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HERE'S WHAT'S INSIDE

A SNOWY SEMESTER

Learn more about the Wintermester, which offers online classes to students over winter break.

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A DIFFERENT BREED

Read up on Ferris junior quarterback Jayru Campbell and his success throughout the season thus far.

SPORTS | PAGE 10

Taking a seat



Photo courtesy of Michigan Education Association

FFA members tote their signs calling for Eisler to resign at his office, where Eisler's desk sits empty.

Faculty holds sit-in, proposes vote of no confidence against Eisler

Cora Hall
News Editor

As a demonstration of their frustration, Ferris Faculty Association (FFA) members organized a sit-in and decided to hold a vote of no confidence against President David Eisler.

After months of negotiations, weeks of picketing and a day of striking, 145 faculty members participated in a sit-in at Eisler's office Wednesday, Sept. 12. According to Ferris physical science professor and FFA President Charles Bacon, the FFA reached a point where they no longer have faith in Eisler.

"But that just means that we no longer have faith in his leadership," Bacon said. "He's not showing up to things: he didn't show up for the Alumni Association meeting, before the football game two weeks ago, his Founders' Day speech. It's time to show up or get out of the way."

Eisler broke his silence Monday morning in a President's Message to Campus email sent to faculty and staff. In the email, Eisler expressed his disappointment in the FFA's decision to hold a vote of no confidence against him.

"While disappointing, it is not the first time they have used this tactic toward me," Eisler said in the email. "This is unfortunate because it is a distraction for our campus, and it will create negative public impressions for our university."

The last time faculty held a no-confidence vote against Eisler was in 2007, according to MLive. Of the 417 FFA members at the time, 282 voted, with the result being 158 in favor of the resolution of no confidence and 124 opposed.

Ferris English professor and FFA Vice President John Caserta was employed at Ferris during the previous no-confidence vote and said things have not improved since the vote 11 years ago.

"Nothing has changed. In fact, it's gotten worse," Caserta said. "I think the message and feeling of most of the faculty is that we don't believe he is fit to be the president of Ferris. He's shown a lack of integrity, his actions are cowardly... he seems to be hiding from the faculty."

Eisler stated in his email that it's been nearly three weeks

since the last negotiation meeting and the university is prepared and ready to negotiate a contract with the FFA.

"We're willing to bargain but they have to come to the table," Bacon said. "We're really willing to meet, but don't sit there and accuse us of stalling for three weeks."

Bacon said the FFA has done Freedom of Information Act requests monthly to get the billing of the attorney hired by the university, and the number has climbed to nearly half a million dollars. The attorney's office stopped billing the university so the information couldn't be requested, according to Bacon.

"Honestly, it's probably going to be more than half a million dollars," Bacon said. "That would have been a sufficient amount of money to settle our contract. That's on Dr. Eisler. Just come to the bargaining table."

The FFA planned another sit-in for Tuesday, Sept. 18. Eisler did not show up to his office during the first sit-in and was unavailable for comment.

Caserta said the decision to have the no confidence vote



Charles Bacon

Resign | see page 5

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NEWS

"It's time to show up or get out of the way." - Charles Bacon - See page 1 for story

Cora Hall | News Editor | hallc36@ferris.edu

Multicultural mixer

Students and organizations gathered at the quad to welcome students

Grant Siddall
Torch Reporter

Students connected with numerous cultures at Ferris' Office of Multicultural Student Services' (OMSS) annual Get Acquainted Day.

Dozens of registered student organizations (RSOs) and Greek organizations filled the north campus quad Wednesday, Sept. 12 to talk to students about their organizations and to recruit those students to join them. The majority of those RSOs and Greek organizations represented minorities on campus.

Ferris business data analytics senior and Hispanic Student Organization (HSO) Vice President Sayra Moore said the annual event gives minority students a voice on campus.

"I think that a lot of minority students feel like that at college that they're not heard or get the chance to participate much, and with these kinds of events it's very minority-based," Moore said. "OMSS is for multicultural students and organizations, and it's important because we can show that we're here. With HSO, a lot of people don't know we have our student organization and these kinds of events let people know that we're here and that we're welcoming to all students."

Many organizations used the event as a way to highlight their organizations and recruit new students.

"We have an informational table, students can come over and get a summary of the organization and see if they're interested or want to get involved," Ferris political science senior and National Organization for Women President Indra Phillips said. "It gets freshmen involved on campus, and also for returning students to see what organizations they want to get involved with before they graduate,"

OMSS Assistant Director Michael Wade said the event is important for students to have an event where they can connect with students from different backgrounds.

"This program is always important. It's been going on for 30-plus years as a chance to be welcomed," Wade said. "You want to have some great events where students can get connected with each other but also with students from outside their own backgrounds."



Michael Wade



Photo by: Will Holden | Torch Photographer

Students from Black Leaders Aspiring for Critical Knowledge (BLACK) post at their table in the Quad.

Many of the organizations were eager to let students know that although they may be aimed at minorities, anyone is welcome to come join the organization. The same is true for OMSS, which is available for all students.



Jermain Whitaker Jr.

"Too many people don't walk in their because they feel like they're not welcome, but you are more than welcome in the OMSS office. They help all types of people. If you need anything you can always stop by in there," Ferris accounting junior Jermain Whitaker Jr. said. "At first I was a little scared to come in the office but when I first came in, they treated me like I was one of theirs."



Photo by: Megell Strayhorn | Multimedia Editor

Thayer, who said she hasn't had to order more food in a month and a half, organizes the shelves at the food pantry.

A helping hand

Food pantry for students severely underused

Cora Hall
News Editor

College students not taking free food is a phrase rarely heard, but for Wesley House food pantry manager Lauren Thayer, it's a fact she experiences daily.

Thayer, a Ferris psychology senior, has been managing the food pantry for three years, but the pantry itself has been around for 15. It's specifically for students, but few students know about it or use it. According to Thayer, many students are afraid of taking something from somebody else who might need it.

"It's really meant from a good place, but the problem is we could get so much more food than we currently have and the reason we don't and can't is because people don't take the food we already have," Thayer said. "The idea is to alleviate pressures from college kids, so if we can help you out with food, you'd be able to pay other bills that are stressful or you need to pay."

The food pantry runs on orders from Feeding America and donations, either from registered student organizations, the Ferris Faculty Association, the Methodist Church that sponsors the house or outside donations. Thayer said she can order up to twice a month from Feeding America, but she only orders once a month because the food is not taken.

"Kids accept scholarships and Pell grants and that's all free money, and the same kind of idea is there. You could pick up way too many jobs and make the same amount of money, but the reason you don't is you have to balance a million other things. If you can take one more pressure off, why not do it?" Thayer said. "Especially when we have as much as we do and we are as stocked as consistently, and it's never like we are struggling to stay afloat."

Many students remain unaware of the food

pantry. Ferris elementary education freshman Ashley Yell said the pantry could be helpful to students learning to manage their money.

"I definitely think I would [use it], I know as college life, there are some times you're not really used to spending your money just yet," Yell said. "So I definitely think that would come in handy sometimes in those months where you just don't really pay attention and you realize 'I need this but don't have the money,' so I think that would be really helpful."

Ferris pre-pharmacy sophomore Alyssa Palomaki said she thinks the pantry is underused because it's hard to admit sometimes when you need the help.

"I think it's hard to admit you need help because you're at college and you're on your own for the first time, and a lot of people are in the independent mindset. So I think that if you need the help, you shouldn't be ashamed to admit it," Palomaki said. "I think that everyone should be able to have access to that kind of necessity if they need it, so I think it's cool that we have one on campus specifically for students."

The food pantry, which also has toiletries and paper products, is open from 4:30 to 7 p.m.

Monday through Thursday. Thayer said she often comes in outside of those hours to meet students if they contact her. Students who go to the pantry need their student ID for logging purposes.



Ashely Yell



Alyssa Palomaki

- ON THE RECORD -

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

Bro, this isn't your house

Cora Hall
News Editor

minor in possession in North Hall. One subject was cited and released.

Make a wish

Sept. 1, 11:11 p.m., officers investigated a report of a controlled substance violation in Hallisy Hall. One student was referred to the Office of Student Conduct.

Bro, this isn't your house

Sept. 8, 7:30 p.m., officers investigated a report of unlawful entry at Finch Court. The case was closed.

Our RA can't smell this, right?

Sept. 3, 8:48 p.m., officers responded to a report of a controlled substance and narcotic equipment violation in Bond Hall. One appearance ticket was issued and one subject was referred to the Office of Student Conduct.

Not the place or the time

Sept. 11, 8:35 p.m., officers responded to a report of assault and battery at the University Center. The investigation is still open.

Rookie mistake

Sept. 5, 11:53 p.m., officers caught a subject driving without a license at Bond and Ferris Drive. One appearance ticket was issued.

Sneaky fellow

Sept. 11, 8:35 p.m., officers received a report of a parole absconder at the University Center. One subject was arrested.

FRESHMAN, FRESHMAN, FRESHMAN

Sept. 8, 1:29 a.m., officers received a report of a disorderly

Hugs, not drugs

Sept. 13, 3:18 a.m., officers investigated a report of a controlled substance violation at Cramer Hall. The investigation is still open.

WEEKLY WORLD NEWS

Catch up on news around the globe

Megan Lewton
Editor in Chief

Hong Kong, China

Typhoon Mangkhut continues to sweep across Asia and has caused at least two deaths in China. Winds of 100 mph were reported, and greater than 100,000 people evacuated the area. The storm also caused a landslide that devastated the Philippines. Typhoon Mangkhut has been called the most powerful storm of 2018 by meteorologists, as it spans 550 miles and wind gusts have hit a high of 200 mph.

Original story by Gerry Mullany, Tiffany May and Steven Lee Myers, Sept. 16, 2018. *The New York Times*.

Kiev, Ukraine

A case of chemical pollution on the border of Crimea and Ukraine prompted the evacuation of 4,000 children from both sides. People from

both sides are experiencing coughing, allergies and burning of the nose and throat. Although the cause of the situation is unknown, officials from both sides of the border believe a Crimean chemical factory is the source. The factory has since been closed.

Original story by Iuliia Mendel, Sept. 14, 2018. *The New York Times*.

Nairobi, Kenya

The detonation of bombs by a suicide bomber in Mogadishu, Somalia killed at least six people and injured 16 others. Of those killed or injured, many were soldiers or district workers. This is the second deadly attack on Somalia's capital in the past month. A Somali militant group linked to Al Qaeda, the Shabab, caused both attacks.

Original story by The Associated Press, Sept. 10, 2018. *The New York Times*.

NEWS BRIEFS

Megan Lewton
Editor in Chief

OMSS: The 2018 Latinx Heritage Celebration

Come enjoy food and live music at the 2018 Latinx Heritage Celebration 11 a.m. to 2 p.m. Tuesday, Sept. 25 in the North Quad. The event, hosted by the Office of Multicultural Student Services (OMSS) and co-sponsored by the Center for Latin@ Studies, is free and open to the public. For more information, contact OMSS Assistant Director Michael Wade at (231) 591-2617 or omss@ferris.edu.

Mental Health on Campus

Learn about mental illness and the Personal Counseling Center (PCC) 11 a.m. Thursday, Sept. 27 in IRC 120. The presentation will discuss the services the PCC offers to students and will discuss how mental illness affects college students. For more information, contact Jennifer Spicer at (231) 591-5968.

Homecoming Bonfire

Enjoy food, music and games at the annual Homecoming Bonfire 8 p.m. Friday, Sept. 28 in Lot 61, near Brophy/McNerney Residence Halls. For more information, contact CLACS at (231) 591-2685.

Torch Corrections

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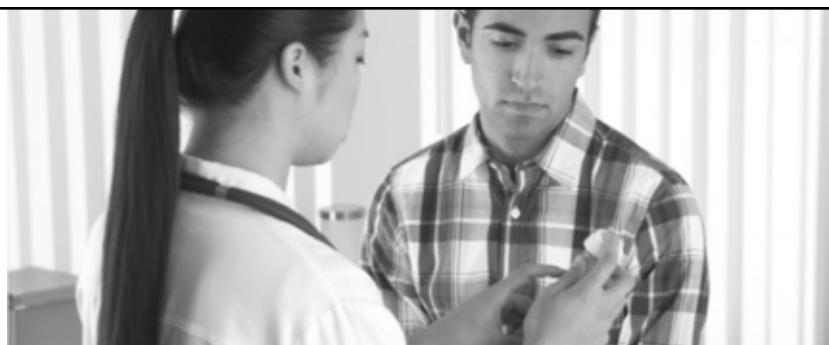


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A snowy semester

Online classes to be offered over winter recess

Landry Shorkey
Torch Reporter

For students looking to get ahead, online courses will be offered over winter break beginning this school year.

The Wintermester is an expedited online course opportunity that begins Dec. 17 and concludes Jan. 11. In just under one month, students can earn full credit for one of several general education classes.

"If someone is trying to get ahead with a gen-ed course or something like that, it's a great opportunity to kind of catch up with what-ever's going on," Ferris Dean of Extended and International Operations Dr. Steve Reifert said.



Dr. Steve Reifert

Six classes will be offered, with the topics ranging from communications to history to psychology. However, Reifert said some of the courses will be hard for underclassmen to get into, as availability is limited.

"One of the courses—Introduction to Psychology—that's hard to get in," Reifert said. "If you're a freshman, it's difficult to get in. We just kind of picked these courses, along with the faculty that are interested in teaching it, that are going to support what the students want."

Registration began at the beginning of the current fall semester and will be available until the semester is finished. Fall or winter financial aid can

be applied toward the Wintermester courses and students can access the course information and register online at MyFSU.

"If you're trying to get ahead, you really can't do 16 to 18 hours during the semester, but you know you're not doing anything over break. Let's get another three-hour class in there, and now we've jumpstarted. We're that much farther ahead," Reifert said.

Many students said they are curious about the new opportunity and are eager to meet the challenge of a heavy workload over break.

"I know I would want to look into more information about it," Ferris education freshman Vanessa Garcia said. "I feel like they should spread the word more."



Nina Swanson

Ferris criminal justice sophomore Nina Swanson said that the Wintermester is a good way for students to stay on track.

"It will be very helpful for those who are behind in classes and want to graduate on time," Swanson said.

After receiving feedback from students who have enrolled in Wintermester classes, administrators hope to continue offering more class selections over break in the future.

"We've got excellent faculty that are very creative on this and interested in trying something like this," Reifert said.



Graphic by: Sarah Massey | Production Manager

Wintermester Classes

Dec. 17 through Jan. 11

- COMM 221: Small Group Decision Making
- CRIM 305: Ethical Issues in Criminal Justice
- HIST 230: Michigan History
- HUMN 240: Popular Culture
- ISIN 121: Digital Security Awareness
- PSYC 150: Introduction to Psychology

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A broader perspective

What you need to know about studying abroad

Landry Shorkey
Torch Reporter

Students looking to expand their horizons can find many opportunities through Ferris' study abroad programs.

The Office of International Education (OIE), located in the Interdisciplinary Resource Center (IRC), offers a variety of programs to help students looking to study in a foreign country.



Kexin Zheng

Ferris pre-pharmacy sophomore Kexin Zheng, an international student from China who has been in the U.S. for four years, said that study abroad is an important aspect of education.

"I think because later on when you graduate and go to work, you won't have enough time to spend in a country and learn stuff. If you were to go, you would probably go travel but that's going to be short-term," Zheng said. "I would say if you want to go, just go. Don't make excuses."

Program lengths vary to accommodate everyone. A student may travel abroad for two weeks, or for an entire

semester. Cost is largely dependent on program length, but on average is between \$4,000 and \$5,000, which includes tuition credits, airfare, accommodations, in-country transportation and health insurance.

There are summer programs, which are faculty-led, and semester programs, which are done through partner or affiliate universities, available to students. Students who participate in semester programs at partner universities pay Ferris tuition as opposed to an affiliate program, which costs a program fee, according to the Ferris website.

Financial aid can also be used toward study abroad and there are multiple study abroad specific scholarships listed on the Ferris website available to students.

Ferris OIE Executive Director Dr. Piram Prakasam said there are three reasons he supports studying abroad, including self-discovery and developing tolerance for ambiguity.

"The third reason is the primary reason for doing study abroad, which is in the long-term: how is that personally

and professionally going to help you?" Prakasam said. "To be a better lifelong learner, a better-informed citizen, a better contributor to your society... and I say your society, your community, but it's really the global community we're all a part of."

Ferris social work freshman Taylor Gentle attended the weekly study abroad workshop held Friday, Sept. 14, and said she is interested in traveling to London.



Taylor Gentle

"You get to know the different cultures and experience what it's like around the world, and get experience for what you're going into," Gentle said.

To learn about Ferris' study abroad opportunities, students can visit weekly workshops every Friday in the IRC and a study abroad fair in October.

More information for study abroad and online applications can be found on the Ferris website. Students are encouraged to visit the OIE and can meet one-on-one with an administrator.

Resign

Continued from page 1

was not taken lightly.

"We expect leadership from the president of a university in terms of our academic programs, in terms of giving the students the best community to live in and learn and get an education, and we believe Dave Eisler has failed in all these things," Caserta said. "A vote of no confidence is a message from the faculty to say, You have not done your job. You're not a leader; you're a divider and we want a leader at this university."

Some students were upset that Eisler did not show up to communicate with the faculty as well.

"It also says a lot about how [Eisler] feels about his staff and I think he definitely needs to address them in that setting because at the end of the day, they all work together, they're all co-workers and I think that's wrong to abuse that amount of authority," Ferris psychology sophomore Karlina Vandebosch said. "Not that he's a bad person, either, but you've been doing this a long time... I think for him to be taking the measures he is instead of just coming to a mutual agreement, it's just getting annoying."

Ferris communications sophomore Jordan Brinker said it seems as though Eisler "doesn't care at all."

"That says that he's a scumbag, honestly," Brinker said. "I think if I'm paying \$20,000 a year to this school, I should have a president who is mature enough to handle a situation in a professional manner."

Bacon said the lack of communication between administrators and faculty has been frustrating and he would welcome conversation from the Board of Trustees, but the faculty was turned away when they requested contact information for board members.

"It's very frustrating because we don't seem to think that our message is getting out and it goes back to valuing what we do and respecting us," Bacon said.

No more negotiation meetings have been scheduled. The fact-finding process has begun, but according to Bacon, the process could last as long as January, all while the meter continues to run on the attorney's hours.

"Every hour they're eating up more than one credit hour of tuition," Bacon said. "These attorneys are going at \$500-\$600 and hour."

According to Bacon, the faculty will be holding their vote of no confidence in the next couple weeks.

Thinking about studying abroad?

Weekly workshops:

1 p.m. Fridays, IRC 104

Study Abroad Fair:

9 a.m. to 3 p.m. Tuesday, Oct. 16 and Wednesday, October 17 in UCB 202

Summer programs:

China, Costa Rica, France & Belgium & the Netherlands, El Salvador, Germany, Haiti, Italy, Japan, Malaysia, Martinique, Russia and Scotland.

Partner University semester programs:

France, Germany, Japan, Netherlands, South Korea, Turkey and United Kingdom

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LIFESTYLES

"I don't really have a set list of what I do every day. I do what makes me feel good." - Paul Quinn - See page 9 for story

Alicia Jaimes | Lifestyles Editor | jaimesa@ferris.edu

Drinking or drunk?

Know when enough is enough

Holly Baker
Torch Reporter

According to the National Institute on Alcohol Abuse and Alcoholism, "Abusive and underage college drinking are significant public health problems, and they exact an enormous toll on the intellectual and social lives of students on campuses across the United States."

"I go out most weekends. It's just fun for me. I have gotten better with my drinking recently, but at first I went overboard. I came from a very sheltered family and never had a sip of alcohol in my life. When I came to college, so many people were giving me things to try and drink, and I went a little too crazy," an anonymous Ferris freshman said.

While many students might relate to that scenario, Ferris diagnostic medical sonography freshman Valerie Martinez-Garcia believes peer pressure can be avoided if you surround yourself with a close group of friends.

"I think it all depends on what kind of friends you have. If you have friends who are participating in that kind of stuff, then they're going to want you to be around it. You surround yourself with the kinds of people you want to be like," Martinez-Garcia said.

The National Institute of Alcohol Abuse and Alcoholism reports "drinking in college has now become ritual, with over 80 percent of students drinking alcohol, and nearly half bingeing within the past two weeks."

"There's definitely a party scene on campus, but I don't feel like it's pushed onto the students. If people want to go out they have the opportunity to do so, and if they don't then they don't have to. I don't go out every weekend, but I still have fun hanging out with friends," Ferris nursing freshman Berani Martinez said.



Berani Martinez

Students can take precautionary measures during a night out by doing their research, having a designated driver when attending parties and deciding on a drinking limit beforehand.

"At the end of the day, people are going to do what they want. It's up to you whether or not you're going to participate in it or not," Ferris criminal justice freshman Amelia Servis said.



Photo by: Taylor Davis | Torch Photographer

Ferris construction junior Charlie Zitta enjoys a cold one as a way to unwind after class.

What are you drinking?

Alcohol by volume of various beverages



The above information was found from Sunrise House AAC and The Huffington Post

Before a night out...

Have a way home.

Whether it be a cab number or a designated driver, make sure you have a game plan, so nobody drinks and drives.

Bring a buddy.

Parties are usually more fun with friends anyway. To ensure someone has your back, bring a friend who can help you home and make sure you aren't drinking more than your limit.

Know when to call it quits.

Most people know when they've had enough to drink. Set a limit on the amount of drinks for the night. This can help avoid bad hangovers and ensure that you will still have fun for the night, but not to the point of blacking out.

Did you know?

1. 88,000 deaths are annually attributed to excessive alcohol use.
2. Every day, almost 30 people in the United States die in motor vehicle crashes that involve an alcohol impaired driver. This amounts to one death every 51 minutes.
3. Excessive alcohol consumption increases aggression.
4. Alcoholism includes the following four symptoms: craving, loss of control, physical dependence and tolerance.
5. Alcohol abuse is the third highest cause of death in the U.S.

Graphic by: Hannah Way | Production Assistant

Water you waiting for?

Inspiration through art

Alicia Jaimes
Lifestyles Editor

“Mystical” is one word Ferris gallery director Carrie Weis used when describing the latest exhibit brought to the University Center.



Carrie Weis

“I curated this exhibition in collaboration and support of Artworks, who is bringing the Smithsonian Waterways traveling exhibit to Big Rapids,” Weis said.

The H2O Exhibit is focused around honoring water in all its forms while featuring three artists: Lorelee Grace, Randall Tipton and Tom Tomasek. Though Tomasek was unavailable for an interview, Grace and Tipton were able to share their experiences with this exhibit.

“My personal favorite piece in this exhibit is Lorelee Grace’s ‘Midnight Sun.’ Firstly, I enjoy the uniqueness of her work, but I also enjoy the way the piece makes you wonder about the scene and the two figures on horseback pictured,” Ferris pre-veterinary second year Kaylee Wieghmink said.

Wieghmink has helped with the exhibit and can be seen manning the front desk during gallery hours. Though this is her first time being a part of an exhibit, she considers it a success and enjoys the variation and contrasts the artists display.

“I’ve shown my work in several galleries and spaces, primarily around Grand Rapids, Chicago, Iceland and Wellington, New Zealand,” Grace said.

Grace is a 2010 graduate from Kendall College of Art



Photo by: Kaitlyn Kirchner | Torch Photographer

The H2O Exhibit features the work of three artists, including “Midnight Sun” by Lorelee Grace.

and Design who enjoys freelancing and visiting other countries when she can. Being able to see the world after dreaming of doing so in college encouraged Grace to inspire students who consider the same future.

“I love to inspire people back home to get out and explore the world. If you’re interested in traveling but afraid you can’t afford it, you’re in for a nice surprise. Traveling abroad, especially in certain countries, is more affordable than living a normal life here,” Grace said.

This is Grace and Tipton’s first time having their work shown in the University Center’s gallery.

“I like Randall David Tipton for his loose painterly style. I like Lorelee Grace for her inclusion of cultural influences from her travels in each piece. And I like Tom Tomasek’s style for his mastery of the landscape genre,” Weis said.

Tipton, an artist from Oregon, was unable to meet the

other artists working on the exhibit but was honored when Weis invited him to show his own work.

“I’ve been in many exhibits. This one is more like what happens in a museum show. Though the work is for sale, that is not the purpose of the exhibit. My paintings are there in support of the theme,” Tipton said.

Having completed one year of college and one semester at a craft’s school, Tipton has always known he wanted to pursue a career in art, and because of this, has some advice for students who desire a similar future.

“To anyone choosing to make a life of art, think hard about why. What do you want to say? This is far more important than technique,” Tipton said.

The H2O Exhibit ends Saturday, Oct. 13 and can be found in the Fine Art Gallery in UCB 205. For more information, visit ferris.edu/gallery.

Homecoming happenings

TUESDAY

Sept. 25

Office of Multicultural Student Services:
The 2018 Latin Heritage Celebration

Location: North Quad
Time: 11 a.m. to 2 p.m.



WEDNESDAY

Sept. 26

LKS Bake Sale

Location: FLITE lobby table
Time: 1 to 5 p.m.



THURSDAY

Sept. 27

Homecoming Comedian Dave Coulier

Location: Williams Auditorium
Time: 8 p.m.



FRIDAY

Sept. 28

Homecoming Bonfire

Location: Lot 61
(by Brophy/McNerney Residence Halls)
Time: 8 p.m.



SATURDAY

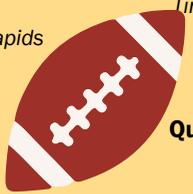
Sept. 29

Homecoming Parade

Location: Downtown Big Rapids
Time: noon to 1 p.m.

Football Hosts Ashland
(Homecoming)

Location: Top Taggart Feild
Time: 3:05 p.m.



Homecoming Football
Pre-game Tailgate

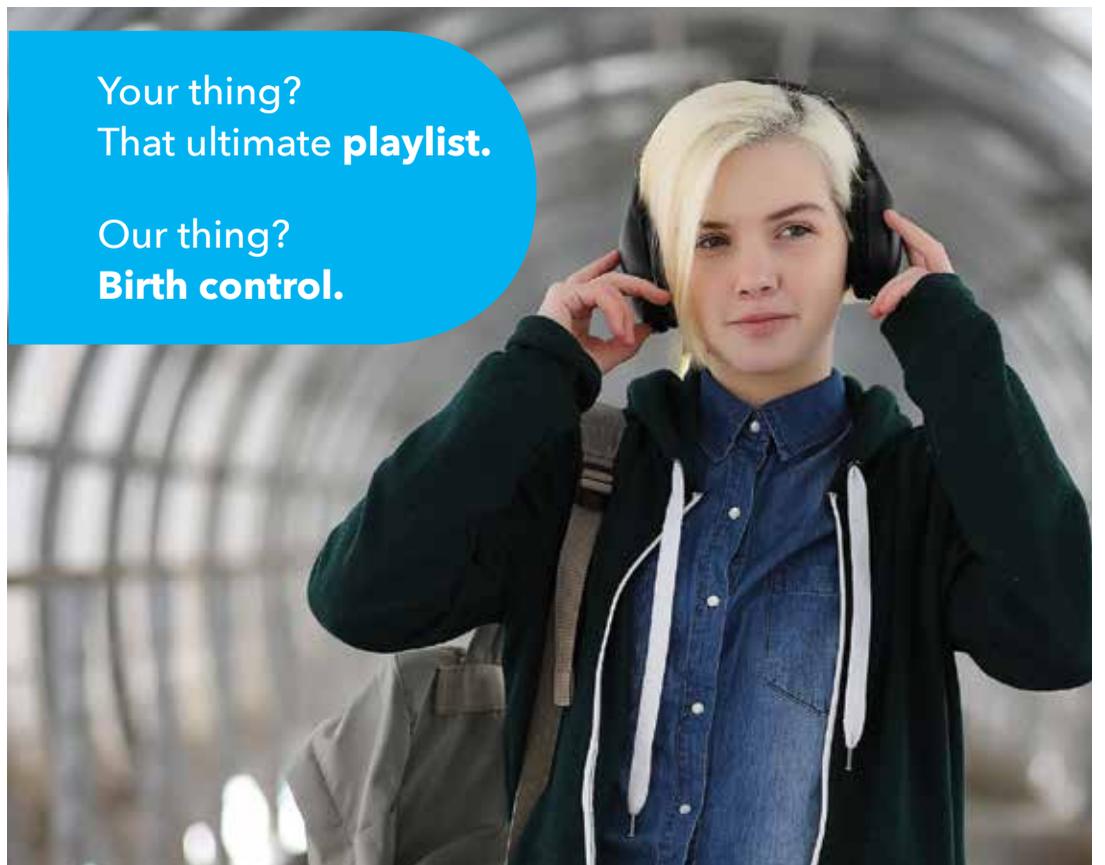
Location: Top Taggart Feild
Time: 11 a.m. to 3 p.m.

Homecoming 5th
Quarter Dance Party

Location: UCB 202
Time: 9 p.m.

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Need for greens

Students express their desires for healthier alternatives

Briana Hammtreee
Torch Reporter

Ranging from Mongolian to Mexican cuisine, Ferris criminal justice third year Trebor Rymal enjoys the variety of options offered by the on-campus food courts.

"I like that they're different. Like, the Quad has a better breakfast—not to say the Rock has a bad breakfast by any means—but I feel like the Quad



Trebor Rymal

had better options. Like, the Tex-Mex skillet or whatever they call it and the Rock has Mongo. But a lot of it seems unhealthy, like you can go in and unintentionally eat very unhealthy, very easily," Rymal said.

While many students love the options given to them, many find it to be a struggle to find healthy available options on campus.

"I feel like we could have more healthy options because that is something I've been looking for recently. I've been trying to eat healthier, trying to lose the 'freshman 15,' and I have to go from specific place to specific place and take one or two things and make my own plate. I know it's not the end of the world but it would be nice if there was a healthy option," Ferris television and media production sophomore Kristin Kirsch said.

Statistics also show from stateofobesity.org that 35.7 percent of adults ages 20 to 39 were obese, while 7.8 percent struggle with severe obesity.

"I do notice the rate of obesity is going up. I can tell even before students get to college. I'm in the dining center when students come in for orientation and there are just more students who are obese than there were years ago," Ferris registered dietician Brenda Walton said.

While students feel they are struggling to eat healthy on campus, Walton disagrees that healthy options aren't available for students, noting the salad bars offered. The Ferris menus for the Rock and Quad can also give students the nutritional facts behind meals, such as the products in meals and their nutritional value.

Still, some students would like to see some changes made with the options given to them, hoping for more fresh fruit and vegetables.



Kristen Cebelak

"You have all these options, like ice-cream and fries when walking in, but then there is only one little section with healthy food and salads. But then again, you choose the iceberg lettuce and it's not really even that nutritional," Ferris general education sophomore Kristin Cebelak said.

Snack Sessions

Nutritious treats to fill you up

Briana Hammtreee
Torch Reporter

The Center for Disease Control found that a

lack of specific foods such as fruits, vegetables or dairy products in a diet can lead to lower grades among students.

However, the following snack ideas provided by EatingWell Test Kitchen are both healthy and simple options to avoid getting "hangry" during a study session.

COTTAGE CHEESE VEGGIE DIP

Serves 1

½ cup low-fat cottage cheese
¼ tsp. salt-free lemon pepper or seasoning of your choice
½ cup each baby carrots and snow peas or celery and broccoli flowerets

Directions: Combine ingredients and seasonings and serve.

Nutrition Facts for each serving include:
90 calories, 13g protein, 8g total carbohydrate, 1g dietary fiber, 2g total fat, 500mg sodium

GORP

Serves 2

1 tablespoon whole shelled almonds
1 tablespoon chopped pitted dates
1 ½ tsp. unsalted dry-roasted peanuts
1 ½ tsp. chocolate chips
1 ½ tsp. dried cranberries

Directions: Combine ingredients and make sure they are stored in an airtight bowl or storage bag.

Nutrition Facts for each serving include:
100 calories, 3g protein, 10g total carbohydrate, 2g dietary fiber, 6g total fat, 15mg sodium

CRUNCHY CEREAL MIX

Serves 1

¼ cup Cheerios
2 tsp. raisins
1 tablespoon shelled pumpkin seeds
2 tsp. semi-sweet mini chocolate chips

Directions: Combine ingredients and store in storage bag.

Nutrition Facts for each serving include:
120 calories, 2g Protein, 21g total carbohydrate, 2g dietary fiber, 5g total fat, 140mg sodium

College Treats

Healthy meal alternatives

Briana Hammtreee
Torch Reporter

Nutrition can be easily forgotten while attending college. Although the various options given to students at the cafeteria can be tempting, it is possible to eat

healthy, whether it be at the food court or the comfort of the student's own home.

Here are four simple, nutritious recipes that students can easily make at home.

APPLE CUPCAKES

1 apple
2 tbsp. almond butter
2 tbsp. of nuts (walnuts recommended)
2 tbsp. of dark chocolate chips

Directions: Wash and cut the apple in half, gently core out the seeds, with the apple having a flat surface. Spread almond butter on the apple surface. Sprinkle with nuts and chocolate chips, and serve.

OVERNIGHT OATS

½ cup oats
1 cup almond milk
2 tbsp. of chia seeds
Fresh fruits, nuts, nut butter for toppings

Directions: Add all ingredients into a small container. Stir and cover, then place in the fridge overnight. Eat cold or re-heat the next day.

BLUEBERRY, OAT & HONEY CRUMBLE

1 tbsp. unsalted butter
2 oz. rolled oats
1 tbsp. soft light brown sugar
2 tsp. clear honey
Generous pinch of ground cinnamon
2 oz. blueberries
Greek yogurt, to serve



TURKEY & APPLE PITA POCKET

1 small whole wheat pita (or 2 slices of whole wheat bread)
3 ounces turkey breast
2 pieces leaf lettuce
4 pieces thinly sliced apple
½ ounce of gruyere cheese (or cheese of choice)



The above information was found on popsugar.com and health.com

2018 DECEMBER COMMENCEMENT

Saturday, December 15, 2018

Ewingleben Sport Complex (Wink Arena)



College	Contact	Phone #	Location
Health Professions	Richelle Williams	(231) 591-2263	VFS 210
Arts & Sciences	Gayle Driggers	(231) 591-3666	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	Tamara Jackson	(231) 591-2890	JHN 200
DCCL	Megan Biller	(231) 591-2710	ALU 113
General Studies Graduates	Shelly VandePanne	(231) 591-2360	ASC1017

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 8, 11:00 am – 4:00 pm in the University Center – Multi-purpose Rooms or starting November 8 – December 7 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 8, 2018. Extra tickets are not distributed and lost tickets will not be replaced. **Tickets must be reserved by Thursday, December 13 at 11:59 pm.**

Commencement Program – Graduates must complete their online graduation application by **Friday, October 12, 2018 for their names to appear in the Fall 2018 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 15, 2018

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

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.



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Work it

Free ways to feel fit

Holly Baker
Torch Reporter

Ferris business administration junior Monoa Ralison is one of many students who enjoys their daily workout routine.

"I usually start with walking one to two miles around the indoor track. Then, I run about five miles and walk three miles again to cool down. After that, I do the elliptical for about 20 minutes, then I bike 20 minutes," Ralison said.



Monoa Ralison

According to muscleandfitness.com, developing a fitness routine can help develop other good habits later in life which can decrease the chances of high blood pressure.

"My workout usually takes an hour to an hour and a half. I do it about twice a week. It makes me feel energized," Ralison said, mentioning that she also makes sure to stretch after her workout.

Cardio can also aid in creating a stronger heart and lungs, according to verywellfit.com. Ferris chemistry freshman Paul Quinn enjoys pairing his cardio with weight training.

"I usually start with about 15 to 20 minutes of cardio. So, I'll start on the treadmill or the bike, just something to get my heartrate going. Then, I'll start with weights. On Mondays and Wednesdays I'll do arms, and I'll do legs on Tuesdays and Thursdays. Fridays I'll either do abs or take it as an extra rest day if I'm feeling extra lazy," Quinn said.

Quinn enjoys the combination of weights and machines, saying that the variety in his workout keeps it fun.

"I don't really have a set list of what I do every day. I do what makes me feel good," Quinn said.

When life gets busy, the busy find balance. Ferris dental hygiene senior Jordan Barker tries to take some time out of the day to get her blood flowing when she can.

"I don't do this every day, but sometimes in the mornings I'll do 20 jumping jacks, 20 lunges and 20 squats. And then in the evening time before I go to bed, I'll do 20 jumping jacks again, 20 crunches and 20 squats. It makes me feel energized and accomplished," Barker said.

For those who enjoy the gym atmosphere, visit the Rec Center or the Racquet and Fitness Center during their hours of operation.

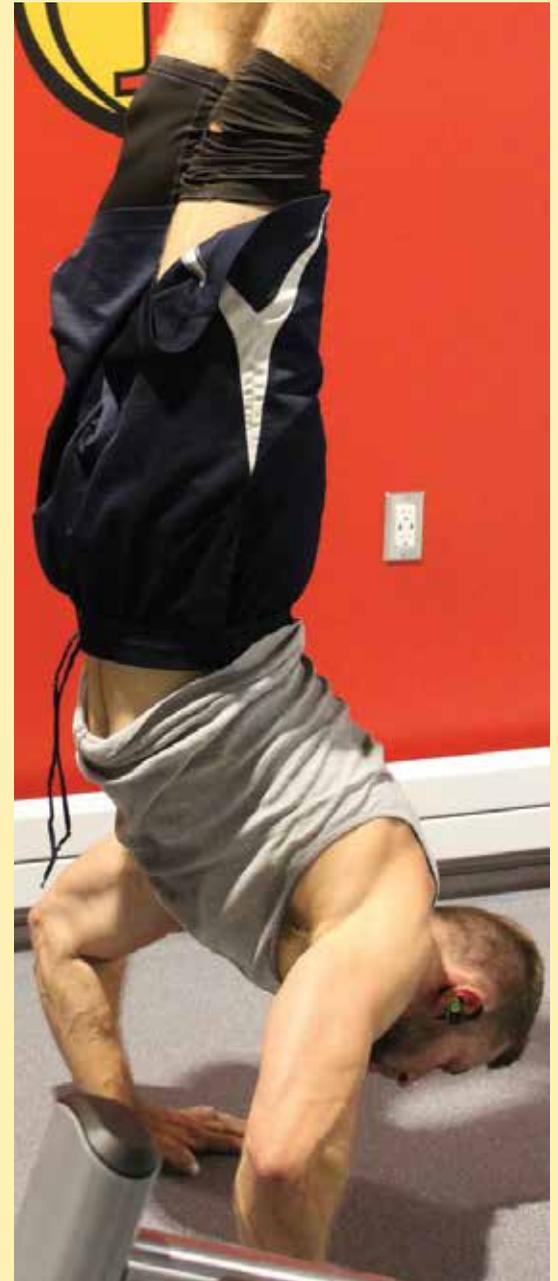


Photo by: Taylor Davis | Torch Photographer

A Bulldog breaks a sweat as he uses his bodyweight to work on his arms, abs and balance.

Intermediate Crusher

Each move is recommended two to three sets of 10 to 12 reps. If this is too difficult, lower the reps and number of sets according to your abilities.

Biceps curls: Stand with feet hip distance apart with one dumbbell in each hand. Maintain good posture as you raise and lower the weights, bending at the elbow. Increase the weight when you are able to complete the sets with relative ease.

Lateral raises: Stand with a dumbbell in each hand. Your palms should be facing inward towards the mid-line of your body. Raise your straight arms to shoulder height and lower slowly. If you find that you are bending your elbows, you are lifting too much weight. Lower the weights and keep your arm straight.

Triceps kickbacks: For this exercise, use a chair to stabilize yourself. Extend your arm slowly backward and return to the starting position with control.

Bent rows: To get into the proper position for this exercise, tilt forward from the hips so that your chest is facing the floor and your arms are hanging beneath you. Pull your arms toward your chest as if you are rowing a boat.

Wall squats: For this variation, stand with your back to a wall and sink down to a seated position with your thighs parallel to the floor. Let the wall support your back. Hold the position for 20 to 30 seconds. As you build strength, challenge yourself to hold the squat for a minute or more.

Overhead press: This exercise is performed while seated in a straight-back chair. With your back pressed firmly against the seat, press the dumbbells over your head with your upper arms positioned in a straight line from elbow to elbow. Extend the arms fully without locking the elbow, pausing momentarily before returning to the starting position.

The at-home-circuit

Want to hit the gym but don't have time? Try these at-home moves that'll get your heart-rate up and muscles moving.

- 20 bodyweight squats
- 10 push ups
- 20 walking lunges (10 per leg)
- 10 dumbbell rows (using a gallon milk jug or another weight)
- 15 second plank
- 30 jumping jacks

HOURS OF OPERATION

Rec Center

Monday–Thursday 6 a.m. to 11 p.m.
Friday 6 a.m. to 9 p.m.
Saturday noon to 7 p.m.
Sunday 3 to 10 p.m.

(For more information, visit ferris.edu/HTMLS/studentlife)

Racquet and Fitness Center

Monday–Friday 6 a.m. to 8 p.m.
Saturday–Sunday 9 a.m. to 6:30 p.m.

(For more information, visit ferrisracquetandfitness.com/)



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SPORTS

"I think that our team doesn't dwell in the past, but we use it to motivate us."
- Danielle Thompson - See page 12 for story

Brendan Samuels | Sports Editor | samuelb1@ferris.edu

A different breed



Jayru Campbell establishing his name with unique skill set

Mollie Hamelund
Torch Reporter

What makes a good quarterback?

Ask ten people and ten different answers will ensue. Whether it be the ability to toss the ball down field effortlessly, run the ball when needed or simply command an offense, a quarterback can be great in a variety of ways.

When Ferris junior quarterback Jayru Campbell started his career as a Bulldog, it was unclear if he would see much playing time. Now, he is starting at the quarterback position and leading the offense up and down the field with ease.

Campbell spent two years of his college career as quarterback for Garden City Community College in Kansas, leading them to a junior National Championship in 2016.

After sitting the bench his first year as part of the Ferris program, Campbell has made a name for himself as the Bulldogs' premier playmaker in just three starts.

In the first game this season against the East Stroudsburg Warriors, Campbell led the Bulldogs to a 49-17 victory. Having the skills to run the ball for over 100 yards and throw the ball over 200 yards, Campbell landed the Bulldogs an easy win.

The next two games were no different for Campbell, as he compiled 661 yards of total offense and nine touchdowns against the

Northwood Timberwolves and the Findlay Oilers.



Tony Annese

The Bulldogs have a history of greatness at the quarterback position, with big names like Ferris alumni

Reggie Bell and Jason Vander Laan manning the position in recent years.

Both Bell and Vander Laan used their unique skill sets to lead Ferris to success, but according to Ferris head coach Tony Annese, Campbell is something special.

"[Campbell] is kind of a cross between our last two quarterbacks," said Annese. "Jayru's a guy that can get some yards after contact. He's fighting for every yard... I haven't seen that since Jason. Reggie was a very elusive quarterback and Jayru has some of that with the quick release that Reggie has."

Campbell and the Bulldogs will look to continue the success that has gotten them a 3-0 start when they take on the Northern Michigan Wildcats 4 p.m. Saturday, Sept. 22, in Marquette.

Photo by: Samantha Cavotta | Torch Photographer

Ferris junior quarterback Jayru Campbell breaks multiple tackles on his way to a big gain on the ground. Campbell has been a star for Ferris, leading the team in rushing and passing yards so far this year.

Sports Shorts

Danny Collins
Torch Reporter

GLIAC North Invitational

The Ferris men's golf team competed in the 2018 GLIAC North Invitational Saturday, Sept. 15 and Sunday, Sept. 16, and placed second overall for the event.

The contest was a home match for the Bulldogs and took place at the Katke Golf Course.

The Bulldogs maintained a steady lead on Saturday's opening 18-hole round with a score of 282. The impressive first day was followed with a 297 mark on Sunday which placed them two strokes behind the Grand Valley State University (GVSU) Lakers, who would go on to win the tournament.

Ferris senior Seth Terpstra earned an individual medal, shooting 142 for the weekend before defeating GVSU's Mitchell White in a playoff.

Ferris senior Andrew Hammett tied for fourth place on the weekend with a 144 between both days. Ferris senior Jack Weller finished in ninth place on the weekend with a score of 147.

The Bulldog's golf team will be back in action for the Findlay Fall Invitational Monday, Sept. 24, in Findlay, Ohio.

Ferris State Friday

The Ferris athletics program recently paired up for the third straight year with one of the state's most prevalent sports talk shows to feature "Ferris State Fridays" on "The Huge Show" live across Michigan this fall.

The segment will be aired 5:45 p.m. Fridays as a part of the "The Huge Show." The show's host, Bill Simonson, is a longtime radio talent. The piece will be broadcasted live from 107.3 WBBL in Grand Rapids.

The show will feature live interviews with Ferris guests, and the university and athletics program will receive commercial airtime as well.

In addition to being heard on WBBL, the weekly segment will be aired statewide across "The Huge Show" Network, which involves 11 pairing locations throughout the state that includes Alma/Mount Pleasant, Benton Harbor/St. Joseph, Flint, Cadillac, Ann Arbor, Lansing, Petoskey, Midland, Kalamazoo, Holland and Houghton/Hancock.



Photo by: Samantha Cavotta | Torch Photographer

Michael Reedy
Torch Reporter

With more than 500 yards of total offense for three straight games, Ferris football's offensive line unit is due the honor of this week's Top Dawg.

The Bulldogs' starting offensive line consists of senior Devon Johnson at left tackle, junior Tyler Allison at left guard, sophomore Jake Boonstra at center, senior Nic Sawyer at right guard and sophomore Dylan Pasquali at right tackle.

When Ferris' defense forces a three and out, it does not give the offensive line much of a break on the sideline, and then they have to go out and perform at a top tier level to get the yardage and to put up 40-plus points per game.

The offensive line is very important when you have weapons like Ferris junior quarterback Jayru Campbell and Ferris senior running back Derrick Portis rushing all over the place. Getting the right block off every play

and creating those holes for players to go through may go unnoticed, but it definitely has a great effect on how the team performs as a whole.

When Ferris is passing the ball, the o-line has to make sure the quarterback has enough time in the pocket to see the field and make a pass down the field. It is also important to keep the defense from sacking the quarterback or having the defense rush and force him to make a poor throw, which could result in an interception.

It's not easy being an offensive lineman. Playing every snap and being in a two point or three point stance can put a toll on your body. However, these players put in the work, day in and day out, to keep their quarterback safe and make sure the team can get the win.

The Ferris football team will head up to Marquette to face the Northern Michigan Wildcats 4 p.m. Saturday, Sept. 22.



THIS WEEKEND'S SPORTS FOR FERRIS

Friday Sept. 21:

- Women's Volleyball vs. LSSU at noon
- Women's Soccer at Michigan Tech at 7 p.m.

Saturday Sept. 22:

- Women's golf at Ohio Dominican Invitational
- Women's Tennis at Grand Valley State at 10 a.m.
- Women's Volleyball vs. Saginaw Valley State at 3 p.m.
- Football at Northern Michigan at 4 p.m.

Sunday, Sept. 23:

- Women's Golf at Ohio Dominican Invitational
- Women's Soccer at Northern Michigan at noon

Monday, Sept. 24:

- Men's Golf at Findlay Fall Invite

Tuesday, Sept. 25:

- Men's Golf at Findlay Fall Invite



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Habit of success

Volleyball continues early season GLIAC success

Danny Collins
Torch Reporter

The Ferris women's volleyball team is coming off three-straight road GLIAC victories from last week to help the squad remain unbeaten in conference play.

Tuesday, Sept. 11, the team defeated the Northwood Timberwolves 3-1 in Midland. Ferris junior outside hitter Courtney Brewer led the Bulldogs, as she accumulated 16 points and hit .378 overall.

The Bulldogs then traveled north Friday, Sept. 14 to take on the Northern Michigan Wildcats. Ferris dominated the Wildcats with a 3-0 sweep and once again were led by Brewer with 12 kills, a hitting percentage of .429, along with three solo blocks on the night.

The Michigan Tech Huskies would be no match for the Bulldogs Saturday, Sept. 15 as Ferris defeated them 3-1. Junior outside hitter Allyson Cappel led this game for the Bulldogs with 13 kills and 17 digs.

This year in conference play, the Bulldogs are 5-0 and have beaten those five opponents in sets with a score of 18-2. The Bulldogs are at the top of the GLIAC standings at number one.

"Our best quality is that we are 13 deep. We say that a lot this year because of that fact that we have 13 girls that at any point are able to go into the game and make a difference," Ferris junior setter Maeve Grimes said.

The Bulldogs are currently coming off four straight GLIAC Regular Season Championships and four straight GLIAC Tournament Championships.

"I think that our team doesn't dwell on the past, but we do use it to motivate us. We spend a lot of time focusing on one



Photo by: Samantha Cavotta | Torch Photographer

The Ferris volleyball team huddles before a big match. The Bulldogs are on fire yet again this year, jumping out to a 5-0 conference record.

day at a time and one team at a time. We like to get better one percent everyday," Ferris freshman outside hitter Danielle Thompson said.

Last season was the sixteenth time that the Bulldogs have won at least 20 victories under head coach Tia Brandel-Wilhelm, who has been at the helm for the Bulldogs for the last 22 seasons.

"The 2018 Bulldogs are an exciting group. We have a smaller roster size, but each person is a strong contributor to the team. This team really works to get better every day. They are willing to up the level to meet any challenge," Bran-



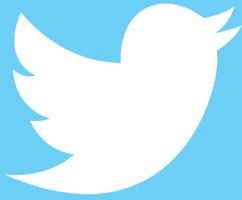
Tia Brandel-Wilhelm

del-Wilhelm said. "The GLIAC volleyball conference is really strong this year. It will be a competitive race with five or six teams fighting for the top spot."

The Bulldogs will be back in action as the team returns home to compete against Lake Superior State noon Friday, Sept. 21.



Danielle Thompson



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FERRIS FANTASY FOOTBALL

All good things come to an end, and so did my winning record this weekend in Ferris Fantasy Football.

After a great round of selections in week one got Team Torch to a 1-0 record, the Bulldogs struck back to even the score at 1-1, after a 128-98 win in week two.

Ferris junior quarterback Jayru Campbell did it all Saturday, Sept. 15 when the Bulldogs took on Northwood University. Campbell exited that game with over 300 yards of total offense and four total touchdowns, bringing him to a whopping 40 points in fantasy this week.

Campbell's pro counterpart Ben Roethlisberger nearly matched him, as a shootout between Patrick Mahomes and himself gave Roethlisberger a 39-point



Brendan Samuels
Sports Editor

score. The Bulldogs' running game was in full force this weekend, as they completely outshined my spread of running backs. Jay Ajayi of the Philadelphia Eagles offered some production, but Ty Montgomery of the

Fantasy Football | see page 13

Ferris State University does not discriminate on the basis of race, color, religion or creed, national origin, sex, sexual orientation, gender identity, age, marital status, veteran or military status, height, weight, protected disability, genetic information, or any other characteristic protected by applicable State or federal laws or regulations in education, employment, housing, public services, or other University operations, including, but not limited to, admissions, programs, activities, hiring, promotion, discharge, compensation, fringe benefits, job training, classification, referral, or retention. Retaliation against any person making a charge, filing a legitimate complaint, testifying, or participating in any discrimination investigation or proceeding is prohibited.

Students with disabilities requiring assistance or accommodation may contact Educational Counseling & Disabilities Services at (231) 591-3057 in Big Rapids, or the Director of Counseling, Disability & Tutoring Services for Kendall College of Art and Design at (616) 451-2787 ext. 1136 in Grand Rapids. Employees and other members of the University community with disabilities requiring assistance or accommodation may contact the Human Resources Department, 420 Oak St., Big Rapids, MI 49307, or call (231) 591-2150.

Inquiries or complaints of discrimination may be addressed to the Director of Equal Opportunity, 120 East Cedar St., Big Rapids, MI 49307, or by telephone at (231) 591-2152; or Title IX Coordinator, 805 Campus Dr., Big Rapids, MI 49307, or by telephone at (231) 591-2088. On the KCAD Grand Rapids campus, contact the Title IX Deputy Coordinator, 17 Fountain St., Grand Rapids, MI 49503, (616) 451-2787 ext. 1113.

TEAM TORCH BOX SCORE			
Position	Player	Points	
QB	 Ben Roethlisberger	39	
RB1	 Jay Ajayi	9	
RB2	 Ty Montgomery	5	
WR1	 Julio Jones	11	
WR2	 Kenny Stills	3	
FLEX	 Adrian Peterson	8	
D	 Denver Broncos	2	
K	 Matt Prater	10	
Total:		98	

FERRIS STATE BOX SCORE			
Position	Player	Points	
QB	Jayru Campbell	40	
RB1	Derrick Portis	19	
RB2	Marvin Campbell	11	
WR1	Keyondre Craig	25	
WR2	Miles Jones	9	
FLEX	Travis Russell	8	
D	Ferris State	4	
K	Sy Barnett	8	
Total:		128	

Running towards victory

Cross-country thrives at 44th Annual Bulldog Invitational

Michael Reedy
Torch Reporter

The Ferris cross-country (XC) team hosted the 44th Annual Ray Helsing Bulldog Invitational Saturday, Sept. 8.

Both men and women's XC showed up for the home fans and had remarkable performances.

The Ferris men's XC team finished the 8k race holding the top eight finishing spots and finished first in team placement, with Ferris senior Damien Halverson placing first individually with a time of 27:33:9.

The women's XC team also placed first overall for their 5k race with the help of the five Bulldogs that placed in the top 10. Ferris junior Kathryn Etelamaki finished first individually in the race with a time of 18:57:5.

With the Bulldog Invitational being the first event of the year, it was important for the Bulldogs to have such an impressive start.

"[The teams] went up against a very tough Northern Michigan



Jared Kelsh

team, who is usually nationally ranked, and very high in the regional rankings," Ferris XC head coach Jared Kelsh said.

The Bulldogs' GLIAC foes Northern Michigan University are usually very

successful, making it even more meaningful that the Ferris women's XC team placed higher than the Wildcats.

Back in 2009, the Ferris Athletic Department honored former Ferris XC coach Ray Helsing who coached from 1968-82. Helsing brought great success for the Ferris XC team back in the day, winning four GLIAC titles to coaching the 1980 XC team to a fourth place finish at the Division II Championship. Helsing also led his team to a remarkable 77-17 dual meet mark.

Dating back to 1974, the Ray Helsing Bulldog Invitational has now been running for a consecutive 44 years. The Ferris men's team has won 10 times and the women's team has won 17 times.

The Bulldog Invitational gives the cross-country teams a slight advantage since they are racing at home.



Kathryn Etelamaki

"It always feels nice to race here. We always have the basketball team and the volleyball team that come and I'm kind of familiar with the course," said

Etelamaki.

The Bulldogs next meet is the Greater Louisville Classic taking place Saturday, Sept. 29 in Louisville, Kentucky.

Fantasy Football

Continued from page 12

Green Bay Packers was a complete bust.

I used Julio Jones early in the season, and boy, did I pay the price. Props to Ferris senior receiver Keyondre Craig for having a monster of a day that included a 69-yard touchdown catch.

Neither fantasy team scored big on defense and special teams, nor did the FLEX positions show up big. Ferris' defense is struggling to make major plays. The team has only one sack and one interception in their first three games, both coming in the season opener.

I continue to have a large advantage in the realm of tight ends, mostly because Ferris neglects the position, opting to run with extra receivers or running backs instead.

This week's wild storyline is red-shirt freshman receiver Sy Barnett who not only caught passes, but kicked extra points for the Bulldogs, as well. I am not sure if that is allowed in Fantasy Football, but rules were meant to be broken.

Despite this week's loss, I'm optimistic about my next round of picks' chances to bring me ahead in the standings once more.

Here's who will be starting for me in week three:

QB - Patrick Mahomes (Kansas City Chiefs) - Mahomes

has thrown an NFL record of 10 touchdown passes in his first two games with the Chiefs. A matchup with a struggling San Francisco 49ers team looks promising.

RB1 - Dalvin Cook (Minnesota Vikings) - Cook is an incredible athlete who runs and catches the ball with ease.

RB2 - Jordan Howard (Chicago Bears) - Howard is a bruiser who is tasked with taking down the Arizona Cardinals. Piece of cake.

WR1 - Chris Hogan (New England Patriots) - Hogan will be facing a Detroit Lions team that looks simply lost on defense. Plus Tom Brady is throwing him the ball.

WR2 - Devin Funchess (Carolina Panthers) - Funchess is tall. Like, really tall.

TE - George Kittle (San Francisco 49ers) - This man is Jimmy Garoppolo's number one target. Expect him to catch a ton of passes.

D/ST - Cleveland Browns - The Browns are playing the New York Jets and I like their chances of standing up to rookie Sam Darnold.

K - Justin Tucker (Baltimore Ravens) - Tucker is a special breed of kicker. Believe it or not, he's about the only thing consistent on the Ravens' team.

FLEX - Keelan Cole (Jacksonville Jaguars) - Cole is a receiver who has begun to make a name for himself. I'm putting him here because I'm still not confident in him as a number one receiver.

They shoot, they score



Photo by: Samantha Cavotta | Torch Photographer

Freshman forward Grace VerHage eyes the defense as she charges down field. The Bulldogs have gone 6-1 to this point.

Bulldogs keep a winning record going into conference play

Mollie Hamelund
Torch Reporter

The Bulldog soccer team brought in their sixth-consecutive victory with an away game against the Davenport Panthers Sunday, Sept. 16.

The Bulldogs' first goal came 25 minutes into game time, giving them an early lead that the Panthers could not answer. That first goal was a good start for the Bulldogs as Ferris senior defender Carley Dubbert shot the ball past Davenport's goalie for her third goal of the season.

A veteran player for Ferris, Dubbert knows the Bulldogs need to keep their motivation up for the season.

"Having a winning record gives



Carley Dubbert

us some confidence going into the conference season. Playing well and getting good results is motivating us as we move forward," said Dubbert.

Dubbert also had an assist, aiding a goal by Ferris sophomore forward Mackenzie Dawes in the 67th minute of play. The Panthers quickly scored a minute after the Bulldogs' second goal in hopes to make a comeback, but the Bulldogs held onto their lead tight and finished the game with a 2-1 victory.

The Bulldogs played strong

through a tough early schedule that has been composed of mostly road games.

"We are in a tough stretch of away games right now," Dubbert said. "We are just taking it one game at a time and focusing on what we need to do each game to be successful."

The Bulldogs have a tough slate of GLIAC opponents coming up including Michigan Tech and Ashland. Currently owning a 6-1 overall record, the Dawgs are ready for whatever is thrown their way.

Hoping for their seventh straight win, the Bulldogs will head north to Houghton, Michigan 7 p.m. Friday, Sept. 21, to take on the Michigan Tech Huskies.

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OPINIONS

“Williams was just upset that she was being punished in ways it seems like men will never be.” - Mollie Hamelund - See page 15 for story

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Chat with the chief

Editor in Chief, Megan Lewton

As we approach fall, we become fully submerged in apple season: both that of the fruit and the technology company.

Like clockwork, Apple releases a new iPhone every autumn. The company recently announced its newest device, the iPhone XS, and naturally, people are going wild.

Soon, people will swarm to pick up the newest iPhone, which contains a new set of quirky features to make it more enjoyable for consumers. Many Apple users will shell out a sizeable amount of money to get their hands on the iPhone XS as soon as possible.

I, for one, find this ridiculous. Al-

though the new iPhone may look pretty and offer some enticing new apps for its users to enjoy, it really works just the same as any other iPhone released during the past few years. The everyday features (calling, texting and others) don't change much from year to year, so the aspects of the iPhone XS that will be most commonly used will likely function the same as the iPhone X or other recent iPhones.

I have an iPhone myself: the iPhone 7, to be exact. I've had this phone for about a year and a half, and for the most part it works perfectly well. Despite having dropped it no fewer than 100 times, there's

only a couple minor bugs and scratches on the screen that I can look past. As long as it can still send and receive messages, can access the internet, has access to a camera and functioning audio, I don't care about the pointless little gimmicks obtained by the newest device. It has the few things I use every day, and that's what matters most to me.

If you absolutely must get the new iPhone right away, by all means, go for it. However, I personally find it pretty pointless to drop a ton of money on an iPhone only slightly different from your previous device. Sure, it offers a

couple nice features like wireless charging and a sleek design, but the core of the phone—the communication aspects the consumer will use every day—is basically the same as the previous version. If you really want it that badly, wait a year until the next one is released and the prices for this year's version will drop.

I think the new iPhone is nice, but I'll pass on it for now. You can catch me sending messages on my beat-up iPhone 7, and I'm sure they'll send just the same.



Cartoon by: Samuel McNeill | Cartoonist

Embrace Mother Nature



Graphic by: Sarah Massey | Production Manager

Appreciate Michigan weather in all of its glory

People who talk bad about the weather are unconsciously saying a lot about themselves.

We all do it sometimes, but there comes a time when complaining is unneeded. We live in Michigan, and our weather is a part of life, whether people want it to be or not.

A lot of people claim the heat in the summer is unbearable, and in the winter the cold stops your blood from flowing. In the fall you want just it to snow already, and in the spring it's just a little too cold. Well, how about you just appreciate the range of seasons that residents of the state of Michigan get to experience instead? People who always complain about the weather like that are either not appropriately dressed for it or people who can only handle a dull climate. The seasons hold so much life and excitement within them. We're lucky.

It is essential that people learn to appreciate changes in the weather if they want to learn how to handle the rollercoaster that life, especially college life, is.

As someone in their junior year who has extreme mood swings, I'm still learning



Kat Merby
Web Supervisor

how to lean with the twists and turns of the tracks of life. It will be something I will be working on for my entire life. I'll even admit to complaining about the weather, but that's only when I'm ill-prepared for it.

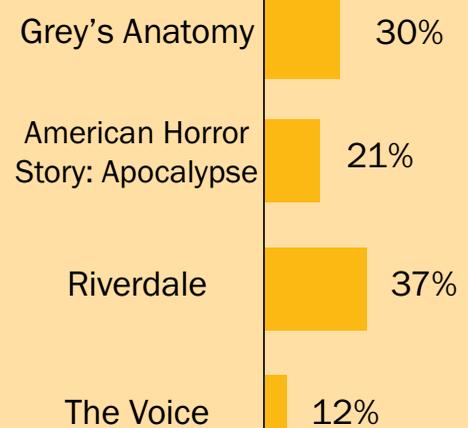
Accepting the changes in the weather comes with practice and preparation. There's music, food, clothes and decorations for every season. It makes life so incredibly exciting and colorful.

Why should someone want to have a boring life? Embrace the excitement of change rather than hide from it. There will be a day when you wished you had danced in the rain, jumped in that pile of leaves, wore shorts that were too darn short in the scorching heat and had gotten to experience frostbite when the world turned into an arctic tundra.

TORCH POLL RESULTS

What show's new episodes will you be enjoying this fall?

33 VOTES



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A player today, a leader tomorrow

Serena Williams sparks new debate for equality in sports



Mollie Hamelund
Torch Reporter

How do you break the Internet and have everyone in the world talk about you? Be a woman and stand up for yourself when a man mistreats you.

A recent incident has become the biggest spark for women's rights in sports since Erin Andrews became a lead football reporter. Even when Andrews was criticized for what she was wearing on the football field, it never came to the point where she was viewed as an embarrassment for women.

After this past U.S. Open, tennis player Serena Williams has been in hot water due to her performance and her actions in her last match against opponent Naomi Osaka.

Over the last few days, Williams was mistreated in the U.S. Open and got a lot of hate because she stood up for herself when she thought the calls during the match were unfair. Not long into the game, Williams was punished by the umpire because her coach, giving her a thumbs up, was looked at as coaching from the stands, which is considered cheating in tennis.

As soon as the umpire announced that Williams was receiving coaching, Williams began to defend herself respectfully by saying, "I understand why you may have thought that was coaching, but I'm telling you it's not... I don't cheat to win. I would rather lose."

After the violation cost her points to her opponent, she called the umpire a "thief." This umpire saw this as "verbal abuse" and gave Osaka the game.

Even 1980s tennis star John McEnroe, who was notorious for having meltdowns on the court and yelling at the umpires, has remarked this past week, "I have said far worse."

Many people had looked back to remember when McEnroe was on the news for having another fight with the umpires and comparing it to Williams this past week. McEnroe,



Photo courtesy of Wikipedia Commons

Serena Williams was banned from wearing this catsuit at the 2018 French Open.

speaking to ESPN, was one of the first to openly side with Williams.

"She's right about the guys being held to a different standard," McEnroe said. "There's no question."

Opinions about Williams have been rolling around for years, but nothing has ever made the news like this. Just earlier this summer in the French Open, Williams was critiqued on wearing an outfit that was skin-tight to help her health. The Open ultimately banned the wearing of this outfit, as it was considered "unprofessional" and "inappropriate."

I find this interesting since men are allowed to take their shirts off without getting a violation, but a woman can't even wear something designed to help her physical health after almost dying while giving birth to her child the year prior. Williams wasn't the first woman to wear such tight clothing,

either.

I am entirely on Williams' side. As a woman immersed in a male-dominated profession, I will stand with her against what others are saying. Calling someone a "thief" is not as bad as what some male tennis players have said in the past. Williams didn't take her anger out on anybody else besides the umpire (and her racket) and it never even got physical, whereas past players have gone as far as to kick umpires.

When Osaka was rewarded with her win, fans were loudly booing. Once Williams took the microphone and told the audience that Osaka was not in the wrong and deserved everything she got, the crowd understood that neither Osaka or Williams was the bad guy, and that Williams was just upset that she was being punished in ways it seems like men will never be.

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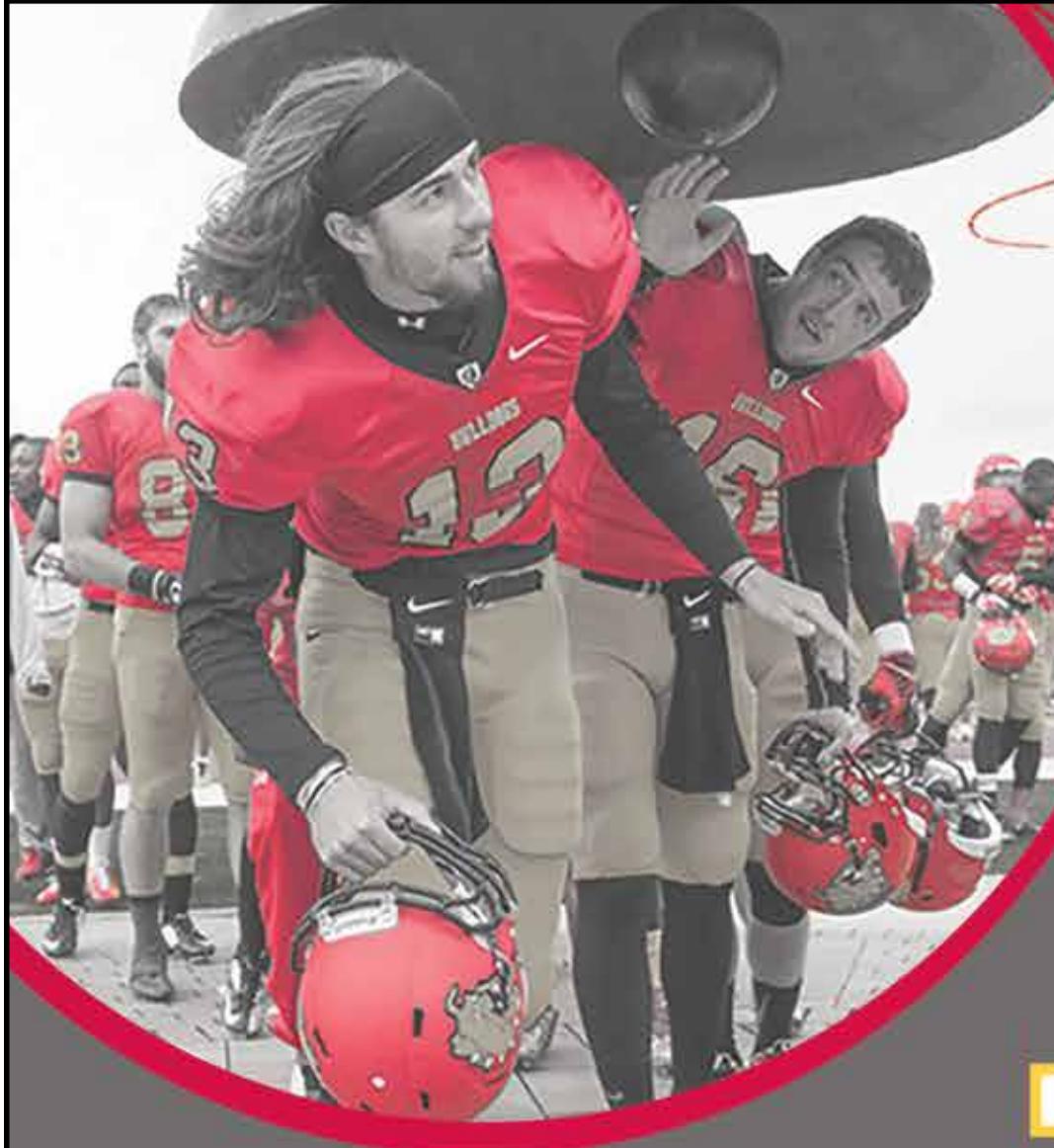


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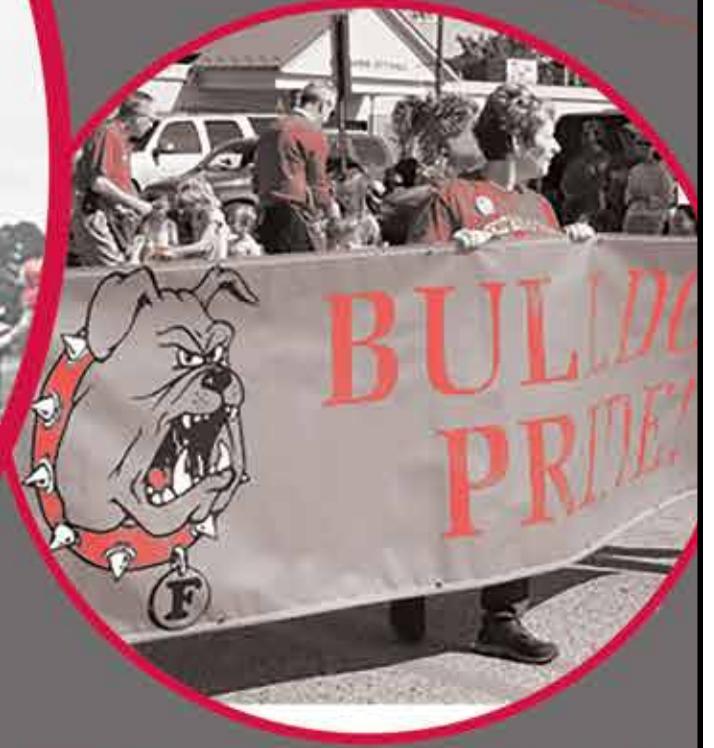


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