

Ferris State University
TORCH
Truth, fairness and accuracy since 1931

HERE'S WHAT'S INSIDE

A GROWING ARMY
Call your mom, grandma or sister and plan a visit. In celebration of Women's History Month, read about the latest exhibit to hit the Ferris Fine Art Gallery.

LIFESTYLES | PAGE 7

SPRING BREAK?
What did you do for spring break? Read about how Opinions Editor Jonny Parshall spent his "time off" in a salty review of spring break.

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A fork in the road

Though the law has lessened, Ferris students still agree underage drinking isn't permissible

Madison Kettlewell
Torch Reporter

Many college students choose to go to parties and drink underage, but fail to consider the consequences.

A minor in possession (MIP) is considered a civil infraction in the state of Michigan. Though recent changes to the law have severely reduced consequences, Ferris students should still be aware of what a MIP means for their future.

"I know so many people that have gotten MIPs," Ferris television and digital media production sophomore Lacie Stevens said. "Usually it's a party that got busted and they tried to run, and the cops caught them."

According to The Detroit Free Press, the most recent Michigan State Police statistics from 2009 to 2013 reported more than 38,000 minor-in-possession arrests during the four-year time frame.

"A lot of students are very irresponsible about it," Stevens said. "A lot of people are like 'Oh, I can drink as much as I want, it doesn't matter until I graduate.' That's extremely unhealthy."

A recent amendment to the law reduced court consequences by classifying the first offense as a civil infraction instead of a misdemeanor, which took effect October 2017.

Repercussions now include fines starting at \$100. Big Rapids Department of Public Safety (BRDPS) Sergeant Elizabeth West compared getting a MIP to a traffic ticket. A student will usually have to go in and pay a fine.

The infraction is posted on your driving record, but unlike a traffic ticket, it won't affect insurance prices. In addition, substance abuse treatment and community service may be required. Changes to the law also removed any jail time for a first offense.

"For a minor in possession of alcohol, depending on what job you're going for, I don't think that it would have devastating results," West said. "It's not like you have a criminal history now because of it. It's not like you were convicted of assault or something. It's different."

Ferris digital animation and game design junior Cameron Zeter said he could understand underage drinking if it's due to family custom or heritage, but he doesn't support underage kids going out to get drunk.

"Just go and wait until you're 21 instead of doing it now. Then you won't have any repercussions," Zeter said.

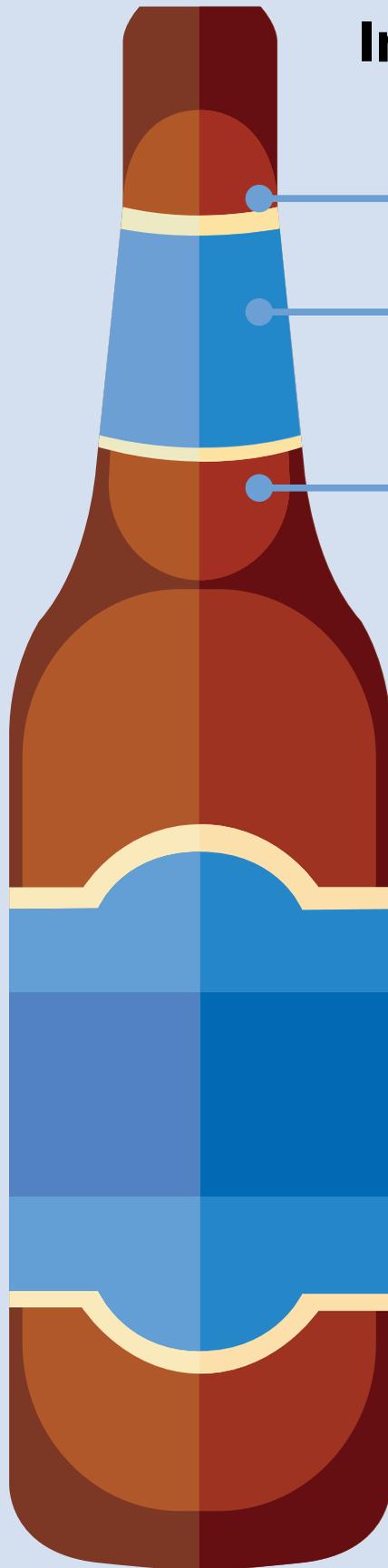
According to West, since Sept. 1, 2018, BRDPS has issued 37 minor in possession citations. Of the 37 issued, eight were second offenses and two were third offenses.

Trouble starts brewing when there are repeat offenders. A second offense is considered a misdemeanor and brings about harsher consequences. Fines start at \$200, with a 90-day license suspension. In the case of a second or third offender, employment opportunities may be affected.

According to West, the officers write tickets when issuing a MIP and do not arrest the offenders.

"If you get convicted, or you get your second or third MIP, you've technically been arrested for a misdemeanor. You just didn't go to jail," West said. "Somebody may have to tell their employer; be honest."

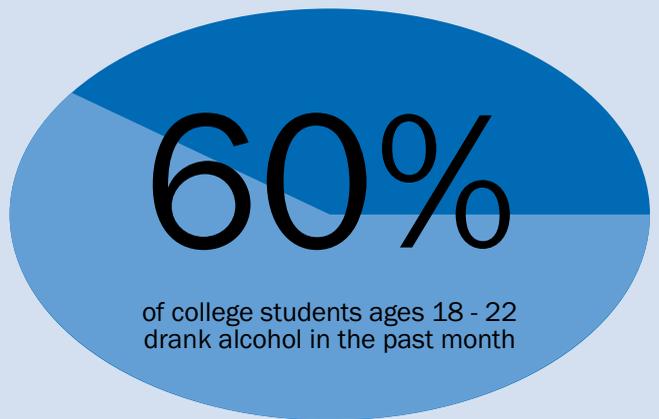
In the State of Michigan:



2014 - 535 alcohol related arrests

2015 - 431 alcohol related arrests

2016 - 408 MIPs, averaging one per day



From 2009 to 2013,

38,499

people under the age of 21 were arrested for some sort of possession charge.

The above information was gathered from the Detroit Free Press, the State News and the National Institute on Alcohol Abuse and Alcoholism.

Graphic by: Sarah Massey | Production Manager

Got news? Let us know.

Email: fsutorcheditor@gmail.com
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NEWS

"With strong men in positions, there's always a strong woman in his corner, whether it's a parent, wife or sister." - Zenise Triplett - See page 5 for story

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

Big money, big changes



Photo by: Hunter Pariseau | Torch Photographer

Public spaces in Hallisy Hall (shown above) and various other residence halls will receive renovations, after a million dollar project has been approved by the Board of Trustees.

Administration approves million dollar campus housing project

Landry Shorkey
Torch Reporter

The Fall 2019 semester will be a fresh new start for students and the start of a fresh new look for several residence halls.

Select Ferris residence halls will be getting a summer makeover, as the Board of Trustees approved a \$1,000,000 proposal for renovations Feb. 22.

"The plan is to have these improvements made this summer so that they are in place for students when they return in August for the start of the fall semester," Ferris Vice President of Administration and Finance Jerry Scoby said.

Cosmetic changes, such as painting and the replacement of furniture, will be focused in the lobby areas of the residence halls.

Resident rooms and public spaces will be painted in Clark Hall and Hallisy Hall. The lobby areas in Brophy-McNerney Hall and Bond Hall will be painted and receive new flooring, lighting and furniture, Scoby said.

Students living on campus will also benefit from stronger Wi-Fi with \$135,000 of the project budget being reserved for wireless service improvements.

"The Wi-Fi is a much-needed improvement, I think, so that's really good. As for the other stuff, like the updates with furniture and paint and carpeting and stuff, I think that would be good just for improving the standards of living in the dorms, because they're all pretty old right now," Ferris pre-pharmacy sophomore Emily Hamlin said.

Emily Hamlin

Although the lobby renovations will only be made to select residence halls, the Wi-Fi enhancements have the potential to be implemented in other on-campus

housing facilities.

"We are still finalizing the locations for the Wi-Fi improvements. Some of these could be in the same halls, but part of the scope of work may be in other on-campus housing facilities. All of the enhancements will be in our housing for students," Scoby said.



Steven Chappelle

the school.

"If it's positive for the school and brings more kids on campus, then I think it would be a good investment," Chappelle said.



Elizabeth Kuhns

"From student feedback we have received year after year, the Wi-Fi service is typically the highest priority for students. We know any enhancements we make in this area will be a direct benefit for our residents. The additional improvements will also be noticeable upgrades to our facilities that our residents call home throughout the academic year," Scoby said.

Several students recognize the benefit of the updates, even if they do not live in the residence halls that will be experiencing the changes.

Ferris pre-pharmacy senior Steven Chappelle lives in Cramer Hall but said that the improvements are a positive investment for

Ferris forensic biology freshman Elizabeth Kuhns lives in Brophy Hall and is looking forward to the changes.

"I know Brophy looks, I guess, pretty old and not updated. I think it will look a lot nicer and newer with all the new paint, carpet, furniture and stuff," Kuhns said.

Scoby and other administrators hope the improvements will make students feel more at home on campus and let them know their voices are being heard.

A duty to act

New Title IX policies require faculty to report sexual violence against students

Landry Shorkey
Torch Reporter

Recent policy changes made in regards to reporting sexual misconduct to the Title IX office have caused mixed reactions around campus.

According to the Ferris website, "Title IX of the Education Amendment of 1972 prohibits discrimination based on sex. Sexual violence in all its forms is harassment based on sex and a violation of federal law under Title IX."

Therefore, the university has an obligation to act when students report instances of sexual misconduct committed against them. Part of that obligation includes Responsible Employees.

All employees at Ferris, with the exception of Birkam Health Center and Personal Counseling Center staff, are considered Responsible Employees, Ferris Title IX Coordinator Kaitlin Zies said.

Responsible Employees must report cases where they know or suspect that a student has experienced sexual harassment or violence.

A reminder was recently sent out to university employees to remind them of their reporting duties. It included a one-page overview of Responsible Employee obligations and information brochures about the misconduct reporting process, Zies said.

Ferris business administration sophomore Logan Newman said that the Responsible Employee reporting obligation seems like a good policy.

"I think it might be a good thing because honestly, you never know. Sometimes diving into others' business might not be the best idea, but if you really think it's for their best interest, or if you think it's going to evolve into a bigger situation, then it probably needs to be brought to attention," Newman said.

The Ferris website states that individuals filing complaints may request to be anonymous, which in some cases may be maintained to ensure safety, but in other cases, due process may require that the accused individual receive notice of the source of the allegations against them.

The potential for no anonymity sparked student concern about the reporting process.

"I think it's good, but then again, I think it's bad because what if the person who did it goes after them? They should try to keep it anonymous," Ferris computer technology sophomore Sierra Farris said.

Some students felt that if a complainant knew their report would not be anonymous, it would discourage them from reporting at all.

"It might add pressure on the person that is reporting because if they know that it won't be confidential or anonymous, it would probably scare them a little bit," Newman said.



Logan Newman



Sierra Farris

Speaking sports

Ferris invites sports communication professionals to speak with students

Grant Siddall
Torch Reporter

Ferris students are being given an opportunity to learn real-world skills from sports communication professionals.

The Biz-Comm Sports Summit, hosted by the Ferris public relations program, will take place noon – 4 p.m. Friday, March 22, in the University Center ballroom and will feature five speakers with unique professional experience in sports communication.

“The purpose of the Biz-Comm Sports Summit is to connect real-world sports practitioners in business communication with Ferris students majoring in these fields. The event is intended to help students build relationships, and gain knowledge and advice

while encouraging a spirit of collaboration,” Ferris public relations and marketing professor Dr. Patrick Bishop said.

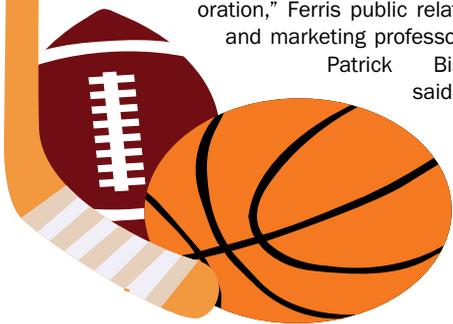
The keynote presenter for the event is Detroit Lions Manager of Consumer Sales Eric Barrera, who has six years of professional experience that he will be discussing during the conference.

Other speakers at the event also work with in some of Michigan’s professional sports teams.

In hockey, staff members from both the Grand Rapids Griffins and Flint Firebirds will be presenting at the summit. From professional baseball, representatives from the West Michigan Whitecaps and Great Lakes Loons will also speak about their professional experience. One of those speakers, Flint Firebirds Director of Broadcasting and Communication Dominic Hennig, is a Ferris public relations alum.

“No one else is offering an event like this. In one afternoon, students will get to hear from and mingle with several business-communication professionals from major and minor league teams throughout Michigan. It’s unprecedented. Plus, it’s funded by the College of Business, making it free for Ferris students who pre-register,” Bishop said.

The event is free to all students, though there are only 150 tickets available. Tickets for the summit can be acquired at 2019sports-summit.eventbrite.com.



- ON THE RECORD -

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

If you hide, they can’t give you a citation

Cora Hall
Sports Editor

and all were given citations and referred to the Office of Student Conduct.

So what, we smoke weed

March 1, 11:29 p.m., officers performed a traffic stop on Elm Street near Michigan Avenue and there were six passengers in the vehicle. One person was in possession of marijuana and appeared to be under the influence of marijuana. There was also a bottle of alcohol in the car that was dumped. Officers issued the subject a citation for being a minor in possession of alcohol.

Extremely sketchy

March 5, 4:05 p.m., an officer was sitting in the abandoned trailer park behind Denny’s Muffler and saw a male walking through who looked suspicious. The officer let the subject go, then followed the subject’s track to the old semitruck trailers and found evidence of someone smoking marijuana. The case is closed due to the officers letting the subject go.

We’re just having fun

March 2, 10:29 p.m., officers were dispatched to Puterbaugh Hall where they were called to investigate a marijuana odor in a room. Officers made contact with a resident in the room who admitted to having marijuana along with marijuana paraphernalia and showed it to the officers. The subject was cited and referred to the Office of Student Conduct.

If you hide, they can’t give you a citation

March 5, 5:18 p.m., officers were dispatched to Finch Court because of a marijuana odor coming from an apartment, but no one would open the door, so they were unable to make contact with anyone.

We don’t care who sees

March 3, 2:57 a.m., officers saw four people parked in Lot 5 and reported that a marijuana odor was coming from the car. All four subjects admitted to smoking marijuana, three of which were students,

Too early for that

March 5, 9:01 p.m., officers were dispatched to the University Center on the report of two females fighting. Upon arrival, there was nothing physical, just verbal arguing.

Ferris Department of Safety issued 377 citations between March 3 and March 16, totaling \$6,225.

WEEKLY WORLD NEWS

Catch up on news around the globe

Megan Lewton
Editor in Chief

Christchurch, New Zealand

A man opened fire in two New Zealand mosques, killing 49 and injuring at least 40 others. The attack, which is the worst situation of mass murder in New Zealand’s modern history, was orchestrated by 23-year-old Brenton Harrison Tarrant, an Australian citizen, who has since been arrested and charged with murder. Three others were arrested in relation to the attack, but one has since been released.

Original article by Richard Perez-Pena, March 15, 2019. *The New York Times*.

Bishoftu, Ethiopia

After the Ethiopian Airlines Boeing 737 plane crashed in Ethiopia, killing 157 passengers, experts suggest the plane’s stabilizers were tilted upward, which would have forced down the nose of the jet. This was the same issue connected

with the crash of the Lion Air flight that killed 189 people in October 2018. This suggests both planes had a problem with a newly installed automated system intended to prevent a stall. The investigation has just begun, so new theories may arise.

Original article by Jack Nicas, Thomas Kaplan and James Glanz, March 15, 2019. *The New York Times*.

Mumbai, India

A pedestrian bridge collapsed, killing at least five people and injuring at least 36 people, with some in serious condition. The bridge connected a road to a train station, and some drivers whose vehicles were under the bridge when it collapsed are among those injured. Some minor damage to the 39-year-old bridge was discovered in an audit conducted last year, but the damages were not fixed prior to the collapse.

Original article by The Associated Press, March 14, 2019. *The New York Times*.

NEWS BRIEFS

Megan Lewton
Editor in Chief

Sports Speaker Series Presentation by Ira Childress

Hear a presentation by Ferris alumni and Okemos High School Athletic Director Ira Childress 6 p.m. Wednesday, March 20, in IRC 115. Childress will speak about his experience of being a student-athlete to working in student athletics. The event, hosted by the Sports Careers registered student organization and the Sports Communication program is free and open to the public, but seating is limited. For more information, contact Dr. Sandra Alspach at alspachs@ferris.edu.

“The Mule” screening

Watch “The Mule” during a free screening 8 p.m. Friday, March 22, in UCB 202. The event, hosted by the Student Veterans of America Chapter and the Veterans Office, is free to attend. For more information, contact Jacob Schrot at jacobschrot@ferris.edu.

Spring Graduation Fair

Prepare to get your degree at the Spring Graduation Fair from 11 a.m. – 5 p.m. Tuesday, March 26, in the University Center. Students can purchase caps and gowns, and various campus experts and professionals will be there to aid graduating students. For more information, contact Kevin Bunce at kevinbunce@ferris.edu.



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 |

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.

| 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 |

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.



Downright defense

Ferris Rape Aggression Defense Program teaches self-defense techniques at no cost

Madison Kettlewell
Torch Reporter

With sexual assault being the most underreported violent crime in the U.S., many Ferris students may wonder what they can do if they ever find themselves in a threatening situation.

The Rape Aggression Defense Program (RAD) is a free, two-day self-defense course taught twice a year by the Ferris Department of Public Safety (DPS), only open to women.

"It's always a fear I feel, for women. They have to deal with various stuff around the world. Being able to have that self-defense allows us to have more comfort and safety just walking around at night, or walking by ourselves," Ferris clinical lab science sophomore Paige Lintemuth said. "We can protect ourselves and don't need someone else with us all the time."

This year, the program will be 9 a.m. to 3 p.m. Saturday, April 6, and Sunday, April 7. The class will be taught by Ferris DPS Officer Nicholas Greenway and Ferris DPS Detective Sergeant Tim Jacobs.

"Let's say you're at Shooters and some creeper dude puts his arm around you. You learn how to get out of that," Greenway said.

Currently, the program is limited to 30 participants to ensure each participant gets proper self-defense tactic training. According to the Ferris DPS Facebook page, if there is a high demand for the program, they may decide to add additional classes later this spring.

Ferris nursing freshman Sierra Vaughn, a Big Rapids native,

said the program is a great idea.

"Growing up, like high school here, there was a lot of things in the news about girls who got beat up in the parks and stuff, so you weren't allowed to go out," Vaughn said. "It's a real problem in today's society. It can prevent things like that if girls know how to defend themselves."

The first day consists of some book work, while the second day of the program focuses on physical tactics, with a scenario-based challenge at the end of the course.

"In the book work, we talk about situational awareness and physical awareness," Jacobs said. "It doesn't matter what kind of shape you're in or anything like that when you come into the class, but it lets you know what your limitations are, from verbal and using your voice to physical."

Greenway said in the course they teach how to strike, punch, kick, and how to get out of a choke hold and a bear hold, among other techniques.

According to Greenway, the program is available only to women to prevent any potentially dangerous men from learning the strategies.

"They don't want the bad guy knowing what's coming, because you could defeat almost anything if you know what's coming. It works on surprise and technique and the motion, more than just your power."

For additional information regarding the RAD program, visit Ferris DPS's homepage at ferris.edu/publicsafety and click on the "RAD" link.

To register for a RAD class, contact Ferris DPS at (231) 591-5000.

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.

FERRIS STATE UNIVERSITY

Having a Baja blast

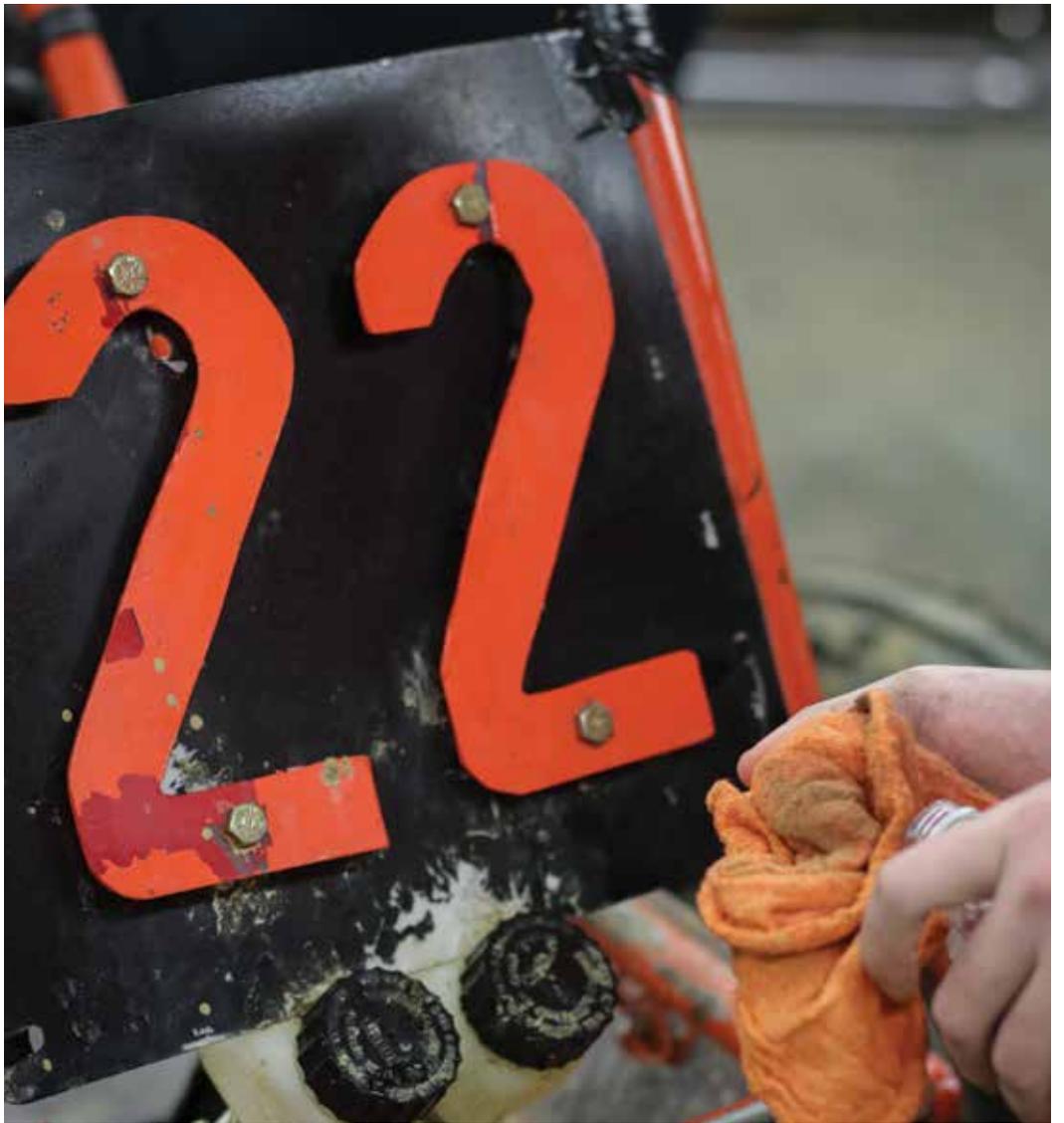


Photo by: Megell Strayhorn | Multimedia Editor

The Ferris Baja Racing Club spends their meetings building baja racecars and preparing to race them. The registered student organization is currently preparing for the national race in Kentucky.

Ferris' Baja Racing Club in preparation for the national race

Grant Siddall
Torch Reporter

Build. Break. Repeat. It's the motto and also the natural order of work for Ferris' Baja Racing Club.

Part of the Society of Automotive Engineers, the Ferris Baja Racing Club is a registered student organization where its members build and race Baja racecars.

The club spends about eight hours every week working on their cars, and in the time between the three races they participate in, they're making repairs and salvaging parts from other vehicles to replace broken parts.

"You go to the race, and obviously you don't plan to have an accident, but they're open wheel, so if you bump wheels with another car, your risk of rolling it is incredibly high," Ferris business administration senior and Baja Racing Club member Philip Nasskau said.

Accidents are common in Baja racing, and mechanical issues are expected. In the club's last race, Blizzard Baja at Michigan Technological University, Ferris cars placed 11th and 13th; having previously taken first in the 2018 event. Even without the 2019 win, just finishing the race can be seen as an accomplishment. The group said out of 100 vehicles in another recent race, only about 30 to 40 completed the run, and finishing Blizzard Baja didn't come without issues for Ferris.

"When I rolled it, I did the perfect roll because I nosedived. I came over the jump too fast and the nose dug in first because the snow had been wearing out. So basically, the jump got higher, and the nose dug in and boom, it just went on its roof," Nasskau said. "When it all stopped, I was upside down just waiting for someone to come roll me right side up so I could carry on driving. As soon as I got back up, I floored it, but what I didn't know is that I didn't have any brakes. I had lost my master cylinder, so I didn't have any

brakes — not that I used them."

A low percentage of vehicles finishing the race is pretty typical in Baja racing, which places a lot of stress on the vehicles traveling up to above 30 mph over several hours. In 2018, when Ferris won the Blizzard Baja, their finishing time was just more than 15 and a half hours, during which they had several drivers taking turns behind the wheel.

"You see a whole bunch of cars at the beginning, and even in a smaller race, you see the percentage of cars drop off. There are cars that look really pretty at the beginning, and they just keep coming back to the pits because the same thing breaks over and over again," Ferris automotive engineering technology junior and Baja Racing Club member Scott Spencer said. "The tracks are meant to test the cars. They have a lot of ramps and sharp corners that will mess things up."

Currently, the Baja Racing Club is preparing for the national race in Kentucky, in which teams from all over the country, and even several foreign teams, come to compete.

For that race, in which only one car per team can compete, the team is building an entirely new vehicle in about seven weeks. They say everything in this industry is always rushed, but that it's a fun experience that helps many of members, most of which are automotive students, with preparing for their professional careers.

"In the automotive field, it's a lot of working together and collaborating to complete a job or task, and that's all we do here. We collaborate and work together to build a car. It's a lot of teamwork and delegating responsibilities, stuff that you can't learn from a book in a classroom," Ferris automotive engineering technology senior and Baja Racing Club member Eric Troyer.

Heading into the national race, the club is preparing and hoping for success.

"I am cautiously optimistic about our chances at nationals. I think we'll do a good job. We'll go there, and we will give it our all. It's about minimizing silly mistakes and being on the ball, and taking into consideration anything that might stop us from finishing the race," Nasskau said.

The Baja Racing Club meets 5 p.m. every Tuesday and Thursday in the Automotive Center.

The rest is still unwritten

Ferris celebrates Women's History Month

Madison Kettlewell
Torch Reporter

Though women have made substantial progress in equality, many believe the fight is ongoing.

Ferris is hosting many events around campus throughout March in honor of Women's History Month. Women's History Month is an annual national celebration honoring women's contributions to our society.

"Why do we only have to talk about it this one month a year?" Ferris history professor Tracy Busch said. "I have a love-hate relationship with Women's History Month. Mostly it's love, but sometimes I wish that we didn't have to consign our conversation about gender for just that one month."

Busch is also the lead faculty for the Ferris Museum of Sexist Objects (MOSO). Busch said that this Women's History Month, the museum is focusing on rape culture, body image and gender binary, or the classification of gender into two distinct and opposite forms of masculine and feminine.

Women's History Month gained its origins when "Women's History Week" became nationally recognized in 1982. The first nationally recognized Women's History Month didn't come until five years later, in 1987, according to womenshistorymonth.gov.

"Representation matters," Ferris graphic design freshman Zenise Triplett said. "Give younger women a role model. Anything that's big that people look up to: president, vice president, leading roles in movies, anything."

Triplett said she hopes to see more women in powerful positions in the future.

"With strong men in positions, there's al-

ways a strong woman in his corner, whether it's a parent, wife or sister," Triplett said.

Many organizations on campus came together to coordinate and plan events for Ferris students, according to Ferris Assistant Director of the Office of Multicultural Services (OMSS) Michael Wade.

According to Wade, the events put on by Ferris are not just for women; the events scheduled are for all students to come and learn about all that women have done.

"It's women's history, so it's a part of our country's history," Wade said. "For some people, it will be a reminder. For other people, it will be an enlightening moment. We just try to create the platform and opportunity where cultural awareness can happen."

Wade said OMSS's role is to bring organizations and individuals together to help promote events.

"We reach out to departments, student organizations and individual student leaders who have a passion about doing events to celebrate the contributions that women have made and continue to make in society," Wade said. "Often times, those contributions get overlooked."

Ferris students also helped contribute to a Women's History Month 2019 playlist. OMSS invited women of the community to share their motivational and inspiring song suggestions, which were then put into a YouTube playlist.

The playlist, along with additional information regarding Women's History Month at Ferris, can be found at ferris.edu/whm.

"It's just important to know how far we've come and where we're going," Ferris pre-optometry sophomore Kara Blue said.

WOMEN'S HISTORY MONTH EVENTS

An Army of Women Gallery Feature

March 1 – April 6
University Center 205, the Fine Art Gallery

A Family-Friendly Community: Strategies to Promote College Success

Tuesday, March 19
11 A.M. – 1 P.M.
Arts & Sciences Commons 1015

Women's Meet Up Lesbian Bi Queer Ace/Aro Trans Questioning

Tuesday, March 19
6 – 8 P.M.
University Center 120C, LGBTQ+ Resource Center

YBBW Critical Conversation Series

Wednesday, March 20
6 – 8 P.M.
FLITE 133

Ferris Museum of Sexist Objects Tours

Monday, March 25 & Wednesday, March 27
Tour Times: NOON - 1 P.M. / 1 – 2 P.M.

Starr 314
*classes or large groups please RSVP to moso@ferris.edu

Fridays at Ferris Movie – "On the basis of Sex": Ruth Bader Ginsburg

Friday, March 29
Screening Times: 7 P.M. & 9 P.M.
University Center 202, Ballroom

YBBW Women's Conference

Sunday, March 31
10 A.M. – 5 P.M.
University Center 202 Ballroom A & B

Say... **Hello!** *Spring!* at **venlō place**

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LIFESTYLES

"I'm a firm believer in putting yourself first so you can be in the best state of mind to leave your mark on this world." - Cassady Guest - See below for story

Alicia Jaimes | Lifestyles Editor | jaimesa@ferris.edu

Treat yo' self

Springtime is when individuals can start fresh with their lives, with various methods being used to break into those new beginnings. Below is a list of five ways to break into spring:

1. Spring cleaning

Information courtesy of thisisinsider.com

What better way to feel rejuvenated than by going through your home or dorm room and cleaning? Get rid of things you don't use and better yet, go about organizing and decluttering the home. Anything you don't want can always be donated.

2. Go camping

Information courtesy of lovethedbackcountry.com

Sure, camping during the summer and early fall is great, but camping during the spring has its benefits, too. Springtime camping means less crowded campsites, bugs are still away for the most part and it's safer, whereas camping during the summer can lead to dehydration, heat exhaustion and sunburns.

3. Digital detox

Information courtesy of huffpost.com

Digital detox can mean a variety of things when it comes to technology - this could mean going off the grid for a week, abstaining from your phone for a day or cleansing your social media. The experience can be a bit challenging when living in a digital age, but it's worth it in the end.

4. Work out

Information courtesy of homescales.com

Working out will not only renew your body, but also refresh your mind. Rather than work-out indoors, with the snow beginning to melt, push yourself to go outside and soak in the sun when going for a jog or participating in yoga.

5. Treat yourself

Information courtesy of thisisinsider.com

"Parks and Recreation" characters Donna and Tom had the right thing in mind when they established a day to "treat yo' self." While this spring time fresh start method is a little costly, it can be rejuvenating in the long run. Treat yourself by planning for a music or art festival, go shopping or taking yourself to that new restaurant you've been dying to try.

Springing into new beginnings



Photo by: Megell Strayhorn | Multimedia Editor

Ferris marketing junior William Kronlein shakes his winter funk by doing a little bit of yoga.

Students shed winter funk

Briana Hammontree
Torch Reporter

Spring brings a fresh start for students, as Ferris psychology junior Cassady Guest welcomes Michigan's warming weather conditions.

Guest, the vice president of registered student organization Active Minds, believes mental health and weather conditions correlate, with springtime bringing a positive change for various students.



Cassady Guest

"I think springtime changes our attitudes to be more positive because it starts to warm up and to me, that signals the end of the school year. I start to notice

it when the days get longer, and the sun is shining more," Guest said.

Guest mentions how seasonal affective disorder (SAD) affects students during the winter, but also how spring helps in breaking those "winter blues."

Mayoclinic.org describes SAD as a form of depression related

to the changing of seasons, with symptoms beginning in the fall and continuing through winter, affecting energy and mood. However, it is seen less in the spring and summer months.

"When conditions are bad, we are cooped up. It sucks, and it's easy to fall into a negative state of mind. When it gets nice outside, everyone gets really excited, and the campus has a more positive vibe," Guest said.

For Guest, breaking into a more positive attitude for the springtime involves taking care of herself and using spring break to recharge.

"It's still early in the year, and people should ask themselves, 'How does this make me feel?' And if that something doesn't benefit your mental health, get rid of it. I'm a firm believer in putting yourself first so you can be in the best state of mind to leave your mark on this world," Guest said.

For other students, such as Ferris public relations freshman Fatima Galvez



Fatima Galvez

vez, spring means the anticipation of summer and enjoying the sunlight and the great outdoors.

"I think students enjoy springtime because even if it's small changes, it's the start of a new beginning," Galvez said.

Like Guest, Galvez saw spring break as a good time to focus on oneself and used her week off as a chance to head back home.

"It gets me away from everything and everyone and allows me to be surrounded by people I know love me and support me," Galvez said. "I use it to give myself time as well and enjoy my aloneness in a healthy setting."

While many students use spring break to recharge, others take pleasure in merely doing nothing for a few days.

"Spring break helps to give you a space to disconnect," Ferris English senior Paige Brady said. "It allows a couple of days to just do nothing and lay in bed."



Paige Brady



Photo by: Megell Strayhorn | Multimedia Editor

Ferris business administration junior Mckayla Vella looks into the eyes of inspiration at the latest exhibit in the Fine art Gallery.

A growing army

Learning from the past to inspire the future

Veronica Mascorro
Interim Reporter

Students are instantly greeted by a collection of voices from empowering women upon walking into the Fine Art Gallery at Ferris.



Shelley Newman

"This particular series is meant to highlight the value of women in general, but mature women specifically," Kendall College of Art and Design alum and director of the Golden Apple Studio artist Shelley Newman Stevens said. "The portraits that you see here are not traditional ways of portraying women, but rather they are meant to highlight the value that a mature woman brings to our culture. These women are not the object of the art but are instead the subject."

An Army of Women debuted Friday, March 1, in the University Center as part of the 2019 celebration of Women's History Month.

Revealing women as strong, intelligent and courageous, the exhibit portrays 12 real women Stevens believes deserve recognition for the struggles they have gone through.

"Everlasting," which is one of Stevens' favorite pieces, centers around a woman who lived through a harrowing stem cell transplant almost a year ago. In the painting, there is a list pinpointing her journey and the steps she had to go through.

"Stem cell transplants are pretty vicious, but it was the one way to save her life and she endured it. She was an incredibly courageous woman, and that particular portrait is my way

of honoring her," Stevens said.

By bringing this exhibit to Ferris, Ferris museum and gallery curator Carrie Weis hopes students become inspired by this series.



Carrie Weis

"I hope students can look at the women in their own lives who have inspired, fought and helped them be who they are today," Weis said.

As well as the meaning behind the art, Ferris digital animation and game design freshman McKinley Carpenter enjoyed being able to see the differences in the physical art versus digital art.



McKinley Carpenter

"I always find it so interesting to see how traditional artists do the things that they do," Carpenter said. "In my program, I work a lot with modeling and 3-D objects, and it's a completely different process from painting. Being able to see the different layering of the paint and the different physical elements you can

add is so amazing."

Carpenter's favorite piece, "Life, Loss and All That Jazz" featured a woman layered onto the portrait three times. It showed her going through the motions of life. He enjoyed the different layering on the portrait and being able to see the intricate brush strokes.

An Army of Women was curated in collaboration with the Museum of Sexist Objects and the Office of Multicultural Student Services.

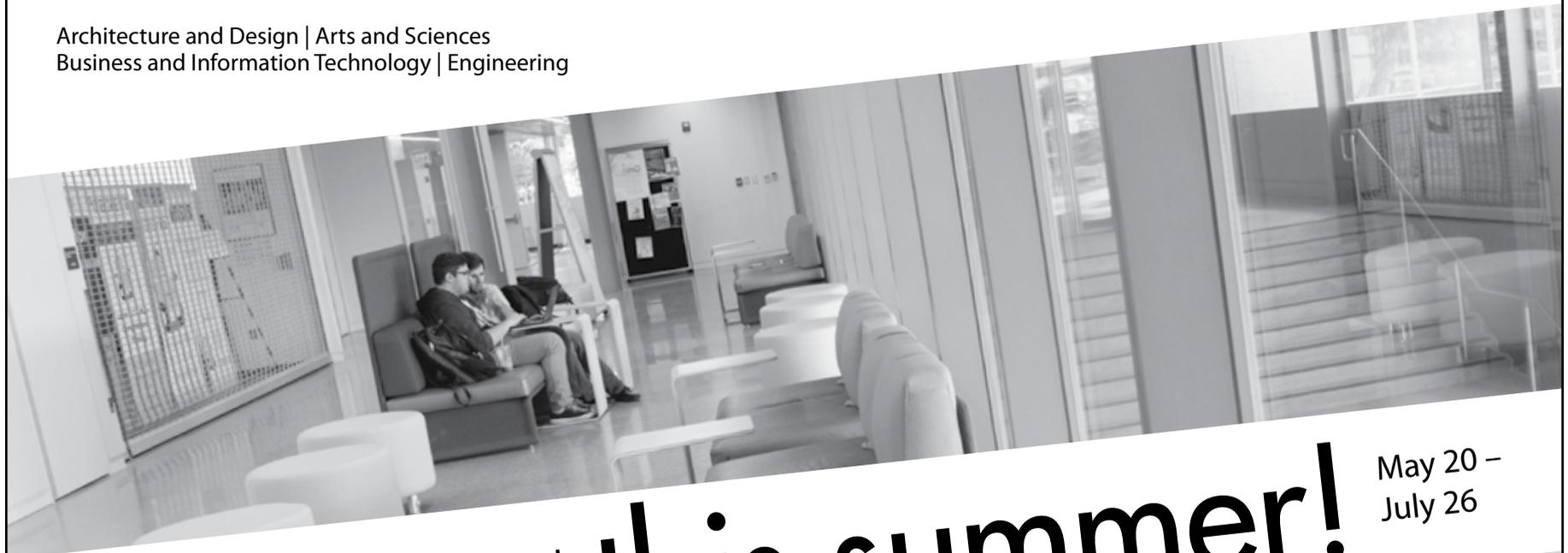
The exhibit will be on display in the Fine Art Gallery in UCB 205 until April 6. For more information, visit ferris.edu/gallery. To see more work by Stevens, visit her website at goldenapplestudio.com.

An Army of Women
 Date: Friday, March 1 – Saturday, April 6
 Location: Fine Art Gallery, UCB 205

See More Work by Stevens
goldenapplestudio.com

More Information on the Fine Art Gallery
ferris.edu/gallery

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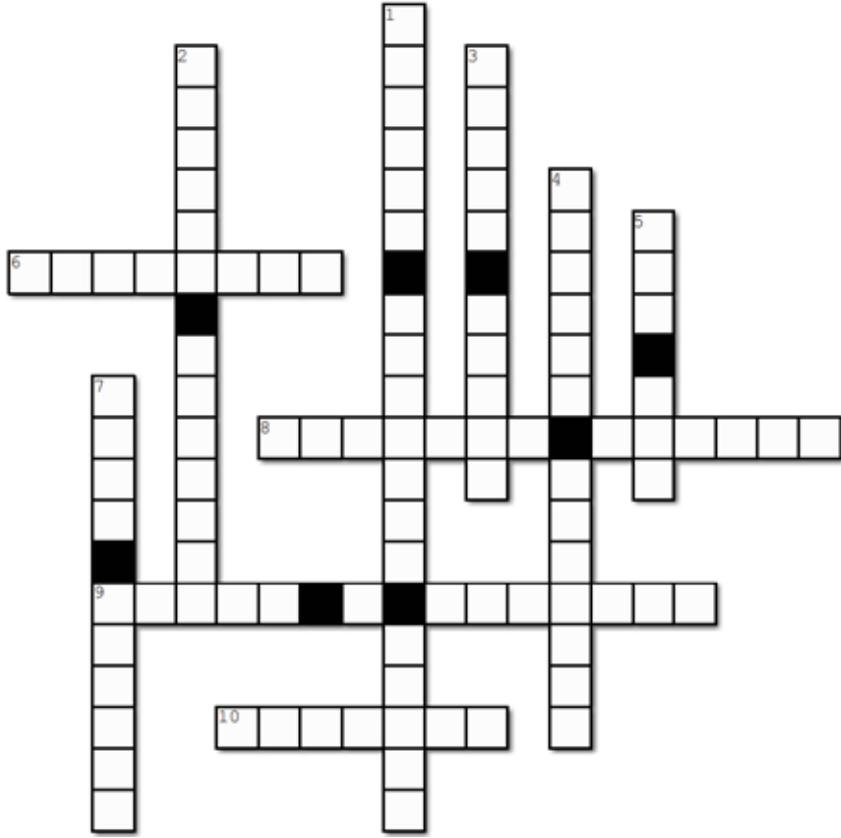
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Women's History Month

Celebrate the month of March by testing your knowledge on how women have progressed over the years!



Across

- 6. The advocacy of women's rights on the basis of the equality of the sexes
- 8. The latest Marvel movie to release about one of the universe's strongest female heroes
- 9. One of the women who played a vital role in the women's suffrage movement
- 10. Famous female singer who sings about girls running the world

Down

- 1. This is celebrated from March 1 – March 31
- 2. The 2016 movie about three African-American women and their part in the launch of astronaut John Glenn into orbit
- 3. First woman to win a Nobel Prize
- 4. First female aviator to fly solo across the Atlantic Ocean
- 5. Something that concerns many women when they enter the workforce
- 7. An organization with the goal of building courage, confidence and character in young girls

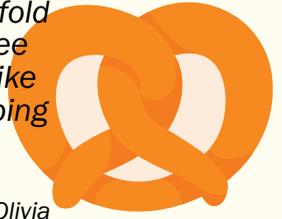
ANSWER KEY

Across: 6. Feminism 8. Captain Marvel 9. Susan B. Anthony 10. Beyoncé
Down: 1. Women's History Month 2. Hidden Figures 3. Marie Curie 4. Amelia Earhart 5. Pay Gap 7. Girl Scouts

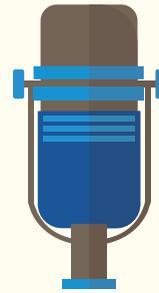
What's your hidden talent?

Marissa Russell
Interim Reporter

"I practice contortion, so I do all the crazy pretzel, fold in a box stuff that you see at carnivals. I honestly like the satisfaction of creeping people out."



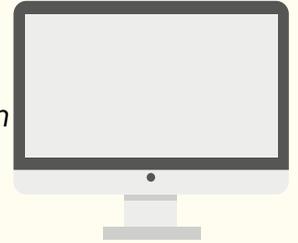
— Ferris psychology freshman Olivia Bonasse



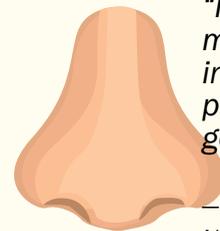
"My hidden talent is that I can rap really well. I don't know if I like it. I'm just really good at it. So, when songs come on the radio, I can just sing along."

— Ferris criminal justice sophomore Rena Bernardi

"My talent is design. It's my major, so it helps me through life. Graphic design is when you create logos and designs for people."



— Ferris graphic design freshman Jacqueline Lopez Bravo



"I can touch my tongue to my nose. It's pretty unique in my book. Not many people can do this, and it's a good conversation starter."

— Ferris sonography sophomore Natalie Jasman

"So, when you go to Cedar Point and see those people that make the funnel cakes and elephant ears, yeah, I'm that guy. Not many people can do this and when have you not wanted a desert from an amusement park, let's be honest."



— Ferris accounting and finance sophomore Bobby Gill



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| Best FSU Athletic Team _____ | Best Place to Take a Date _____ |
| Best FSU Fraternity _____ | Best Professor _____ |
| Best FSU Residence Hall _____ | Best Resident Assistant _____ |
| Best FSU Sorority _____ | Best Restaurant-Chain _____ |
| Best FSU Student Organization/RSO _____ | Best Restaurant-Local _____ |
| Best Golf Course _____ | Best Salon/Spa _____ |
| Best Grocery Store _____ | Best Sandwich Shop _____ |
| Best Gym/Health Club _____ | Best Tanning Salon _____ |
| Best Hamburger _____ | Best Tattoo Business & Body Piercing _____ |
| Best Happy Hour _____ | Best Thrift/Vintage Shop _____ |

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Online entry must be turned in by Friday, March 22, 2019
The Pioneer employees and families are not eligible to vote.

FERRIS STATE
TORCH

SPORTS

“Seeing the joy they got out of playing the game was one of the main reasons I chose to go this route.” - Craig Pefley - See below for story

Cora Hall | Sports Editor | hallc36@ferris.edu

An overlooked All-American



Photo submitted by Cody Stilwell

Ferris senior thrower Cody Stilwell (far right) placed eighth in the hammer throw at the Division II Indoor Track and Field National Championships March 8 in Pittsburg, Kansas.

Cody Stilwell gains national recognition for second time

Noah Poser
Torch Reporter

Not all athletes get to stand in the spotlight and not all sports garner the same amount of attention, but Ferris senior thrower Cody Stilwell is making his way into the limelight.

In fact, Stilwell finished eighth in the hammer throw in the Division II Indoor Track and Field National Championships Friday, March 8. It was the second straight year that he earned Division II All-American honors.

“The experience is unreal because you’re finishing as one of the top eight athletes in Division II for your event,” Stilwell said. “Last year, I got fifth place for my first First Team All-American award at outdoor nationals and yet I had an empty feeling in me like I didn’t compete the best. This year I left it all out there and went for broke. The feeling of hearing my name called off for eighth place this year brought chills to my body and I had to hold back tears of joy.”



Cody Stilwell

For Stilwell, the experience felt different this time and is one he will remember for years to come.

“This finish means the most to me in my career thus far,” Stilwell said. “I’ll remember this as the best finish for me mentally at this point in my track and field career.”

Stilwell came to Ferris five years ago from his hometown of Cadillac. After initially receiving no offers from colleges to continue his throwing career, he took the initiative and started to reach out to colleges himself.

Larry Levine, the current throws coach for the Ferris track and field

team, was the only one who responded. Fast forward to now, and seems like it has worked out well for both parties, perhaps better than either of them could have imagined back then.



Larry Levine

“Cody eats, breathes and sleeps throwing,” Roznowski said. “He is a true student of the game and spends each day trying to improve. Throwing is his life. I feel fortunate to have been able to soak up a vast amount of knowledge he has of the sport because this is what truly sets him apart from his fellow competitors.”



Trevor Roznowski

And it has set him apart, at least, enough apart in order to become a two-time All-American. But for Cody, his story is not done quite yet. He still has one more season of outdoor track and field, and he is driven to achieve lofty goals as it nears. “My career isn’t over yet,” Stilwell said. “I hope to make on more big appearance in outdoors this year in the hammer throw and hopefully contend for a national title in the event. After that, I’ll continue on with hammer as a professional athlete and try to make the 2020 and 2024 Olympics.”

Dreams on ice

Four Ferris hockey players sign with professional teams

Cora Hall
Sports Editor

Playing a professional sport is a dream for many and four Ferris hockey players have made this dream a reality this spring.

Seniors Corey Mackin, Craig Pefley and Ryker Killins joined the professional ranks in the Eastern Collegiate Hockey League (ECHL) and freshman Cooper Zech signed with an American Hockey League (AHL) team.

Ferris hockey head coach Bob Daniels said he’s happy for all his players and one of their goals in the program is to teach the players how to become professionals.



Bob Daniels

“One of the biggest things is you have to learn when you walk in the rink for practices or games is that you have to flip the switch and then any worries you may have need to be left at the door,” Daniels said. “You’re in college, if you’re having issues in school, in class and you feel a little overwhelmed, you’ve got to just check that at the door, come in here and you need to concentrate 100 percent on hockey. Then when you leave the rink, you need to check hockey at the door and pick up your life and not worry about if things aren’t going great with hockey. You can’t let that affect the rest, like your schoolwork. And the reason I think that’s important to becoming a pro, is when you become a professional, you’ve always got outside pressures, too.”

Mackin, who is playing as a forward for the Reading Royals in Pennsylvania, and Killins, who is now a South Carolina Stingray defenseman, have both seen



Craig Pefley

action already in ECHL play, each making their debuts Saturday, March 9.

Killins has scored two goals and two assists for the Stingrays in his seven games played and Mackin had an assist in his first of four games on the ice. Zech and Pefley have yet to see the ice with both their teams heading toward postseason play.

Signing

Continued from page 10

Pefley, who signed with the Tulsa Oilers, said watching teammates over the last four years go onto professional play inspired him to want to play at the next level.

"The guys that have moved on and played professionally before me were certainly an inspiration for me. Guys like Simon Denis, Ryan Lowney, Jason Binkley, Mitch Maloney have shown that there was an opportunity in pro hockey if you worked hard enough, and to have those guys talk to you about what they've experienced where they played and how they got accustomed to it was just another



Joe Rutkowski

benefit that I saw," Pefley said. "Seeing the joy they got out of playing the game was one of the main reasons I chose to go this route."

Pefley scored 41 points in his career at Ferris and was the first player since 2016 to have multiple four-point performances in a calendar year. One of the challenges Pefley foresees in transitioning to the ECHL is the competition.

"The toughest part from going from the WCHA to ECHL level of hockey has to be the size and speed of the players. For the most part in college you will be playing guys that may be four years older than you, but in this league there are men on the ice that could be 10 years older, and more accustomed to the league. As with every progression in hockey, the speed and size of the guys you play against will ramp up as well which can be tough to get used to at first," Pefley said.

Killins hit the ground running in South Carolina and according to his Ferris defensive partner junior Joe Rutkowski, Killins was a player he could trust on the ice.

"I played with him this year. Unfortunately, he got an injury earlier in the year, so he was out like all the year, but he came back strong. I played with him two years previously to that and he came back strong from this injury and made an impact and was lucky to see some interest from pro teams and was able to sign, so I think that speaks to the type of player he is," Rutkowski said. "Individually, highly skilled on the ice and it's just comfortable to have him as a D partner. If there's a play that needs to be made, he can make it."

Daniels has never been shy about his emphasis on his players' academic performance and said he had conversations with each of his seniors before they left to make sure they would still graduate this spring.

"My thing is: degree trumps everything. Get your degree, then pro hockey will be there next year. If you were to stay in school and finish up your classes I'm always all for that," Daniels said. "But the number one thing is you have to get your degree, I'm just adamant about that."

While he has just accomplished his longtime dream of making it professionally, Pefley realizes that he can't play hockey forever and said he's grateful he has his degree for when his hockey career is over.

This makes Zech an anomaly for Daniels. The 20-year-old only completed one year of school at Ferris while the rest of the signed players are seniors and will still get their diplomas.

With these four signees, Ferris now has 28 former players active in professional leagues.



Photo by: Samantha Cavotta | Torch Photographer

Ferris senior forward Craig Pefley signed with the Tulsa Oilers in the East Coast Hockey League. The Oilers are the American Hockey League affiliate of the San Antonio Rampage and the National Hockey League affiliate of the St. Louis Blues.



THIS WEEKEND'S SPORTS FOR FERRIS

Wednesday, March 20:

- Softball at Wayne State 3:30 and 5:30 p.m.

Saturday, March 23:

- Men's Tennis at Michigan Tech 10 a.m.
- Softball at Ashland 1 and 3 p.m.

Sunday, March 24:

- Men's Tennis at Lake Superior State 10 a.m.
- Softball at Saginaw Valley State noon and 2 p.m.

Monday, March 25:

- Men's Golf at Findlay Spring Invite in Lexington, Kentucky

Tuesday, March 26:

- Men's Golf at Findlay Spring Invite in Lexington, Kentucky

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Sports Shorts

Noah Poser
Torch Reporter

Hankins performs at Madison Square Garden

Former Ferris men's basketball player Zach Hankins and Xavier University (Cincinnati, Ohio) took part in the Big East tournament Thursday, March 14, and Friday, March 15. The Big East tournament was held at the famous Madison Square Garden and Hankins certainly raised his level of play while playing in the United States' "Mecca" of basketball.



Zach Hankins

In the opening game of the tournament for the Musketeers, Hankins dominated against Creighton University. He scored 22 points and had nine rebounds against the Blue Jays to go along with two blocks. On top of all that, he had the game-winning tip-in with 29 seconds left in the game to lift Xavier to a victory and a berth in the Big East tournament semifinals.

In the semifinals, Hankins continued his stellar play against Villanova University. He scored 18 points and had six boards against the regular season Big East champs. However, that wasn't enough for Xavier, as the Musketeers would go on to lose in overtime. While the loss likely eliminated any remaining hope of the Musketeers receiving an at-large bid in the NCAA tournament, Hankins displayed his undeniable abilities during the game.

Malik Taylor shines at Central Michigan Pro Day

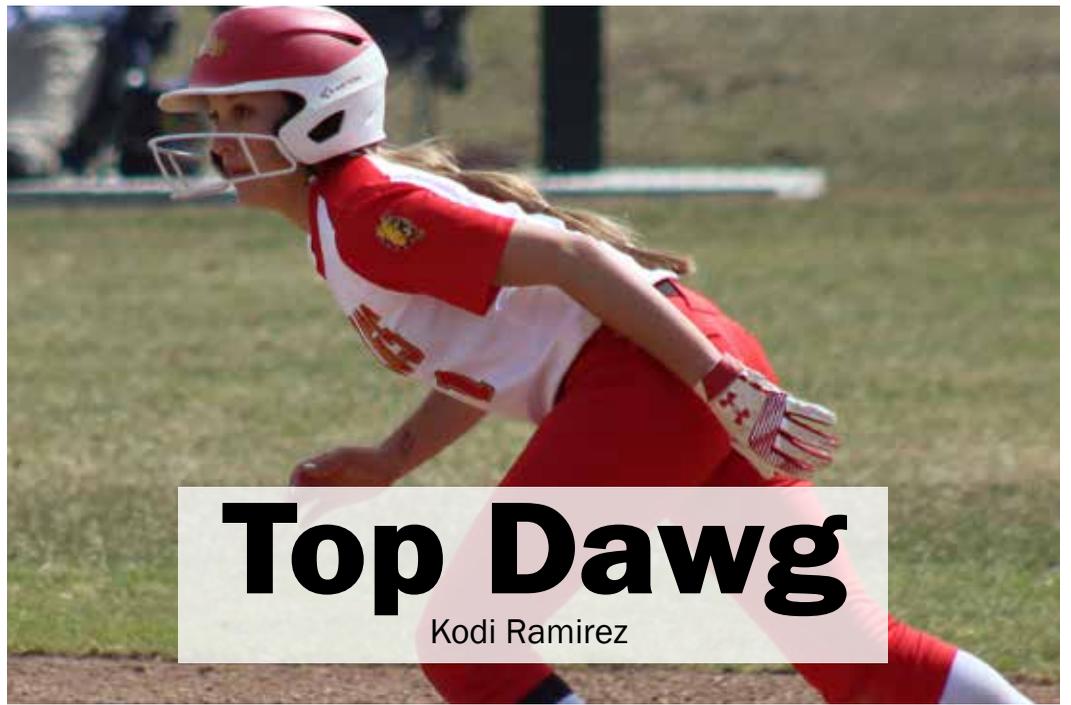
Three Ferris football players participated in their pro days Friday, March 15, in advance of the National Football League (NFL) draft to be held late April. The players traveled to local Central Michigan University to get a chance to shine in front of NFL scouts as they hope to continue their football careers.



Malik Taylor

Ferris wide receiver Malik Taylor was one of the three and posted some great numbers. Standing at six feet two inches and weighing in at 211 pounds, he showed that he had the size teams are looking for. He displayed the speed to follow it as he ran a blazing 4.44 second 40-yard dash, which would have ranked 12th out of 37 receivers in the NFL combine. He also had a broad jump of 126 inches, which would've ranked eighth out of the 42 receivers who participated in the drill.

Taylor's time of 6.81 seconds in the three cone drill would have ranked fourth out of 29 receivers who did the drill in Indianapolis, while his shuttle time would have been top of the charts over the other 33 participants from the combine. These last two drills were key for Taylor as they showcase a magnificent agility good for evading defenders.



Top Dawg

Kodi Ramirez

Torch file photo

Cora Hall
Sports Editor

Arizona native Kodi Ramirez was in her element in the Florida heat for spring training and put on performances that earned her Top Dawg honors this week.

The sophomore infielder led the team with a .417 batting average in the last eight games at The Spring Games. Ramirez had 10 hits, seven runs and five RBI's in 24 trips to the plate, with two of her runs being home runs.

This season Ramirez has held a .338 batting average, a .343 on base percentage and .544 slugging percentage through 20 games. With 16 total runs this season and 12 RBI's, Ramirez is an offensive catalyst for the Bulldogs and doesn't show signs of slowing.

With 70 total bases this season, Ramirez landed 21 in spring training, seven of them being extra-base hits and two of them stolen bases. But she did not only put on a strong offensive performance; Ramirez was nearly perfect on defense with only a single error.

Ramirez was also given Great Lakes Intercollegiate Athletic Conference Player of the Week honors for her impressive outings in Florida.

The Bulldogs are back in action in Michigan to open conference play with a double-header 3:30 p.m. Wednesday, March 20, at Wayne State, who are 17-4 so far this season. Ferris sits at a 9-11 record this season, which is a better start than last year when they held a 6-14 record through their first 20 games.

Serving abroad

Ferris tennis focuses on bringing in diverse group of players

Michael Reedy
Torch Reporter

The Ferris men's tennis team showcases much diversity, so much so that international players outnumber American-born players by a significant amount.

The team comprises eight students from locales ranging from Indonesia to France. With just two students from the United States and just three from North America, the tennis team brings in great talent from all around the world, which not only makes the team better, but makes a great time for the individuals and their college experience, according to Ferris men's tennis interim head coach Mark Doren.

"We have so many different cultures," Doren said. "So many different lifestyles that the opportunity for them to learn from each other, but also our American players to kind of have that sense of other cultures around them, has really been awesome."

The Bulldogs, who are 2-8 throughout the season, have played the majority of their games indoors due to the region's hazardous weather. To some international players, this can be a challenge they have to overcome as Bulldogs.

"First of all, the surface and the weather is different," Ferris junior Pablo Munoz Baroja said. "Being from Spain, the most common surface is clay instead of hard courts, and you always play outdoors because the weather is a lot nicer than in Michigan."

To travel all the way to Big Rapids and discover Ferris of all the options throughout the United States and home countries can be quite a struggle. With the advancement in technology, however, it has become easier for coaches and players to connect, what with certain websites that help both parties find a college to play for.

"There's four or five internet websites that you can go on and players will put themselves on these websites," Doren said. "They'll describe their playing ability, they put videos of their tennis on these websites and then they talk about their academic scores and all that type of stuff, so you can get to see where they fit academically and athletically."

The main reason Ferris sees so many tennis play-

ers from different countries, especially from Europe, is because there is not a lot of opportunity to play sports like football or basketball, so more kids start out playing tennis, according to Doren.

Playing in the United States and for a Division II university makes for great experiences and is a great way for players to improve their style of play. For plans after college, many students intend to return home.

"I'm planning on going back home once I graduate, for sure," Baroja said. "I will be working and living in Spain but I won't take tennis very seriously, I will just play for fun if I have time."

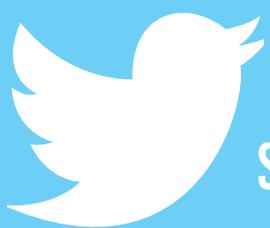
The Bulldog men's tennis team has had great success in previous years, with not having more than five losses in the past three seasons. Not only was Ferris' success a factor when these international students decided to come play here, but some family ties made them familiar with the state of Michigan.

"I was looking to study in the USA with a tennis scholarship so I talked to a lot of tennis coaches from many different universities," Baroja said. "After that, some of them were interested in having me play for them and I decided with the option that best fitted my situation. In my case, I had an uncle living in Detroit and I received a good scholarship, so I decided to come to Ferris considering all that."

The Bulldogs return to serve Saturday, March 23, where they head north to begin conference play against the Michigan Technological University Huskies.

Where are they from?

- Ayush Deswal: New Delhi, India (FR)
- Mathis Guerre: Aix en Provence, France (SO)
- Pablo Munoz Baroja: San Sebastian, Spain (JR)
- Connor Douglas: Toronto, Ontario (JR)
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OPINIONS

“While you — Shawna — were at a luxury resort camp reading ‘Fifty Shades of Grey,’ I was researching North Korean prison camps while dressed in three shades of beige.”

- Jonny Parshall - See below for story

Jonny Parshall | Opinions Editor | parshar@ferris.edu

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Chat with the chief

Editor in Chief, Megan Lewton

This opinion might not settle well with everyone, so I apologize in advance.

Actually, wait. No, I don't apologize.

I need to stop that.

I recently read an article from TED in their “How to Be a Better Person” series, and it has really made me reevaluate things. The post discussed the overuse of sorry in unnecessary situations and how they “undercut our confidence.”

It felt as though the article was written just for me, with bolded headers that basically screamed my name, telling me to stop over-apologizing.

Growing up, my parents really emphasized using good manners. We were taught to say “please” and “thank you” for basically everything anyone does for us, big or small, which still resonates with me today.

I think this is where my apolo-

getic tendencies stem. I frequently view myself as an inconvenience and I feel the need to say “I'm sorry” for doing things that don't require apologies. I'll say “sorry” then “thank you” if someone is holding the door for me and I'm not standing directly behind them, so I have to take a couple more steps before I can grab it. Anytime I cry or even tear up in front of a friend, I apologize because I think I've made things awkward or ruined the tone. I even apologize when I sneeze mid-conversation. Sneezing, guys.

The one I do the most is apologize for delayed responses to an email. I get tons of emails every day, and I don't always have time to respond right away, and honestly, sometimes I forget to. I'm not perfect.

And I'm done apologizing for it.

If you take time to consider it, many people of power don't apologize unless it's absolutely

Sorry not sorry

warranted. Think about it: when your professor doesn't respond to an email until days after you sent it, do they apologize? Typically, no, and they shouldn't have to. They have lives outside of the classroom.

So why do we feel we have to?

By apologizing for trivial reasons all the time, it really does make you appear weaker. Of course, you should still say you're sorry when you've made an actual mistake or have done some damage, but you don't need to apologize for little blunders or things you cannot control.

Canadian sociologist Maja Jovanovic, who did the “sorry” study, advised people to replace apologies with other phrases. For starters, when responding to a text or email late, don't say, “Sorry, I was at work.” Simply say, “I was at work.” No matter the reason, you shouldn't have to apologize for living your life.

Another tip is to replace “sorry” with “thank you.” One I've been working to use is “Thank you for your patience” in lieu of “I'm sorry for sending this to you late.” Another way to practice this is to stop apologizing for venting your feelings or talking too much. Say “Thank you for listening to me” or “Thank you for letting me talk about this” before passing over the conversation. If someone has already given you permission to talk about something serious, don't feel bad for taking them up on it.

This isn't a way to excuse major wrongdoings. Say you're sorry where it's due, but don't sweat the small stuff. The people in your life really won't mind the little things about yourself that you typically apologize for.

You're making yourself appear smaller by apologizing and viewing yourself as an inconvenience. Don't.

Spring break?

...more like spring fake



Jonny Parshall
Opinions Editor

research topic in Asian History, or present a separate research paper at a conference in Southeast Michigan.

I did these things, like many of us do, because I want a full college experience to maximize my real-world skills and blow up my résumé. Unfortunately, this comes at the sacrifice of travel, relaxation, a love life, a night life and a healthy level of sun-light-boosting vitamin D.

Add to these the fact I'm a GROWN ASS man with the responsibility of a GROWN ASS house, and I see myself with a month's load of projects and housework crammed into the odd hours of a single week that otherwise would not get done without the ... *ahem* ... “time off.”

My mood could be considered bitter, salty or sour. Basically my emotions range across a spectrum of unpleasant flavors. And I can be an unpleasant person as a result.

And it's nobody's fault. I have no right to point my finger at anybody in blame.

But I CAN point my finger in judgment, in jealousy and in spite.

So get ready to eat my words.

(Names below are totally made up and not based on real persons...)

(...but how often is that statement actually

true?)

So while you — Becky — were hitting the beach in a crop top and high waisters, I was hitting the books in a bathrobe and sweatpants. I hope you were stung by a jellyfish.

While you — Chad — were lining up shots of tequila in a Mexican hotel with your elegant bros, I was lining up paragraphs of Spanish homework into eloquent prose. I hope you puked on your friends.

While you — Brody — were soaking in the saltwater with your best bois playing water polo, I was a salty boi drinking Smart Water, soaking in the exploits of Marco Polo. I hope you drowned a little bit — not enough to die — just enough to reminisce on an empty, wasteful, privileged life.

While you — Shawna — were at a luxury resort camp reading “Fifty Shades of Grey,” I was researching North Korean prison camps while dressed in three shades of beige. I hope you caught malaria from those exotic mosquitoes.

While you — Carly — were riding the mechanical rodeo bull hard and long in Panama City, I was writing this moronically bloated “bull” article, alone and shitty. I hope you were thrown off into a vat of hepatitis.

So if I see ya'll tanned faces smelling like yesterday's whiskey and a faint summer breeze, and I begin to audibly growl, I'm sorry. You don't actually deserve it.

But whatever, I don't care. Go back to Hell from whence you came. Jonny out. *drops mic*

TORCH POLL RESULTS

What are your thoughts about St. Patrick's Day?

49 VOTES

| | |
|-------------------------|-----|
| I love to celebrate! | 21% |
| It's an excuse to drink | 47% |
| It's overrated | 31% |

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