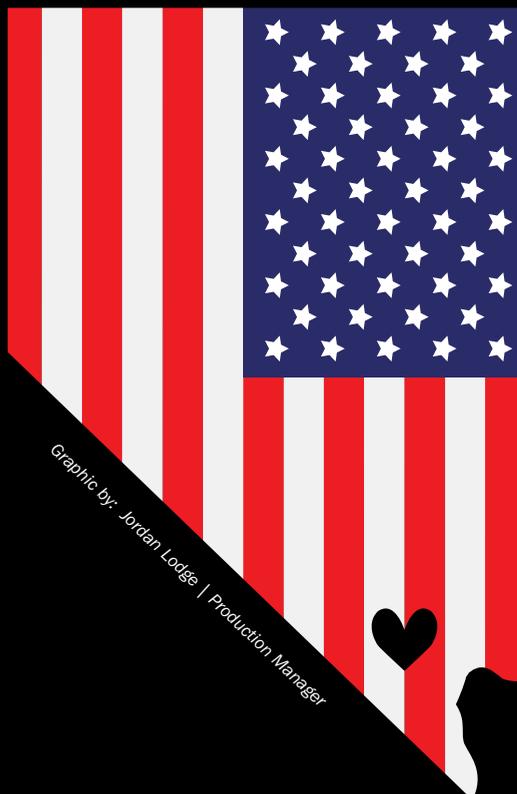
"I was walking out of the bar when we saw people watching TVs on the side of the road. We saw something about a shooting but didn't think anything of it. Then, the fiancé of the girl I was with called and said to get to the Palazzo Casino where they were at.

When we got there, security told us we were the last ones going in and no one will be getting out. My friend from the Netherlands messaged me first, asking if I was okay. I said, 'Yeah, of course,' still not knowing what was going on. Then we all got the notifications of the shooting.

Palazzo is three miles south of the shooting. The whole strip was in lockdown. SWAT teams at every major place on the lookout and on guard. We were in the casino for a couple hours before they got the okay to let people out. The whole street was empty and super quiet. Everyone was walking quietly and quickly to their destinations.

I feel in shock still. I was at that hotel swimming a few hours before everything went down. Doesn't seem like it has happened or is possible. I watched the videos a couple of times and emotions start to rise as you see them running and hear the gunshots.

The main thing that people should know is that the SWAT team executed their plan so smoothly and was so well constructed that I never felt worried. They shut down the busiest place in mere couple hours and had everyone informed on what was going on. On the way back, SWAT, FBI and cops were on the lookout everywhere because, during the time, the theory of multiple



Graphic by: Jordan Lodge | Production Manager



Catherine LoSchiavo

shooters was still being debated."

Ferris music industry management senior Catherine LoSchiavo:

"I was currently staying at the M Resort, so maybe two miles down from the Mandalay Bay and the concert.

My aunt came in, she was watching the local news and she's like, 'Oh my gosh, guys, look what's happening at the Mandalay Bay.' We turned it on and we watched the local news and kept watching it as it happened.

We were a little kind of shaken up because actually we were supposed to go to the strip that night, but I had gotten sick.

The way the shooter was gunning people down was horrific, like he was hurting them. So, he would shoot

one way so they would run one way and then shoot the other way so they would start running toward the Mandalay Bay and he would just start shooting people down.

That was horrific to me because it was a clear indication that he didn't care who he killed, he just wanted to kill.

If you know somebody who was affected by it or [not], try and find a way to help. Donate blood, donate your time, focus on that first before you start thinking about it and pointing your finger. We need to band together as America and help these people before we start pointing fingers."

Ferris psychology senior Samantha Simon

"I was actually on top of a double decker tour bus on the same street the concert was on right next to. We heard a lot of fast gunshots and we just saw masses of people running from the concert venue. We didn't know exactly what had happened. It honestly sounded like quick fireworks going off, until my tour guide asked someone on the ground what was happening and he said, 'you guys need to get off that bus now there was just a shooting at the concert.'

It was definitely the most terrifying situation I've ever been in. You don't really know what you would do in that type of situation until you're in it.

My heart breaks whenever I think of the people who were injured or affected or the people who have passed because of this senseless, cowardly man doing this horrific event.

Though bad things happen, good will always conquer. The day after, people were waiting in line in Vegas for longer than five hours just to donate blood because of this tragedy. Although there are bad people in the world, there are more good people and I think that is something we all have to remember. I also want to just say how thankful I am and we all should be, for the police officers and first responders that keep us all safe. They risk their lives to keep ours safe and that is the type of bravery that should not be ignored."



Samantha Simon

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- ON THE RECORD -

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

Golf cart mysteries

Harley Harrison
News Editor

Bulldogs at war

Aug. 31, officers assisted the Michigan State Police with an ongoing harassment complaint between two FSU students. A warrant was issued for the harasser. The case is still pending.

Hide yo credit cards

Sept. 18, 20, 22, items were stolen from the women's bathroom in the University Center near the Quad Cafe. A credit card was stolen and the subject attempted to use the card twice and it was declined both times. An investigation continues with two search warrants served for more card information.

So... what happend?

Sept. 25, 1:15 p.m., officers were called to the East Campus Suites for a domestic assault case in progress. Nothing physical was found between the couple. The male suspect was found on a separate charge for malicious destruction of property. The case is still pending.

Tailgating drunks

Sept. 30, 4:37 p.m., officers were patrolling lot 37 during the Ferris homecoming football game. Two subjects were told that they needed to go inside the football field or leave the tailgate. Both subjects were intoxicated and found back at the tailgate again. The subjects were arrested for trespassing.

Golf cart mysteries

Sept. 30, 7:50 p.m., officers were notified by an FSU employee that a golf cart was stolen from the Student Recreation Center. An employee had borrowed the golf cart and parked it overnight near the University Center. By 5:30 p.m. the following day, the golf cart was missing. At 10:20 p.m., officers were notified that the golf cart was outside of FLITE near the 24-hour area. There was no damage done to the golf cart and it was recovered in an area with no video surveillance.

Finders keepers

Oct. 2, 9:03 a.m., officers were dispatched to Campus Creek. A subject reported that, while attending the Ferris homecoming football game, she lost her wallet. Two unauthorized purchases had

been made on her card. The matter is still under investigation.

Runaway gamer

Oct. 1, 1:29 a.m., officers assisted the Mecosta Sheriff's Office with a retail fraud complaint. On the scene, officers talked with the manager who said the suspect had five Xbox games and another item. When the subject went to checkout and pay, he ran out of the store with the items. The subject dropped his cell phone, which was turned in to police. A search warrant was served for the suspects identity and for access to video footage.

A total of 449 tickets were issued between Sept. 28 and Oct. 4, which totaled \$5,355.

WEEKLY WORLD NEWS

Catch up on news around the globe

Harley Harrison
News Editor

Barcelona, Spain

The Spanish province, Catalonia, has passed an overwhelming vote to gain independence from Spain, which could potentially shut down the central government in Madrid, the capital of Spain. The courts suspended a session of Catalonia's Parliament, delaying the independence. The central government in Madrid sent thousands of national police officers to Catalonia to block the referendum. Officers used batons and rubber bullets, which wounded hundreds of civilians supporting the attempt for independence.

Original story by Raphael Minder, Oct. 6, 2017. *The New York Times*.

Ottawa, Canada

From the 1960s to the 1980s, the Canadian government had an adoption program that forcibly separated indigenous children from their families by putting them up for adoption for non-native families. Now, the Canadian government is attempting to make amends by paying 750 million Canadian dollars in legal settlements, which will affect at least 30,000 people.

Original story by Ian Austen, Oct. 6, 2017. *The New York Times*.

Cairo, Egypt

At least 34 people were arrested in Egypt in an effort made by the government to crack

down on the gay and transgender community. The arrests were made after pictures emerged of audience members waving a rainbow flag at a rock concert.

Original story by Nour Youssef and Liam Stack, Oct. 3, 2017. *The New York Times*.

Accra, Ghana

An explosion at a gas station has killed at least seven and injured over 130 people. Witnesses say that a fire started at one gas station and spread to a second gas station before engulfing a tanker. The explosion is still being investigated, however, the city of Accra experienced a similar gas station explosion in 2015 that killed over 100 people.

Original story by Tony Iyare and Matt Stevens, Oct. 7, 2017. *The New York Times*.

Afghanistan

After having a station in Afghanistan for 30 years, the Red Cross has announced that they will be downsizing after a series of attacks on the staff. They will be closing their bases in Faryab and Kunduz, and they will decrease the number of staff members in Mazar-i-Sharif. Earlier this year, six Red Cross staff members were killed and last month a Spanish physiotherapist at the orthopedic center was shot dead by a polio patient.

Original story by Fahim Abed and Najim Rahim, Oct. 9, 2017. *The New York Times*.

NEWS BRIEFS

Harley Harrison
News Editor

Habitat for Humanity box city

The Ferris chapter of Habitat for Humanity will be raising awareness for homelessness by staying outside overnight and sleeping in boxes. The event will take place outside of the Rock Cafe at 6 p.m., Thursday, Oct. 12 until the following morning. For more information, contact Kaylie Bohn at bohnk1@ferris.edu.

Convivio (feast celebration)

Join the Center for Latin@ Studies, the Diversity and Inclusion Office, the Hispanic Student Organization and the OMSS for food, culture and music. The event will take place in IRC Connector Friday, Oct. 13 from 5 p.m. to 9 p.m. For more information, please call OMSS at omss@ferris.edu.

Phi Alpha Theta book sale

Phi Alpha Theta will be holding a used book sale Tuesday, Oct. 17 and Wednesday, Oct. 18 from 10 a.m. to 4:30 p.m. in the North Quad. Book prices will range from \$0.25 to \$1.00. For more information, contact Tracy Busch at tracybusch@ferris.edu.

Torch Corrections

In an effort to print breaking news, the Torch failed to clarify in the Oct. 4 front page story that the man that died at the Rock Cafe did not die of causes related to the meal or any factors within the control of Rock Cafe staff.

Corrections can be submitted through email at fsutorcheditor@gmail.com or by calling (231) 591-5978

OMSS

Continued from page 2

nior Tod'Nita Taylor participated in the campaign last year.

"I think it just, like, awakens people's perspective," Taylor said. "Nobody wants to be a stereotype and I think it just shows everybody perspective on like, what stereotypes are and what stereotypes mean to them in general."

Wade's goal for #NoType is to show students how they might be stereotyping and what they can do to prevent it.

"We want students to be open-minded at all times about themselves and about other people," Wade said. "That's where opportunities happen. That's where growth happens."



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Big Rapids walks to end hunger

Fundraiser aims to help those in need

Grant Siddall
Torch Reporter

The CROP Hunger Walk is working to end world hunger one step at a time.

Big Rapids residents and Ferris students gathered on Oct. 8 to do their part in the fight against world hunger. Participants started at the IRC connector and could choose between doing a two-mile or a five-mile walk.

"The main mission through the CROP Hunger Walk is worldwide hunger relief causes. They've also been working a lot with the natural disasters recently with hurricanes Harvey and Irma

and providing water and food for those victims effected by that," human resources management junior Greg Brunner, who was in charge of the event said. "A portion of the fundraising goes to Project Starburst, which is a local food pantry here in Big Rapids. It's

very important because people don't realize how big of a need there is for hunger relief and how many people are in need of food services, not only in our area but worldwide.

Local walks can choose to donate 25



Photo by: Megell Strayhorn | Torch Photographer

Ferris students and community members gather outside of the IRC to participate in the CROP Hunger Walk.

percent of the funds it raises to local programs working to fight hunger; the other 75 percent of funds goes towards fighting hunger all over the world. Some students at the event were happy to have the opportunity to give back to the Big Rapids community.

"It's important for us to give back because this town supports the college so it

is our responsibility to give back and help them out," said Ferris marketing junior Zach Ineson.

"I feel like it's really important for our community because a lot of the money goes towards hurricane relief and people who don't have enough money for food and that really helps our community," accounting and finance freshman Bobby Gill said.

This is the 48th year that the CROP Hunger Walk has held walks since its conception in 1969. According to their website, they held 1,000 walks throughout America last year. Those walks drew in 120,000 participants and raised \$10 million to fight hunger.



Bobby Gill

Stressed to the nines

Students relieve midterm week tension

Megan Lewton
Torch Reporter

When studying for exams, students must choose which path to take: stress or success.

With midterms quickly approaching, Ferris students are figuring out ways to cope with their stress in order to get the most out of their study sessions.

"It depends on the class but I do get stressed pretty easily," Ferris nursing sophomore Hannah Cooke said.

Students vary in their stress-relieving methods. Some students, like Ferris pre-dental junior Jenna Miller, cope with exam anxiety by studying harder.

"[I] just try and you know, catch up with my work because I feel like, usually when I'm stressed it's because I'm behind on things," Miller said. "So I usually try to get stuff done."

Others, like Ferris pre-pharmacy sophomore Mark Smendik, take quiet breaks when they start to feel anxious.

"I make sure to get into a quiet place by myself and take deep breaths," Smendik said.

Ferris social work sophomore Marina Robbins said she doesn't show her stress but she does a few things to relieve it.

"I work out if I have time, take a nap or talk about it," Robbins said.

Like Robbins, Cooke said that talking about her problems helps ease the ten-

sion.

"I talk about it with my roommate," Cooke said. "It really helps to talk about it. And I also go to therapy too, which also helps just get it out there."



Jenna Miller

Stress during exam week can be prevented, too, by practicing some of these methods. Ferris health care systems administration junior Nick Ackley does activities he enjoys to avoid stress.

"I rarely get stressed out or get that frustrated to where I'm stressed but to maintain that, I work out, play video games," Ackley said.

Miller advises first-year students to begin exam preparation early to avoid becoming overwhelmed.

"Start studying before you think you need to, because you don't want to cram at the last second," Miller said.

According to Cooke, staying positive while studying can really help students stay calm.

"Take a deep breath, relax. You'll get through it," Cooke said. "Just be positive, optimistic about it. Don't freak out. That's probably the worst thing you could do."



Hannah Cooke



Photo by: Odette Lopez | Torch Photographer

FLITE is a go-to place to study on campus, with three floors of varying quiet-levels and computers galore.

- 50 billion plastic water bottles were used by Americans in 2016
- 23 percent, or 11.5 billion were recycled
- 38.5 billion water bottles were wasted



Information found from banthebottle.net



SAVE MONEY BY DRINKING WATER FROM A REUSABLE CONTAINER

The recommended eight glasses of water a day at U.S. tap rates equals about \$0.49 per year. That same amount in bottled water is about \$1,400.

Graphic by: Jordan Lodge | Production Manager

Reduce and reuse

New bottle refill stations to be installed

Cora Hall
Interim Reporter

The struggle of awkwardly filling up your water bottle at a fountain and the countless wasted plastic bottles are coming to an end.

With plans for the installation of eight new water bottle refill stations, the Bulldog Sustainability Committee has been working to increase the fresh water available to students and to decrease the plastic waste that Ferris contributes to.

The new stations will be installed on

water fountains in the Timme Center, IRC, Sports Complex, Granger Center, Science Building, Starr, West Commons and the Grounds Annex, the committee's vice president Jerry Scoby said.

"We know that these efforts will result in less trash going to landfills," Scoby said. "I would encourage anyone interested in this topic to intentionally look at the front of these bottle refill stations and look at the number of uses. I did this recently in just one building and the digital readings showed over 53,000 uses. Imagine the size of the pile of disposable water bottles that did not go in a landfill

as a result of these uses."

Many students are in favor of installing more stations and want there to be even more around campus.

"I wish they had them on every floor in the dorms," Ferris pre-pharmacy junior Luke Jacobson said. "I used to live on Ward third floor and it was really inconvenient to go down to the first floor for water."

About 50 billion plastic water bottles were used by Americans last year and with only 23 percent of them being recycled, 38.5 billion water bottles were wasted according to Ban the Bottle, an

organization that campaigns against the use of disposable water bottles.

"This is motivated by doing our part to help take care of the environment," Scoby said. "I have done research on how long it takes for a plastic water bottle to biodegrade and I have seen anywhere from 400 to 600 years."

The eight new stations will be installed over the course of the 2017-18 school year and more will be installed as new buildings are built and major renovations are made.

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2017 DECEMBER COMMENCEMENT

Saturday, December 16, 2017

Ewingleben Sport Complex
(Wink Arena)

College	Contact	Phone #	Location
Health Professions	Richelle Williams	(231) 591-2263	VFS 210
Arts & Sciences	Barb Hampel	(231) 591-3660	ASC 3052
Business	Carri Griffis	(231) 591-2493	BUS 200
Business (graduate students)	Shannon Yost	(231) 591-2168	BUS 200
Education & Human Services	Jennie Stange	(231) 591-2700	BIS 604
Engineering & Technology	Deb Ducat	(231) 591-2961	JHN 200

Note: You must satisfy all of your degree requirements before you officially graduate and receive your diploma.

Caps and Gowns may be purchased at the Grad Fair on November 2nd, 11:00 am – 4:00 pm in the University Center – Multi-purpose Rooms or starting November 2nd – December 12th at the Ferris State University Bookstore (located in the University Center, 805 Campus Drive, Big Rapids MI 49307).

Tickets are required for all ceremonies. All Students planning on participating in a ceremony will receive (7) seven tickets. Electronic tickets will be available for students to reserve or print starting 8:00 am November 2, 2017. Extra tickets are not distributed and lost tickets will not be replaced. **Tickets must be reserved by Thursday, December 14th at 11:59 pm.**

Commencement Program – Graduates must complete their online graduation application by **Friday, October 13, 2017 for their names to appear in the Fall 2017 Commencement Program** or their name will not appear in the Commencement Program. In order to have the program printed and back in time for the ceremonies we have to adhere to these deadlines. Contact your college's Commencement Coordinator if you have any questions.

Saturday, December 16, 2017

Time	College
10:00 am	College of Arts & Sciences
	College of Education & Human Services
	College of Engineering & Technology
1:30 pm	College of Business
	College of Health Professions

For special accommodations or for more information regarding the Commencement ceremony, please visit the Commencement website www.ferris.edu/commencement or call (231) 591-3803.



LIFESTYLES

"I love drawing beautiful things, weird things, horrible things, fantastical things, comical things. I love creating stories."
- Mike Mumah - See below for story

Alicia Jaimes | Lifestyles Editor | jaimesa@ferris.edu

Spreading their wings

Ferris alumni write and illustrate children's book

Alicia Jaimes
Lifestyles Editor

"I always enjoyed writing," Ferris alumnus Antonio Coleman said. "When I was younger I would have short stories and notes scattered all over my room. Becoming an author was a passion I've had for as long as I could remember. Writing and drawing were always my favorite ways to express my imagination as a child."

Coleman began writing his children's book, "The Swallowtail," in 2008 with hopes of it becoming a published work. His dream came true in September 2017.

A 2012 Ferris graduate, now a freelance writer, Coleman dedicated "The Swallowtail" to his daughter Nomi Coleman.

"The Swallowtail" was a story I wrote the summer prior to my first year at Ferris State University. The idea of a butterfly was intriguing to me because they're such interesting looking creatures," Coleman said. "Also, it was interesting to think of having the freedom to fly. Throughout the years, the story continued to evolve but I still have the original poem I wrote in 2008 on a sheet of loose-leaf paper sitting in my closet."

Inspired by the children's book "If You Ever Want to Bring an Alligator to School, Don't!" Coleman started networking with illustrators through Facebook.

"I found Mike Mumah's online portfolio. I discovered later that he has also attended FSU and was a fellow Torch staffer,"

Coleman said. "I was impressed by his black and white illustrations and his eagerness to be involved with the project. Everything fell into place perfectly."

Being a freelance illustrator for the past 12 years, "The Swallowtail" was Mumah's first children's book.

Creating the perfect image takes time. For Mumah, each image for this book was carefully sketched.

"I drew each image in ballpoint pen. That sounds simple but the tip of the pen is very tiny," Mumah said. "Since I was aiming for a realistic look, every stroke had to be finessed just so. It takes time. I wasn't timing myself but I think each image took between ten and thirty hours. My favorite illustration was the one where the little boy is looking at a firefly in a jar. I used my son as a model, so I'm a bit biased."

Before "The Swallowtail," Mumah had never illustrated children's books. After taking on this new experience, Mumah hopes to continue drawing works like the ones used in this book.

"I love drawing beautiful things, weird things, horrible things, fantastical things, comical things. I love creating stories," Mumah said.

For two people who have never met, Mumah and Coleman's futures are full of possibilities.

"Antonio and I will start on a second children's book that's very different from 'The Swallowtail.' We'll start on that one



Submitted Photo

Author Antonio Coleman dedicated "The Swallowtail" to his daughter Nomi Coleman.

soon, and I'm really looking forward to it," Mumah said.

"The Swallowtail" is available for purchase on Amazon.

AWS yeah

A society of welding opportunities

Kat Merby
Torch Reporter

Registered student organizations (RSOs) can be a great way to spend time in university life when so many things are begging for a student's time and money.

The American Welding Society (AWS) at Ferris is advised by professor Brent Williams. He has been the adviser to the student chapter for just over a month and has taken over the responsibility from professor Jeff Carney, who had been the adviser since 2013.

"The AWS Student Chapter provides excellent development opportunities for students to learn, grow and become contributing members of their community," Williams said. "I view my role as an opportunity to build upon those numerous opportunities so that students get value outside the classroom while building lasting relationships and having fun. I'm very excited to contribute my knowledge and leadership to support our student members and their efforts."

Before becoming the AWS advisor, Williams had a history with the RSO.

"I joined the AWS Student Chapter while attending Ferris State as a student myself, way back in 1993. Since that time, I've maintained my membership and

have contributed to several code and standards committees as a member-volunteer. Over the past four years and prior to becoming the adviser, I tried to attend as many chapter functions as possible to support our students," Williams said.

Aside from building connections and friendships, AWS provides many philanthropy and certification opportunities as well.

"I have enjoyed participating in the annual Adopt-A-Highway and Riverwalk cleanup events that tend to occur early in the fall semester. Although these initiatives could be classified as community service events, they are a great team building activity that unite members from all areas and levels of the program," Williams said. "It's interesting to see relationships form through this collaborative service activity that helps to benefit the local community."

Recently, I was able to complete the Certified Welding Inspector program offered by the AWS as an internationally recognized professional certification."

Even though the philanthropy events and certifications are a bonus for being part of the society, there are other reasons to get involved.

"There is a lot of volunteer work, professional development aspects and gaining more knowledge of the welding industry," Ferris welding engineering technology junior Devon Weber said. "There are lot of scholarships and academic awards that the AWS alone presents each year as well, which can be rewarding."

Weber has been in the student chapter at Ferris since August 2014.

"Being in the AWS has showed me that I am in the



Graphic by: Jordan Lodge | Production Manager

correct major and it has given me insight on what I want to spend my professional career doing," Weber said.

A typical monthly meeting is held to discuss activities. Lunch is sometimes used as a reward for student participation in scheduled events. At the meetings they start by welcoming new members, then review recent activities and events, discuss upcoming events and discuss new business items or issues.

"During a typical meeting, the president talks about upcoming events that the organization plans to take part in, ranging from volunteering such as a highway clean up or Salvation Army bell ringing to going to a paintball event. Then, we also try to get people to head up different events and create subcommittees for those events," Ferris welding engineering technology senior

Welding | see page 7



Photo by: Sam Cavotta | Torch Photographer

GRCC professor Katie Kalisz connected with students and aspiring poets during her poetry reading Monday, Oct. 2 in IRC 120.

A poetic hour

Michigan native inspires at Literature in Person event

Kat Merby
Torch Reporter

“Writing poems is my way of making sense of everyday collisions, confusion that would otherwise isolate me from the world,” guest poet Katie Kalisz said on her website, themichiganpoet.com/portfolio/katie-kalisz/.

If the goal of this event was entertainment, then according to the audience, the poet achieved her goal.

“As Coordinator of the program, I am on a constant lookout for authors who may be interested in visiting Ferris and sharing their work and expertise with our students,” Ferris poetry professor Deirdre Fagan said. “Katie’s poem, ‘Pregnant at a Funeral,’ appeared on a Michigan Poet broadside that appeared in numerous Michigan businesses.”

Kalisz is a professor at Grand Rapids Community College who was part of the Literature in Person series that took place on Oct. 2.

“I first encountered the poem at a local dry cleaners while doing an ordinary task—dropping off my own dry cleaning. I was so moved reading the poem, I could hardly complete the transaction. It made me want to read more of her work. Upon doing so, I just knew her poetry could capture students the way her work had captured me,” Fagan said.

While Fagan is a poet herself who attended many poetry readings and festivals, one of Fagan’s favorite lines is from Kalisz’s poem “Pregnant at a Funeral.”

Among Kalisz’s ability to incorporate playfulness

and humor in her poems, Fagan knows why she admires this poet.

“The emotional intensity and depth of thought that Kalisz brings to her poetry draws me to it. In Kalisz’s own words, she writes about moments that ‘stop [her] in [her] tracks.’ When she conveys honest emotions with startling scenes and language and also stops her readers in their tracks, she is at her best. Although, I also love the poems where she makes readers and listeners laugh out loud,” Fagan said.

Ferris elementary education freshman Rachel Thompson was one student who enjoyed the event for more than the extra credit that was given for attending.

“Throughout my education I have enjoyed poetry. I love to see how people convey themselves when they read poetry,” Thompson said.

While Thompson has had experience with past poetry readings, Ferris health care systems administration freshman Cloe Winnie attended the event because of her previous knowledge of the guest poet.

“Originally, I attended as a way to get an extra credit point for my English 150 class. But as I started to read more of her poems before the presentation, I went to the reading to hear her talk about them,” Winnie said. “I didn’t really know what to expect because I have never been to a poetry reading before. However, I think I will go to another reading in the future because I really enjoyed listening to her speak.”

WELDING

Continued from page 6

Erin Lalinsky said.

Lalinsky has been involved with AWS since she transferred to Ferris in the fall of 2015. She joined because she knew it would be helpful to her career being part of the professional organization. Apart from the professional development, she does have favorite moments from the meet-

ings.

“I’d be lying if I said I didn’t enjoy the food being served. However, as a senior leaving the program it is great to see the students in the other grades working together to make sure events happen and that they will be enjoyable for everyone. Seeing that teamwork in action makes me hopeful that the program and the AWS student chapter will continue to thrive for many years to come,” Lalinsky said.

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Yoga'na love this

Opportunities to destress during the school year

Briana Hammontree
Torch Reporter

With midterms coming up, stress can be high for students. Thankfully, with most stressful situations, there's always a solution around the corner.

Yoga is a practice used to help a person's health, ability to focus and relax, and is one option many students have considered.

Ferris graduate Rachael Bridges is a master trainer for PLYOGA as well as the president and owner of One Fit Life.

"Yoga slows us down for that dedicated period of time, clears our minds, allows us deep, meaningful breaths and helps to balance and center our bodies, minds and hearts," Bridges said.

PLYOGA is a blend of intense workouts and calming yoga.

Having graduated in 2007, Bridges has been practicing yoga for about five years and firmly believes yoga will benefit the students of Ferris.

Ferris pre-pharmacy sophomore Micaela Rice is one student who vouches for the experience gained in a calming exercise.

"I can get a work out, it's a stress reliever. I find you feel better, your body will feel better. You also have more energy and benefits other workouts," Rice said.

Incorporating yoga into a student schedule can be a difficult task. However, it has been managed by students with busy schedules.

Ferris pre-optometry sophomore Daria Laisure has been a yogi since her freshman year of high school. She began her experience with yoga by attending classes with her mom but as a college



Graphic by: Jordan Lodge | Production Manager

student, finds it difficult to set aside the time to leave her room.

"If I want to try something new I just pop up a video on YouTube, roll out my mat in the middle of my room and just do a couple poses for like 15 minutes and I feel so much better," Laisure said.

Students can also practice simple breathing exercises if they find they don't have enough time to do the physical exercises.

"Try deep breathing—filling the lungs

with air, exhaling and emptying the lungs. This is one of the most effective methods to calm the body and mind which helps to relax the body and helps us work through stress. Everyone should practice some form of deep breathing daily," Bridges said.

Calming breathing exercises include: Ujjayi, an audible breath used in flow yoga, Simhasana, another form of Pranayama, Alternate Nostril Breathing and Meditation.

"It really calms you down and it brings peace," Ferris pre-optometry sophomore Sarah Sanocki said.

Those interested in trying the physical exercises could begin with gentle yoga, which is good for those who wish to ease into an exercise practice or those who are looking for something simple and gentle on their joints.

Suit up

A useful resource for your next interview

Holly Baker
Torch Reporter

College is full of students on a budget and classes where business attire is mandatory but before they break open their piggy banks, The First Lady's Attic has them covered.

"The First Lady's Attic is a chance for students to get business attire like clothes for interviews and presentations," Ferris hospitality freshman Ben Ophile said. "It gives students the opportunity to become successful and look professional for job interviews."

The First Lady's Attic provides a free professional outfit for every student each year, something Ferris mechanical engineering technology senior North Yates has taken advantage of.

"I came because I needed clothes for interviews that are coming up in the next couple of weeks. I wanted to be presentable at the job fair and when applying for jobs and it's free for me," Yates said. "I've only been here for a short while but there is a lot to choose from."

The Attic was opened in 2009 by Ferris' President David Eisler's wife, Patsy Eisler. Ferris administrative assistant for diversity and inclusion Patty Terryn is an employee who is also passionate about the First Lady's Attic.

"The First Lady's Attic helps students so much," Terryn

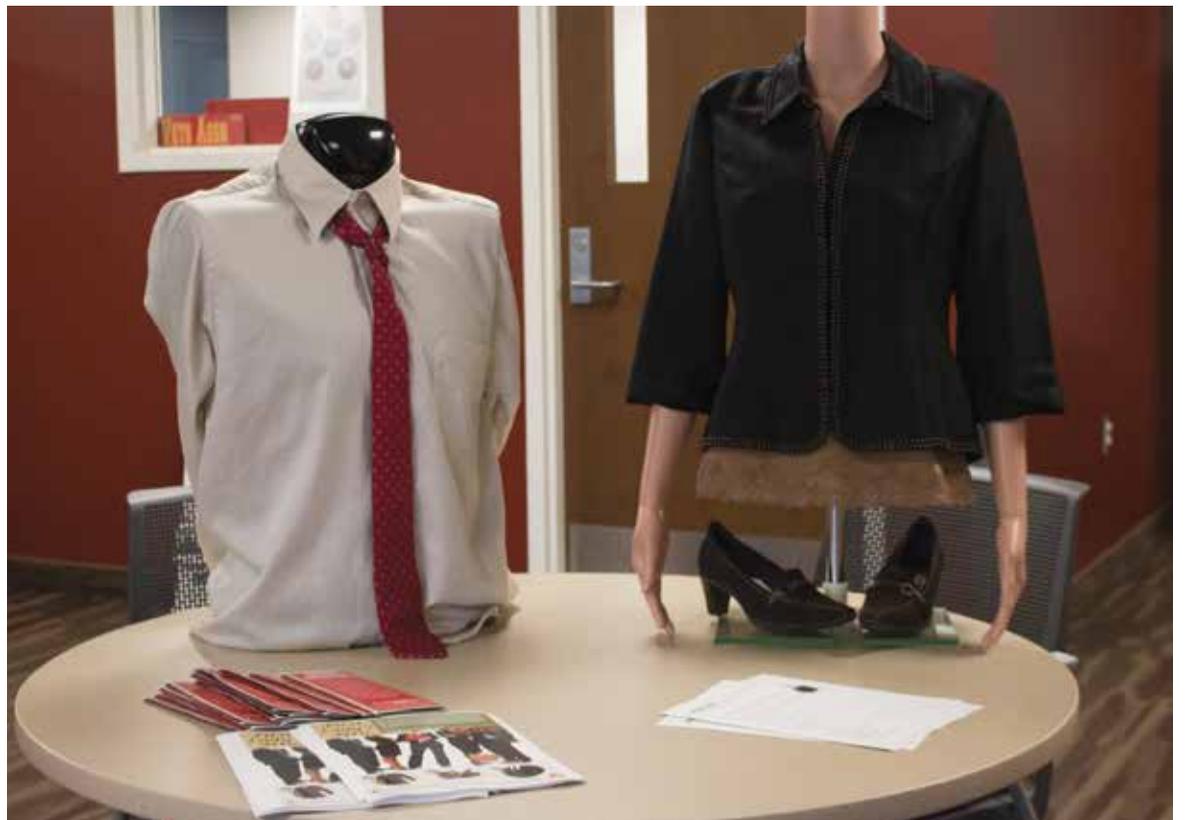


Photo by: Odette Lopez | Torch Photographer

The First Lady's Attic is open Monday through Friday in the University Center, room 134.

said. "It gives them the opportunity to look successful for their interviews. We are especially busy right before the career fair. The Attic has registered over 2,728 students currently. We've supplied 1,872 males and 1,061 females."

Most of the clothing from the Attic is donated by alumni, employees and members of the community. Individuals can drop off gently-used clothing at Pete's Cleaners in Big Rapids—a community supporter of the Attic. Upon

drop off, mention the First Lady's attic. Donations can also be dropped off at the Ferris Diversity Office, located in the Timme Center, room 312.

"Students have the opportunity to take home one outfit every year. They do not have to go out and buy formal wear, instead they can come to First Lady's Attic and get an outfit for free," Ophile said.

The First Lady's Attic is located in the University Center, Room 134.

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SPORTS

"There's a learning curve, you have to take the ups and take the downs and continue to grow." - Travis Russell - See below for story

Brendan Samuels | Sports Editor | samuelb1@ferris.edu

A successful successor

Travis Russell steps up after Reggie Bell goes down

Beau Jensen
Torch Reporter

When one man goes down, another must step up. Ferris' quarterback Travis Russell is that next man up for Bulldog football.

Russell, a sophomore from West Catholic who joined the Dawgs in 2015 as a red-shirt, was thrust into action after senior quarterback Reggie Bell went down with an apparent ankle injury in the second half of week two's 42-10 win over Northern Michigan.

Russell entered the game and threw two picks and lost one fumble but the Dawgs' early commanding lead gave them the momentum necessary to close the game out.

The following week, Russell started the game on the road against Ashland. The Dawgs were unable to get the offense moving, scoring zero touchdowns and kicking only one field goal to exit Ashland with a 20-3 loss.

"As a gamer, you want to come right in and pick up where [Bell] left off," Russell said. "The reality of the quarterback position isn't really like that, it's a process."

Though he struggled to get that process rolling early on, things quickly turned around for Russell during the following week's matchup against Wayne State, where he showed up ready to compete.

"There's a learning curve, you have to take the ups and take the downs and continue to grow," Russell said. "The game seemed so fast against Ashland but it slowed down for me last week against Wayne State."



Travis Russell

When Russell decided that it was time to take it slow, his performance sped up. He led the Bulldogs with 56 rushing yards, topped off by two touchdowns on the ground. Russell also succeeded through the air, hitting junior receiver Malik Taylor in the end zone for a touchdown pass on top of 199 yards through the air.

Russell's 255 total yard performance was just 69 yards off Wayne State's total team yardage and he gives a lot of that credit to his teammates.

"We have so many weapons on offense and a dominant offensive line, so that helps take a lot of the pressure off," Russell said. "I don't have to do it by myself in any way, I can lean on those guys with experience."

The sophomore QB appeared in five games during the 2016 season both at quarterback and on special teams, so even though there were some jitters, it wasn't the first time Russell had seen the turf as a Dawg.

"Yes, there were some nerves before the game but knowing that our team and



Photo by: Keith Salowich | Web Supervisor

Sophomore quarterback Travis Russell prepares to take the snap under-center. Russell was thrust into the starting quarterback slot when star senior Reggie Bell went down with injury.

our coaches believe in what our offense can do, that helps me settle in," Russell said.

After Ferris' loss to Ashland, they dropped from the second ranked team in the nation to the 15th ranked team, though a week five victory over Tiffin may improve the ranking.

Russell put up 259 total yards with one

touchdown pass in the win over Tiffin.

"I try to play to my strengths when I'm out there, like pushing the ball out quick and running hard in between the tackles," Russell said.

Russell, like Bell, has shown that he is able to beat an opponent on the ground as well as through the air. Russell admired Bell's ability to be a versatile quarterback.

"He's one of the most athletic people I've ever met in terms of what he can do with his body," Russell said. "He can line-up against anyone, anytime, anywhere and be the best player on the field."

Ferris football will make the trip to Saginaw Valley to face the Cardinals at 3 p.m. Sat. Oct. 14.

Bulldog idols

Who Ferris athletes look up to

Danny Collins
Torch Reporter

Every athlete strives to perform at the highest level possible and in many instances, they find someone that motivates them to do just that.

For example, a young pop Warner quarterback may be the biggest Tom Brady fan and want to be just like him when he's older. This young man will study the way Tom Brady plays, his personality on and off the field and his ability to make others around him better, essentially idolizing him.

So who do current Ferris athletes idolize and model their games around?

Redshirt sophomore guard Riley Blair is a pre-nursing major going into her third year with the women's basketball team.

"Most recently, I would say I model my game around Denzel Valentine. He was not extremely talented but the consistency in his game was unmatched. Versatility is something I've always tried to expand in my game and I think he had such a wide range to his game that made him so difficult to defend," Blair said. "His mental toughness and natural ability to lead are his best attributes. Those are two skills that are often overlooked in basketball."

Senior wing Noah King is an accounting/finance major going into his fourth and final basketball season with the three-time defending Great Lakes Intercollegiate Athletic Conference (GLIAC) Championship men's basketball team.

"Paul George has always been one of my favorite players even when he was at Fresno State, so I'd say if I model my game after anybody, then it would be him," King said. "His ability to score with the ball on three levels of the court whether it's long range, mid-range or in the paint is something that is very influential to me."

Redshirt junior wide receiver Malik Taylor is a criminal justice major entering his fourth season with the foot-

ball team. Taylor was the Bulldog's leading receiver with 47 catches for 1,017 yards and five touchdowns in the 2016 season.



Noah King

"When I was younger I would always hear how fast I was and that I should play college football. Tavon Austin was one of the most electrifying college athletes at the time, so I would always try to make moves as if I was him," Taylor said. "I try to model my character around Derek Carr. He is a religious NFL quarterback who has a beautiful family and he always seems to do the right thing and be the best public figure he can."

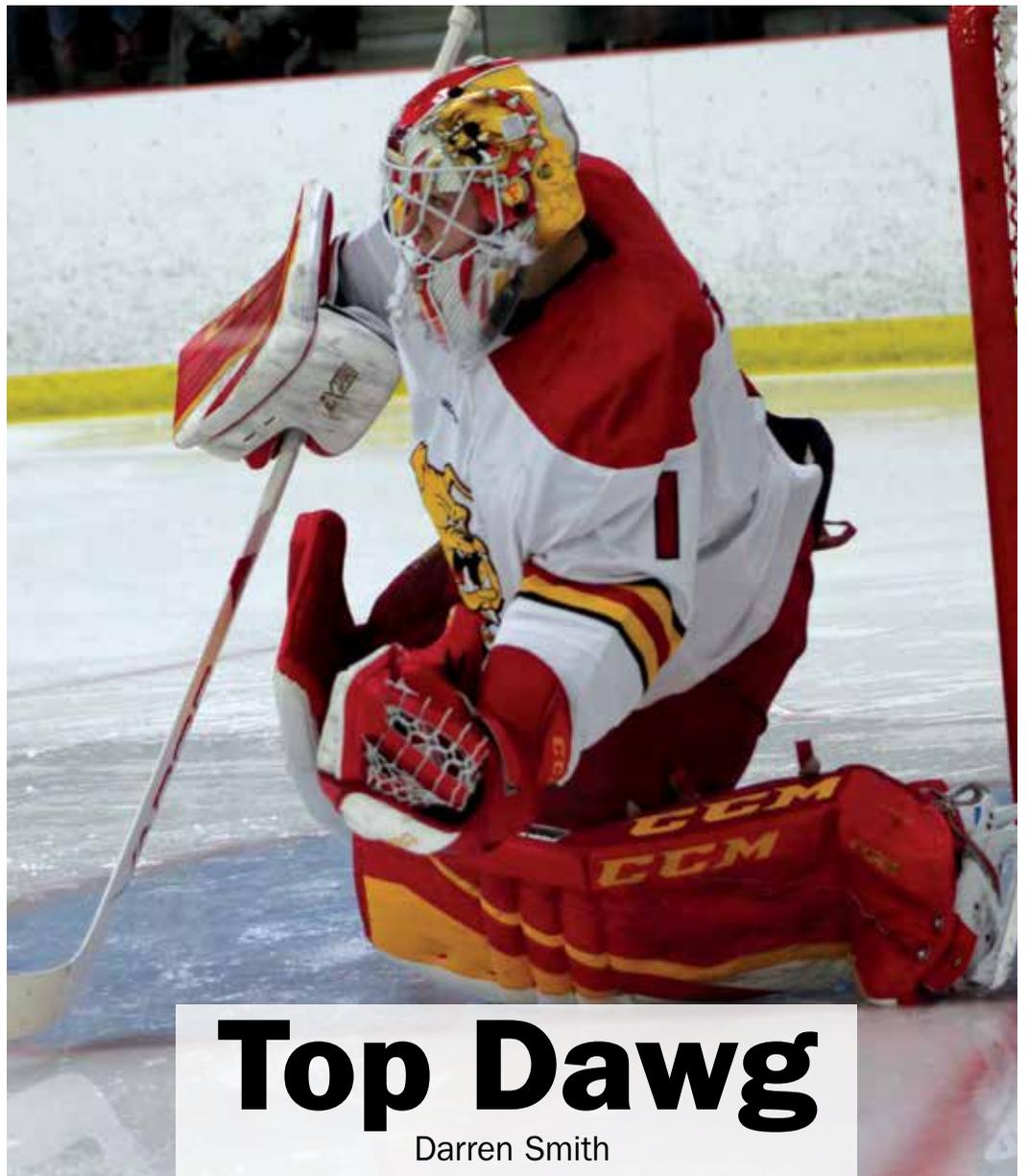
Junior defenseman Zac Tierney is a finance major entering his third season with the men's hockey team. Tierney is a part of a veteran defensive core returning this season.



Zac Tierney

"I always tried to model my game after Ryan McDonagh because he also is a left shot defenseman who is a really strong skater and can play strong offense as well as strong defense," Tierney said. "Sidney Crosby is one of the people I like to model my game around because he is a tremendous leader on and off the ice. But I also aspire to be the same character as my father because he raised me into the person I am today."

No matter what sport athletes play or the background they come from, there is often one or two players that have a profound impact on the way they play and behave. Having an idol to look up to can push athletes to not only become the best they can be on the field but also aid them to build strong character.



Top Dawg

Darren Smith

Photo by: Kaitlyn Kirchner | Torch Photographer

Brenden Samuels
Sports Editor

The Ferris men's hockey team opened their 2017-18 season this weekend, so naturally the Top Dawg award is heading onto the ice.

After a disappointing 6-1 loss Oct. 6 to Western Michigan, the Bulldogs needed a boost on defense.

Senior goaltender Darren Smith was that boost on Oct. 7 and it showed as Ferris held off a late surge to win 3-2.

Smith was impressive, stopping just about everything from hitting the net, recording an incredible 39 saves. Though he did allow two goals, the offense for the Bulldogs was able to stay ahead.

If his plethora of saves isn't enough to earn Smith Top Dawg honors, the way he handled the Broncos' offense is.

Ferris seemed keen to sit in the penalty box for a

good portion of the night, as the Bulldogs accrued 11 penalties over three periods. The Bulldogs were not at full strength for nearly 30 minutes.

Although the Broncos had their fair share of penalties and on some occasions had a man in the penalty box at the same time as Ferris, that still gives them quite a bit of time on the power play.

Smith only allowed one power play goal and it didn't come until late in the third period. That's impressive considering the Broncos were able to get shots off nearly every time they crossed half-ice.

Smith will likely continue to alternate games with Kapelmaster as the Bulldogs look toward the future but the senior is proving why it's important to have consistent veterans on the team.

The Bulldogs will be back in action Oct. 13 when Northern Michigan comes to town for a two-game series at Ewigen Ice Arena.

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Danny Collins
Torch Reporter

Back in action

The Ferris men and women's cross-country teams returned to action on Oct. 7 in a very competitive conference crossover at Lewis University in Romeoville, Illinois.

The Bulldog women placed 19th overall and the men's team finished 23rd. There were more than 30 teams for both the men and women competing from various schools throughout the region.

Senior Trevor Holowaty was the top Bulldog for the men as he came in 56th overall with a 25:55 and the Ferris women were led by sophomore Kathryn Etelamaki who finished 24th overall with a time of 22:27.

The Bulldogs will be in action next at the 2017 GLIAC Championships which is set for Oct. 21 in Marquette.

New home for Bulldog hockey alum

A former Ferris men's hockey captain and standout player Zach Redmond was traded from the Montreal Canadiens to the Buffalo Sabres on Oct. 4.

Redmond played for the Bulldogs from 2007 to 2011, during which he had 90 total career points on 22 goals and 68 assists in 141 games.

Redmond has appeared in over 130 NHL games in five seasons with the Montreal Canadiens, Colorado Avalanche and the Winnipeg Jets. He also has nine goals and 29 assists in his career thus far.

A Traverse City native, Redmond made his NHL debut in 2012-13 when he appeared in eight games with the Winnipeg Jets. His first contract was a two-year AHL term, in which he recorded four points, a goal and three assists before suffering a significant and life-threatening leg injury, which caused his NHL season to end.

Splitting in Ohio

The Ferris women's soccer team split games in Ohio this weekend as they went 1-1 against GLIAC opponents.

The women routed the Tiffin Dragons 5-0 on Oct. 6, in which five different Bulldogs—sophomore Brandi Wagner, senior Hilerie Schatzle, freshman Bri Rogers, freshman Mackenzie Dawes and freshman Janelle Quinn—found the net.

The offense would then struggle Oct. 8 as they lost 2-1 against the Ashland Eagles.

The Bulldogs are now 7-6 overall and 3-2 in GLIAC play on the season. The team will be in action against Davenport at 4 p.m. Friday, Oct. 13 on the South Athletic Fields in Big Rapids.

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FERRIS STATE UNIVERSITY



Photo by: Sam Cavotta | Torch Photographer

Sophomore Silvia Verebes reaches out to strike the tennis ball. Verebes came away with the only single match win for the Bulldogs when they took on the Grand Valley State Lakers Wednesday, Oct. 4.

Facing early adversity Ferris' women's tennis team suffers setbacks to start home campaign

Jacob Carlson
Torch Reporter

The women's tennis team rolled in with an undefeated record to their matches at home last week but they weren't able to escape unscathed.

The Bulldogs started the season with impressive wins on the road over Purdue Northwest (8-1) and Davenport (7-2) before returning home last week with tough competition awaiting them.

Ferris struggled to get going Oct. 4, when they lost 7-2 at the hands of Grand Valley. The Lakers won two of the three doubles matches and claimed five of the six singles matches. Ferris sophomore Silvia Verebes getting the lone Bulldogs single match win.

The Bulldogs are looking to build a more consistent winning tradition this season and that starts with the coaches and players.

"It's going to be a process. I think everybody has a certain level of talent and whether or not they are reaching that potential will define our success this year," Head Coach Daniel Hangstefer said.

The Bulldogs came up just short in their bounce

back efforts Oct. 7, when they fell 5-4 to Michigan Tech. Ferris claimed two of the three doubles matches but fell one singles match victory short of claiming the win over the Huskies.

Juniors Nicole Meylor and Lauren Lomax were bright spots in the loss to Michigan Tech. The two were paired together in their doubles match win and both took their singles matches in straight sets. The two accounted for three of the four match wins for the Bulldogs.

The pair of losses put the Bulldogs at 2-2 on the season with all their matches in conference play. Ferris fell to sixth overall in the conference.

"Our goal is to get top 10 in the country but the process everyday has to be one of high expectations," Hangstefer said.

The Bulldogs will return to action on the road this week when they travel to Wayne State Oct. 13 for a 10 a.m. match up with the Warriors.



Daniel Hangstefer



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FERRIS FANTASY FOOTBALL

A week five 13-3 Bulldog victory made for the closest Ferris Fantasy Football week of the 2017 season, though the Beauddogs still were not able to garner enough points for the win.

In Travis Russell's third start under center for Ferris, he was able to snag 17 fantasy points in a low scoring game by throwing one touchdown pass on top of 229 yards.

The recipient of that touchdown pass, Jahaan Brown, led all other offensive players in fantasy points with 18.5. Brown wiped the floor with my running back, Ameer Abdullah.

After a huge week four performance from Abdullah, I expected him to be able to tear up the Carolina defense but Theo Riddick received a majority of the Detroit carries.

My dangerous (stupid) picks of Jermaine Kearse and Alshon Jefferey at the wide receiver position didn't even come close to paying off for me, combining for 10.5 total fantasy points. The Bulldog tandem of Malik Taylor and Keyondre Craig were able to snag enough yardage through the air to combine for 14.5 points in a game that only had 13 Bulldog points scored.

Though the Dawgs won the defensive battle against Tiffin, my pick of the Miami Dolphin defense brought in the most fantasy points after sacking the quarterback six times, recovering two fumbles and scoring one touchdown for 20 fantasy points.

Old reliable Wyatt Ford went two for two on his field goal attempts and knocked in one extra point.

The Bulldogs are on the road this weekend against Saginaw Valley State at 3 p.m. Oct. 14. To get over the 1-4 hump, I'll be breaking out the unpredictable Lions defense this week.

Here are my picks for week six:



Beau Jensen
Torch Reporter

QB: Carson Wentz – The impressive young quarterback put up 27 points against Arizona in week five. With my luck, he won't come anywhere near that this week but we're going to give it a go.

RB: Christian McCaffrey – McCaffrey scored his first NFL touchdown last week in a victory. Here's to hoping he rides that wave of momentum into week six against the Eagles.

WR 1: Chris Hogan – Any target of Tom Brady's is a safe bet for a decent amount of fantasy points and when you're as desperate as me for a win, you look to Brady.

WR 2: Randall Cobb – The Packers have the Vikings this week in a divisional matchup and just like a Brady target, anybody who is catching Aaron Rodgers' passes is bound to have a good game.

FLEX: Nelson Agholor – I'm putting a lot of my eggs in one basket here in choosing an Eagles QB and WR, so let's see how this bold strategy plays out, Cotton.

Defense: Lions – My Detroit Lions gave up 27 to Cam Newton and the Panthers last week but the explosive D is on the road against New Orleans this week- and I need them to put some defensive points on the board.

K: Cody Parkey – Parkey put up 15 fantasy points in week one and as the Dolphins take on the struggling Falcons. Hopefully he can get back to his week one ways.

TEAM TORCH BOX SCORE

Position	Player	Points
QB	Jameis Winston	12
RB	Ameer Abdullah	2
WR1	Jermaine Kearse	8.5
WR2	Alshon Jeffery	2
FLEX	Chris Ivory	2.5
D	Dolphins	20
K	Stephen Hauschka	10
Total:		57

FERRIS STATE BOX SCORE

Position	Player	Points
QB	Travis Russell	17
RB	Jahaan Brown	18.5
WR1	Malik Taylor	16
WR2	Keyondre Craig	6.5
FLEX	Dion Earls	3.5
D	Ferris	5
K	Wyatt Ford	7
Total:		65.5

Split weekend comeback

Bulldogs win Saturday against Western Michigan

Jacob Carlson
Torch Reporter

After splitting the weekend with Western Michigan, Ferris' hockey team is officially off to a better start than last year.

The Bulldogs, who started an abysmal 0-7-1 last year, have already gathered their first win of the season thanks to a 3-2 victory over the Broncos Oct. 7. The Broncos came into the weekend ranked No. 20 and earned every bit of that ranking Friday night with a 6-1 victory.

The Bulldogs suffered in their special team plays Oct. 6, going just 2-for-6 on the penalty kill while failing to score on six powerplay opportunities of their own. Western Michigan utilized their speed to overmatch the Bulldog defense in an impressive win to start the season.



Mitch Maloney

The Bulldogs bounced back Saturday night with an impressive win of their own. The young Ferris squad did not let the tough loss from the night before get to their heads as the team battled hard in a tightly matched win.

Despite being outshot 39-25 overall and 15-3 in the third period, the Bulldogs were able to hold on for a 3-2 victory against a team that has had the Bulldogs' number in recent years.

"They've got good size, they play ex-



Photo by: Kaitlyn Kirchner | Torch Photographer

Senior forward Andrew Mayer fights off Bronco defenders as he tries to set up his teammates in front of the net.

tremely aggressive and well-coached," Coach Daniels said on the Broncos. "It's a team that had a really solid year last season. They made a run into the National Collegiate Athletic Association (NCAA) tournament."

The bad blood from the Oct. 6 game in Kalamazoo carried over to the rematch Oct. 7 at Ewingleben Ice Arena as the teams combined for 47 penalty minutes. Three different major penalties were handed out on the night as well, including a

late interference call charged to Ferris freshman Coale Norris.

Andrew Dorantes and Mitch Maloney got the Bulldogs up 2-0 before Western cut into the lead nearing the half way point in the game thanks to an Ethen Frank goal. Norris pushed the Bulldog lead back to two when he scored a highlight reel goal while falling to the ice for his first collegiate goal. It would stand as the game winner as Western scored once late on a powerplay goal by Colt Conrad.

The win already puts the team ahead of last year's team at this point in the season, and they know that they are going to need to keep the wins coming early.

"Wins are a lot easier to come by in the beginning of the year than the end of the year," Maloney said. "It's very important."

The Bulldogs will return to action Oct. 13 when they host the Northern Michigan Wildcats at Ewingleben Ice Arena.

OPINIONS

“Slow down and be in the now, he told me. Be the shampoo.”
- Rebecca Bostic - See page 15 for story

Marley Tucker | Opinions Editor | marleyitucker@gmail.com

The Ferris State Torch is published on 27 Wednesdays throughout the academic year. This student-run newspaper is printed by The Pioneer Group.

OUR LOCATION
Alumni Building 013
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Chat with the chief Editor in Chief, Angela Graf

Smoking cigarettes is revolting.

My dad smoked when I was growing up and I can still remember the stale smell that hung on him when he would come in my room to kiss me goodnight. My grandpa smoked almost his whole life and I don't think it exactly extended his time on earth. I hate it and I always have.

My dad quit around the same time that the question "smoking or non" became a thing of the past, so other than dumping out the ashtray at work in high

school, my exposure to the dirty habit was done. Or so I thought.

Walking to class my freshman year, I was nearing the business building and was enveloped in a cloud of smoke, that horrible stale smell was hanging in the air again.

Almost as bad is the even stronger and more widespread odor of a vape cloud, so thick and sweet, it could choke a unicorn.

As a general rule, I'm anti-smells when I'm just walking about trying to live my life and go

Let them smoke

to school, so when I heard that there was an organization trying to make Ferris smoke-free, I was thrilled. Then I thought about it.

It is federal law that when you turn 18, you can buy and use tobacco products in the United States. It's been that way since 1992.

If you're legal you can drink alcohol, as long as you follow the rules, on Ferris' campus. Why is smoking different?

I understand outlawing it in buildings, it makes sense. It's a hazard, the smell permeates

everything and there is nowhere for it to escape, but outside is a different story.

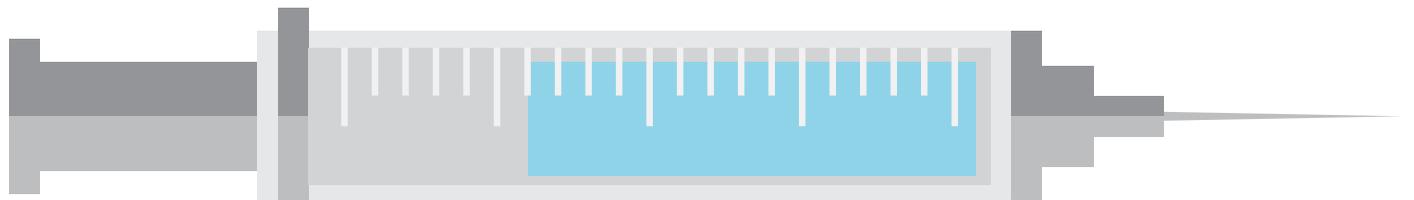
A college campus is a place intended for adults; short of a strip club and a bar, if it's going to be allowed anywhere, it's here.

Sure, I hate smoking and I think people that do it are stupid to waste the money on something that actively harms them but it's their right to do it.

So I say: let them smoke.

Take a shot

Protect yourself and our community by getting vaccinated



Graphic by: Jordan Lodge | Production Manager

Think of getting shots and you might imagine kids screaming at the doctor's office or picking out colorful stickers after being stuck by a needle. I don't think we ever forget when we were all that age. Shots are never any fun but there is a long list of reasons young adults need vaccines too.

The immunizations you need as an adult depend on everything: your demographic, travel plans, gender, health status and lifestyle. College students are not exempt.

Heads up, Bulldogs—you're the adult in this situation. Believe me, I hate planning my own doctor's appointments, too.

We're at the optimal age where immunizations are the most effective. Don't take modern medical advances for granted. There are more vaccines available than just the flu shot.

For example, young adults are at higher risk for meningococcal disease, including meningitis, which can turn fatal rather quickly. Last spring, Central Michigan University junior Kristy Malter died after contracting bacterial meningitis. There are vaccinations

available that can help protect against this and college students should especially take this health issue seriously.

As young adults, we are on our own for the first time and living closely with our peers exposes us to more illnesses than ever before. We're all from different places, extremely stressed from studying, working and socializing while trying to sleep longer than a few hours. For these reasons, it is vital that all college students are protected from vaccine-preventable illnesses because everyone can be at risk.

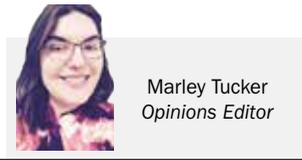
I want to address the "herd immunity" that you hear about in science classes and on the news. The idea is that a group (herd) can avoid exposure to a disease by ensuring that enough people are immune to stop the

spread of sickness in its tracks. Being a chronically ill college student, I have a weaker than average immune system. If you get sick, there's a good chance I will too under the right conditions. Don't use "herd immunity" as an excuse to skip your vaccinations.

Vaccines can save lives. Diseases that ravaged our ancestors are virtually unheard of now because of medical advances.

Everyone who qualifies for vaccinations should get vaccinated, not only to protect themselves but also to protect those who can't. We have to think beyond the mindset that vaccines are just for kids. Vaccines are for adults too.

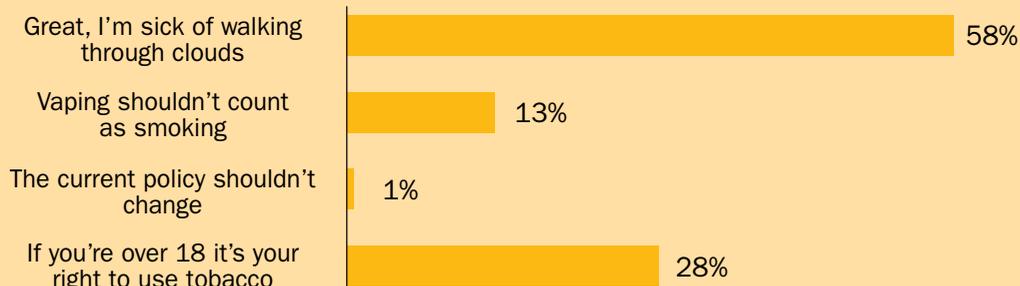
To receive seasonal vaccinations, you can visit Birkam Health Center on campus for a flu shot. Birkam will bill your health insurance for the shot, or the charge is \$25 without insurance. That might be expensive on a college student's budget but missing school and work because you got sick costs far more in the long run.



Marley Tucker
Opinions Editor

TORCH POLL RESULTS

How do you feel about Ferris' move to make campus 100% smoke-free?



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Cartoon by: Samuel McNeill | Cartoonist

GOT AN OPINION?

HOW TO SUBMIT A LETTER TO THE EDITOR:

Deadline for submissions every Friday by 5 p.m.
Angela Graf | Editor-in-Chief | Email: grafa1@ferris.edu

1. Think of a topic that you feel strongly about.
2. Write out your thoughts in a coherent and respectful manner.
3. Include a headshot and some information about yourself (location, age, etc.).
4. Email your opinion to the editor for a chance to have your work published in our next issue!

A league of my own

Sometimes finding peace means shutting down

I play League of Legends, which is a massive multiplayer online role-playing game (MMORPG) and it's extremely addicting. No, wait, sorry—it's infuriating.

Along with League of Legends, I am in a Dungeons and Dragons (D&D) group with three of my best friends from back home. The connection we built through D&D is something I brought back to Ferris with me in hopes of having an anchor to reality when school became too stressful.

Oh, I'm funny.

As with most games, there's a point where adrenaline or lack of sleep causes a player to rage and become slightly irrational. When you add in an 18 credit hour semester, pessimistic family and friends and a habit of not adhering to bedtime, the ease of irritation becomes untamable.

An instance arose recently where I could sense something was going to become more than it appeared and I attempted to talk our D&D troupe out of the impending combat. They didn't agree with me and called me a coward. Tension began to form in our well-oiled machine of a team, so I had my character leave. The battle ensued and things began to look daunting.

What did I do? After getting to say "I told you so," I came back to help and died.

I found myself deciding whether to make a new character and



Rebecca Bostic
Copy Editor

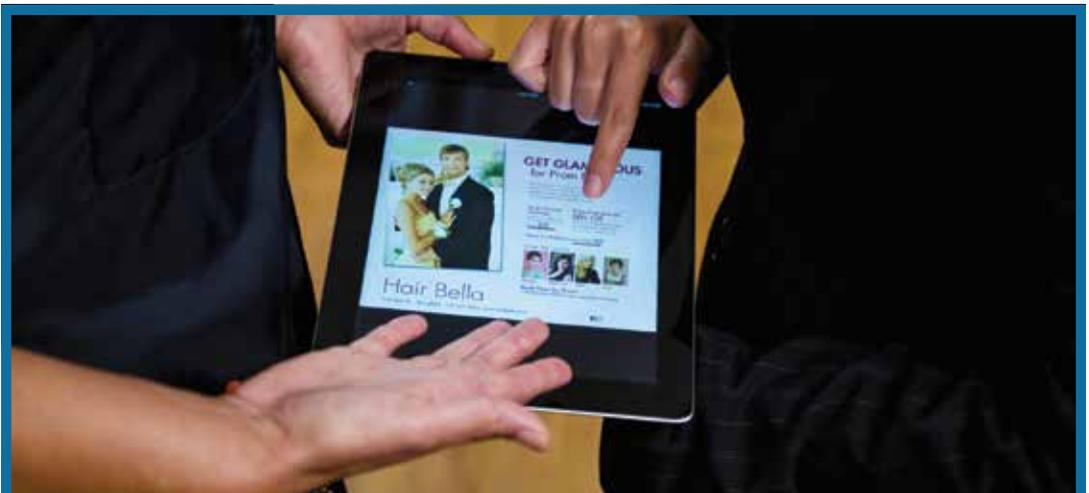
stay or just back out entirely of playing. One friend told me that apparently the three of them had been on eggshells around me for a while now, but just because of a hiccup in the game, he didn't want to lose our friendship.

So I talked to the Game Master (GM) and he asked what was going on with me besides school that could have caused me to be so out-of-character. I said family, relationships, my job and worrying about the future.

The GM compared me to 2-in-1 shampoo, adding in if it were also body wash, shaving cream and moisturizer. When you keep adding in responsibilities, you lose the ability to be the best you can be in each category because of all the other demands.

Slow down and be in the now, he told me. Be the shampoo.

I am now taking a hiatus from D&D. I will be sitting in on the game sessions to see what unfolds but will not be officially rejoining until either Thanksgiving or winter break. Until then, I will choose the student shampoo off of my shelf of demands.



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