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HERE'S WHAT'S INSIDE

REEVALUATING POLICY

The Ferris Title IX Task Force is taking a closer look at Ferris policy after the MSU Nassar Case. Read up on what students think about the task force.

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MARCH MOJO

Catch up on Ferris men's basketball recent success and their road to an NCAA Division II National Championship.

SPORTS | PAGE 10

Let's talk

Freshman survey shows record-breaking mental health statistics

Cora Hall
Torch Reporter

Mental health issues among college students in the U.S. are on the rise and many Ferris students hope that awareness about mental health will increase as well.

Often categorized as a taboo topic, mental health issues are seen as weaknesses and are not talked about out of fear of being judged, according to Ferris professional golf management freshman Ben Strong.

"People think it's fake," Strong said. "People don't believe in a lot of it, especially anxiety. A lot of people don't believe it's a thing—that it's just a made-up thing just to get attention. But I've firsthand dealt with it, so I believe that it's a true thing and that fear is stronger than anything else."

The University of California, Los Angeles' Higher Education Research Institute's annual Freshman Survey in 2016 found record-breaking statistics in regard to students' mental health. Of the incoming first-time, full-time college students surveyed, 34.5 percent reported that they frequently felt anxious and 11.9 percent said they frequently felt depressed in the past year.

"People stigmatize mental health problems and mental health problems are as common as a sore throat," Ferris adjunct instructor Joe Verschaeve said.

Out of the 13,798 students enrolled at Ferris in the fall of 2017, 1,827 were freshmen and 780 of those freshmen were from other states, as recorded in the Ferris Fact Book. According to Ferris pre-veterinary medicine freshman and Chicago native Megan Johnson, the complete change of scenery has affected her mental health.

"I moved completely away where I didn't know anybody and no one from my high school came here. So being kind of alone in this town and this whole new state, that was definitely a big thing for me because I didn't have my cat, I didn't have my friends, I didn't have my family," Johnson said.

Ferris academic advisor and licensed professional counselor Timberly Boezwinkle said that she believes mental health issues among young people are getting worse.

"I think that there are stressful things that they are dealing with now that they haven't had to deal with in the past," Boezwinkle said. "First and foremost is social media and all the contact with everybody. I think that adds to a lot of stress, personal misconceptions and a lot of confusion on many different levels that can add to that mental health component."

The Freshman Survey was based on responses from 137,456 traditional freshmen from 184 U.S. colleges and universities. In 2016, it reported that 47.3 percent of the students perceived their own mental health to be above average in relation to their peers, which is the lowest this statistic has been since the survey began in 1966. 40.9 percent of students also said they spent more than six hours a week on social media in 2016.

Comparison to others is an aspect of social media that Boezwinkle believes affects students significantly.

"I don't think they realize how much—and this is my opinion—on social media is what people want you to see. It's not

the complete story, so they are making their judgments and determinations based on very small bits of information," Boezwinkle said. "And sometimes I think they go looking for the information that they want and that's

not always accurate. It's all very superficial and quick and there's no depth in much of anything they're getting."

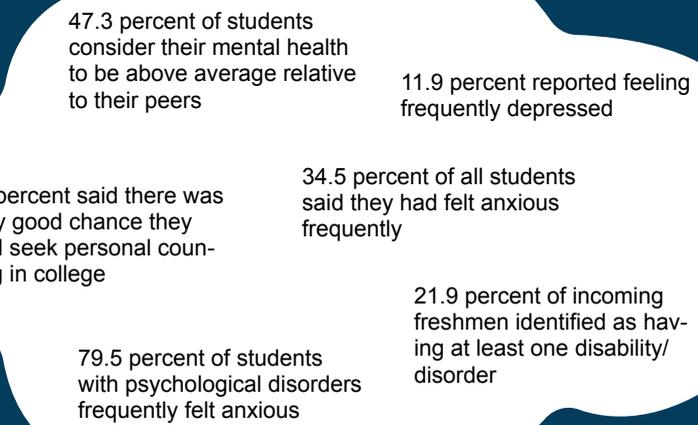
Johnson, however, said that she believes that while there are many negative things on social media, it has been positive for her mental health as well.

"I think it depends, because I do know a lot of people who have mental health issues turn to the internet. For me, I have a lot of friends I've made online, so I'm more comfortable talking to them about mental health than my own friends I see every day," Johnson said.

Boezwinkle said that most people believe that mental health isn't treatable



Megan Johnson



The above information was gathered from the UCLA HERI Freshman Survey from 2016.

Graphic by: Sarah Massey | Production Manager

and they treat it as something that identifies them. She also said that many students don't always know what it means to have anxiety or depression.

"Anxiety and depression actually, if treated effectively, can go away. I think there are probably people struggling with anxiety and depression and don't know it," Boezwinkle said. "Anxiety, yes, is nervousness but there is so much more to each one of those. If you're depressed, it doesn't always present as being sad or down. Oftentimes, you know, there's much more to it and there are varying degrees of it."

The Personal Counseling Center on campus is open 8 a.m. to noon and 1 to 5 p.m. with crisis walk-ins available for students who are struggling with suicide. Students can also call the National Suicide Prevention Line at (800) 273-8255.

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NEWS

“Show that you are taking action and not just ignoring the issue.”
- Deprece Kelly - See below for story

Harley Harrison | News Editor | harrih12@ferris.edu

Re-evaluating policy

Investigations at MSU
mobilize Ferris administration

Cora Hall
Torch Reporter

A task force has been assembled per Ferris President David Eisler's request to review Ferris' current policies on sexual assault.

The trial at Michigan State University concerning MSU team physician Larry Nassar has generated national attention and has caused many other universities to examine their own practices in response. The last time Ferris convened a task force specifically in regard to sexual assault policies was in 2014 after the Questions and Answers on Title IX Sexual Violence was posted that April by the U.S. Department of Education.

Ferris news services and social media manager Sandy Gholston, who has been at Ferris since 2007 and was a member of the 2014 task force, explained that Eisler has been reactive and proactive to situations at other universities in the past.

“[He's been] reactive to a situation that's happened at another institution to see what's happened there and see what we can learn from it. So, in a sense, he's been reactive to that situation and then proactive to see what we can do at Ferris to take a look at our policies to see are we doing things the right way,” Gholston said.

Legislation is changing statewide and nationally, such as the U.S. Department of Education's withdrawal of the Dear Colleague Letter on Sexual Violence from 2011 and Questions and Answers on Title IX Sexual Violence from 2014. According to the Detroit Free Press, Michigan legislators gathered on Feb. 26 to unveil a 10-bill package to reform sexual assault laws to make strides toward preventing sexual violence.

Nassar was sentenced to a 60-year federal sentence for possession of child pornography, 40 to 175 years from Ingham County and 40 to 125 years from Eaton County in state prison for sexually assaulting young women and girls during supposed medical procedures. This has brought an investigation upon the university by the Michigan Attorney General and the National Collegiate Athletic Association.

There is not currently a student included in the task force and task force representatives declined to meet with the Torch. However, in an email from head of the task force, Ferris Vice President of Student Affairs Jeanine Ward-Roof, it was made clear that student opinions would be involved through a focus group and the climate survey sent out to students via email on Feb. 11.

“I'm happy that we are getting ahead of it versus not responding in the case of MSU or some of the other schools,” Ferris accountancy and business administration senior and president of student government Patrick Maloney said. “It's important to be ahead of it and I think the university recognizes that.”



Patrick Maloney

Ferris respiratory therapy senior Deprece Kelly said she doesn't believe the email will generate enough responses to be accurate and believes that it is important that students are involved.

“I'm a huge believer in getting students involved in anything like this on campus because it is a university, it is for the students,” Kelly said. “Faculty does really well but I also think faculty isn't in that student position and from whenever they went to school, things are so different now, so it's always good to have a younger point of view.”



Joseph Rockwell

Other students have agreed with Kelly's statements on student involvement as well.

“I definitely think that student input at a college like this is important because the number of students greatly outnumbers the administrators and we are the ones on campus all the time,” Ferris business administration sophomore and student government parliamentarian Joseph Rockwell said. “But I definitely think that the focus group and climate survey is a step in the right direction.”

The administration's lack of transparency in the process of setting up the task force and answering questions thus far has caused concern among students.

“I think administrators should be open to students—to listen to them—and when the information is made available, then they should go to the student reporters or they should go to those who are going to disperse the information to the students most rapidly and most effectively,” Rockwell said.

Kelly expressed that she believes Ferris' administration should be transparent in regard to sexual assault and policy changes in the future.

“Don't ignore it, take it seriously and do something about it,” Kelly said. “Show that you are taking action and not just ignoring the issue.”

FERRIS TASK FORCE MEMBERS:

- Lindsay Barber (Director of Birkam and Personal Counseling Centers)
- Bruce Borkovich (Director of Public Safety)
- Nicole Dekraker (Director of Student Engagement, Kendall)
- Kevin Carmody (Title IX Coordinator)
- Jocelyn Goheen (Director of Student Services, EIO)
- Annette Jackson (Dental Hygiene Clinic Operations Supervisor)
- Arrick Jackson (College of Education and Human Services Dean)
- Lisa Ortiz (Assistant Director of Residence Life Programs)
- Victor Piercey (Associate Professor, Math)
- Kylie Piette (Director of Equal Opportunity)
- Joy Pufhal (Dean of Student Life)
- Lisa Roach (Optometry Clinic Operations Supervisor)
- Cami Sanderson (Professor, Humanities)
- Jeanine Ward-Roof (Vice President for Student Affairs)
- Perk Weisenburger (Director of Athletics)
- Gary Wendlowsky (Senior Coordinator of Campus/Conferences)

10-BILL PACKAGE OF LEGISLATION WILL:

- Extend the statute of limitations for civil and criminal sexual abuse claims to 30 years after a person's 18th birthday
- Increase the penalties for possessing child pornography
- Expand the number of people who are mandated to report complaints of sexual abuse to include coaches, athletic trainers and physical therapists, and increase the penalties for failing to report cases
- Clarify the law to ensure that governmental entities, including universities and colleges, do not have immunity from civil or criminal cases of sexual assault

The above information was gathered from The Detroit Free Press.

Triple threat

Three-in-one computer software course

Landry Shorkey
Interim Reporter

Interested in expanding your knowledge of useful computer software? A class is now being offered that may be perfect for you.

During the 2018 fall semester, students will have the opportunity to take a course on creating professional digital documents. The focus is on the Adobe Creative Suite, which combines InDesign, Photoshop and Illustrator.

Ferris graphic media management professor John Conati thinks that taking the class will be beneficial to everyone, because it is intended for beginners who may have no prior knowledge on the material.

“Any company that produces books, brochures, posters, stickers, all that stuff, will use those three software to create them. A

lot of people, if they want something printed, will say ‘I want to design it myself because I can do it,’” Conati said.

Anyone who is enrolled in a major that requires a high school vocational graphics class but did not have one available to them will want to register for this course. It is also



Allison Samp

one of the courses students can take to earn a certificate in graphic media production.

Ferris freshman Allison Samp is undecided in her major but is eager to learn more about the Adobe Creative Suite regardless of the field that she chooses to study.

“I'm thinking about possibly going into graphic design and I didn't know that was

a class, so I would definitely look into that. People still use Photoshop for personal projects and stuff, so I think it's definitely a useful course. If you're in a Registered Student Organization and need to make a poster, you can say ‘I know how,’” Samp said.

Students who are further along in their major expressed regret in not having this opportunity. Ferris graphic design sophomore Adam Pedersen wishes he could have taken the course.

“I think having a class such as this would have greatly helped my understanding of the software and in turn made my classes quite a bit easier, since many of us go into programs that require us to know how to use this software when we have little to no experience,” Pedersen said.

Conati will be teaching one section next fall. Participants will have two hours of lec-

ture and three hours of lab with computer access each week and earn a total of three credits.

By the end of the course, students will be proficient enough with the software to create a book on any topic of their choice that will be printed out for them to keep as a testament to their hard work throughout the semester.

“When they're done, they're not going to know everything about it but they're going to feel comfortable working with the software. I teach a course in just Photoshop, a course in Illustrator and a couple in InDesign, so we take it to the next level for our students. It's a fun, enjoyable, beginning course. If you come and you be here, you'll do well,” Conati said.

- ON THE RECORD -

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

Doobies in the Mystery Machine

Harley Harrison
News Editor

Strife in Robin

Feb. 22, 7:49 p.m., officers responded to a non-aggravated assault in Robin Court. Two subjects were referred to the Office of Student Conduct.

Party hard

Feb. 24, 12:22 a.m., officers investigated a liquor violation at the intersection of State Street and Ferris Drive. One citation was issued and one subject was arrested.

Vandals in Vandercook

Feb. 24, 10:25 a.m., officers assisted staff in Vandercook Hall with reports of disorderly conduct and damage to property.

One warrant was issued and one student was referred to the Office of Student Conduct.

Get outta here

Feb. 24, 7:08 p.m., officers assisted hall staff in a report of trespassing in Vandercook Hall. One subject was arrested.

Justice is served

Feb. 25, 12:30 a.m., officers investigated a report of obstruction of justice in Finch Court. One suspect was arrested.

A rough night

Feb. 25, 1:06 a.m., officers received a report of damage to property and disorderly conduct on the 200 Block of Dekraft Avenue. One suspect was arrested.

Dealers get caught

Feb. 25, 7:29 p.m., officers assisted staff in McNerney Hall with a report of possession with intent to deliver and a narcotics equipment violation. Two warrant requests were submitted to the prosecutor's office and two students were referred to the Office of Student Conduct.

Down on their luck

Feb. 26, 10:27 p.m., officers discovered a possession of controlled substances in Lot 3. One citation was issued and one subject was referred to the Office of Student Conduct.

Doobies in the Mystery Machine

Feb. 27, 11 p.m., officers investigated a

controlled substance violation in Lot 9. Five subjects were referred to the Office of Student Conduct.

The gang gets caught

March 1, 7:14 p.m., officers received a report of stolen property on the 900 Block of Bjornson Street. Four suspects were referred to the Office of Student Conduct.

Parking lot troubles

March 1, 10:53 p.m., officers investigated a narcotics equipment violation and a report of a possession of controlled substances in Lot 28. One citation was issued and two subjects were referred to the Office of Student Conduct.

WEEKLY WORLD NEWS

Catch up on news around the globe

Harley Harrison
News Editor

Canada

Brenda Lucki has been named the commissioner of the Royal Canadian Mounted Police, making her the first woman to be leader of the national police in Canada. Prime Minister Justin Trudeau appointed her after years of accusations of harassment, sexual assault and other scandals.

Original story by Reuters, March 10, 2018. *The New York Times*.

Turkey

24 journalists have been sentenced to prison by a Turkish court that ruled that the journalists were linked to a religious sect that is considered a terrorist group by the government. 22 of the

journalists were convicted to six to seven years in prison for being members of an armed terrorist group. Many of the journalists were also former employees of Zaman, a major newspaper that the government shut down in 2016.

Original Story by The New York Times, March 9, 2018. *The New York Times*.

Brazil

237 deaths have been reported since July of 2017 as a result of the worst yellow fever outbreak in decades in Brazil. The virus is on the brink of becoming first-blown urban epidemic since 1942 in Brazil. Yellow fever is spread by mosquitoes and health officials are struggling to vaccinate the 23 million people at risk.

Original story by Shasta Darlington and Donald G. McNeil Jr., March 5, 2018. *The New York Times*.

NEWS BRIEFS

Harley Harrison
News Editor

Culture is pride

Join Sigma Lambda Gamma Thursday, March 15, from 6:30 to 8 p.m. in IRC 131 for a night of cultural enrichment. The event will include food, games and prizes. For more information, please contact Diana Giles at (231) 742-0821.

Battle of the bands

Come to Cranker's Brewery Saturday, March 17, from 7 to 10 p.m. to vote for the best band. The winner will win a free music video produced by the Media Communications Association. Questions can be directed to Dominick Dempsey at dempsed3@ferris.edu.

Five-Star Event: "Take Back College"

Attend "Take Back College" to hear guest speaker Ryan Penneau discuss the best ways to gain future leadership skills. The event will be Monday, March 19, from 7 to 8:30 p.m. in University Center Room 202.

Torch Corrections

Did we make a mistake?

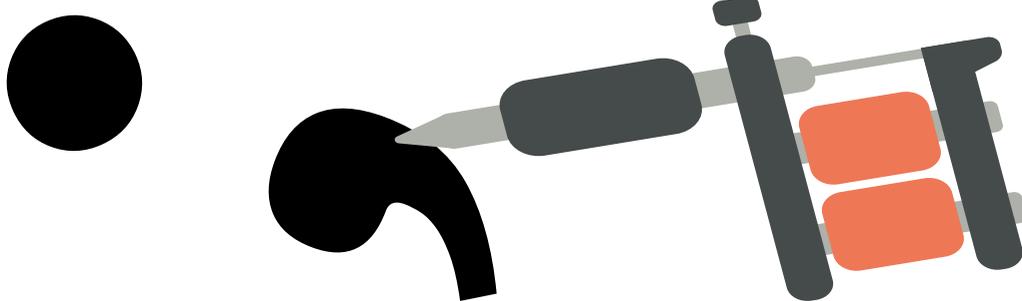
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Ink therapy

Local business using tattoos to help community



Graphic by: Sarah Massey | Production Manager

Grant Siddall
Torch Reporter

Lighttouch Tattoo is offering discounts to show their support for suicide awareness.

On March 15, Lighttouch Tattoo will be offering \$30 semicolon tattoos and \$25 semicolon piercings all day long. Lighttouch will be donating 100 percent of earnings from the event—including tips—to West Michigan Survivors of Suicide (WMSOS).

The semicolon has become a universal symbol for suicide awareness. According to suicide awareness and prevention website Project Semicolon, "A semicolon is used when an author could've chosen to end their sentence but chose not to. The author is you and the sentence is your life."

"We started to notice that a lot of people around

here have been affected by suicide. We felt like we wanted to help out the community and we weren't sure exactly what to do," Lighttouch Tattoo owner Jesse James said. "We really wanted to make sure that we were doing something local, so we did our research and found that there is a place locally that can help people out, so we're doing that."



Jesse James

According to their website, WMSOS meets in Big Rapids twice a month and works to create a safe environment for people to talk about suicide as well as help people who are impacted by suicide.

Tattoo | see page 5



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Furry little secret

Students house pets illegally on campus

Megan Lewton
Torch Reporter

Ferris housing only allows students to keep fish as pets. However, for some students, an aquatic animal isn't enough.

Some Bulldogs are living with illegal animals in residence halls. A variety of different pets are hidden by these students, ranging from small animals like rodents and reptiles, to larger animals like dogs and cats.

This is true of an anonymous female Ferris senior, who lived with a kitten in a residence hall.

"I kept her a secret by making sure she was well-trained and behaved while I was gone. As for fire drills, I would take her to my car before the alarms went off and would wait until the drills were done. When I would go home for weekends or breaks, she'd come with me," she said.

She also said that many people knew about her kitten, such as people in her program and even the Resident Assistants (RAs). However, when she was caught living with her kitten on three occasions by an RA, she was told to remove the pet.

"At first it was OK, and then the second time I was told to get her out or I'd be documented. Then the final time I was caught with her, I was told I was being documented. However, my RA never asked my name, my student ID number and never told me what was going to happen. She just said she was documenting me when she got back from an RA meeting and if my kitten wasn't gone before she got back, I'd be in trouble," she said.

She said her kitten was an emotional support animal approved by Ferris Disabilities Services, but she still had to remove

her pet to avoid consequences.

"I was approved through Ferris' disability office to have an emotional support animal, which allows me to have any animal live with me even if an apartment, dorm or house doesn't allow pets. So technically, I shouldn't have had to remove my kitten," she said.

The anonymous female senior isn't the only student who lived with a furry friend. An anonymous male Ferris senior and RA said that students will work hard to bring in prohibited pets and keep it a secret.

"Some residents will try what they can to bring in animals and do their best to hide them in places like the armoire, in the bathroom or in closets," he said.

He said he has found two cats and one dog living illegally with residents.

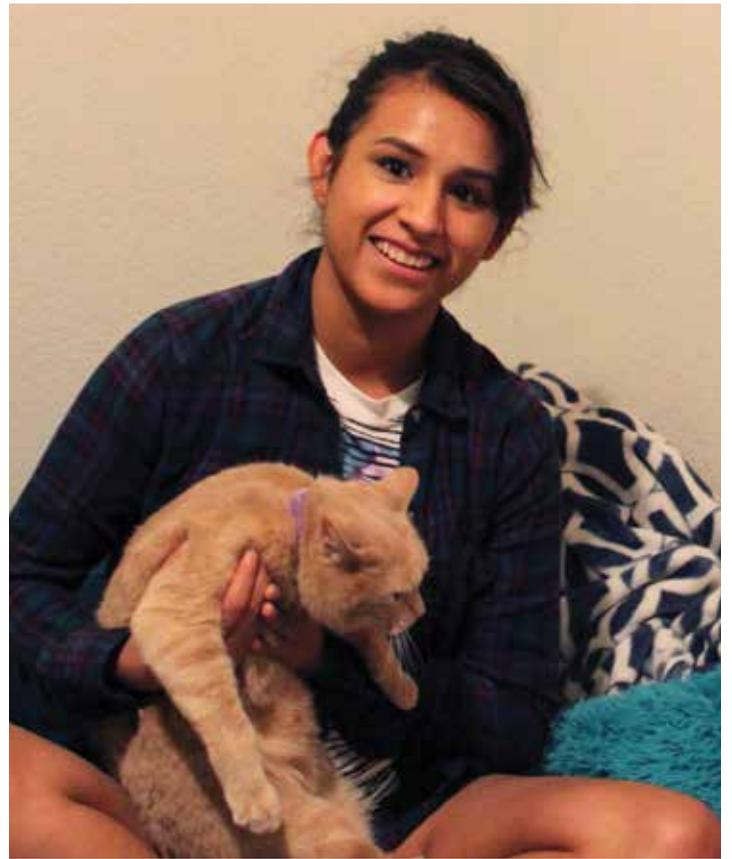


Photo by: Kaitlyn Kirchner | Torch Photographer

Ferris cat, Baxter, had to go through a formal registration process to be allowed to stay with his owner on campus.

Getting the boot

Why you should pay for your parking tickets



Photo by: Kaitlyn Kirchner | Torch Photographer

Parking tickets can cost between \$10 and \$20 at Ferris.

Grant Siddall
Torch Reporter

When parking on campus, students must constantly be aware of where they are parking or they might be subject to parking tickets.

Ferris' Department of Public Safety (DPS) issued 13,971 parking tickets last academic year and they have issued 8,325 this year, as of Feb. 26. These tickets come from a variety of parking violations including parking at an expired parking meter and parking in a lot without the correct parking pass on the vehicle.

For some students who are on the receiving end of tickets, they think the process might be a little harsh. Ferris plastics engineering junior Jacob Daniels said that he has gotten two tickets on campus, one at the Rock and one at West Campus Suites.

"The first was \$10 and the second was \$20. The first was fine but I thought the second was a little expensive," Daniels said. "I think that the rules are fair. All rules are put in place for security purposes. The pricing, however, I didn't think was fair—to be late by a few minutes to a meter costs \$20."

For the students who don't pay their tickets, they may find their vehicle with a parking boot or even lose the right to park on campus.

According to DPS rules, "Vehicles with six or more outstanding parking citations may be immobilized with a wheel lock or may be towed at owner's expense. All fines and fees must be paid before a vehicle is released."

The rules also state that anyone who receives more than six parking violation notices in a three consecutive month period may also lose their parking privileges. The fines and fees associated with a parking boot or wheel lock usually means paying all tickets and paying \$20 to remove the parking boot.

According to DPS Office Supervisor Julie Courtney, DPS placed parking boots on 83 vehicles in 2017. This averages out to 1.59 per week but Courtney also said that DPS may go several weeks without immobilizing a vehicle and then have to immobilize six vehicles in one week.

"They have these rules on parking for a reason and sometimes they seem unfair but without them, there would probably be more problems with parking," Ferris criminal justice junior Sam Costanzo said. "Enforcing parking helps keep emergency lanes from being blocked so if police or the fire department need to get through, they don't have to worry about cars blocking the way. It keeps people from parking in business lots and preventing people who actually need to get into the business from struggling to park."

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Catching a break

Students travel during their time off



Submitted photo

Ferris applied speech communication sophomore Tristan Schibner (center) poses with his family at Joshua Tree in California.

Megan Lewton Torch Reporter

As the first few days of March concluded, many students traded backpacks for suitcases and headed on vacation for spring break.

Bulldogs visited a variety of different places for a variety of different reasons. Some enjoyed warm weather while others faced the cold to travel during their break.

Juarez, Mexico

Ferris product design engineering technology senior Ashley Smith spent spring break doing charity work.

Smith went to Juarez, Mexico, where she worked with her RSO, His House Christian Fellowship, to build houses for those in need. According to Smith, 22 Ferris students and seven students from Northern Michigan University went on the trip.

"The main portion of the trip was spent building houses for two families in Juarez. We had enough people on the trip to build one house per team," Smith said.

Smith's team built a house for the Rincon family, who expressed gratitude once the building was completed.

"My absolute favorite part was after we finished the house and had the opportunity to dedicate the house to the family. Javier, the father of the family, shared with us his gratitude for everything that we had done for him and his family and he gave all the glory to God, thanking Him for us, the house and for everything," Smith said.

Smith said the group also read scripture and prayed over the house and the family following the house's completion.

"Overall, it was a really great experience. I am glad I was able to join in the work God has been doing in Juarez," Smith said.

Napakiak and Anchorage, Alaska

Ferris undecided sophomore Eric Los endured colder weather during his trip to Napakiak and Anchorage, Alaska.

Los said he went with one of his sisters, Ferris alum Angie VanAntwerp, to visit his other sister, Ferris alum Jenny Lanning, and his brother-in-law, Peter Lanning.

"We visited my sister, who is a first grade teacher in Napakiak and we helped her teach her class," Los said. "It was very difficult saying goodbye to the first grade class."

Los also spent three days in Anchorage, Alaska. "Coincidentally, we got there right when they were starting the Iditarod, the biggest dog sled race in the world. There was a huge festival with fair rides, snow sculptures and a fur auction. At the start of the Iditarod, they had the 'Running of the Reindeer,' where we were able to run down the streets alongside reindeer," Los said.

Los said he enjoyed the trip, despite Alaska having colder weather than Michigan.

"It was a great experience, seeing a different part of the world and trying all the different kinds of food. I learned a lot about their culture and how different their way of life is from ours," Los said.

Yucaipa, California

Ferris applied speech communication sophomore Tristan Scribner had some family time during his vacation to Yucaipa, California.

Scribner went with his mom and brother to visit his grandparents, aunt and uncle, who live in Yucaipa.

"We like to go see my 97-year-old grandfather and spend time out there with my aunt and uncle. They housed us so we wouldn't have to pay for a hotel," Scribner said.

Scribner and his family visited many destinations during their time in California.

"On this trip, we went to many Arabic shops and restaurants because they are our favorite, hiked in Joshua Tree National Park, toured the Queen Mary and just spent time with family," Scribner said. "We go to Joshua Tree every year we go to California. It happens to be my favorite place to go over there."

Scribner also went to Huntington Beach and Desert Hot Springs.

"It was great. We had so much fun. Our vacation definitely made our week so much fun," Scribner said.

Tattoo

Continued from page 3

"Events like this are important because there are so many people out there that are plagued with thoughts of suicide daily, on top of whatever other mental health issues they may be going through. Events like this can send a message to these people. They aren't alone and the help they need is out there," Ferris digital animation and game design senior Hannah Mulkey said. "The fact that the proceeds also go to a charity for suicide prevention is amazing and I have an even higher respect for the em-

ployees of Lighttouch."

James said that, while this is the first charity event that Lighttouch has done, events they have held in the past have had massive turnouts and that they're expecting this event to be equally as busy. He also added that they're not doing appointments for the event so all tattoos and piercings will be on a walk-in basis.

"I would say show up as soon as you can and stick around until you actually get in. It may be a little bit of a wait, we're not really sure yet but it will be worth it," James said.

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Pharmacy	Tara Lee	(231) 591-2249	PHR 312
DCCL	Megan Biller	(231) 591-2710	ALU 113

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 March 22th, 11:00 am – 5:00pm in the University Center – Multi Purpose Rooms or starting March 22th - April 24, 2018 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 (6) six tickets. Electronic tickets will be available for students to reserve or print **starting March 22, 2018**. Extra tickets are not distributed and lost tickets will not be replaced. **Tickets must be reserved by Thursday, May 3, 2018 at 11:59 pm.**

Commencement Program – Graduates must complete their online graduation application by **Friday, February 23, 2018 for their names to appear in the Spring 2018 Commencement Programs** 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.

Friday, May 4

Time	College
3:30 pm	College of Health Professions Michigan College of Optometry
7:00 pm	College of Arts & Sciences College of Pharmacy Doctorate in Community College Leadership

Saturday, May 5

Time	College
9:00 am	College of Education & Human Services
12:30 pm	College of Engineering Technology
4:00 pm	College of Business

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

“Well, the teacher didn’t really seem to care about the students—like our well beings.”- Brenna Besko - See page 8 for story

Alicia Jaimes | Lifestyles Editor | jaimesa@ferris.edu



An Irish history

Exploring the past to understand the present

Briana Hammontree
Torch Reporter

St. Patrick’s Day has always been popularly known for wearing green and drinking your weight in alcohol.

While many students understand there is some form of meaning behind the holiday, they aren’t sure what that meaning is.

“I know it’s about Irish heritage. I guess it’s never been talked about or discussed ever since growing up, you don’t really get a background of it. You sort of just have the mentality of you wear green and then you don’t get pinched,” Ferris biology pre-med junior Simi Kaur said.

According to History.com, St. Patrick’s Day serves as a celebration of Saint Patrick—the patron saint of Ireland. It initially began as a religious day of feasting during the 17th century but as the holiday began to become more globally celebrated it took on other festivities such as parades, music, dancing, wearing green and special meals.

Unlike many celebrators of the holiday, Ferris social work senior Samantha Colavecchia doesn’t partake in the heavy drinking activities.

“St. Patrick’s Day, to me, is hanging out with friends. Oh, and really good food. My family makes an Irish meal every St. Patrick’s day, which is boiled cabbage, brisket and potatoes, onions and carrots. I really like food more than the drinking,” Colavecchia said.

St. Patrick’s Day is widely popular in Ireland to “drown the shamrock” or “wet the shamrock,” meaning at the end of the celebrations a shamrock is put into the bottom of a cup, filled with alcohol and the drunk in a toast to St. Patrick, either being swallowed or taken out and thrown over the shoulder for good luck.

The color green is associated with Catholics in Ireland. However, in an article written by Independent called “St Patrick’s Day today: Who was Ireland’s patron saint? Why wear green? Why do you pinch someone?” legend tells that pinching people who aren’t wearing the color green revolves around the idea of leprechauns and that wearing green makes you invisible to them.



St. Patty’s Day beverages

Quench your thirst this Saturday

Alicia Jaimes
Lifestyles Editor

Shamrock Juice Cocktail

Ingredients: 1/2 ounce gin
1/2 ounce white tequila
1/2 ounce light rum
1/2 ounce vodka
1 ounce Blue Curacao
4 ounces orange juice

Directions: Pour in the liquors and top off with orange juice.

Irish Flag

Ingredients: 1/3 shot green crème de menthe
1/3 shot Licor 43
1/3 shot Irish cream

Directions: Carefully layer the ingredients in a shot glass in order.

Green Dragon

Ingredients: 1 1/2 ounces gin
1/2 ounce Kummel
1/2 ounce green creme de menthe
1/2 of a lemon
4 dashes of orange bitters

Directions: Combine all the ingredients in a shaker with ice. Shake thoroughly and strain the mixture into a chilled cocktail glass.

Gold Emerald Shooter

Ingredients: 1/2 ounce vodka
1/2 ounce Goldshlager
1/2 ounce Midori

Directions: Fill a cocktail shaker with ice and pour in all three ingredients. Shake until it’s thoroughly chilled. Strain the mixture into a shot glass.

Lucky Leprechaun Rum Punch

Ingredients: 1 bunch fresh mint, stems removed, plus more for garnish
2 packages Kool-Aid Lemon-Lime unsweetened drink mix
8 cups chilled pineapple juice
1 bottle (2 L) carbonated lemon-lime soda, chilled
2 bottles (750 ml) white rum, optional
2 sliced lemons
3 sliced limes

Directions:

Rim glasses: Place Lucky Charms marshmallows in a Ziploc bag and crush into small pieces. Pour out onto a plate and set aside. Dip glasses in honey then in crushed marshmallows.

Make the punch: Muddle mint with Kool-Aid in punch bowl or pitcher.

Add pineapple and stir until mix is dissolved.

Stir in soda, rum and fruit just before serving.

Serve: Pour punch carefully into rimmed glasses and add a few extra slices of citrus and a sprig of mint.



Cartoon by: Samuel McNeill | Cartoonist

Breaking into advertising

Building a family of ad lovers

Kat Merby
Torch Reporter

AdGroup is a Registered Student Organization that seeks to assist other student-operated organizations on campus with promoting events and gaining publicity.

"As president, I get to collaborate with different organizations by helping them to market their events. As an RSO, we get to share our skills to help them out," Ferris advertising and integrated marketing communications senior Lucas Gillis said.

Gillis has been president of the organization for one year. As president, Gillis has some goals in mind for the organization, which include increasing members and to increasing the number of activities that members can put on their resume while involved with AdGroup. Some of the resume-building activities include workshops, agency tours, conferences and the National Student Advertising Competition (NSAC).

AdGroup has been going to NSAC for a few years. Ferris' AdGroup is able to go to this because they are a part of the American Advertising Federation, which runs the competition. At the competition, universities are assigned a big-name client and the point of the competition is to see which group can create the best advertising campaign for their client.

Last year the AdGroup placed third in their district out of 18 teams.

Those who are on the e-board get to decide many of the activities that the rest of the RSO members do.

"As vice president, I get to set up the agency tours that we go on and it's a great networking opportunity," Ferris advertising and integrated marketing communications senior Nicolette Shirley said.

Shirley's experiences with AdGroup and being on the



Photo by: Megell Strayhorn | Torch Photographer

AdGroup welcomes new members to check out their organization on Facebook at Ferris State AdGroup.

e-board have improved her leadership skills. In return, these experiences helped her to obtain the current internship she has at Aflac.

"Touring with agencies and getting to know them really boosts my confidence," Ferris advertising and integrated marketing communications senior Kaitlin Tobak said.

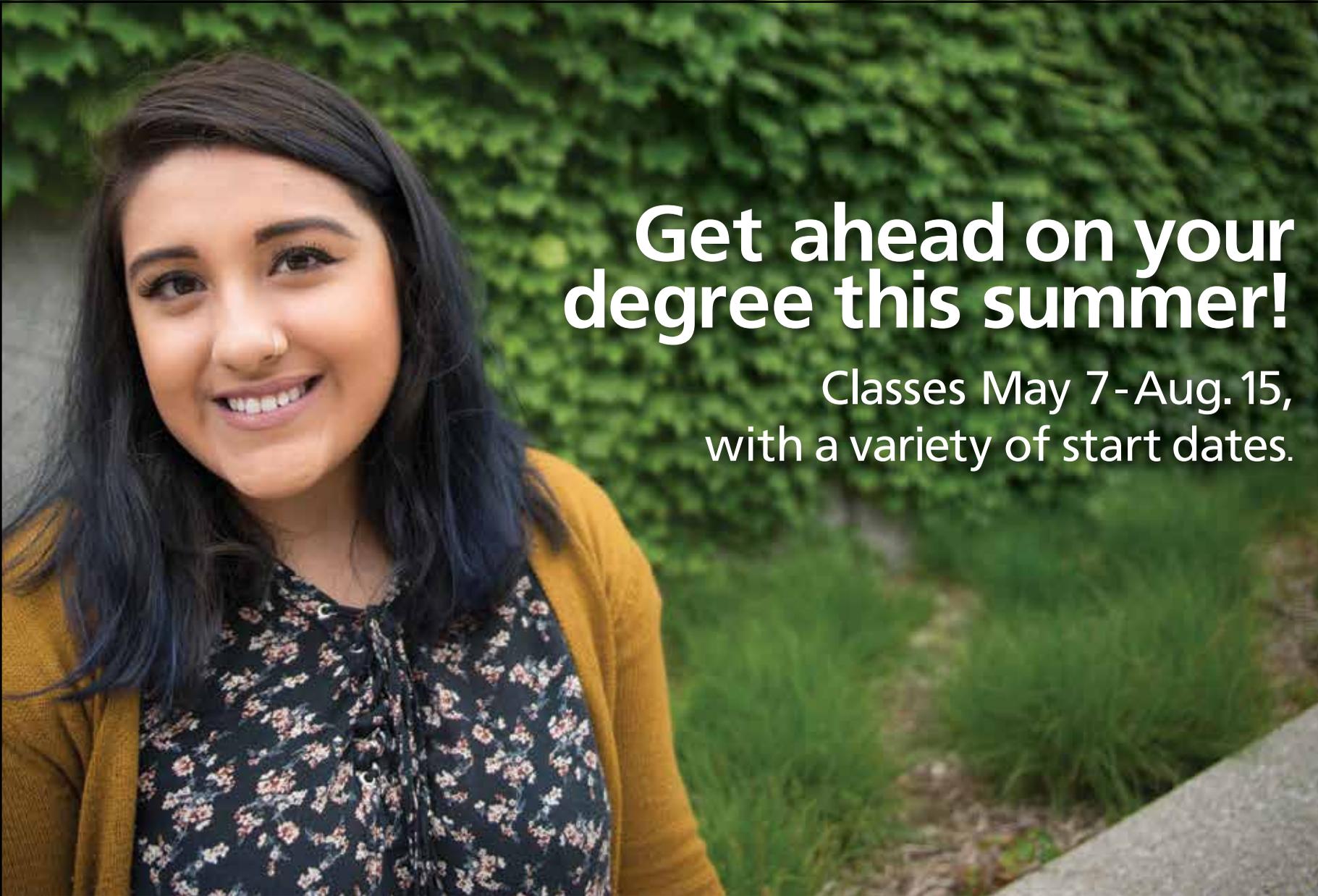
Last semester, Gillis and Tobak went to a two-day digital marketing summit in Chicago. The students had the chance to attend workshops and talk to people who are very influential in the industry.

Every year, AdGroup does a major fundraiser, which is

homecoming parade advertisements. The members wear advertisements while walking in the parade and sell those advertisements to businesses.

Some other things that are discussed include socials, potential agency tours and Ad of the Day. During the Ad of the Day section of the meeting, the different aspects of a trending advertisement are discussed by the members.

A prospective member is welcome to attend a meeting to get to know members on Thursdays in BUS 202 at 11 a.m. Dues are \$70 per semester and the group can be found on Twitter, Facebook and Instagram.



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BAD REPUTATION

Students lodge complaints against Ferris faculty

Briana Hammontree
Torch Reporter

English 150/250

"I took the same professor for both English 150 and English 250. The biggest problem with that was the class overall wasn't very engaging. One thing I also noticed was over both English 150 and English 250, it was literally an identical lesson plan—to the point where I was turning in the same essays for both classes and got an identical grade for both classes. Honestly, the way she taught was a little insulting. It was taught as if we were more elementary students rather than college students. Like one time, she wanted us to write descriptively and in order to do that instead of really reaching us the tricks and the skills of doing that, she brought in dollar store toys—and this is an 8 a.m.—and she handed me a slinky and told me, 'Play with this slinky for like five minutes and think about it descriptively,' and I've never been more depressed playing with a slinky. I'm thinking, 'I've paid hundreds of dollars for this experience,' and I truly came away feeling like I wasn't improved as a student, but instead merely showed up for a grade." – Ferris plastics and polymer engineering junior Logan Dunsmore

Intro to Sociology/Criminal 110

"I had a blind professor in Intro to Sociology and he

retired recently but he tried making me take the midterm instead of going to my grandpa's funeral. And instead of showing up to midterm, I went to my grandpa's funeral and he flunked me, so I had to drop the course. There was also another professor who taught Criminal 110 and she discriminated against me—actually called me a retard because I wasn't able to spell a word correctly, which I was only one letter off—and said that I would never make it in the criminal justice program and that I should just switch courses." – Ferris criminal justice junior Katelyn Williams.

Genetics 101

"The class is bad because even though the professor is sweet, she's too old to be teaching. No one can ever hear her in our lecture hall or in lab. She reads the slides but still doesn't explain things properly. I go to tutoring three times a week and learn through my tutor. Also, she confuses things in lab and will tell me the complete opposite of what we are supposed to be doing or mark something wrong when it's right, so I also have to go to my tutor." – Ferris pre-veterinary medicine freshman Megan Johnson

Calculus

"Well the teacher didn't really seem to care about the students—like our well beings. He was more worried

about flying through the material, he wasn't open to answering questions, had a heavy accent and when you did ask him a question, he said he didn't have time. He just wasn't open to help. Also, his tests were really long to the point where you didn't have enough class time to complete the test, because a majority of the class, like 90 percent, didn't finish." – Ferris pre-med junior Brenna Besko

Property Law

"The professor has retired since I have taken this class but he would always sleep in the IRC before class and would almost miss class because of this. One class period he never canceled class until we were all there and someone came in to tell us he wasn't coming in that day—he went to a Trump rally instead." – Ferris sports communication and legal studies senior Jackie Merillat

Math 115

"I had a professor that I had to take freshman year or sophomore year, who just wasn't feeling it. He didn't enjoy the class, he didn't enjoy us, we didn't enjoy him. It was sort of a mutual thing. He didn't really explain things really well and I think he just didn't want to teach the class, because you could tell he was going to retire pretty soon." – Ferris advertising senior Adam Crookston

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SPORTS

"Each game is a new battle and having a few tough wins under our belt will definitely help us be able to stay focused, calm and have a 'never give up' sort of attitude in close games." - Jacki Stone - See page 11 for story

Brendan Samuels | Sports Editor | samuelb1@ferris.edu

March mojo



Photo by: Sam Cavotta | Torch Photographer

Ferris senior wing DeShaun Thrower eyes his opponent as he moves the ball down the court. The Ferris men's basketball team is on fire as they continue to march towards a potential NCAA Division II National Championship.

Ferris men's basketball advances to host Midwest Regional Final

Danny Collins
Torch Reporter

The Ferris men's basketball team advanced to the Midwest Regional Final on Sunday, March 11, as they defeated the Lake Superior State University Lakers for the third straight time 94-71 in the Midwest Regional Semifinal.

The Bulldogs came into last weekend's National Collegiate Athletic Association (NCAA) tournament as the No. 1 overall seed in the Midwest Region, with the potential of hosting the first three rounds for the first time in school history.

Ferris defeated the eighth-seeded Ohio Dominican Wildcats in the first round of the tournament 75-57, on March 10 in Jim Wink Arena.

The second round matchup between the Dawgs and the Lakers was the fourth time the two teams have met this year.

Earlier this season, the Lakers handed the Bulldogs their only loss of the season in a 79-74 final on Dec. 16 at Bud Cooper Gymnasium in Sault Ste. Marie.

Since the loss, the Bulldogs have figured out the key to success against the Lakers and have dominated them.

The Bulldogs had beaten the Lakers two of the last three contests, including their historical fourth-straight Great Lakes Intercollegiate Athletic Conference (GLIAC) Championship with a 69-61 win over LSSU on March 4 in Jim Wink Arena.

"We've focused a lot of our time on defense. Coach Bronkema made some adjustments after the loss in how we defend screens and guard their shooters that has not only helped us beat them but also continue our winning streak with other teams," Ferris junior center Zach Hankins said. "We feel such a strong rivalry with them that makes a win feel so much better."

Hankins was honored as the GLIAC Tournament Most Valuable Player, in addition to Ferris' senior guard Drew Cushingberry and senior wing Noah King receiving GLIAC All-Tournament Team awards.

Spectators of Ferris basketball can feel the excitement and intensity in the air with this team. In recent years, the Bulldogs have had GLIAC Champions and All-Americans, however, the feel of this team is distinct from past teams.

"The biggest difference between us and those previous teams I think is our chemistry," Ferris sophomore wing Greg Williams said. "We all like each other, always hangout and believe in one another on the floor. Our depth is key, so when our starters are out, our bench can keep up the tempo and the intensity until they

check back in."

The team currently has sole possession of the best record in NCAA Division II basketball with a nation-leading 34 wins. The team currently sits at 34-1 overall on the season.

The victory against LSSU in the Midwest Regional Semifinal also marks the 22nd straight win for the Dawgs.

"Our goal is to get to the Elite Eight right now," Hankins said. "It has only been done once and we missed our chance a few years ago and after that we want to win that national championship."

The Bulldogs are set to face-off against the third-seeded Findlay Oilers in the Midwest Region Final on Tuesday, March 13, at 7 p.m. in Jim Wink Arena.

The Bulldogs will be looking for revenge as last year their tournament run came to an end at the hands of the Oilers in a 68-63 loss in the Midwest Region Semifinal.

"We want to win the region in a packed house for a Sweet 16 game and then when you get to the Elite Eight where anything can happen," Williams said.

For the latest news on the Ferris men's basketball team, check out the "Sports" tab at fsutorch.com.



Greg Williams



Michael Peterson

Déjà Vu

For the second straight year, Bulldog hockey fails to advance past the first round of the WCHA playoffs

Jacob Carlson
Torch Reporter

A 38-game season that took place over the last five months has come to an end as the Ferris hockey team fell to Bowling Green State University in the opening round of the Western Collegiate Hockey Association (WCHA) playoffs.

It was the second straight year the Bulldogs were eliminated by the Falcons in the quarter-finals, both years seeing the Bulldogs swept in two games.

This year saw the Bulldogs struggle to piece wins together after a hot month of November, going just 5-12-0 to close out the regular season after winning their first three games of December.

"There was a leak at times in the year because of the results and there were times where I felt those results weren't going our way," Head Coach Bob Daniels said. "We weren't playing as good as I thought our team could but through the guys hard work and senior leadership, I thought they played their best hockey down the stretch and they grew a lot as a team."

Though Ferris went into the matchup with BGSU as the heavy underdogs, the depleted Bulldog lineup played much better than most would have expected heading into the series.

"We've had a lot of injuries this year and a lot of the young guys stepped up. Guys not playing much stepped up, it was an all-around team game. I thought we really started playing well at the end of the year," Ferris junior captain Corey Mackin said.

Just two years removed from the 2016 WCHA tournament championship and a NCAA regional final appearance, the Bulldogs failed to get past the first round for the second straight year.

Despite the lack of postseason success over the past two years, the Bulldogs feel that a core group of veteran players in the locker room have helped set the tone for the future of the program.

"First of all, we just have to thank our seniors. They worked so hard and they set a standard of how hard we should work and they did a really great job at that. We

just got to have that mindset going into the summer and into next year and just continue working hard and outworking the other teams," Mackin said.

Despite the past two seasons, that senior group was a decorated one at Ferris, leading the Bulldogs to that conference championship and NCAA tournament run during their sophomore campaign.

"It's been amazing. It's been four great years and have probably met my best friends in life. It's been a blast. I thank the coaching staff and the community and everybody that allowed me to come here and really live my dream," Ferris senior Zach Szajner said. "A lot of kids wake up in the morning and say I want to play college hockey and I got to do that, and I'm just thankful that it was here and with the group of guys I was able to do it with."

With that foundation set in stone, it's now time for the Bulldogs to get back on top of the WCHA and establish themselves as one of the best in the NCAA again next season.

Until then, the Bulldogs will have a long summer to sit and let this season marinate with them.



Corey Mackin

Sports Shorts

Jacob Carlson
Torch Reporter

Hockey leads charge in academics

20 members of the Ferris hockey team were named to the WCHA All-Academic Team after securing grade point averages higher than 3.00 for the previous two semesters. Ferris had more members than any other team in the WCHA.

12 of those 20 members also made the WCHA Scholar-Athlete list, by reaching a 3.5 grade point average or higher for at least a year of residency at the University. While the Bulldogs normally find themselves towards the top of the conference on the ice, it's clear that Ferris also leads in the classroom.

Indoor Track and Field Championships

A pair of Bulldogs competed in the 2018 Division II Indoor Track and Field Championships held in Pittsburg, Kan. The two-day event hosted the best athletes from Division II in their respective categories.

Ferris junior Cody Stilwell competed on opening day of the tournament, finishing 11th in the men's weight throw after throwing 19.27 meters. Stilwell previously broke a school record this season with a throw of 20.84 meters. Meanwhile, Ferris senior Jon Cok finished tied for 13th in the men's high jump event.



Top Dawg

Noah King

Photo by: Sam Cavotta | Torch Photographer

Brendan Samuels
Sports Editor

The Ferris men's basketball team is on a roll in the postseason and it seems only fitting that a member of their squad be crowned this week's Top Dawg.

Senior wing Noah King has become a major part of the Bulldogs' offensive scheme and he displayed his talents over the past week.

King's memorable week began when his squad earned an 85-66 victory over the Ashland Eagles in the GLIAC Tournament Semifinals Saturday, March 3. King torched the Eagles' defense, putting up 24 points, five assists and three rebounds while going 7/11 from 3-point range.

The matchup on March 4 with the Lake Superior State University Lakers in the GLIAC Tournament

Championship saw King display his offensive prowess once again. The senior recorded 12 points and three steals in the Bulldogs 69-61 win.

High off their fourth straight GLIAC Championship, the Bulldogs headed into the NCAA Division II playoffs. King made his presence felt once more, scoring 10 points and adding two steals and four rebounds.

King finished off his week with 14-point game in a victory over LSSU in the NCAA Division II Midwest Region Semifinals.

The men's team now stands at 34-1 on the season and has won 22-consecutive games.

The Bulldogs have now advanced to the NCAA Division II Midwest Region Finals where they took on the University of Findlay Oilers at 7 p.m. Tuesday, March 13, in Wink Arena.

Spring ball in the sunshine state

The Ferris softball team wraps up their annual 12-game spring training trip in Florida

Jacob Carlson
Torch Reporter

While many students hit the beaches over spring break, members of the Ferris softball team focused on hitting dingers as part of their spring training.

The Bulldogs were down in Clermont, Fla., for their annual spring training trip that saw the team play a total 12 games over the course of six days. With the help of daily double headers, the diamond certainly took priority over the sandy beaches for the team.

"As fun as it is to be playing in Florida, our team is pretty good at recognizing that we're down here to compete and win some games," Ferris junior Lexi Hongisto said.

"Most of our time is consumed by

playing games and also traveling to and from the fields."

The Bulldogs were able to go 6-6 during their trip for an even .500 winning percentage and saw action against a diverse list of teams including Merrimack College and the University of Illinois Springfield.

"Being able to pick up some tough wins in spring training is a great thing for our team. By playing and winning some tight and close games we learned how to have grit and work through adversity," Ferris junior Jacki Stone said. "Each game is a new battle and having a few tough wins under our belt will definitely help us be able to stay focused, calm, and have a

Softball | see page 12

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Just keep swinging

Ferris men's and women's tennis approach a competitive stretch of matches

Danny Collins
Torch Reporter

The Ferris men's and women's tennis teams are currently coming off two huge victories against Southern Indiana, March 2 and Salem International, March 4.

The men defeated Southern Indiana 6-3 and the women were victorious 5-4. Against Salem International, the men dominated 7-2 and the women swept 9-0.

The men's team has been on a tear since their spring season opening loss to the University of Indiana Feb. 3, winning nine of their last 10 matches including six straight. The team is currently 9-2 overall on the season.

"After winning three or four in a row it can be easy to get relaxed and want to just coast through the next couple, so going into every match, we are focused on what we need to

do to get it done," Ferris junior Stew Snell said.

The six-match win streak consists of wins against Southern Indiana and five straight road wins in Hilton Head, S.C.

"Coach has been stressing for us to be ready and make sure we stay focused because all the matches were outside so adjusting from indoors to outdoors is very tough and it is completely different," Ferris sophomore Austin Debruyne said.



Nika Hein

The team opened up a three-match homestand starting on Feb. 23 against Lewis University and finished up with Lake Superior State University on Feb. 25 at the Ferris Racquet and Fitness Center.

"I think coming together as a team is very important and we proved it showing a lot of energy on the court. We have been practicing a lot on our body language when we play and when we practice," Ferris sophomore Pablo Munoz Baroja said. "The whole team is focused on going one match at a time but if there is a match we want to do well against it is Grand Valley, our biggest rival."

Meanwhile, the Ferris women's tennis team is focusing on find consistent play.

The team has dealt with many injuries this season and getting healthy is on the minds of all the players and coaches of the Bulldogs.

"We just came back from our spring break trip down in South Carolina where our coach had to deal with both the men's and the women's team at the same time. This was the first time doing so while being at Ferris," Ferris sophomore Silvia Verebes said. "We had matches going on at the same time and I think he did a good job making sure everyone had what they needed and focusing on the specifics of each player."

The women's team has shown flashes of dominating play against Salem International and Southern Indiana. However, there has also been inconsistent play in their losses against Hillsdale 8-1, Feb. 24 and 7-2 against Newberry University, March 6.



Silvia Verebes

"The key for our team is coming together and realizing that we can control the outcome and in what direction the team is going," Ferris junior Nika Hein said. "Over the past weeks we have become a true team, on and off the court. We are all on the same page and by being determined and giving our practice and play one-hundred percent every, we are moving in the right direction."

The team is currently 2-3 in their first five spring matches and will return home to the Ferris Racquet and Fitness Center to host Lewis University, March 23.

Softball

Continued from page 11

'never give up' sort of attitude in close games."

The program has used the annual trip to help the team develop a strong bond heading into the season while also giving opportunities for different players throughout the lineup to showcase their talent.

"Spring training is a huge trip for our team that helps us prepare in so many ways for the rest of the season. Playing so many games in such a short time really gives our coaching staff the opportunity to get different looks at different

players. We have so many talented players on our team that our coaching staff is going to have a hard time narrowing down starting lineups come conference play," Hongisto said.

The Bulldogs look to battle to the top of the conference this season after finishing with an 18-23 (11-11 conference) record a year ago, good enough for seventh in the GLIAC.

The Bulldogs will begin conference play on the road March 21 against Grand Valley State University in the first game of a double header set for the day. The first pitch is scheduled for 3 p.m. at GVSU softball field.

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OPINIONS

“Being controlled by gender norms is toxic in a society that prides itself on individualism.” - *Grant Siddall* - See story below

Marley Tucker | Opinions Editor | marleyitucker@gmail.com

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The Ferris State Torch welcomes comments on topics of interest to the general readership. Letters should not exceed 300 words in length and The Torch reserves the right to edit for length. Letters will not be edited for grammar, punctuation or spelling. The Torch will not print letters deemed to be libelous or obscene. All letters must be signed by their authors and include his or her phone number.

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Chat with the chief Editor-in-Chief, Angela Graf

I recently turned 21 and guess what? I didn't get trashed!

This birthday has led me to examine some things, and reinforced a somewhat controversial opinion that I have held for many years: I don't believe in a strict drinking age.

You see, I grew up in this faraway land called "Cleveland," which you probably know, is in Ohio.

In the state of Ohio, it is legal to consume alcohol under the age of 21 as long as you are supervised by your parent or a legal guardian. It sounds crazy but you can look this up and verify it.

I have considered myself desen-

sitized to alcohol for a very long time, and not making it taboo or mysterious is one of the best things the adult figures in my life ever did for me.

During my freshman year, there was a girl on the same floor as me in my residence hall that had never drank before. Her parents were really strict and she wasn't the "party type." Her first semester here, she joined a sorority and that weekend, her sisters took her out and got her trashed.

She blacked out and literally almost died on her bathroom floor from alcohol poisoning because she mixed liquors, drank way too

much and had no concept of how to drink "safely."

Much like abstinence-only sexual education, using fear tactics to deter teens and young adults from alcohol does more harm than good.

According to a study published in the 2004 Journal of Adolescent Health, children who drank with their parents were about half as likely to say they had alcohol in the past month and about one third as likely to admit to binge drinking (having five or more drinks in a row) in the previous two weeks.

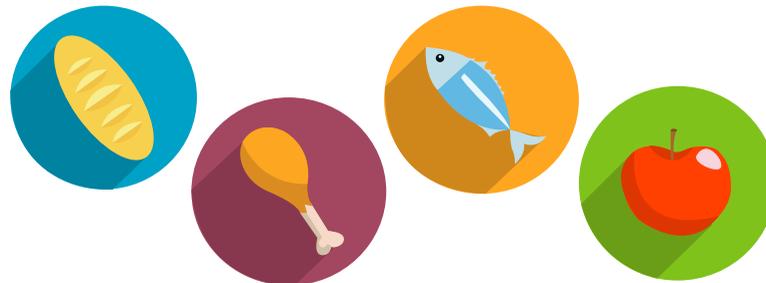
Do I think this is the right approach to every teen and every parenting situation? Absolutely not.

But I think that if my floormate's parents had told her to pick a type of alcohol and stick to it, drink eight ounces of water for every alcoholic beverage and even let her experience a bad hangover in a controlled environment, maybe that weekend would have gone differently.

As for me, I am always the one to make sure my friends drink safely; I assure everyone has aspirin, water and a safe way home, and on my 21st birthday?

I had two cocktails, a couple shots, three glasses of H2O and curled up safely in my bed around midnight.

The size of the matter



Disordered eating habits hit you where it hurts most

Society constantly changes its expectations of what beauty and health look like. Today, we value clothing sizes and not the people wearing them. This puts pressure on people's bodies and I definitely deal with my own demons in the form of problematic habits. It's a hard thing to admit but when you feel like the entire world is concerned with an integral part of yourself, doubt tends to creep into the cracks of your self-esteem.

Issues of body image affect everyone. One of the problems I think that surrounds eating disorder discourse is that people often mistakenly believe that they cannot be overweight and have an eating disorder. The truth is that eating disorders affect people of all sizes.

When you think about an eating disorder, a lot of people's minds jump to anorexia, which is understandable because of statistics and the image it evokes. That monolithic image of this serious issue can mislead people because, like all health issues, these conditions exist along a spectrum. Conversely, an overweight woman is frequently seen as a success story if she loses weight and that is a slippery slope.

I didn't think I ever had a problem. Until my athletic career derailed because of health problems, I didn't have an issue with food. It started when I attached punishments and rewards to the meals I ate.

Binge eating, emotional eating and compulsive overeating can creep up over time until it's hard to see where you went wrong. No one likes to talk about eating disorders out in the open.

When I was younger, I never verbal-



Marley Tucker
Opinions Editor

ized that I struggled with my relationship with food; after all, we all have to eat to survive. The truth is that self-blame and shame perpetuate the cycle of binge eating, reinforcing the urge to increase your willpower until you crash and burn. Perfectionism and anxiety can take a chokehold of your stomach and make you think really destructive things.

Eating disorders don't always look like stick thin figures and protruding bones under thin skin. Sometimes it means praying no one notices your hunger or that you sneak food like it's forbidden or that you ate more food than everyone else. Sometimes it looks like stretch marks and empty food wrappers and calorie counters.

When I find myself falling back into the cycle, I reach out to one of my closest friends for help. Knowing someone would listen makes all of the difference. I finally felt comfortable to speak about my experiences after Eating Disorders Awareness Week concluded this year. If I could tell anyone living with disordered eating habits one thing, I would tell them to be brave enough to be kind to themselves.

If you or someone you know is struggling with any type of eating disorder, there is always help available. For more information about this issue you can visit nationaleatingdisorders.org to learn more.

Move over masculinity

Ignoring societal gender roles has made me a better person

I have never been, nor will I ever be, a stereotypical manly man.

When I use the term "stereotypical manly man," I'm referring to that lumberjack build, works with his hands, drinks beer, handyman, stoic, overly masculine, afraid of feminine activities and emotions manly man.

There is nothing wrong with being masculine. I have many qualities that would be considered masculine but embracing qualities and activities that are typically associated with being feminine have made me a much more well-rounded person.

As a man, much of society expects me to be a handyman who can fix anything around the house and diagnose and fix problems with my car. I grew up with a father who had those traits but sometimes the apple does fall far from the tree. I don't know a thing about fixing cars or household repairs.

I did grow up fixing relationships though. Even though I am a straight man, I was the person almost all of my female friends came to for advice about their relationship problems and friendship problems, and I was good at it. There is nothing traditionally masculine about dealing with women's relationship problems but I embraced the role and made a lot of close friends that way.

Those traits have carried



Grant Siddall
Torch Reporter

over into my relationship with my wife; we have attended Planned Parenthood rallies together and frequently discuss feminist issues and empowering women. In our home, we have tried to eliminate gender roles. We both cook, clean and shop together and we both shovel snow and do small home repairs.

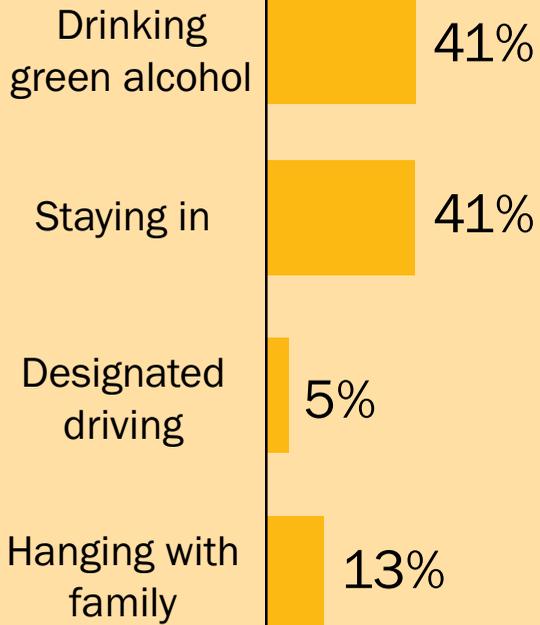
Being controlled by gender norms is toxic in a society that prides itself on individualism. I remember being picked on in middle school for caring about how I dressed and hanging out with girls on trips to the mall. All of those feminine activities made me exactly who I am.

I am a man who is unapologetically non-conforming to gender expectations. I love shopping and home decorating and I won't touch a beer but I love "girly" drinks. I also love sports, hiking and camping.

I don't need society to tell me what I'm supposed to enjoy or what I need to be good at in order to be a man. The next time you don't want to do something because it's too feminine or masculine, do it anyway. Embrace that there is far more to life than gender roles suggest.

TORCH POLL RESULTS

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