

HERE'S WHAT'S INSIDE

**BLAST FROM THE PAST**

*This year's artist for Music Takes Action isn't just another pretty face: it's pop singer Jesse McCartney.*

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**STUDENTS BEFORE ATHLETES**

*More than 70 Ferris student athletes received academic honors from the Great Lakes Intercollegiate Athletic Conference.*

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**LET IT SNOW**

**See p. 2 for coverage of the extreme winter weather in Big Rapids.**

*Photo by: Megell Strayhorn | Multimedia Editor*

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"Today, I trudged through the snow and it was thigh high. I was so cold."  
- Emily Vantimmeren - See below for story

Megan Lewton | Editor in Chief | lewtonm1@ferris.edu

# A new era

Ferris students get three snow days in one week

**Madison Kettlewell**  
Torch Reporter

Ferris canceled all classes on the Big Rapids campus Monday, Jan. 28, Wednesday, Jan. 30, and Thursday, Jan. 31, due to inclement weather conditions.

The first day of class cancellations was a result of heavy snow covering the roads and sidewalks. Wednesday and Thursday's cancellations were a result of extremely cold temperatures.

Ferris has not called a snow day since 2013 and, historically, Ferris hasn't been known to be liberal with their snow days.

"It's been terrible, it's been so cold. Today, I trudged through the snow and it was thigh high. I was so cold," Ferris hospitality management junior Emily Vantimmeren said. "I slid through a stop sign last week."



Emily Vantimmeren

According to the National Weather Service, Big Rapids received about 8 inches of snow Monday. In addition, the area has been experiencing dangerously cold temperatures, with wind chills between -15 and -20 degrees Fahrenheit.

Commuters across campus were pleased with how Ferris handled the situation, although many students reported wishing they had gotten Tuesday off as well.

"I was hoping for no school," Ferris pre-dental freshman Ava Sousa said. "I actually haven't driven this week, I've been taking the bus. It's a lot safer. It's a little scary coming up here because I'm not in control, but it's a lot better than coming up here myself. You never know what could happen. I could spin off."



Ava Sousa

Gov. Gretchen Whitmer declared a state of emergency Monday due to the predicted extreme weather conditions. The state of emergency was declared to help address threats to public health and safety and allowed jurisdictions across the state easier access to increased resources.

According to the National Weather Service, when a wind chill warning is in effect, frostbite could occur to exposed skin in as little as 10 minutes.

"This week is really reminding us that we're in Michigan. We're going to get some cold weather," Ferris Department of Public Safety Chief of Police Bruce Borkovich said. "Dress in several layers, wear appropriate foot gear. Sometimes it can take just a few minutes of exposure to start frostbite. We all should be used to Michigan and the unpredictability of our weather."

Weather of this extremity reminds



Photo by: Taylor Davis | Torch Photographer

Approximately 8 inches of snow covered Big Rapids Monday, Jan. 28, making the roads dangerous to drive on and prompting the university to cancel classes campus-wide.



Photo by: Megell Strayhorn | Multimedia Editor

The three weather-related class cancellations this semester were the first since 2013.

# Better safe than sorry

Student survival in the winter whirlwind

**Madison Kettlewell**  
Torch Reporter

With the polar vortex sweeping through the state, many students were reminded just how important winter safety is.

"I got stuck twice in one day," Ferris general studies junior Jacob Fracier said. "I went to my car over in Lot 28 and started it up. I got stuck in between the aisle and the parking spot. I had to run over to my girlfriend's house, all the way across campus. She couldn't get out either, so I got a shovel and then had to shovel it out."

"Then, I went to Lot 54 and decided to park it there, and they didn't plow the parking lot. I have a Civic, so I got stuck again," Fracier said. "I just rocked it back and forth, putting it in park then reverse."

Stories such as Fracier's were heard and experienced by many Michigan residents. Thankfully, Ferris worked hard to keep students safe all week and their efforts were widely noticed.

"The sidewalks are as clean as they can get them. They're trying to put down as much salt as they can and plow as much as they can. I think they're doing fairly well," Ferris general studies freshman Lillie Totton said.

Despite the salt team's best efforts, the curbs remain a safety hazard at the university. Ferris Department of Public Safety Chief Bruce Borkovich cautions students around campus to be mindful of this when they are walking.

"The area that we've seen that causes the greatest amount of falls and issues are curbs. Any area that is sloped down, the salt can't stick on those curbed areas and angled areas," Borkovich said. "Many times, a person is walking, and things are pretty good. You're moving right along and then suddenly you hit the curb and slip."

Borkovich said police officers are positioned on campus 24/7, and when they recognize dangerous weather conditions, they call the Physical Plant. The Physical Plant is responsible for the maintenance of the university's physical environment.

Ferris Physical Plant Associate Vice President Michael Hughes urges students to avoid using cellphones and ear buds in cases of inclement weather.

"While we do our best to keep the campus clear and safe during inclement weather, we cannot control all the factors and conditions of Michigan weather," Hughes said. "There is an element of personal responsibility that is incumbent on all of us for our personal safety. Dressing appropriately and being aware of the conditions outside are a big part of this."

Hughes said a group of university administrators are convened as early as 4:30 a.m. to discuss and evaluate weather conditions to determine if it is safe to hold classes.

"During the recent ice storm, a couple of weeks ago, we used approximately 80 tons in just two days," Hughes said. "In each of the last two years, we have increased our salt order by 50 tons each year. This current season's total inventory was 400 tons (800,000 pounds) of salt. That does not include sand product that we also stockpile and utilize over the course of the winter season."

Based upon this year's weather, the Physical Plant expects to increase next year's salt order by another 50 tons.

# WEEKLY WORLD NEWS

Catch up on news around the globe

Megan Lewton  
Editor in Chief

## Seoul, South Korea

Former South Korean presidential candidate Ahn Hee-jung was sentenced to three and a half years in prison for the repeated sexual assault of his secretary, Kim Ji-eun, while he was governor of the South Chungcheong Province. The Seoul lower court acquitted Ahn in August 2018, as they believed there was not substantial evidence. However, the Seoul High Court threw out the ruling and convicted Ahn of sexual assault. Ahn is among many other figures who have faced sexual assault allegations after the #MeToo movement became prominent in South Korea early last year.

Original article by Choe Sang-Hun, Feb. 1, 2019. *The New York Times*.

## Paris, France

Despite complaints about frequent use of golf ball-sized rubber bullets by police to deter protestors, France's highest administrative court determined that this police practice would remain legal. The rubber bullets have been used during the Yellow Vest protests in France, with greater than

9,200 shots fired, including forbidden shots to the head. Dozens of people have claimed to become mutilated or blinded from the bullets, which have broken hands and jaws, as well as shot out eyes.

Original article by Adam Nossiter, Feb. 1, 2019. *The New York Times*.

## Santiago, Chile

Six men were recently convicted of the 1982 murder of former Chilean president Eduardo Frei Montalva. The six men — four doctors, a former security agent and the former president's driver — conspired to slowly poison him following a surgery of the former president. They also worked to conceal the autopsy report. Frei's death was initially deemed to be a result of natural causes but his family received tips that alluded to third-party involvement in 2000. The former army doctor received 10 years in prison, the former security agent and driver each received seven years, and the three other defendants received between three and five years each.

Original article by Pascale Bonnefoy, Jan. 30, 2019. *The New York Times*.

## Snow Days

Continued from page 2

many Big Rapids residents of the famous 1978 blizzard. The story around campus is that the snow storm was so severe that the university canceled classes. Students bought out all the liquor in town on their day off and Ferris pledged to never let another snow day happen again.

While many factors of this story are true, according to Grunst

Brothers Party Store owner Bob Grunst, the alcohol never truly ran out.

"That's the rumor. We did not sell out. That's always been thrown out there. I don't know if some of the smaller places did, but we did not," Grunst said.

Grunst remembered students bundled in hats, scarves and gloves. He even recalled a few students who had made the trip in toboggans. The town was buried in 30 inches of

snow, according to a 2010 Torch article by Dan Hamilton.

Grunst said the students who came asked for their liquor to be double bagged, as they planned to sneak it back into the residence halls.

"Everything they bought, they bought 24 packs because you couldn't have beer in the dorms," Grunst said. "That's why Ferris said they would never close. They had so many people living on campus. They said they would never ever close Ferris again. They had so much damage because of all the partying in the dorms. Now that everyone lives off campus, they don't care."



Bruce Borkovich



Bob Grunst

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# - ON THE RECORD -

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

## \$100 to whoever doesn't smoke in the dorms

**Cora Hall**  
Interim Sports Editor

### Flying then fleeing

Jan. 25, 10:23 p.m., officers responded to a loud party in Finch Court that was allegedly out of control. When they arrived, everyone ran and the two residents of the apartment were found with marijuana. Both were cited for minors in possession of marijuana and referred to the Office of Student Conduct.

### \$100 to whoever doesn't smoke in dorms

Jan. 27, 7:30 p.m., a student in Brophy Hall had THC oil that they were smoking in a vape pen and also had a grinder with marijuana in it. The student was cited and referred to the Office of Student Conduct.

### A grave investigation

Jan. 30, 9:40 p.m., a female

student was letting her boyfriend, who is also a student, stay with her in her room in Clark Hall. Allegedly, the two students got into a fight and when the female student tried to kick her boyfriend out, he got angry. The male student allegedly ended up grabbing her by the throat and she screamed for help. Officers were called to the scene, conducted an investigation and arrested the male student for domestic violence and assault by strangulation. He was lodged in Mecosta County Jail. The Mecosta County Prosecutor's office issued charges, and the student was arraigned, is on interim suspension from university and can't have any contact with the victim. He is also banned from campus until Title IX conducts an investigation.

The Ferris Department of Public Safety issued 22 tickets from Jan. 27 to Feb. 2, totaling \$370.

# NEWS BRIEFS

Megan Lewton  
Editor in Chief

### Happy PAL-entines Day

Create some cards to give to your loved ones at the Happy PAL-entines event 11 a.m. Tuesday, Feb. 12, in the Center for Leadership, Activities and Career Services (CLACS) Lobby. The event is hosted by the LGBTQ+ Center. For more information, contact CLACS at 231-591-2685 or CLACS@ferris.edu.

### BLACK Movie Night

Watch a screening of the movie "The Hate U Give" 7 p.m. Tuesday, Feb. 12, in the IRC, with the exact room yet to be determined. An open discussion and serving of light refreshments will follow the film's screening. The movie is hosted by Black Leaders Aspiring for Critical Knowledge (BLACK) and Delta Sigma Pi. For more information, contact Rodney Williamson at 313-759-9495.

### Stuff-a-Plush

Make your own stuffed animal at the Stuff-a-Plush event 10 a.m. — 2 p.m. Wednesday, Feb. 13, in UCB 202. The event, hosted by Entertainment Unlimited, is free and open to the public. For more information, contact Entertainment Unlimited at EU@ferris.edu.

## Torch Corrections

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# Heated debate



Photo courtesy of Kristi Scholten

Four members of the Ferris Debate Team will travel to Germany in March for the 29th Annual Speech and Debate Tournament. The team has traveled nationally for other competitions, such as for the Pi Kappa Delta National Comprehensive Tournament in Nashville, Tenn.

*Ferris debate team headed to Germany for tournament*

**Dan Deitsch**  
Torch Reporter

Ferris' debate team will travel to Berlin, Germany, in March for the 29th Annual Speech and Debate Tournament held by the International Forensics Association.

"This will be the first international competition that we have been a part of," Ferris Humanities professor and debate team staff adviser Kristi Scholten said. "As part of my recent tenure in this position, we have traveled as far away as New Hampshire and Boise, Idaho."

The tournament is being held from March 10-12, with the team departing at the start of Ferris' spring recess. The tournament will be held in the Park Inn by Radisson Berlin Alexanderplatz, where the team will also be staying.

"We will be in a hotel full of competitors from all over the world, being seen and rated by judges from all over the world," Scholten said. "The tournament and conference staff will have a few sponsored events where all of these people from all of these places get to mingle."

Of the team's 12 members, four were chosen to visit Germany this year based on their grade point average and attendance to their debate practice. President Cece Klee, Vice President Allyson Faulkner and Ferris communications student Jenna Steele will be among the four attending the tournament.

With an annual budget of \$17,000, Scholten plans to spend up to \$10,000 bringing the debate team to Germany. Team members will have to provide their own funds for passports, luggage fees and costs for entertainment while visiting.

"\$17,000 sounds like a lot — particularly in light of the budget concerns happening at Ferris. However, it is all relative," Scholten said. "Compared to other nationally and internationally traveling teams and programs on campus, it isn't that big of a budget."

Scholten and the team hope to visit Berlin's government sector and would like to see Germany's parliament in session while attending the tournament. The team is also planning to visit the site of the Berlin Wall.

"We'll definitely need the first day we're there to recuperate, since we'll be all jetlagged and weird," Scholten said.

Each year, Ferris' debate team travels to the Pi Kappa Delta national debate championship, with previous members achieving high rankings. In 2018, Ferris political science graduate Mason Smith reached the quarterfinals of the tournament.

The debate team will be back in the U.S. March 15 after spending one week in Berlin.

# Looking back, moving forward

## Students recognize Black History Month

**Landry Shorkey**  
Torch Reporter

February is nationally recognized as Black History Month, but Ferris students are celebrating their heritage throughout the entire year.

"Black history, it's not just February. For me, it's all year round: just celebrating yourself and your identity, and the history that comes along with that. But Black History Month, the month of February, is basically for everyone else to acknowledge the greatness that we've done over time," Ferris secondary education junior Ashley Jordan said.

According to Time magazine, in 1915 Carter G. Woodson and Jesse E. Moorland founded the Association for the Study of Negro Life and History, which is currently known as the Association for the Study of African American Life and History.

The association began a Negro History Week in 1926, which took place during the second week of February to include both Frederick Douglass' and Abraham Lincoln's birthdays. Decades later, this became the Black History Month celebrated today.

Ferris has been coordinating events to celebrate the month for at least 30 years since the Office of Multicultural Student Services (OMSS) was introduced to campus, according to OMSS Assistant Director Michael Wade.



Ashley Jordan

"I think it's something that should be celebrated because I think the narrative that we get about Black History Month is vague and non-inclusive of the many lenses, and also contributions that African Americans have made to this society. It's an opportunity to do that and to be able to address that gap, so to speak," Wade said.

During the month of February, OMSS will host a variety of events for students to learn about African American history, including films, discussions and a play.

"I think it's also a time just to come together and learn about some great contributions, to celebrate those, but also to recognize areas that we still have work to improve in when it comes to social justice and understanding," Wade said.

Students of all ethnicities are welcome and encouraged to attend the events and expand their cultural knowledge.

Ferris integrated studies senior Thomas Murry said it is important for non-African American students to participate in Black History Month.

"The reason why is to actually understand how our history is set up and how we dealt with everything over the course of time," Murry said. "I just want people to actually be more aware of our history. We are here, too. It's more than what people show in a textbook."



Thomas Murry

## 2019 Black History Month Events — OMSS

**Thursday, Feb. 7**

Black Film Series: Higher Learning  
11 a.m. & 1:30 p.m.  
FLITE 159, OMSS Lobby

**Wednesday, Feb. 13**

Black Greek 101  
7 p.m.—9 p.m.  
University Center 202A

**Thursday, Feb. 14**

Black Film Series: Malcom X  
11 a.m.  
FLITE 159, OMSS Lobby

**Monday, Feb. 18**

Featured Presentation: The Meeting  
5:30 p.m.—7:30 p.m.  
University Center 202 Ballroom B&C

**Thursday, Feb. 21**

Black Film Series: Panther  
11 a.m. & 1:30 p.m.  
FLITE 159, OMSS Lobby

**Tuesday, Feb. 26**

Discussion: Black Love  
6 p.m.—8 p.m.  
University Center 203, Founder's Room

**Thursday, Feb. 28**

Black Film Series: Black America Since MLK – And Still I Rise  
11 a.m., noon, 1 p.m. & 2 p.m.  
FLITE 159, OMSS Lobby

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# Blast from the past



Promotional Image

Known for his songs from the 2000s, pop artist Jesse McCartney will perform at Music Takes Action 2019 Saturday, March 30.

## Jesse McCartney to headline Music Takes Action 2019

**Landry Shorkey**  
Torch Reporter

It is bound to be a trip down memory lane at Music Takes Action (MTA) 2019.

Entertainment Unlimited announced that Jesse McCartney is set to headline the annual concert, which will be taking place 7 p.m. Saturday, March 30 at Wink Arena. The doors will open at 6 p.m.

Tickets can be purchased at the Entertainment Unlimited office in University Center 121B as part of the \$5 student rush sale until Friday, Feb. 8.

General admission tickets can then be purchased beginning Monday, Feb. 11, at the Wink Arena box office for \$10. Tickets can also be purchased online through Star Tickets and students will find the link on the MTA Facebook page when it is active.

McCartney is known for his songs from the 2000s, such as "Beautiful Soul," "How Do You Sleep?" and "Leavin'." He also acted in "Alvin and the Chipmunks" and the Freeform show "Young and Hungry."

Student reactions to the news were mixed. Some students, like Ferris elementary education sophomore Lauren Jones, were excited.

"I'm really excited. I think it's going to be awesome. I think he's really well-known, so I'm hoping that a lot of people are excited," Jones said. "It's a big event that anybody can be a part of, and it's easily accessible because it's in Wink Arena, which is on campus."

However, some students were disappointed about the artist.

"I don't really know Jesse McCartney. I thought he seemed kind of old-timey, boy-band like. Just like a classic heartthrob, so I wasn't super thrilled when I heard," Ferris environmental biology sophomore McKenna Saunders said.

Many students said that MTA is a fun event that is afford-

able and worth attending for the experience.

Ferris plastics engineering freshman Zackery Backus said that he does not know a lot of Jesse McCartney's music, but will probably still attend the concert.

"I'm honestly probably going to end up going," Backus said. "I really don't know too much about him, but since I've heard that it's him, I've heard that name before, so I'm definitely interested in going, especially if it's only a \$10 ticket."

Student input was considered through a survey to select the artist, Ferris music and entertainment business junior and Music Takes Action Student Coordinator Ally Bala said.

"We kind of knew a genre that we wanted to go with already, and this genre, pop, was the most popular, so we went with that and we based it off the artists that were most chosen. Some were out of budget, but Jesse was in our budget," Bala said.

Students are also given the option to meet Jesse McCartney following the show with the purchase of a \$40 meet and greet pass. They will be on sale beginning Monday, Feb. 11, in the CLACS office using cash, or on the MTA Facebook page via credit card.

In previous years, students had to win meet and greet passes, but the new system this year allows anyone to purchase them, Bala said.

The concert is a benefit event, with proceeds from this year being donated to i understand (love heals). i understand is a non-profit organization dealing with mental illness and suicide, according to the MTA Facebook page.

"It's nice that we can bring a well-known act to our little town of Big Rapids, and have the students get to go for only \$5 to \$10 to see someone like that, I think is really cool," Ferris music and entertainment business junior and Music Takes Action Student Coordinator Taylor Funari said. "It's really cool to come together to have a good night with all your friends for a good cause."

# Trial date set for Darren Smith



Photo courtesy of Ferris State Athletics

### Former Ferris goaltender tried nearly a year after the incident was reported

**Cora Hall**  
Interim Sports Editor

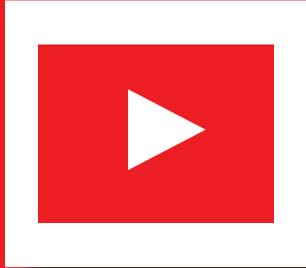
The trial date for former Ferris hockey goaltender Darren Smith has been moved to April 9, when a four-day jury trial is expected.

Smith was arraigned on three felony counts of first-degree criminal sexual misconduct in the Mecosta County District Court in July 2018. The assault was reported to have happened in the late hours of the night July 7. The alleged victim is a Ferris student and her name is being kept anonymous in the interest of protecting her privacy.

According to court records, the trial was originally scheduled for Tuesday, Feb. 12, but was pushed back to April for undisclosed reasons.

Smith has remained free on bond and restricted by a GPS tether since his arraignment, apart from two weeks in October when he resided in the Mecosta County Jail for allegedly violating the terms of his bail.

Since his arraignment, Smith was removed from the Ferris ice hockey roster and is no longer enrolled at the university.



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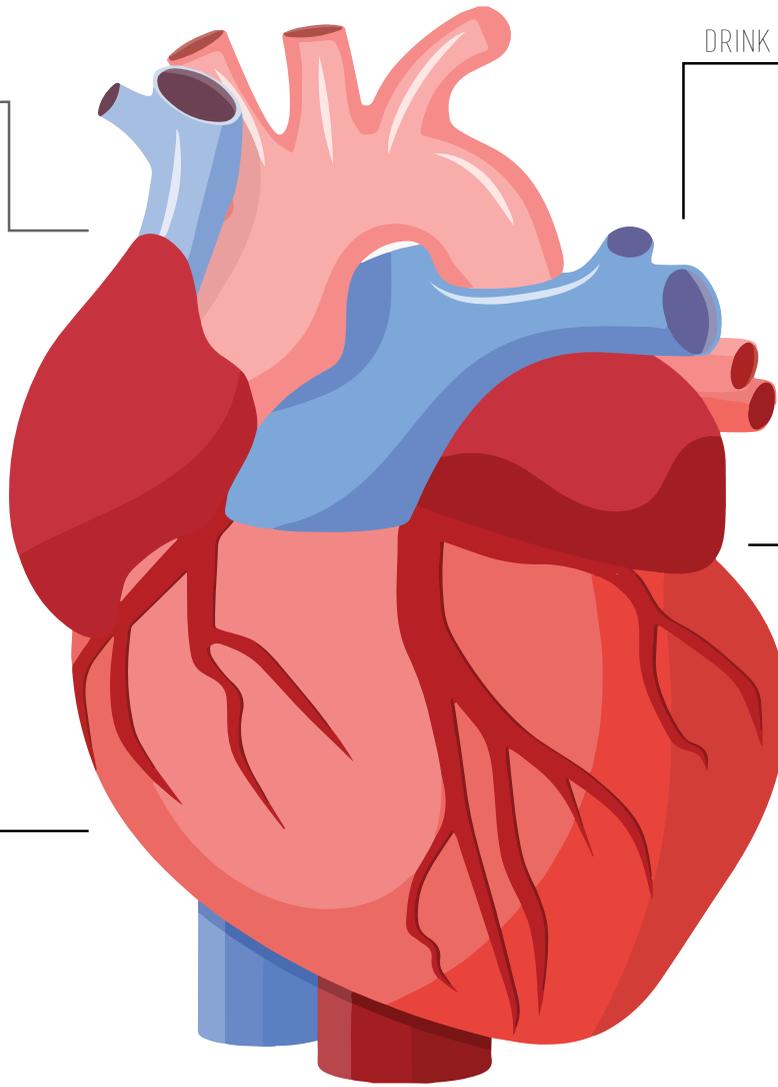
# LIFESTYLES

"I love finding creative ways to tell a story."  
- Daniella Sanchez - See page 8 for story

Alicia Jaimes | Lifestyles Editor | jaimesa@ferris.edu

## We are not invincible

### Learn to love your heart



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7 AIM FOR A HEALTHY WEIGHT

8 LIMIT SATURATED AND TRANS FATS

**Marissa Russell**  
Interim Reporter



Austin Vanwyk

While most college students believe they are young and don't need to go to the doctor, it's the exact opposite. Beaumont.org claims it is never too early to screen your heart, and stresses the importance of getting health screenings in your 20s.

Ferris pre-medicine senior Austin Vanwyk tries to stay healthy by going to the gym and eating right to boost his heart's health.

"I try to make sure I eat at least some vegetables every day, like a decent amount of two or three servings," Vanwyk said. "Then I go to the gym probably five times a week."

Ferris

is using the month of February to show students that taking care of their hearts is better sooner rather than later, with registered student organizations (RSO) and other members on campus having planned different activities to help with this message.



Chad Steele

"Health care policy experts often refer to this age group as the 'young invincibles,' but Dr. Marcovitz believes it's important for people at this age to get a health screening," beaumont.org said. "It should include a check of your blood pressure, measure your Body Mass Index and get a fasting blood sample to measure cholesterol and glucose levels."

Ferris pre-medicine sophomore Chad Steele said although he doesn't screen his heart, he believes everyone should as soon as possible. Steele goes to the doctor every six weeks but has been going less since attending college.

In honor of American Heart Month, the sports ca-

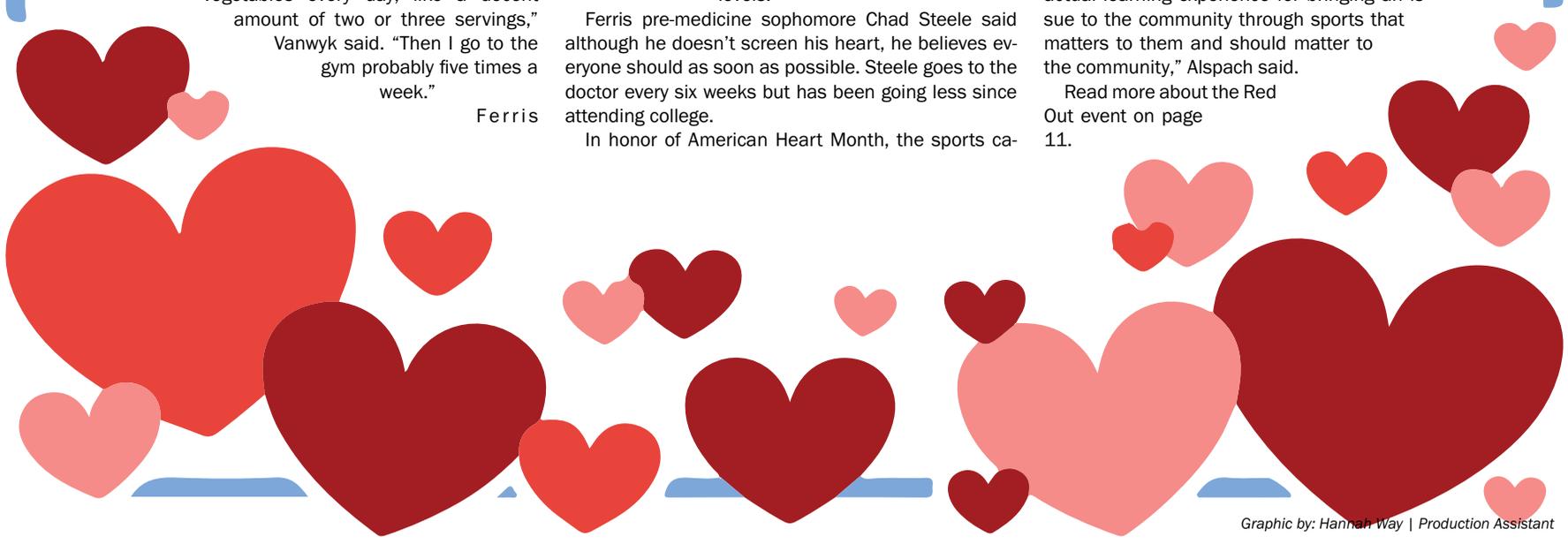
reers RSO is working in collaboration with the Ferris sports communication program and the Student Nurses Association RSO to host the Red Out the Wink and the Rink event.

"We knew the stories of undetected heart problems in student athletes," Ferris professor of communication Sandra Alspach said. "Like the young man down in Grandville who completed the last basket to win the game then fell on the floor, dead, of a heart attack."

At this event, students are encouraged to wear red in support of heart health. Red Out the Wink and the Rink occurs 1-7 p.m. Saturday, Feb. 9, at Ewigleben Sports Complex.

"It's important for the students because it's personal, because it's real, because they get an actual learning experience for bringing an issue to the community through sports that matters to them and should matter to the community," Alspach said.

Read more about the Red Out event on page 11.



# Weathering the storm



Photo by: Hunter Pariseau | Interim Photographer

According to mayoclinic.org, a change in mood could be caused by a change in one's melatonin or serotonin levels, or a change in one's biological clock.

## The difference between SAD and blue

**Alicia Jaimes and Veronica Mascorro**  
Lifestyles Editor and Interim Reporter

Ferris general studies freshman Kailey Dykstra has noticed a change in mood as Ferris dives deeper into wintertime.

"I would say that, especially during the months of January and February, I feel like it gets so dark outside, it's so cold and you really have nothing to do besides go to school and do homework," Dykstra said. "So, I feel like during those times when it's really dark and cold, I feel like I get the saddest."



Kailey Dykstra

While some students are feeling more of the winter blues this season, it's important to recognize the signs and symptoms of a more serious affliction, such as Seasonal Affective Disorder (SAD).

According to mayoclinic.org, "Seasonal Affective Disorder (SAD) is a type of depression that's related to changes in seasons."

Ferris counselor and assistant professor Andrew Slater sees students throughout the year for various reasons but finds them all equally as important.

"At Birkam, we work with students struggling with all kinds of mental illness and trauma, from transition issues and homesickness to mood and personality disorders," Slater said. "These sometimes can be connected to the season but can also relate to things like first grades being posted, midterms, finals and other environmental stresses a student may naturally encounter."

While some stressors may be fleeting, mayoclinic.org recommends seeing a doctor if "you feel down for days at a time and you can't get motivated to do ac-

tivities you normally enjoy. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol for comfort or relaxation, you feel hopeless or think about suicide."

Whether students can relate to these feelings or not, Dykstra believes that discussing mental health during this time is crucial.

"I feel like it's something that people are afraid to talk about and a lot of people are afraid to speak out about how they really feel. So, I think talking to someone about how you feel can help," Dykstra said.

Ferris digital animation and game design freshman Mackenzie Smith always takes time for herself when she notices a change in her mood.

"I take some time to myself, and read or do little, simple things to let go of the stresses of the day," Smith said.



Andrew Slater

Slater agrees there is importance in self care and revisiting hobbies that you enjoy such as reading, cooking, video games or Netflix when you start to feel a little blue. Another option is to seek methods of tricking your body into producing vitamin D, the depression-fighting vitamin naturally produced by absorbing sunlight, which is in short supply during Michigan winters.

"I have had clients find success using a sun lamp or light bulbs that mimic sunlight," Slater said. "Prioritizing your mental health the same way you would prioritize your physical is key."

For those who feel the need to talk with someone regarding their mental health, the Birkam Counseling Center is a free resource for students and is open 8 a.m. — 5 p.m. Monday through Friday. Appointments can be made by contacting them at 231-591-5968.

# S.A.D

## Seasonal Affective disorder

### DID YOU KNOW?

According to mayoclinic.org, Seasonal Affective Disorder could be a change in your serotonin or melatonin levels or a change in your circadian rhythms (biological clock).

### SIGNS AND SYMPTOMS OF SAD:

- \* Feeling depressed most of the day, nearly every day
- \* Losing interest in activities you once enjoyed
- \* Having low energy
- \* Having problems with sleeping
- \* Experiencing changes in your appetite or weight
- \* Feeling sluggish or agitated
- \* Having difficulty concentrating
- \* Feeling hopeless, worthless or guilty
- \* Having frequent thoughts of death or suicide

### BIRKHAM COUNSELING CENTER INFORMATION

Hours: 8 a.m. – 5 p.m.

Phone: 231-591-5968

After hours: Listening Ear: 989-772-2918

Graphic by: Hannah Way | Production Assistant



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## 2019 MAY COMMENCEMENT

**Friday, May 10, 2019 and Saturday, May 11, 2019**

Ewigleben 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 (Undergrad Students)	Carri Griffiths	(231) 591-2493	BUS 200
Business (Graduate Students)	Shannon Yost	(231) 591-2168	BUS 200E
Education & Human Services	Jennie Stange	(231) 591-2700	BIS 604
Engineering Technology	Tamara Jackson	(231) 591-2890	JHN 200
General Studies Graduates	Shelly VandePanne	(231) 591-2360	ASC 1017
Optometry	Michelle Aldrich	(231) 591-3700	MCO 236
Pharmacy	Tara Lee	(231) 591-2249	PHR 312
DCCL	Megan Biller	(231) 591-2710	ALU 113

Friday, May 10	
Time	College
3:30 pm	Michigan College of Optometry College of Health Professions
7:00 pm	College of Pharmacy Doctorate in Community College Leadership College of Arts & Sciences University College

Saturday, May 11	
Time	College
9:00 am	College of Business
12:30 pm	College of Education & Human Services
4:00 pm	College of Engineering Technology

**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 26th, 11:00 am – 5:00 pm in the University Center – Multi Purpose Rooms or starting March 26th - May 3, 2019 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 26, 2019**. Extra tickets are not distributed and lost tickets will not be replaced. **Tickets must be reserved by Thursday, May 9, 2019 at 11:59 pm.**

**Commencement Program** – Graduates must complete their online graduation application by **Friday, March 1, 2019 for their names to appear in the Spring 2019 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.

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



# New York, New York

Ferris grad gets an Insta-buzz for filmmaking



Graphic by: Hannah Way | Production Assistant

**Alicia Jaimes**  
Lifestyles Editor

Ferris advertising/integrated marketing communications alum Daniella Sanchez was one of 15 contestants chosen to participate in BuzzFeed and Instagram's VerticalU program.

According to variety.com, BuzzFeed and Instagram chose 15 video creators to visit Los Angeles, California, in December 2018 where they produced content for Instagram Television (IGTV). The chosen contestants were given a five-day VerticalU training series that included workshops, panels, presentations and hands-on production exercises from BuzzFeed and Instagram professionals.

"Vertical video is essentially video optimized for mobile — 9x16 instead of 16x9 aspect ratio," Sanchez said. "This project is specifically for IGTV, which is long-form vertical video."

After spending roughly eight

hours on her pitch deck and application materials, Sanchez was chosen for a follow-up video interview and was later flown to West Hollywood.

"Instagram actually hooked us up with a suite. It was super nice. They also covered all of our travel expenses and food costs," Sanchez said.



Daniella Sanchez

Passionate about filmmaking since she was 11 years old, Sanchez has spent her life practicing and learning about videography, participating in YouTube NextUp events and growing her YouTube channel to more than 100,000 subscribers.

"I love finding creative ways to tell a story," Sanchez said. "There are so many different approaches to spread a message, and it's al-

ways an adventure to find compelling ways to get your point across and share it with the world."

Sanchez enjoyed learning from the BuzzFeed and Instagram creators, as well as meeting new faces along the way.

"I spent nearly a week with her, learning all things on creating vertical content," Eater blog editorial assistant James Park said.

Park met Sanchez in Los Angeles through the VerticalU program where he learned about Sanchez's past work and connected with her positive personality.

"Dani is super funny and definitely has a great grasp of what is funny to an online video audience," Northwestern University (Evanston, Illinois) journalism senior Sam Schumacher said.

Schumacher was another VerticalU contestant familiar with Sanchez's work.

"Dani's channel on YouTube is a lot of Pokémon-related content. She's really into it and her enthusi-

asm shows through," Schumacher said. "Her pitch to VerticalU has nothing to do with her current work though, so I'm interested to see how it turns out."

After meeting new videographers and making lifelong connections, each creator had to pitch their VerticalU idea and was given a \$1,000 production grant to create their final projects. These projects were given a six week deadline and will be unveiled at the end of February.

"I loved being able to collaborate with other video creators and workshop our ideas. It's a rare feat to have that many creative and open minds in one room talking through a concept," Sanchez said. "I also loved how insightful all of the people from BuzzFeed and Instagram were. They gave us an arsenal of knowledge for creating content on social media going forward."

Sanchez will be screening her final product Feb. 28 at Instagram in New York City.

## Sanchez's media platforms

More places to find Daniella's work



**Instagram:**

<https://www.instagram.com/superduperdani/>



**YouTube:**

<https://www.youtube.com/user/superduper-tutorials>



**Facebook:**

<https://www.facebook.com/SuperDuperDani>

## Weekly festivities

**THURSDAY**  
Feb. 7

**OMSS: Black History Month Film Series, Higher Learning**  
Times: 11 a.m. and 1:30 p.m.  
Place: FLITE 159

**FRIDAY**  
Feb. 8

**Main campus refund checks mailed**

**MONDAY**  
Feb. 11

**Keep Calm and Have Coffee with Your Adviser**  
Time: 9 – 11 a.m.  
Place: Arts and Science Commons

**TUESDAY**  
Feb. 12

**How Should I Study for These Classes: Chemistry 114 and General Chemistry?**  
Time: 11 – 11:50 a.m. Place: SCI 102

**Happy PAL-entine's Day**  
Time: 11 a.m. – 1:30 p.m.  
Place: CLACS Lobby, University Center

**WEDNESDAY**  
Feb. 13

**Stuff-a-Plush**  
Time: 10 a.m. – 2 p.m.  
Place: UCB 202

**Self-compassion Practices for Living Life on Life's Terms**  
Time: 12:05 – 12:45 p.m.  
Place: FLITE 304

**THURSDAY**  
Feb. 14

**Valentine's Day**

For more information on Ferris events, visit calendar.  
ferris.edu

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## SPORTS

“Abby is the ultimate leader by example, and she is the glue that holds our team together for sure.” - Kendra Faustin - See page 12 for story

Cora Hall | Interim Sports Editor | hallc36@ferris.edu

# The home game advantage



Photo by: Samantha Cavotta | Torch Photographer

Students fill the Dawg Pound section at home hockey games on Fridays and Saturdays every season. Leaders of the section coordinate cheers and are known for harassing the opposing goaltender when they're in net on the same side.

## Men's basketball continues on the up and up while hockey and women's basketball see decline in attendance

**Noah Poser**  
Torch Reporter

Attendance for Ferris sporting events is critical for many reasons, but some teams have seen a decrease in home game numbers.

Not only do admissions give money to the athletic department to keep the sports running and the athletic facilities in good condition, but it also helps the athletes directly on the court, field and ice.

Higher attendance at home events equals a higher level of energy in the building. The louder the cheers, the better the home-field advantage, thus the higher chance of the Bulldogs landing a win.

“It makes the game more intense,” Ferris junior point guard D'angelo Hughes said. “It makes you want to play harder. It makes the game more fun and exciting, especially when you hit a shot and the crowd goes wild.”

When looking at the winter sports that are currently in session, there are a few troubling signs when it comes to game attendance this season.

It also appears that while higher attendance can lead to more wins, poor team play can impact the attendance numbers even more.

The hockey team currently sits at 7-20-1 and 4-9-1 at home. This has led to a dramatic decline in attendance numbers.

The hockey team has an average home crowd of 1,670 people this season. While that's a pretty good number compared to most sports at Ferris, it is the lowest average home attendance since the 2009-10 season.

That decline is more than likely due to the struggles that have fallen upon the hockey team as of late, as this would be the third straight season finishing with a losing record.

The women's basketball team is also seeing a significant decrease in fan attendance. After averaging almost 700 home game attendees last season, that number has fallen to 549 in this season, the lowest it has been since the 2015-16 season.

This decline is a bit harder to explain, as the women's team sits at 8-5 in conference play and 11-8 overall. The attendance decline hasn't seemed to affect the team, as they are 8-0 at home this season.

All is not lost in terms of winter sports attendance, as the men's basketball team, coming off a na-

tional championship win, has seen a rise in attendance this season. In fact, they have the highest home attendance they have ever seen at a 1,090 average per home game, topping last season's mark of 1,050 people during their national championship run.

The slight rise in attendance has been noticeable to outsiders as well as members of the men's basketball team.

“As of right now, yes, I think [the attendance] has increased based off of what we did last year. I think people are starting to realize that we're becoming bigger as far as our success in our sport,” Hughes said.

Whether it be due to a poor season, poor weather or just plain lack of interest, attendance for Ferris hockey, despite still being the prime winter season attraction, is fading. On the flip side, men's basketball is on the come-up and is reaching attendance higher each year. Women's basketball, which is having a solid season, continues to see its ebbs and flows in the 2018-19 season.

As we move on through the 2018-19 winter sports season, attendance will undoubtedly be something to keep an eye on until an explanation for the story the figures are telling reveals itself.

### Average Home Game Attendance:

#### Men's Basketball:

**2018-19:** 1,090 (highest in program history)

**2017-18:** 1,050

**2016-17:** 1,019

#### Women's Basketball:

**2018-19:** 549 (lowest since 2015-16)

**2017-18:** 697

**2016-17:** 612

#### Hockey:

**2018-19:** 1,670 (lowest since 2009-10)

**2017-18:** 1,846

**2016-17:** 1,933



D'angelo  
Hughes

# Students before athletes

Over 70 Ferris fall athletes balance school and sport schedules to gain academic honors

**Michael Reedy**  
Torch Reporter

Being a student athlete may appear fun as they travel and get gear, but the difficulty in balancing class schedules with sport schedules is unseen by many.

The Great Lakes Intercollegiate Athletic Conference (GLIAC) released a statement comprised of every fall athlete in the conference that maintained a 3.0-3.49 grade point average, which is the All-Academic Team, as well as athletes that maintained a 3.5-4.0 grade point average, which is categorized as the All-Academic Excellence team.

Ferris was represented well between football, volleyball, women's soccer, women's tennis and men's and women's cross country. A total of 73 student-athletes made it on the list, with 31 on the All-Academic Team and 42 on the All-Academic Excellence Team. The 73 Ferris students make up 12 percent of all 873 students that were honored, compiled of 12 teams throughout the GLIAC.



Allyson Cappel

Ferris athletes take pride in what they do in the classroom as well as what they can do with their sport. It is a challenge, but they are also aware that they have come to college to be a student as well as an athlete.

"We are in college to learn and to go far and have a career," Ferris junior outside hitter Allyson Cappel said. "So I think that I'm really into my academics and I want to be successful in both, and obviously I'm here to play volleyball also, so I think it's awesome that our whole team can be successful in school and out of school, with volleyball."

There's a saying about being a student-athlete that 'student comes before athlete,' meaning that school is always prioritized for the college athlete. As maintaining grades is important, it can become difficult for a student to manage their schedule, which is made up of practice, games, school, studying and working out. Some



Travis Russell

students may start their day before 8 a.m. and not stop until 9 p.m. because of their demanding schedules, such as Ferris junior quarterback Travis Russell.

"On Tuesdays and Thursdays, I would wake up at 6:30 in the morning. I'd go to meetings from 7 to 8:30, I would run home, shower and eat, and then I'd have class from 9:30 to 10:45," Russell said. "And then I'd go to practice from 11 to 1:15, and then I would go to the locker room and shower, eat lunch, go to class from 3 to 4:15. I would go to lifting right after that from 4:30 to 5:30, and then I would go to my night class from 6 to 8:50. So then I would be done at 9 o'clock to eat dinner and sleep hard at night."

Russell was honored with the NCAA Elite 90 Award in the fall, which is given to the top scholar-athlete at each of the 90 NCAA championships annually. With a 3.73 GPA, Russell was awarded the honor the Thursday before the title game.

The football team had their deep run in the playoffs, which also came during one of the most critical times of the semester in weeks leading up to the finals as well as finals week itself. The last three playoff weekends the Bulldogs had to travel and miss time from the classroom to participate in their sport, taking away valuable time for schoolwork.

"It is a handful for sure, but I think the biggest thing is professors want to help you," Russell said. "They are not in this profession to be against you; they are advocates for you. I emailed my professors all the time about what I'm going to miss, go up to their office hours, make it work. The week of the national championship game, I was supposed to have an exam on Wednesday and Thursday, but both of my professors allowed me to take it earlier."

While it can be tough to balance the workload, coaches make sure that their student-athletes get the help they need to be successful in the classroom. According to Ferris head soccer coach Andy McCaslin, they demand that players are very proactive with their professors and stay on top of their work.

In response to 26 of his players making the teams, McCaslin tweeted:

"Every single eligible @FSUWSO player (returning players) earned this high academic distinction from the league. Unreal accomplishment!"

## Ferris Players on All-Academic GLIAC Teams for Fall 2018

### All-Academic Team (3.0-3.49 GPA):

#### Volleyball

Katie Placek (SR, Psychology)  
Kayla Rosman (SR, Public Relations)

#### Tennis

Madelyn Groulx (JR, Pre-Physical Therapy)  
Nicole Meylor (SR, Marketing)

#### Soccer

Abigail Gilmore (SO, Pre-Medicine)  
Alexandra Halstead (SO, Pre-Medicine)  
Grace Kraft (JR, Sports Communication)  
Merin McDermott (R-FR, Marketing)  
Kathryn Nutter (JR, Social Work)  
Janelle Quinn (SO, Plastics Polymer Engineering Technology)  
Brenna Seaman (JR, Psychology)

#### Football

Jacob Allan (SR, Marketing)  
Collin Alvesteffer (R-FR, Health Care Systems Administration)  
Amarr Blake (R-FR, General Business)  
Jake Boonstra (SO, Building Construction Technology)  
Cory Carr (JR, Political Science)  
Carson Clark (SO, Building Construction Technology)  
Liam Daly (SO, Business Administration)  
Sam Girodat (JR, Business Administration)  
Jaeden MacPherson (SO, Psychology)  
Marcus Matiere-Bey (R-FR, General Business)  
Bret Mooney (SR, Business Administration)  
Nic Sawyer (SR, Manufacturing Engineering Technology)  
Austin Simpson (SO, Applied Math Computer Science)  
Trevor Tank (SO, Building Construction Technology)

#### Women's Cross Country

Catherine Stone (SO, Allied Health Science)  
Taylor Thrush (SR, Business Administration)

#### Men's Cross Country

Gage Cleveland (JR, Criminal Justice)  
Damien Halverson (JR, Heavy Equipment Service Technology)  
Ethan Israels (JR, Biology-Environment)  
Mark Jacobs (SO, Information Security and Intelligence)

### All-Academic Excellence Team

#### (3.5-4.0 GPA):

#### Volleyball

Courtney Brewer (JR, Health Care Systems Administration)

Allyson Cappel (JR, Elementary Education)  
Kaitlyn O'Connell (SO, Nursing)  
Morgan Ross (R-FR, Spanish for the Professions)

#### Tennis

Nika Hein (SR, Marketing)  
Silvia Verebes (JR, Finance)

#### Soccer

Erica Bartlett (JR, Pre-Medicine)  
Olivia Brewer (SR, Nursing)  
Kira Budzynski (SO, Allied Health Science)  
Alison Chesterfield (JR, Psychology)  
Mackenzie Dawes (SO, Mechanical Engineering Technology)  
Madelyn Dickens (SO, Allied Health Science)  
Carley Dubbert (SR, Pharmacy)  
Madelyn Fouts (JR, Pre-Pharmacy)  
Jenna Hong (JR, Pre-Medicine)  
Morgan Irwin (JR, Marketing)  
Taryn Meiste (R-FR, Pre-Dentistry)  
Sadie Pettinger (SO, Building Construction Technology)  
Brianna Rodgers (SO, Pre-Medicine)  
Stephanie Scafaria (SO, Marketing)  
Alexis Schodowski (JR, Nursing)  
Gabrielle Teodorescu (SO, Marketing)  
Maddie VanDusen (R-FR, Allied Health Science)  
Tia VanSullichem (JR, Pre-Science)  
Brandi Wagner (JR, Nursing)

#### Football

Alex Bock (SO, Marketing)  
Tyler Burch (SO, Mechanical Engineering Technology)  
Matt Capasso (SR, Operations-Supply Chain Management)  
Danny Collins (SR, Sports Communication)  
Sam Heyboer (SO, Facility Management)  
Travis Russell (JR, Marketing)

#### Women's Cross Country

Jennifer Eaton (SO, Pre-Optometry)  
Kathryn Etelamaki (JR, Biology)  
Kensington Garvey (JR, Allied Health Science)  
Katelyn Hutchinson (SO, Allied Health Science)  
Kylie Hutchinson (SO, Allied Health Science)  
Abigail Johnson (SO, Product Design Engineering Technology)  
Jordan Lee (SR, Biotechnology)  
Carissa Schurr (SO, Allied Health Science)

#### Men's Cross Country

Aaron Jarema (SO, Marketing)  
Zach McKenzie (SR, Criminal Justice)  
Wes Rackley (SO, Social Studies Education)

List compiled from the GLIAC website.

# Head out to the Red Out

Fundraiser plans to help women with heart issues for the fourth consecutive year

**Noah Poser**  
Torch Reporter

As a way to remind everyone that sports are more than a game, the Sports Career registered student organization's (RSO) annual Red Out fundraiser for heart health starts Saturday, Feb. 9, the biggest home game day of the year.



Sandra Alspach

"I had run across some promotional material in January about the American Heart Health and Go Red for Women campaign. I threw it at the team, and they were all for it," Ferris sports communication professor Sandra Alspach said. "The idea is that everybody wears red that day and the teams wear red that day, and we use that as a branding image to raise funds for heart health."

The fourth annual Red Out Fundraiser will

take place at Wink Arena throughout the Ferris men's and women's basketball games against Wayne State University 1 p.m. and 3 p.m., respectively, and men's hockey will play against Bemidji State University (Minnesota) 7:07 p.m.

The sports communication program works together with the Sports Career RSO to put on the Red Out fundraiser each year. The basis for the fundraiser is heart health awareness, as February is known as American Heart Month.

"I guess essentially it's just to raise awareness for the women in the area who have heart health issues," Ferris sports communications junior and student chairman of the event Jared Ozella said. "All of the people are community members, people in the area who have those heart problems and those are the people who we are trying to help."

"I guess the biggest thing is that it's really expensive to treat these problems and we want to at least give them something that

will help. It doesn't have to be a lot, but anything we can do to help, such as raising as much money possible and letting people in the area know it's for community members is a success."

The first way the students raise money is through donations from community members and other students.

There will also be raffling of many items, thanks to sponsors like Panera Bread and Biggby Coffee. The raffles will be a silent auction and will be bid on throughout the day. Included in the auction are items such as Biggby gift baskets, signed basketballs, footballs and hockey sticks. There are even a bed and breakfast experience and tickets to a Harlem Globetrotters game being given away.

During the basketball games, there will also be an event during timeouts called the "Miracle Minute." This is a mini event where the students running the fundraiser will walk up and down the aisles with the goal of collecting the most donations possible in

a minute.

"We'll get a total amount by the hockey game and then we will present all the money raised during the hockey game," Ferris sports communications student and member of the Sports Career RSO Savanna Stout said. "It's an all-day event, and it just happens in the concourse. People coming and going and in between games at Wink Arena will get the chance to donate."

There is more to the event than the money aspect, however, as there is also information being passed around with ways keep your own heart healthy. That includes info in terms of food that can keep your heart healthy, as well as heart screenings for anyone who wants them.

According to Alspach, the event raised just under \$670 last year. The total for the 2019 Red Out will be announced during the 7:07 p.m. Ferris men's hockey game against Bemidji State.

## Sports Shorts

Noah Poser  
Torch Reporter

### GLIAC Men's Basketball Player of the Week

Ferris senior guard DeShaun Thrower was named the Great Lakes Intercollegiate Athletic Conference (GLIAC) Men's North Division Basketball Player of the Week for Week 11 of the 2018-19 men's basketball season.

Thrower accomplished this feat due to his performance Saturday, Jan. 26, against Lake Superior State University in front of a crowd of 2,000 at Jim Wink Arena.

In a match-up with first place up for grabs in the GLIAC North Division, Thrower scored a team-high of 22 points to go along with seven assists, six rebounds and two steals in a 97-76 win. He shot 9-14 from the floor and knocked down a pair of threes in 30 minutes while turning the ball over just once.

### WCHA Men's Hockey Goaltender of the Week

Ferris junior goaltender Justin Kapelmaster topped the week for Ferris athletes by becoming the third Bulldog to earn Player of the Week honors in their respective sports.

Kapelmaster was chosen as the Western Collegiate Hockey Association (WCHA) Goaltender of the Week for his play against then ninth-ranked Bowling Green State University (BGSU) on the road.

In two games against BGSU Friday, Jan. 25, and Saturday, Jan. 26, Kapelmaster helped the Bulldogs to split with the Falcons and had a WCHA-high of 76 saves while allowing just two goals on the weekend. He posted a 1.03 goals against average and a .974 save percentage in the two-game series.

With the win Saturday night, Kapelmaster earned not only his first victory in the net, but also his first shutout of the 2018-19 season and fourth shutout in his collegiate career. In doing so, he made 41 saves to lead the Bulldogs to a 3-0 victory over the Falcons.

### Softball Opening Weekend

The Ferris softball team traveled to Louisville, Kentucky, to start their 2019 season.

The team made a statement with their first game Sunday, Feb. 3, and took home their first win of the season over the University of Findlay (Ohio) 9-1. They fell to Bellarmine University (Louisville, Kentucky) 3-1 in their second game of the day. Ferris senior shortstop Logan Fleming led the Bulldogs with three hits and two RBI's against Findlay. In the loss to Bellarmine, Ferris senior third baseman Lexi Hongisto had two hits and Ferris sophomore outfielder Paige Kortz had a hit and the only RBI of the game.

Ferris played a double-header against Kentucky State University Monday, Feb. 4, and fell 13-4 the first game, but won the second 11-4.

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FERRIS STATE UNIVERSITY

# Shooting for the stars



Photo by: Megell Strayhorn | Multimedia Editor

Ferris senior forward Abby Nakfoor walks to help a teammate up during a game. According to head coach Kendra Faustin, Nakfoor is a leader and the glue that holds their team together.

## Abby Nakfoor invited to attend national coaching workshop

Mollie Hamelund  
Torch Reporter

Ferris women's basketball head coach Kendra Faustin said she doesn't think there's anyone more suited to be a coach than Ferris senior forward Abby Nakfoor.

Nakfoor, an accounting senior, had planned on becoming a head coach after graduation and was selected to attend the three-day program, "So You Wanna Be a Coach," held by the Women's Basketball Coaches Association April 3-5. This is the event's 17th year and it provides a learning opportunity to young women around the country who aspire to be a coach.

Nakfoor was excited to learn about the opportunity she was given and is one of two women from the Great Lakes Intercollegiate Athletic Conference going to the coaching workshop.

"It was kind of a surprise, since there are a lot of schools that they take into account when they do the selection, so the fact that I got chosen was really exciting for me," Nakfoor said. "I'm really excited for this opportunity because it's an opportunity that not a lot of people get, so I'm excited to represent Ferris."

Nakfoor came to Ferris after playing volleyball and basketball at Dewitt High School, and she credits her head coaches for her motivation to be a coach.

Nakfoor has been on the Ferris women's basketball team for all four of her years at the university. Nakfoor helped the team last year in getting to the GLIAC tournament semifinals and hopes to finish her final season with the Bulldogs strong this year.

Faustin expressed her excitement for Nakfoor to represent Ferris at the program and said she is happy that Nakfoor can represent Ferris anywhere she goes. "Abby is the ultimate leader by example, and she is

the glue that holds our team together for sure," Faustin said. "I can't say enough that her work ethic is second to none."

The program is intended to provide connections with people already successful in coaching, according to Faustin, and she believes Nakfoor is a natural coach.

"I think when players get that transition to coaching, it's like a whole different world and just like any major change, you don't know until you know. I think Abby would be really good at it but also she will learn so much," Faustin said. "She does all the dirty work, she doesn't let up for one second. She, not just physically, but mentally and emotionally, is always in"

The purpose of this workshop is to teach the young women coaching ideas and strategies, but it's also looked at as a way of networking.

"I'll get to network with a lot of coaches and meet a lot of people," Nakfoor said. "Meeting people with the same interests I have and hopefully future mentors and people I look up to."

Nakfoor has also worked with coaching kids for Ferris by helping run the Ferris basketball camps. She is looking to one day be the head coach of a high school basketball team.

"I think Abby is a perfect fit for this, I mean she's just the best teammate that I've ever played with," Ferris senior guard Alexis Bush said. "She just carries herself so well, and she's a great role model."

Bush and Nakfoor played together on a travel basketball team before playing four years at Ferris together. Bush also said that Nakfoor follows the core values of the team and is excited to see her represent Ferris.

Nakfoor has played an average of 5.3 minutes per game and had 1.3 points per game this season.



Kendra Faustin



Abby Nakfoor



## THIS WEEKEND'S SPORTS FOR FERRIS

### Thursday, Feb. 7:

- Women's Basketball vs. Ashland 5:30 p.m.
- Men's Basketball vs. Ashland 7:30 p.m.

### Friday, Feb. 8:

- Track and Field at GVSU Big Meet
- Men's Tennis at Western Michigan 1 p.m. and 6 p.m.
- Hockey vs. Bemidji State 7:07 p.m.

### Saturday, Feb. 9:

- Track and Field at GVSU Big Meet
- Women's Basketball vs. Wayne State 1 p.m.
- Men's Basketball vs. Wayne State 3 p.m.

- Hockey vs. Bemidji State 7:07 p.m.

### Sunday, Feb. 10:

- Men's Tennis at Hillsdale 11 a.m.
- Women's Tennis at Hillsdale 3:30 p.m.



## Top Dawg

Riley Blair

Photo by: Megell Strayhorn | Multimedia Editor

**Mollie Hamelund**  
Torch Reporter

This week's Top Dawg goes to Ferris junior guard Riley Blair, who won GLIAC Player of the Week for her 20-point performances.

Ferris' women's basketball team looked unbothered during their last two games, defeating both Lake Superior State University (LSSU) Saturday, Jan. 26, and Saginaw Valley State University (SVSU) Thursday, Jan. 31. The team dominated both games by scoring at least 60 points in each.

Blair has been stepping up her game these past few weeks and has been leading her team in points the last few victories.

In the 62-46 victory over LSSU, Blair scored a total of 20 points for the team and 12 overall rebounds. Blair also had 21 points and seven rebounds in the

60-56 victory over SVSU.

With 19 games under her belt this season, Blair has racked up a total of 172 points scored while adding 79 rebounds and 12 steals. For the overall season, she has averaged 9.1 points per game, but in the conference, she has raised her average to 10.7.

Blair wasn't part of the starting five this season but when players were out with injuries, Blair was brought up to starting.

Bringing Blair into the starting five became a beneficial move for Ferris women's basketball head coach Kendra Faustin, as Blair is responsible for 13 percent of the team's total points this season.

Blair and the rest of the Bulldogs look to keep their undefeated home record against Ashland University 5:30 p.m. Thursday, Feb. 7. The game will be available to stream on ESPN3 and the ESPN app for the Division II Game of the Week.

## A fight to the finish

Ferris hockey battling for final playoff spot

**Michael Reedy**  
Torch Reporter

The push for the final playoff spot in the Western Collegiate Hockey Association (WCHA) will be a tight race, and Ferris continues to fight to secure a spot in postseason play.

With just eight games remaining in the regular season, Ferris sits at ninth place in the WCHA standings with 13 points, where only the top eight advance to conference playoffs. Above the Bulldogs is the University of Alabama-Huntsville, who have 20 points on the season but have played two games more than Ferris.

The point system goes as follows: three points for a win, two points if you win during the three-on-three overtime or shootout, one point if you lose in that overtime situation and zero points for losing.

With a conference record of 4-15-1, the Bulldogs will have to get something going during the last portion of the season if they want to play in the postseason. Even though they are down right now, they are still not out for the count.

"We have been playing pretty good hockey here in the second half, even though results really have not quiet followed," Ferris hockey head coach Bob Daniels said. "If we continue to play like we have been, I feel comfortable saying that we should be able to make the playoffs but we have to continue to play well."

Ferris hockey has not won a playoff game in the past two years, with their last win coming from the 2015-16 season when they made it to the NCAA West Regional Final, where they fell to the University of Denver (Colorado) Pioneers. Ferris has never missed the conference postseason and it is clear that they do not want to end that streak this year.

Ferris' remaining schedule is uncertain concerning their postseason eligibility, as two of the four game series are from teams that are nationally ranked or receiving votes. The Bulldogs dropped a weekend series to Lake Superior State University, with scores of 6-1 Friday, Feb. 1, and 4-2 Saturday, Feb. 2. The other series that will be played are between Bemidji State University (Minnesota), Alabama-Huntsville and University of Alaska-Anchorage, who is currently last in WCHA standings.

With the remaining series against teams they're fighting with for the last playoff spots, Daniels said he anticipates the games to have play-off-like atmospheres.

The Bulldogs look to gain more ground in the playoff race at home 7:07 p.m. Friday, Feb. 8, for the first game of the series against Bemidji State.



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# OPINIONS

"I 100 percent stan a queen." - Mollie Hamelund - See page 15 for story

Jonny Parshall | Opinions Editor | parshar@ferris.edu

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## Chat with the chief Editor in Chief, Megan Lewton

I'm really not convinced social media is a bad thing.

Every day, while I scroll through Facebook or Twitter, I see a handful of posts — usually cheesy black-and-white pictures of a cell phone or something — with a quote about how social media is ruining our lives. These quotes typically target the concept that humans are trapped by technology and that people should focus more on the moment than on posting that moment on Snapchat.

But let's back that up a little bit. Dear people who always share these posts on social media, doesn't that seem hypocritical? You're using social media to talk about how social media is ruining society.

Weird flex, but OK.

Now, this article is not about people who sit on their phone the entire time while, for example, at a family dinner or at a party with a bunch of people. This drives me as crazy as the next guy.

What I am talking about, however, is when someone is sitting on their phone in between periods of a hockey game or when people standing in a long line at a coffee shop are scrolling on Instagram rather than making small talk with the other patrons, or when a few friends are sitting together on the couch staring at their screens. When people do this, there's always that person that says, "Man, if it wasn't for those phones, the world would be so much more social! Damn Facebook and everything like it!"

What people don't realize is that in 2019, this is how a lot of people communicate.

If I'm sitting on my phone in between periods of a hockey game, it's because my friend went to get concessions and I don't want to just stare at the ice the entire time.

When I'm in line to get my morning coffee, I'm not really up to talking to anyone, especially

strangers. If another customer starts to talk to me, sure, I'll be friendly and make conversation, but I won't go out of my way to make some unsolicited comment about the weather to someone who is likely too tired to want to answer.

If my friends and I are together all on our phones, it's likely that we've been together for the past eight hours and are simply enjoying each other's presence, which we don't need to speak to do. Plus, when we're on our phones together, we frequently show each other memes, which spark more conversation.

Social media is a relatively new tool that has opened so many doors for people. Do you have a friend or relative that lives across the country? You can stay updated on their life and get in contact in no time just by searching their profile. Do you want to find new friends with similar interests as you? No problem. Just hop

on Twitter and you'll meet new people instantly. Do you want to stay updated on news around the globe? Social media allows for the publishing and spread of breaking news previously impossible.

In a lot of ways, social media does exactly what it implies: it makes people socialize. There are so many people I would never interact with if we weren't united over interest in the same niche through social media. I've made a ton of friends and discovered plenty of job opportunities that would otherwise be difficult to find if social media had not existed.

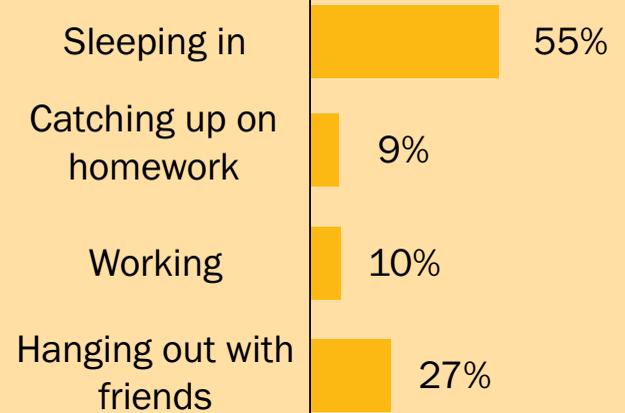
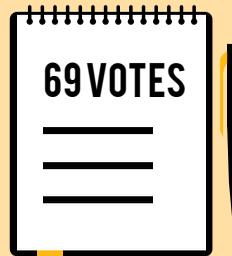
So before you roll your eyes at a person on their phone during an otherwise mundane part of their life, consider that they might be sending memes to a friend or Googling something or reading a news article.

Social media is not about shutting the world out. It's about letting the world in.



# TORCH POLL RESULTS

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# DIVIDED OPINIONS

## NO

### Should the U.S. government reinstate the draft?

## MAYBE

Should American bring the draft back? In earlier days of America, the military was not the volunteer service as it is now. Most of the people in the military were drafted, meaning they had no choice to be in the military. I believe drafting should not be brought back because, as an American citizen, you should always have a choice on what you what to do with your life. Being forced to be a part of America's fighting force is a huge responsibility. That is why only one percent of the nation's citizens qualify for the military.

As a military patriot, you must be mentally and physically strong to handle taking orders, being out on the battle field and dealing with other people in the military as well.

I believe that the draft should not be brought back because of Vietnam. The Vietnam War was one of the worst wars that the U.S. has ever been a part of. Vietnam also is one of the longest wars that the U.S. has ever been a part



Will Holden  
Torch Photographer

of: a total of 17.4 years. Why should people of minority fight for a country that does not support them? The people of minority would not want to go to war when America has shown so much hatred towards them. Even when the army allowed people of color to join, they were still treated differently from the white soldiers.

Fighting for the same country and wearing the same uniform should not make you different from any other person. All soldiers should have equal rights and opportunities.

America still has a lot to work on when it comes to all men being equal and being treated the same way. I believe the draft should not be brought back.

It's been many years since this country has faced an overwhelming conflict like the two World Wars or Vietnam. We have the largest military personnel in the world per capita, and the third largest overall ranking behind China and India by a relatively small margin. It would be a stretch to say we ever need to bring back what might be considered an unnecessary and antiquated institution.

There might be some benefits to having a modernized version of the selective service. While I disagree forcing young men to face violent combat against their wishes or morals should ever again be an option, with some tweaking and fine tuning, conscription could be once again a possibility. The same applies to women, though historically they were not part of the draft.

In some countries, such as Norway and Israel, military service is mandatory for all young persons. Without it, these young persons are not granted full benefits of citizenship. We could theoretically enact a similar practice, but with a wider definition of service. AmeriCorps, the Peace Corps, American Red Cross and



Jonny Parshall  
Opinions Editor

the United Nations are examples that could offer service options alternative to the military.

Institutions such as the military and those listed above teach service, selflessness, discipline, personal care, money management and other healthy practices. They keep young people out of poverty, out of jail, away from crime and out of dead-end fast food employment. They create a productive, more educated workforce and voting populace.

Maybe we shouldn't reinstitute the draft. It still leaves a bad taste in the mouths of many whose families suffered tragedy on its behalf. And it's no false statement American minorities suffered most. (My source? Muhammad Ali.) But modern alternatives, such as tax incentives and other life-long benefits, might be the winning advantage to promoting national service. But probably not the draft.

## Mo' money, mo' drama

### Women are held to different standards than men, period

Well, well, well: it's already 2019 and we're still treating women different than men.

I would say this is shocking but honestly it's not. For real, this should have been left in the 1920s.

So over this past week, the ever-so-talented Ariana Grande released a new single titled "7 Rings," and knowing she's my home girl, I'm going to support her by listening to it. As soon as I heard it, I loved it. Right off the bat, she's putting people in their place and just owning the whole music industry. I 100 percent stan a queen.

The song is pretty much about spending money and having fun with friends. Seems simple enough.

But when I started hearing reviews, I was a little shocked. People were saying, "She's bragging about how much money she has, that's not cool" or "She's so immature for singing about being rich."

So yeah, she does talk about having money and spending it, but honestly, did you think she was poor? The girl has had three number one singles in the past year alone.

What confuses me is that people are upset that she is singing about spending money, but no one cares about male rap-

pers or singers that do so.

I spoke to a few of my friends about it and they told me to look at the opposing side: Ariana isn't in the same genre of music as they are, so it's "out of character" for her to sing about this kind of stuff. But it's not. Bruno Mars and Pink Floyd have also sung about money and being rich, but when it comes to Ariana apparently it's different.

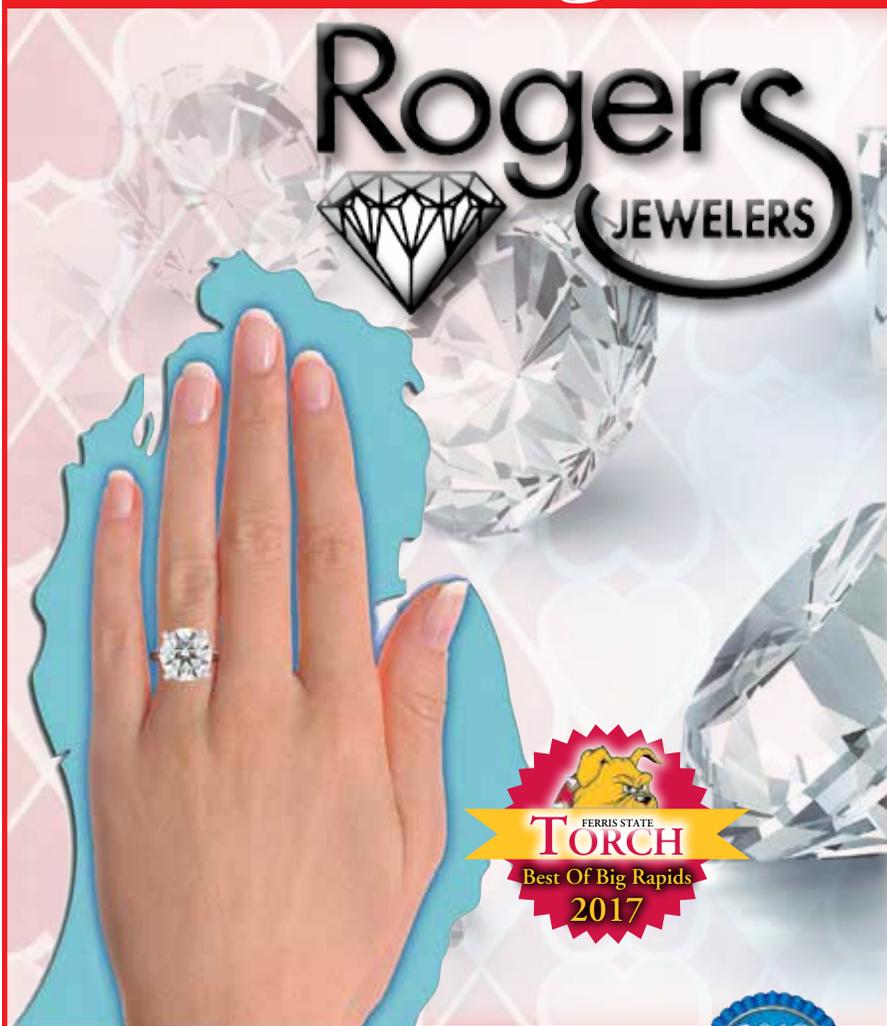
I'm not trying to make any excuses for anything, but the girl has gone through a lot in the past year or two and in her recent music, including this song, I think she's telling people that she's had enough.

She's not changing her genre, just singing about stuff that has actually affected her personal life instead of singing love-dovey ballads. She's doing what's best for her and people need to understand that others are gonna be richer than them, so give the girl a break and just maybe think about where she's coming from.



Mollie Hamelund  
Torch Reporter

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