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HERE'S WHAT'S INSIDE

FALL SPORTS PREDICTIONS
Fall sports are soon to be underway. How do you think the seasons are going to go? Sports Reporter Greg Williams gives his predictions.

SPORTS | PAGE 13

WANTED: SOMETHING TO DO
Have some free time, but not sure what to do? Here are some places to visit for the best food and entertainment in the Big Rapids area.

LIFESTYLES | PAGE 6

Get this, leave that

What to bring and what to leave when living in the residence hall

Elizabeth Norvey
Torch Reporter

Move-in day is coming up quickly for those in residence halls, and it's important to know what you're allowed to bring to campus and what you should probably leave at home.

It's also important to understand the policies Ferris has about alcohol and drugs in the dorms and on campus, as well as parking regulations on campus.

To make life in the dorms more comfortable, be sure to bring everything you may need, including:

- bedding
- clothing
- A Mini Fridge (Check measurements before buying)
- microwave
- snacks
- school Supplies
- Laundry Basket, Detergent, Dryer Sheets
- shower Curtain
- toiletries
- chargers
- laptop

For a more complete list of what to bring to campus, visit the Housing/Residence Halls section of the Ferris website. There's plenty allowed on campus and in residence halls, but something to be careful of are the items not allowed on campus:

- Pets other than fish
- incense
- Candles
- space Heaters
- Toasters or Toaster Ovens
- Routers and Wireless Access Ports
- Knives longer than 2.5" or any other weapons

These make up some of the items you can and can't have in a residence hall.

In residence halls, students 21 years old or over are allowed to have and consume alcohol, but only in the confines of their own room. Alcoholic drinks and products should not be shared with students under the age of 21. Drugs, on the other hand, are not allowed in Residence Halls or on Ferris' property.

Although marijuana is now legal for those over the age of 21 in Michigan, Ferris prohibits students to use or possess drugs on campus, and being caught with drugs can lead to the removal of federal scholarships.

"These restrictions [on drugs and alcohol] are to keep students safe and make the university a welcoming environment," Ferris English senior and Hallisy Hall Residence Advisor (RA) London Richardson said.

In addition to what you can have on campus, any student with a car will need to log onto MyFSU and purchase a parking pass. Once you enter My Parking, you can look at your current parking permits and order parking permits online. The parking permits come in a few different types, but those living in residence halls need a Resident pass for a specified parking lot. Look at a map of the university to find the parking lot closest to your Hall.



Graphic by: Sarah Massey | Production Manager

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NEWS

“It just shows how much more connection she can bring to us because she’d younger and has been through this program.” - Kathleen Grey - See below for story

Grant Siddall | News Editor | siddalg@ferris.edu

Know where to go

What Ferris has to offer students

Abigail Wood
Torch Reporter

For new and returning Ferris students alike, it is important to know and understand the services that Ferris has to offer to assist students.

The Birkham is open Monday – Friday, 8 a.m. – 5 p.m.. They offer primary care as well as acute care for all Ferris students and their dependents. They also offer vaccines, lab testing done through Spectrum Health Big Rapids Hospital, and personal counseling. Counseling is through the Personal Counseling Center, which is located in the same building and is open Monday-Friday, 8 a.m.-5 p.m.. You can speak to a licensed counselor about personal issues such as stress, anxiety, identity concerns, traumatic events and family problems.

CLACS, located in the University Center, can help you find registered student organizations (RSOs), volunteer opportunities, Greek organizations and Ferris activities. The Career Center, which is part of CLACS, can help with career planning, locating jobs and internships, finding on-campus jobs, building professional documents such as a resume and cover letter, simulated interviews and finding professional attire.

FLITE offers paperback and e-books; research assistance; help writing papers, theses and dissertations; printing and copying services; computers, classrooms, study rooms and databases. Everything is available through Ferris’ website. It’s open Monday through Thursday, 7:30 a.m. to 12 a.m., Friday 7:30 a.m. to 6 a.m., Saturday 12-6 p.m, and Sunday 1 p.m.-12 a.m..

FLITE also offers the Tutoring and Writing Center, both located within FLITE. Tutoring is available in a wide variety of classes and subjects. The writing center can help with writing your paper, research paper, thesis, grant, dissertation, and more. Both are free.

The Timme Center for Student Services can help with student accounts, financial aid, student registration, meal plans, picture ID cards, housing contracts, student employment, scholarships, grants, and loans, and much more. It’s open Monday through Friday, 8 a.m. to 5 p.m., and Friday 8 a.m. to 4 p.m..

Disabilities Services, located in ASC 1017, provides services for students with documented disabilities. Services include winter weather accommodation, testing accommodation, academic adjustment/modifications, assistive technology, and more. Stu-

Services | see page 5

From student to staff

Once a Ferris student, Sarah Pelton is now sharing her knowledge and connecting with students

Grant Siddall
News Editor

It wasn’t long ago that Ferris professor Sarah Pelton was a student at Ferris taking classes taught by people who are now her colleagues.

Job shadowing as a high school senior, the first time Pelton set foot in a hospital laboratory she was set on pursuing a career in medical laboratory science. Looking to receive her secondary education away from home, she left Mount Clemens, and began studying at Ferris in 2000. In 2004 she graduated with a degree in medical technology (now rebranded as clinical laboratory science) and was offered a job at the University of Michigan hospital, where she had interned as a student.

“I started off in one section and then moved to blood bank which is what I always wanted to do. I worked in that lab for about five years – all shifts. I started on midnight, then second and then finally made it to day shift. Then left because I wanted to do more specialized testing. In the lab there is routine testing, everyday you’re doing it, and then there is stuff that is more specialized that you don’t do as frequently and takes a little more knowledge and thought processes and problem solving,” Pelton said.

Pelton’s drive for problem solving transcends her professional career and is a major part of her personal life. Jigsaw puzzles, some as many as 13,000 pieces, fill her free time, along with Sudoku and other puzzle games. On her desk sits a 3D model of the puzzle game Tetris, which she describes as the greatest game ever made.

This search for more specialized and difficult work lead Pelton to get her specialist certification in Washington, D.C., at the National Institute of Health. That certification helped her land her teaching job at Ferris, during which she earned her master’s degree in clinical lab management.

During her time at Ferris, Ferris clinical laboratory science professor Dan deRegnier was one of Pelton’s regular professors and later on was the one who contacted her about applying for a teaching position in the program. Pelton, now in her late 30s and 15 years removed from being deRegnier’s student, described the transition from having deRegnier as a professor to working with him as a colleague as a strange adjustment.

“For the first bit of time it was ‘weird’ sort of seeing the other side of things and interacting with him on a different level. I’m not going to lie, it was weird. At the same time, it helped because I knew him and his per-



Photo courtesy of Ferris State

Ferris clinical laboratory sciences professor Sarah Pelton graduated from the program in 2004. Students say her youth and experience in Ferris’ program make her more relatable as an educator.

sonality so it made it more comfortable but also more nervous because I was afraid he’d look at me as the same person I was as a student in 2004 and I’ve definitely changed. It was a learning curve for me, maybe not for him though because previous people that have taught her have been students so he already had that experience but it was a little odd being a colleague instead of ‘Oh, you’re Dan, I’m afraid of you and you

Pelton | see page 3

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Pelton

Continued from page 2

intimidate me' to 'Wait no, you're actually a really great guy to work with.'

DeRegnier said he remembered Pelton as a great student, which is why she was contacted about the job. However, he never looked at Pelton as a former student when she began teaching, but rather as someone with real world experience that made her a perfect addition to the program faculty.

"I've seen great improvements in our curriculum because of Sarah, because of who she is, she can see a problem and look at multiple ways to solve that problem. She's very methodical in that she's got a lot of great ideas and I think a lot of those come from the fact that she's young and it hasn't been that long since she was working professionally. She knows what the students are going to be seeing on internship and eventually beyond internship," deRegnier said. "I don't know if it's because she's closer in age but she has a really good rapport with the students."



Daniel deRegnier

Pelton's professional experience is especially useful to a program like clinical laboratory science, which has a fully functioning lab atmosphere where students are immersed in a realistic workplace atmosphere.

"My experience definitely gives me a lot of stories to tell that if you weren't working, you wouldn't believe these things actually happen. A lot of weird things have definitely happened to me over time and I kind of think about this as training new employees. So not only teaching 'OK, so here are the steps of the procedure' but also being able to add in tricks and tips that I've picked up from working over the years."

Pelton's ability to connect with students along with the professional experience she brings from the lab to the classroom has proved to be beneficial for students as they learn about the professional applications of their classroom learning.

"She'll talk in lecture about her experience in blood banking and what it was like and the different patient circumstances and it really ties in well when she's like 'I really had to do this,'" Ferris clinical laboratory science senior Kathleen Gray said. "I definitely think her being young helps. She relates to us and what we're experiencing and of course because she's a younger professor, she has been in our shoes more recently than other professors and remembers what it's like being a student and she just connects with us well. She makes us laugh and brings out jokes, she says she's mean but she's really not. It just shows how much more connection she can bring to us because she's younger and has been through this program."

Services

Continued from page 2

dents must submit an application and enter a review process and appointment for acceptance.

Educational Counseling, located in ASC 1017 offers the Strong Interest Inventory and Myers-Brigg Type Indicator Tests to help with career or lifestyle decisions and career counseling. You can speak to a counselor regarding career and academic assessments, identifying connections between your

major and career options, identify resources to research employers, identify skills and strengths and determine a course of action to meet career objectives. The service is free for all students.

The Office of International Education can help with study abroad, which include short-term faculty-led and semester exchange programs. It can also help with international program advising, anything with international students, and more.

Additional Ferris resources can be found at Ferris' website on the Campus Resources page.

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Suspect arrested after making threats towards Big Rapids community

Threats made towards university, area hospitals, the Veterans' Affairs Office, military police personnel

Meg Lewton
Lifestyles Editor

A suspect is in police custody after posting multiple videos online threatening Ferris State University and other areas within Big Rapids.

According to a news release by Michigan State Police, the situation was investigated by the Michigan State Police Mount Pleasant Post, the Ferris Department of Public Safety and the Reed City Police Department early Sunday, Aug. 18.

The videos displayed "potentially threatening feelings" toward the university, area hospitals, the Veter-

ans' Affairs Office and military police personnel.

The suspect was arrested late Sunday, Aug. 18. According to the release, the suspect is a 33-year-old man from Reed City. His name has not been released and will not be released until his arraignment.

The suspect is currently lodged in the Osceola County Jail on a bond of \$1 million. The situation resulted in two felony charges and one misdemeanor charge.

According to the news release, because law enforcement took immediate action to find the suspect, there was never a true physical threat to these establishments, and there is no current threat. Business is continuing as usual.

- ON THE RECORD -

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

Weed wasn't exciting enough

Cora Hall
Sports Editor

It got a little heated

May 18, 12:05 a.m., a non-aggravated assault was reported at West Campus Apartments. Witnesses claim the two females were fighting, but both subjects denied it. The prosecutor declined charges.

Gotta play by the rules

June 3, 12:36 a.m., an officer stopped a vehicle on State Street for failing to dim their high beams and discovered the subject had a suspended license as a result of being on probation in Calhoun County. The officer contacted Calhoun County to report the violation and handed the case over to them.

Stay away from Mary Jane

June 3, 1:15 p.m., housing staff was checking an apartment in Finch Court and found marijuana in one of the bedrooms. There was nobody home, so officers followed up later and made contact with a student who lived there. The student admitted to possession

of marijuana and was cited for being a minor in possession of marijuana and was referred to the Office of Student Conduct.

Serious threats

June 12, 9:07 a.m., it was reported that a Ferris employee who was upset made threats about shooting people on campus if they kept messing with him. When police made contact with him, there wasn't anything criminal but the subject was trespassed from campus for three days while Human Resources investigated. The employee was eventually let back on campus.

Weed wasn't exciting enough

August 3, 11:20 p.m., an officer made a traffic stop due to a car having a headlight out on Northland Drive and 14 Mile Road. He discovered two passengers had outstanding warrants and arrested them. There was also narcotics and paraphernalia in the car, including heroin. One of the passengers confessed to owning the narcotics and was arrested for heroin possession. None of the subjects were students.

WEEKLY WORLD NEWS

Catch up on news around the globe

Meg Lewton
Lifestyles Editor

Paris, France

Reconstruction of the Notre-Dame cathedral is now underway following the cathedral's fire in April. Prior to this, authorities shut down the site due to fear of lead contamination linked to the fire. Over 400 tons of lead in the roof burned in the fire, which released lead particles into the air. Officials faced criticism because they did not close the area immediately or disclose the risks of lead contamination for people who lived or worked in the area. Workers are cleaning up an area of more than 100,00 square feet around the cathedral - which is closed to the public - and protective measures have been placed to preserve workers' health.

Original story by Aurelien Breeden, Aug. 19, 2019. The New York Times.

Jerusalem, Israel

Despite being barred from the Palestinian Authority police from holding events, a Palestinian gay and transgender rights group promised to

continue their activities, even if participants may be arrested. Police banned the group from holding activities because they are "a blow to, and violation of, the ideals and values of Palestinian society." The group, Al Qaws, was founded in 2001 and advocates for sexual and gender diversity in their society, which is conservative and often repressive for people in the LGBTQ+ community. The ban prompted many to post on social media about how they support Al Qaws.

Original story by Isabel Kershner and Mohamed Najib, Aug. 19, 2019. The New York Times.

Kabul, Afghanistan

A wedding in Afghanistan turned deadly after an explosion killed 63 people and wounded 182 others. The explosion was likely caused by a suicide bomber. Although Kabul has high security, the area has seen many suicide bombings within the past few years in areas with low security, such as education centers and mosques. The attack occurred near the 100th anniversary of repelling an invasion by the British.

Original story by Mujib Mashal, Aug. 17, 2019. The New York Times.



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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

LIFESTYLES

"It's important to plan time and sit down to eat three meals a day, go to the Student Rec Centre, use equipment in your residence hall if available, sign up for a fitness class or intramurals." - Brenda Walton - See page 8 for story

Meg Lewton | Lifestyles Editor | lewtonm1@ferris.edu

WANTED: something to do

Places to visit this semester

Marissa Russell
Torch Reporter

Bulldog Cinema



If going out to parties isn't your cup of tea, Bulldog Cinema is the place to go. Affordable tickets and snacks are amazing for poor college kids. Bulldog Cinema shows the newest movies that come out as well as having special nights where they have customers vote on what movie to show. 1100 Maple St, Big Rapids, MI 49307

Chase Creek



It's a little far from Big Rapids, but Chase Creek has great food and amazing service. Chase Creek is a log cabin that seems to be in the middle of nowhere, but it is a fan favorite for Chase residents. With an outdoor bar and space to play corn hole and listen to music, Chase Creek makes everyone feel like a local. 7143 S Depot St, Chase, MI 49623

The Gate



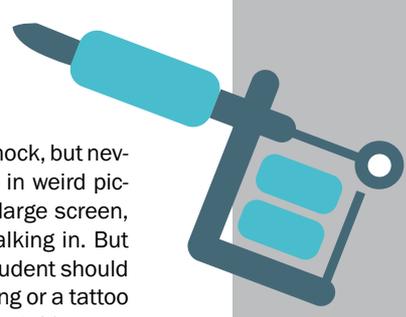
After studying for PSYC 150, going bowling at The Gate is a great stress reliever. Grabbing a few friends and getting competitive while bowling or playing pool can make lifelong friendships and a great weekday hang-out. Prices vary depending on which night you go. 327 S 3rd Ave, Big Rapids, MI 49307

Gypsy Nickel

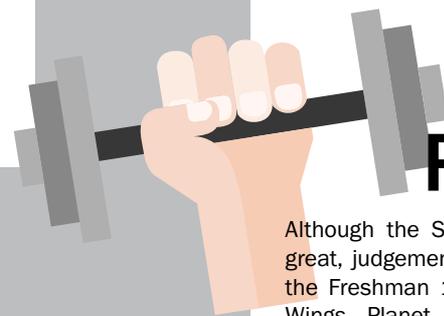


A great place to visit for bar food and karaoke on Saturday night is Gypsy Nickel. Gypsy is a more laid-back version of Shoots. This is a perfect place to bring your new roommate and get to know each other. There are some nights that students under 21 must pay a cover charge, but the food is worth it. 228 Baldwin St, Big Rapids, MI 49307

Lighttouch Tattoo

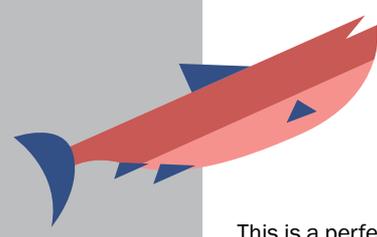


Walking into Lighttouch gives some a culture shock, but never lets anyone leave disappointed. Decorated in weird pictures and figurines while anime plays on the large screen, the tattoo parlor can make people uneasy walking in. But Lighttouch is definitely a place every college student should visit at least once, whether it's for a new piercing or a tattoo that they will hide from their parents for the next 10 years. 222 S Michigan Ave, Big Rapids, MI 49307



Planet Fitness

Although the Student Rec Centre is free, Planet Fitness is a great, judgement-free zone to go exercise for students afraid of the Freshman 15. Located by Joann's Fabric and Buffalo Wild Wings, Planet Fitness welcomes everyone. The extra \$10 a month to have the premium membership is worth it during exam week when students can go lay in the massage beds and relax. 1250 Perry Ave, Big Rapids, MI 49307



Paris Fish Hatchery

This is a perfect place to walk around and take aesthetic pictures. Students can go feed fish and watch the ducks while climbing on the miniature Eiffel tower. This is the perfect spot for a picnic with friends. 22090 Northland Dr, Paris, MI 49338



Spectrum Health Hospital

Hopefully, no students have to visit the hospital this fall, but everyone should be prepared. Down the street from the Prakken building lives Spectrum Health. The emergency room is open 24 hours and is available to everyone. 605 Oak St, Big Rapids, MI 49307



Star Shooters

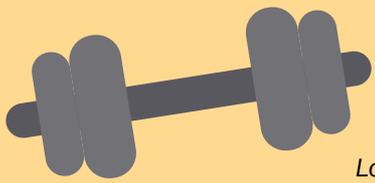
Star Shooters, also known as Shoots, is the primary college bar in Big Rapids. During the week, it is a ghost town, but on the weekend, it is packed. With garage doors in the front and a large dance floor inside, college students love getting loose here. Shoots offers beer pong competitions Tuesday nights, along with discounted drink prices at Friday After Class (FAC). Minors have to pay a cover charge to get in; on most nights, it costs \$5, but it may increase, depending on the night. 120 S Michigan Ave, Big Rapids, MI 49307



Toppings

In between classes, students can go enjoy frozen deliciousness. Toppings offers a variety of frozen yogurt and different toppings from sprinkles to candy to fresh fruit to top it off. Bubble tea is also offered, if you're looking for a refreshing drink. 321 N Michigan Ave, Big Rapids, MI 49307

Events calendar



Monday

Aug. 26

Rec Fest

Location: Recreation Centre
Time: 6 - 8 p.m.

Tuesday

Aug. 27

Student Employment Fair

Location: UC 202
Time: 10 a.m. - 1 p.m.



Erbert and Gerbert's Sample Day

Location: IRC
Time: 11 a.m. - 2 p.m.

Wednesday

Aug. 28

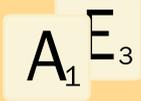
OMSS: Fall Open House

Location: FLITE 159
Time: noon - 3 p.m.



LGBTQ+ Community Gaymes Night

Location: LGBTQ+ Resource Center
Time: 6:30 - 8 p.m.



EU Comedian Jessi Campbell

Location: UC 202
Time: 8 p.m.

Thursday

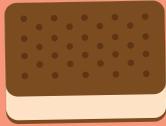
Aug. 29

Center for Latin@ Studies Open House

Location: Center for Latin@ Studies
Time: 11 a.m. - 1 p.m.

Founders' Day

Location: UC and Campus Quad
Time: 4 - 7 p.m.



Friday

Aug. 30

FLITE Disc Golf

Location: FLITE
Time: 1 p.m.

Rockin' at the Roller Rink

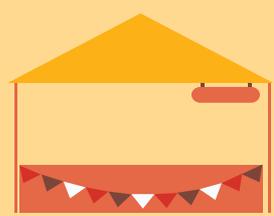
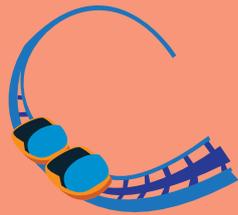
Location: Big Rapids Roller Rink
Time: 10 p.m.

Saturday

Aug. 31

Michigan's Adventure Trip

Location: Leaving from Lot 1
Time: 10 a.m.



Monday

Sept. 2 - No classes

Arts and Crafts Fair

Location: Hemlock Park
Time: 10 a.m. - 4 p.m.

Tuesday

Sept. 3

Plan Your Planner

Location: CLACS
Time: 10:30 a.m.

Taco Tuesday

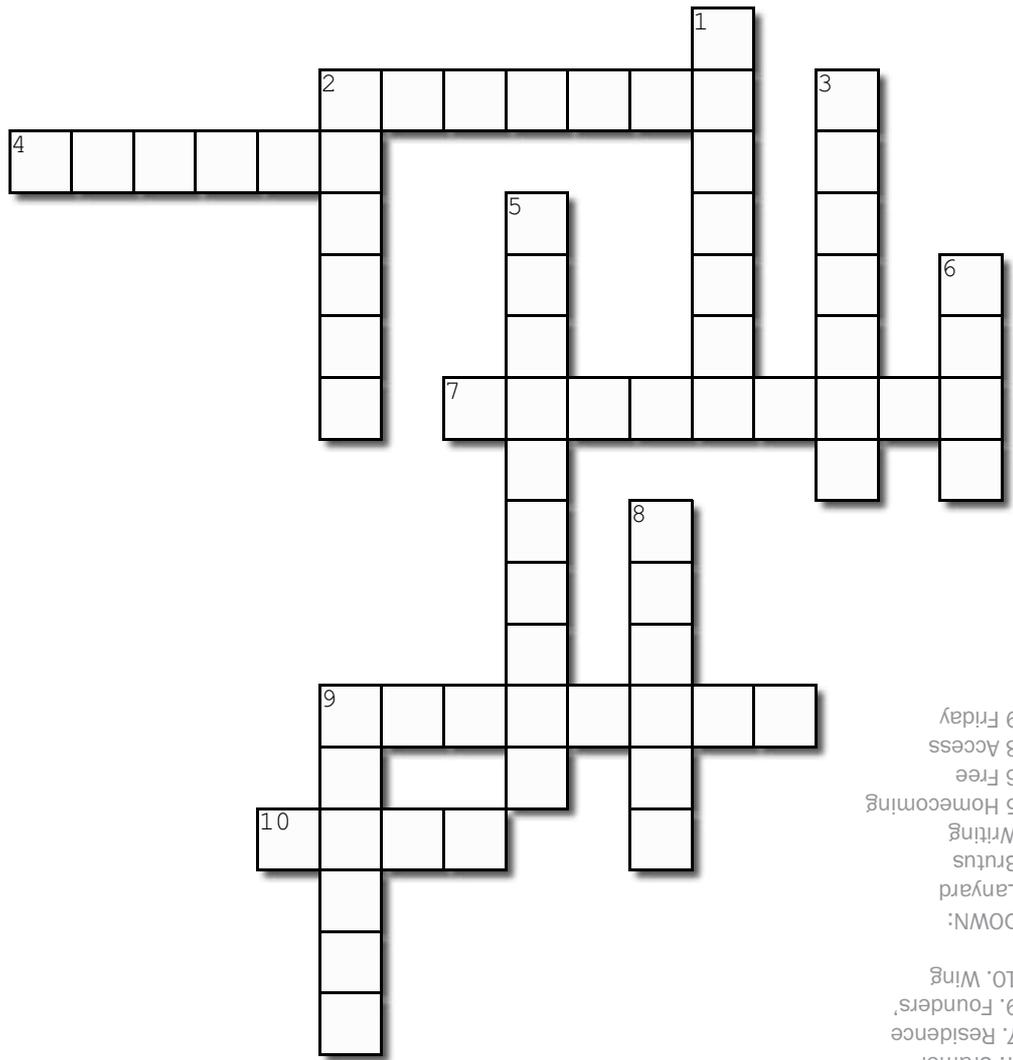
Location: UC
Time: 11 a.m. - 12:30 p.m.



For more events, check out calendar.ferris.edu

Back to school basics

New here? Here is what you should know about Ferris to enjoy your first week on campus!



Across

- Learn about campus and win free prizes at Bulldog ____
- The tallest residence hall on campus
- According to your RA, you live in a ____ hall, not a dorm
- Enjoy free ice cream Aug. 29 for ____ Day
- Every Thursday is ____ Night at the Quad

Down

- Dear freshmen, don't wear your ____ around your neck
- Catch this costumed guy at every Ferris tailgate! (No, we're not talking about Shrek)
- Need help with an essay? Visit the ____ Center in FLITE
- This big football game is Sept. 28!
- How much it costs to get into Ferris home sporting events (not including hockey)
- In addition to a textbook, you may need a ____ code to do homework online
- If you're 21, head to Shooters for ____ After Class

Crossword answers:
ACROSS:
2. Bonanza
4. Cramer
7. Residence
9. Founders'
10. Wing
DOWN:
1. Lanyard
3. Brutus
5. Writing
6. Free
8. Access
9. Friday

The truth is in the text

What every student should know about textbooks

Lillian Brown
Torch Reporter

Buying textbooks can be one of the biggest ways to waste money any college student falls for, but why are they so expensive?

It's because of a concept called supply and demand. Students do not always know if they have any other options, which means those students pay top dollar at college bookstores for textbooks they could get somewhere else for a lot less.

Luckily, Ferris' bookstore is not the worst offender of over pricing. Often their prices are comparable to those of online bookstores.

It also helps when most of the professors at Ferris understand that college books are expensive and a lot of them try to find a cheaper option for their students, if they can. Professors also will generally email students ahead of time if their book is needed for the first day, otherwise, it's better to wait until the first day of class to buy a textbook.

Students can still have more luck getting books cheaper elsewhere. The easiest way is to find the ISBN for the textbook and copy it into Google. When going through Google, it's a lot easier to find risky websites,

so be very careful when choosing.

Another option is to go directly to Amazon or Chegg and put the ISBN or title into their search bar. With this option, students can use websites they know they can trust, but they may not be getting the cheapest price. When it comes to book shopping, students need to be aware that they can find cheaper options on many other websites and should do their research before buying.

Another way to save money is to rent a textbook instead of buying it. When someone rents a textbook, they can choose to buy it later if they decide they want to keep it.

"I rent books that aren't in my major. For the rest I keep them," Ferris nursing senior Dallas Gibson said.

Buying specific books for someone's major can be a big lifesaver in the future when a student is actually working in their program. Renting can be a great option as it's a lot cheaper than buying, but if the student needs the book later, it can be a bit of a problem. When deciding between the two, consider if it is needed later in college life, or even in professional life.

Another big consideration to make when buying text-

Places to buy Classes	Ferris Bookstore	Chegg	Amazon
BIOL 103 Biology: A guide to the Natural World	BUY: \$238.50 RENT: \$162.20	BUY: \$133.49 RENT: \$15.49	BUY: \$49.71 RENT: \$15.99
ENGL 150 A Writer's Reference	BUY: \$82.65 RENT: \$74.40	BUY: \$39.49 RENT: \$18.99	BUY: \$66.76 RENT: \$47.31
MATH 110 Beginning & Intermediate Algebra	BUY: \$345.00 RENT: \$310.50	BUY: \$13.49 RENT: \$11.99	BUY: \$76.81 RENT: \$25.77

Textbooks

Continued from page 7

books is if digital or physical is a better option. Digital can be less expensive, but many people prefer a hard copy of their book. The decision is mainly about a person understanding their learning style.

"I haven't tried digital yet, but I've run into circumstances where it'd be much preferable because carrying everything in my backpack really messes with my back problems," Ferris television and digital media production sophomore Lilly Franklin said.

However, Franklin said her preference between physical and digital textbooks all lies within the price.

"I would rather break my back instead of paying an extra \$30 - \$50 plus dollars [with a digital copy]."

Knowing personal limitations, whether physical or monetary, is a really important step in college, especially when it comes to carrying

books versus a laptop.

It is also important to determine which edition of the textbook you are looking to buy.

"Buy the previous edition because it usually has the same information. It just may be in a different order than the newest edition. Buying it this way makes it cheaper by quite a bit," Ferris television and digital media production junior Dean Zahm said.

When it comes to whether the later edition has the right information, students can always talk to the professor about it or even look up reviews on the same book. Some websites, like Amazon, will let students read part of the book ahead of time to see if it has the right information. A lot of the decision-making process when it comes to textbooks is mainly about communication. Professors are generally here to help and know what they are teaching, so if there is any doubt, talk to them.

Freshman 15

Continued from page 8

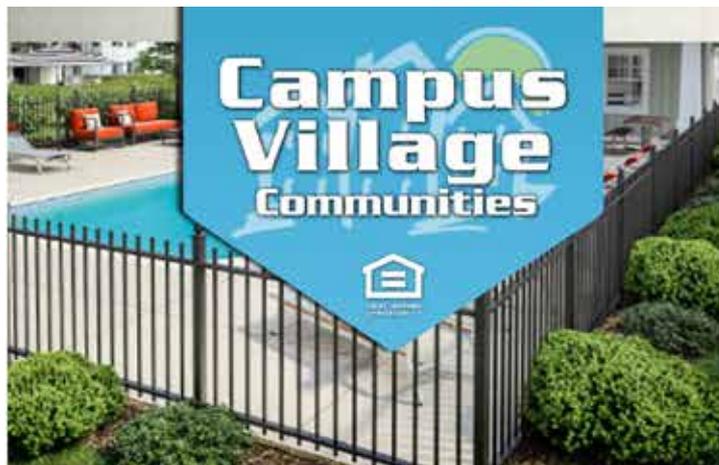
focus for students.

Walton also said that sleeping plays a vital role in everyone's health.

"Most need eight hours a night, which promotes healthy weight, increased energy, learning and processing information, overall improved mental and physical health," Walton said. "Lack of sleep causes an increased appetite for excess carbohydrates."

Walton said taking steps to stay accountable about health can be as simple as learning food choices on campus by looking at the online menus available at ferris.edu/dining, getting some friends together for workouts, using a Fitbit to track steps or even tracking what you eat with MyFitnessPal or another app.

If you need help with developing a healthy lifestyle or have any other concerns, students can contact Walton free of charge at nutrition@ferris.edu or call 231-591-3747.



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- Belvita wafers
- Animal crackers

SPORTS

"I stayed as humble as possible and just believed that playing pro ball was a part of my calling." - Taylor Adway- See page below for story

Cora Hall | Sports Editor | hallc36@ferris.edu

New face on the field



Photo by: Cora Hall | Sports Editor

Greg Henson is beginning his first season as head coach of the women's soccer program and high expectations for the team this fall.

Get to know head soccer coach Greg Henson

Brendan Samuels
Torch Reporter

Expectations continue to rise for the Ferris women's soccer team after a record season in 2018 that saw them earn their first NCAA Division II Tournament berth.

The Bulldogs were recently ranked second in the 2019 Great Lakes Intercollegiate Athletic Conference (GLIAC) pre-season poll and 12th nationally in the United Soccer Coaches preseason poll.



Greg Henson

Despite the lofty expectations, one question remains regarding the team: how will the Bulldogs perform under new head coach Greg Henson?

Henson had a successful career as a head coach the past six years at Concordia University (Nebraska). Henson recorded an 83-28-16 overall record with the Bulldogs, taking them to three conference championships and two National Association of Intercollegiate Athletics (NAIA) tournament appearances.

So, who is Henson and how does he plan to transfer his success to the Midwest? The Torch caught up with him to find out.

Torch: Why did you decide to become a coach and what's the most rewarding thing about being a coach?

Henson: In terms of what got me into coaching: it was one of those situations where I just fell into it. I spent the first 10 years after school working and coach part time with the club system in St. Louis where I'm originally from. It really got to the point where I loved the hobby a lot more than a nine-to-five job, and so I made the choice to make coaching a full time profession.

T: After so much success at Concordia, why did you take the head coaching job at Ferris?

H: I was looking for the next "right" opportunity, is how I phrase it. I was not looking to leave necessarily, but I was looking for the next opportunity for myself to move forward and this position came available. Ferris has a successful program and that's what I was looking for: to go somewhere successful and build on that success rather than taking over a rebuilding project.

T: What do you credit most to the legacy and success that you were able to build in Nebraska?

H: Recruiting quality student athletes that came in and bought in to the program and what we were trying to achieve in those early years. Their dedication and commitment to reaching our common goals was a huge piece of it. In the beginning it was selling a vision and at the end it was getting players who were willing to sacrifice and buy in to what we wanted to accomplish.

T: There are 10 athletes heading into their senior year on the team. What does it mean to you to have that leadership in the locker room and on the field?

H: It's huge and it makes the transition that much smoother. Realistically, the only change between this year and last is that there are more freshmen coming in and, of course, myself. The transition will be smooth with those senior players that know what it takes to win and we're going to ride on their backs through the course of this season.

T: How do you plan to build on the success of Andy McCaslin's 2018 squad and what do you want to see out of your players this season?

H: I think it's the same thing as before, looking for buy-in and figuring out what our goals are and what we want to accomplish. Getting them to buy in to those goals and the commitment and the dedication it's going to take is key. Something I've told my teams at Concordia is the same thing we're going to talk about from day one here is that it's easier to get to the top than to stay at the top. We've got a lot of work to do and a lot to accomplish. We don't want last year to be a flash in the pan, we want to make staying at the top of the conference a habit and make some noise in the tournament this year.

T: Ferris Athletics has developed a reputation for making deep playoff pushes. Do you see your team doing the same this year?

H: Every year every program's goal is to win a national championship and if that's not the goal, then you have to go back to the drawing board. Our goals are going to be to compete at the conference level, in conference championships to get to the national tournament and then once we're there, to compete within it. Men's basketball winning the national championship two years ago and football playing in the title game a year ago show that Ferris has the resources to succeed.

One step closer

Former Ferris State basketball players sign professional contracts overseas

Austin Arquette
Torch Reporter

Four former Ferris mens basketball players signed professional contracts this summer to continue their careers overseas and chase their dreams.

Zach Hankins, Noah King, Taylor Adway and Peter Firlirk are officially professional players in European leagues now and they still have hopes of playing at the highest level in the National Basketball Association (NBA).

"I still have higher goals of making it back to the states to play in the NBA, but this is a huge step and I'm ecstatic to play a game I love for my job," Hankins said. "If I continue to get better and play well at high levels, I believe I can make it back to the states and to my ultimate goal of the NBA."



Zach Hankins

Each player had a different path to get where they are now, but each of them said that Ferris taught them to feel more open and build on each of their confidences as not just players, but men. All four players said that they have enormous amounts of respect for each and every coach that helped them along

the way.

"Coach Bronks and Coach McAfee allowed me to play my game and allowed me to expand my game and those two gave me extreme confidence and pushed me to be better than I was," Adway said. "No one moment lead to this opportunity, it was a combination of the years of work and praying that I did. I stayed as humble as possible and just believed that playing pro ball was a part of my calling."

King and Firlirk will be teammates once again during their time playing for Breidablik basketball club in Iceland's first division. Adway signed with BC Borisfen in Mogilev Belarus and Hankins signed with a National Basketball League, Champions League team based out of Nymburk, Czech Republic.



Peter Firlirk

Hankins decided to go overseas rather than play in the NBA's G League because it's still visible and respected by the NBA but has more opportunities to make money.

"My goal for this year is to go over there and kill, to make a name for myself and show people how well I can do at the pro level," Firlirk said. "However long my career is, I hope I am very productive, a great teammate, leader and a fan favorite."

Each player will be playing overseas for at least one year and see what their options are after they get shots on the court and showcase their talents at the next level. All four men hope for chances at playing in the NBA, but for now they want to make names for themselves and compete to win.

"My biggest goal right now is to get over to Iceland and adapt to the culture there and compete to win a championship and bring my championship mentality from Ferris over there," King said. "I have a chance to continue to pursue my

Professional | see page 13



Ferris State University Tire Fire



The second truest, fairest and most accurate student newspaper on campus

How to burn down the patriarchy without suspicion.
Pg. 4

e-boys and their affect on the female sex.
Pg. 9

Are you just anxious because school is starting, or are you just a depressed piece of garbage like the rest of us?
Pg. 2

Existence is pain: How to cope with your crippling sense of impending doom.
Pg. 8

\$98 at Shooters? A female student tells all.
Pg. 26

Are my upstairs neighbors just oblivious, or are they actually wearing bricks as shoes?
Pg. 14

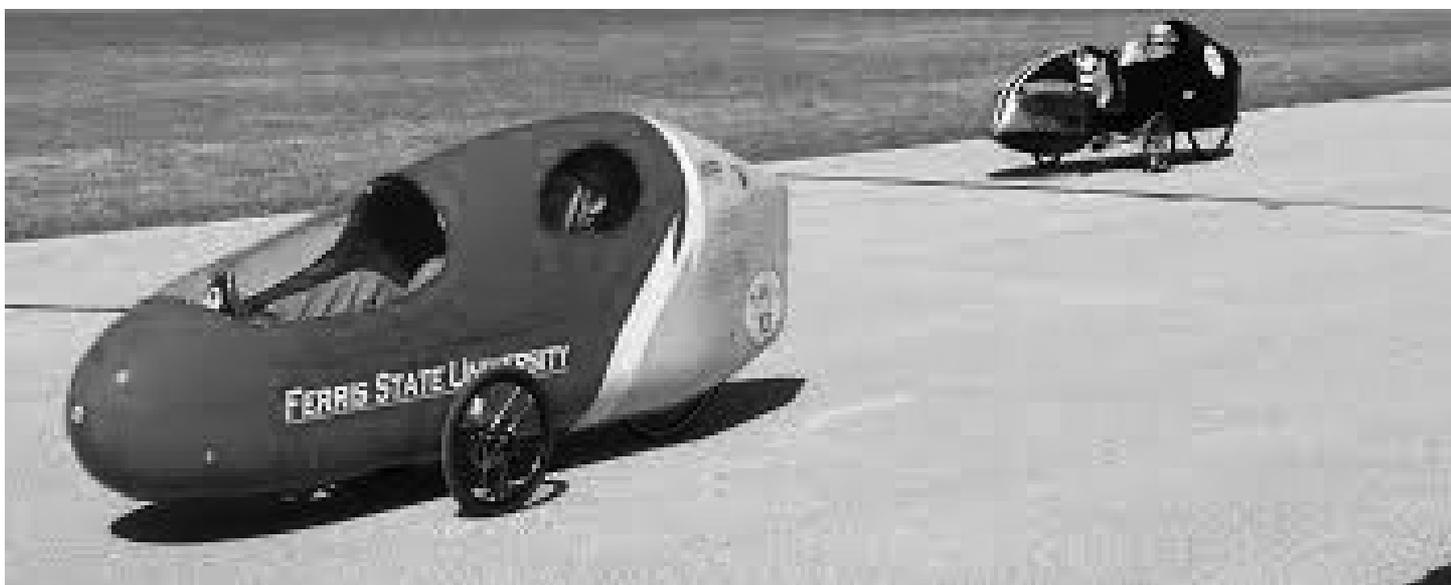
I hate this place; and more nihilistic poems
Pg. 3

Why is Tik Tok the new Vine, and why can't I stop watching?
Pg. 34

Do you procrastinate until the very last minute, and then rush to get everything done in a manner that looks like you put any effort in at all? This is the place for you.
Pg. 27

Legal Disclaimer:
The Ferris State University *Tire Fire* is a satirical newspaper featuring fabricated or exaggerated stories written by members of the Ferris State *Torch* staff. Pseudonyms and false job titles have been adopted for each of the *Torch* staff members whose work is included in the *Tire Fire*. The *Tire Fire* utilizes invented names and quotes in its stories unless public figures or notable university personas are being satirized or described for the sake of our personal enjoyment, and the enjoyment of our readers. All other use of real names is coincidental. While the *Tire Fire* is an extension of the *Torch*, it is meant to be satirical and does not necessarily reflect the views of the *Torch*, nor Ferris State University.

SIDEWALK'S SIDE BITCH



Students will have to find alternate walking routes as university vehicles take to the sidewalks.

Lady Bug *Escape Artist*

Ferris students are being advised not to walk on campus sidewalks as they become the primary path for university vehicles.

In a university announcement, Ferris has advised students to find alternate routes to their classes as university vehicles will now exclusively use campus sidewalks for travel and parking.

"As we look to make travel more efficient for university vehicles and our employees, use of campus sidewalks will now be limited to university vehicles with the exception of necessary sidewalk use to enter buildings," the announcement said.

In recent years campus sidewalks have increasingly been used as roadways and parking for university staff who find using actual roads and parking lots inconvenient. The added effi-

ciency of driving where students walk lead the university to make change official.

"With hundreds of students not even being able to find parking near the buildings on campus no one can expect us to park anywhere other than directly in the middle of the sidewalks. I'm not going to walk 100 yards into a building when students can just walk in the grass while I drive my van down their designated walking paths," Ferris Physical Plant worker Richard Head said.

While many students are unhappy with the change, some are welcoming the added safety of making it official.

"I'm just glad the rules are in writing now. You might expect university employees to drive and park on the roadways like everyone else on Earth but they have a right to take up the entire sidewalk and force people into the grass. I'm glad I know not to walk on the walkways now be-

cause there's nothing scarier than walking with some headphones and turning to see a van coming towards you in a place 99% of people would be arrested for driving," Ferris pre-optometry sophomore Dylan Platus said.

The university announcement also said the change is in the best interest of student safety.

"We simply cannot ask out employees to use the roadways and it is completely unsafe to have students walking where employees drive. We have the best interest of our students in mind it's simply not a risk we're willing to take any longer. To keep everyone safe, students caught walking on the sidewalks will now be subject to a fine."

When asked about the fines a university spokesperson said ticket revenue will go towards the legal fees assumed by the university after hitting a student with a university vehicle last year.

Tire Fire

Satirical insert laced with absurdity, hyperbole and going way too far

Pull out this section for the hardest-hitting fake news ever put to print

HORROR-SCOPES

THE MOST ACCURATE HOROSCOPE YOU'LL EVER READ

The stars are sick of lying to you. See how they really feel in this Tire Fire exclusive column!



Aquarius: Jan. 20-Feb. 18

You'll attempt to overthrow Eisler after your professor tells you to conquer the world.



Pisces: Feb. 19-March 20

You'll fall in love with an average looking boy named Chad who will bite his lip while looking at you.



Aries: March 21-April 19

You'll try to join the club swim team but nearly drown trying to complete a lap.



Taurus: April 20-May 20

You'll fall asleep on the bus and miss your stop because your roommate brought back a girl leaving you with no sleep.



Gemini: May 21-June 20

Some will say you're taking on too much but what's the harm with you joining every single organization that there is on campus.



Cancer: June 21-July 22

Your professor is going to tell you that the \$200 textbook you just bought won't be necessary for the class.



Leo: July 23-Aug. 22

Wow, you really just spent all your Bulldog Bucks in the first week on caramel macchiatos from Starbucks.



Virgo: Aug. 23-Sept. 22

Who even needs to go to class? You'll skip class so many times the professor won't even know who you are.



Libra: Sept. 23-Oct.22

You're in luck! You'll only switch your major 8 times this week in comparison to the 25 times a week you did last year.



Scorpio: Oct. 23-Nov. 21

The VSCO girl you sit next to in class will drop her hydro flask on your laptop and offer you a scrunchie and a puka shell necklace as an apology. The stars recommend switching seats before she trys to turn it into a VSCO hangout.



Sagittarius: Nov. 22-Dec. 21

Looks like the new roommate you got randomly paired up with won't stop stealing your underwear. Seek help ASAP.



Capricorn: Dec. 22-Jan.19

Others will call you messy but you see the opposite of things. There won't be an ant infestation in your room, it's an ant farm that you are cultivating for... uh... science.

TIRE FIRE POLL RESULTS



What did you do over summer break?

Vacation baby!

1%

Studied abroad in Europe

22%

Worked my life away as a slave to capitalism

64%

Became TikTok famous

13%

CAME IN LIKE A ...WRECKING BEAR?



Missing bear still on the loose and last seen near FLITE.

Gregory Mathematics
Frat Boi

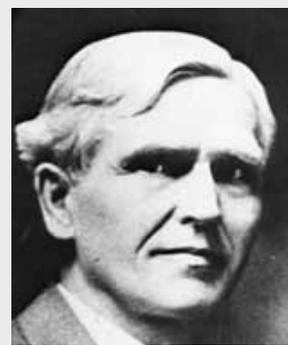
After the Mecosta County fair, a bear got loose due to incompetent workers. The bear, Jimmy, fled the fair grounds and has been popping up all over Big Rapids. Big Rapids residents have been hiding in fear away from Jimmy for almost a month now. Authorities are concerned for the wellbeing of incoming college students as well as Jimmy.

"I saw him with my own eyes," Ferris astrology sophomore and Big Rapids native Sally Mae said. "He had his tutu and top hat still on. I could see the blood thirst in his eyes as he crawled on top of my car. I tried to video tape what was going on for my YouTube channel, but my phone was

out of space. He broke my windshield with his paw getting glass in my eyes and Gucci purse. I got out of my car and ran for cover."

Bear handler, Marco Polo, advises civilians to not take pictures with the flash on as it startles Jimmy and makes him go into a rage. Jimmy is to not be fed or tried to be petted. If someone were to pet him, Polo said, they might lose anywhere from an ear to a whole leg. Polo said to run in a zig zag pattern away from Jimmy as Jimmy is too stupid to comprehend what is happening. Jumping into water can also confuse Jimmy and help for a safe get away.

Students should visit the University Center to get their bear mace in case of any run ins with Jimmy.



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"How do I make friends?"

-Friendly Frannie

Wear your lanyard everywhere. I cannot stress this enough. You can even decorate it with pins from Hot Topic—people will think you're SUPER cool and hip, as well as practical. You could also invest some of your parent's money in a Hydro Flask—did you know they keep your drinks cold or hot ALL DAY? I tell you, ice from your morning cold brew will STILL be there by the end of the day.

- Woodbridge

"I've been feeling homesick lately. How can I get over that?"

-Homesick Hunter

First thing's first—you HAVE to make your pet the wallpaper of your iPhone X and Tweet about them at least five times every day, or else nobody will know that you have one. Additionally, be sure to FaceTime your mom while you're shopping for books (at the bookstore, of course, so you don't have to worry about spending \$300 for the wrong ISBN you got from Chegg.com), and then before and after EVERY class for at least two weeks to tell her what you learned. You'll also want to run your first week of school outfits by her, just to make sure that your socks don't clash with the five scrunchies on your wrist. Finally, you're going to want to get the dates for the next Harry Potter Weekend so you can plan ahead and buy enough pints of Cherry Garcia to get you through that feels fest. #Always.

- Woodbridge

"I've been seeing a lot of girls walking around on campus wearing neon crew neck sweatshirts with weird shaped, zebra patterned letters on them. What does this mean? Should I be afraid?"

- Terrified Tabitha

You have every reason to fear this—ESPECIALLY if they have also purchased stickers from Redbubble with the same shaped letters to put on their laptops and water bottles. Maintaining a five-foot distance is usually enough to avoid suffocation via Victoria's Secret Pink body spray, but the further away the better chance you have of getting out unscathed. You'll especially want to steer clear if you see more than two at a time sporting the same letters, during Welcome Week, and during Breast Cancer Awareness Month.

- Woodbridge

"What is the *Tire Fire*? Why is it so different than the rest of the paper?"

- Confused Chase

Hello, my sweet summer child. I see you are new to the world of the *Tire Fire*. The *Tire Fire* is the second-most accurate newspaper on campus, behind the *Torch*, obviously. However, that is where the similarities end. The *Tire Fire* renounces political correctness (You're welcome conservatives), and embraces the disaster that is current society. While we at the *Tire Fire* are mostly liberal pieces of garbage, we are more than willing to make fun of anyone, and everyone who deserves it, even ourselves.

A piece of advice to freshmen, transfers, new faculty, and anyone unfamiliar with the *Tire Fire*: **WE'RE ALWAYS WATCHING. AND WE WILL MAKE FUN OF YOU.**

- Woodbridge

EISLER SAYS:

"God I hate this place."



Tire Fire tunes

Some dope tunes to listen to while studying

The screenshot shows a mobile application interface with a top navigation bar containing 'Featured' and 'Charts' buttons, and a hamburger menu icon. The content is organized into three genre sections: Hip Hop/Rap, Pop/Electronic Dance Music, and Rock. Each section lists several tracks, each with a placeholder image, the track name, and a price of \$1.29.

Genre	Track Name	Price
Hip Hop/Rap	Africa - Toto	\$1.29
	Africa (DJ VMC Remix) - Toto	\$1.29
	Africa (Tobias Green Remix) - Toto	\$1.29
	Africa (Diezeo Remix) [Deep House] - Toto	\$1.29
	Africa (AC Remix) - Toto	\$1.29
Pop/Electronic Dance Music	Africa (Viga Remi) - Toto	\$1.29
	Africa (Jesse Bloch Bootlef) - Toto	\$1.29
	Africa (Ale Mora Festial Remix) - Toto	\$1.29
	Africa (DigitalTek Remix) - Toto	\$1.29
	Africa (Jay Z Remix) - Toto	\$1.29
	Africa (The Floozies Remix) - Toto	\$1.29
	Africa (Lofi Hip Hop Remix) - Toto	\$1.29
Rock	Remix de africa version RAP - Toto	\$1.29
	Africa (Deep House Remix) - Toto	\$1.29
	Africa (Whoever Remi) - Toto	\$1.29

The bottom navigation bar includes icons for Music, Movies, TV Shows, Search, and More.

What day is it?

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LIVE OUTSIDE THE LINES

Top Taggart Field gets a facelift



Photo by: Samantha Cavotta | Torch Photographer

Ferris replaced the turf on the football field for the first time since 2008 and the project cost \$850,000.

New field turf has been laid in an \$850,000 project

Brendan Sanders
Torch Reporter

As the Ferris football team starts its 2019 campaign, they will be playing on a brand-new surface.

Top Taggart Field saw its turf replaced for the first time since 2008 in a \$850,000 project. The project included the demolition of the old turf along with the erection of new goal posts and pads. Ferris athletic director Perk Weisenburger helped oversee the project.

"It's a beautiful field that will be a fantastic playing surface for our student-athletes and

visitors to practice and compete on," Weisenberger said. "Aesthetically, it's really a vibrant and good looking surface."



Perk Weisenburger

Player safety is one of the major reasons why the field was replaced. "It's new and therefore will provide much better footing and traction and especially in poor climate conditions. It also has one of the top manufactured shock pads as an under layer which will prove to be safer and more of an effective injury prevention mechanism designed to limit the wear and tear on the body and particularly the head and neck area when tackles and collisions take place," Weisenberger said.

The turf will also help contribute to the playing style of the Bulldogs. "It has a strategic mix of sand and crumb rubber infill designed to not only make it a safer surface to compete on but also it's a fast surface which fits our style and make up for the type of athlete that we recruit and attract at Ferris State," Weisenberger said.

Fans of the Bulldogs can see the new field turf in action when the Bulldogs take to the field 7:30 p.m. Thursday, Sept. 5.

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Fall sports predictions

Reporter Greg Williams makes his guesses about how far fall sports teams will go



Greg Williams
Interim Reporter

There is always excitement and buzz around campus as everyone moves back up to school, freshmen move into the dorms and classes start. However, the excitement and buzz has increased exponentially because of last year's fall sports success and the expectations that have been put upon them.

I'd rather not say that the pressure is on, however, people are expecting a lot of the same trends as last year. Football is coming off a national championship appearance last season, volleyball won both the Great Lakes Intercollegiate Athletic Conference (GLIAC) regular season and conference tournament for the fifth straight year and soccer is coming off its best year in school history.

So what will this year hold? Only time will tell, but I have a few predictions for this fall.

Football takes home the national title

Our football team started camp on Monday, Aug. 12, with only one thing on their minds and one mission to complete: a national championship. They know what it takes to get there and are hungry to make it back and change the outcome from last year. They have already been pegged to win the GLIAC again after their 15-1 season last year.

They have also been ranked No. 1 in the nation in two different Division II computer polls entering the 2019 season and are officially ranked No. 2. They are returning key players such as senior defensive end Austin Edwards, senior slot receiver Jevon Shaw, junior linebacker Sam Heyboer and most importantly last year's Harlon Hill Trophy winner, senior quarterback Jayru Campbell. However, Campbell's return date to playing remains undetermined after his surgery for an offseason elbow injury.

They lead all NCAA Division teams in Michigan for most wins since 2012 and have the best record (60-7) in all of Division II in the last five years. My prediction is that Campbell will return and win his second Harlon Hill Trophy and the Bulldogs make it back to the National Championship Game. But this time, they bring the trophy back to Big Rapids.

Volleyball to the Elite 8

Moving on to volleyball, they are also expected to have another dominating year. I am not exaggerating when I say dominating year. The last five years, the Bulldogs have taken the GLIAC by storm. They have an overall record of 79-6 in regular season play, which has led to five straight regular season titles. They have also won the last five GLIAC Conference Quarterbacks which has given them automatic bids to



Torch file photos, Photo of Katie Etelamaki courtesy of Ferris Athletics

As fall sports start up again, expectations have risen for post season runs for a few teams.

the NCAA Tournament.

The defending GLIAC Champs were picked to win the conference again in a preseason poll. They are returning a veteran group with senior setter Maeve Grimes, middle hitters in sophomore Sam Herman and senior Mekayla Carey and outside hitters junior Katie O'Connel, senior Courtney Brewer and All-American senior Allyson Cappel. I think this veteran group is ready to move on to the next step and make some noise in the post season.

I predict that they win their sixth straight regular season title and also win their sixth straight GLIAC Conference Tournament. However, this year they will make it past Regionals and make it to the quarter finals and be one of the last eight teams standing. When you get to that point, anything can happen.

Women's soccer to make another NCAA tournament appearance

Next, we have the women's soccer team coming off their best season in school history. After having a record of 17-4-1 and making it to the Sweet 16 in their first national tournament appearance, the Bulldogs have been ranked No. 12 in the nation by the United Soccer Coaches Preseason Rankings for the first time in school history.

They also have been ranked No. 2 in the 2019 GLIAC Preseason Poll. Although their coaching staff resigned from last year, they brought in an experienced head coach Greg Hen-

son who has an impressive track record. Before becoming the Head Coach at Ferris he was the Head Coach at Concordia with an overall record of 82-38-16 along with three conference titles, two NAIA Tourney berths, and was named the 2017 coach of the year. I would say that this team is in good hands.

With an experienced roster that has been battle tested and fought through the wars of the GLIAC, I predict they finish second in the GLIAC. They'll make it to the conference tournament championship and get into the national tournament for the second straight year.

Etelamaki will make another run at Nationals

Moving on to Men and Women's Cross Country, both should be very good. Even though the Men's Team lost Damien Halverson, who competed in the National Championship, they are returning a strong core of runners including seniors Ethan Israels and Gage Cleveland and junior Dylan Hearn. I am predicting they compete at a very high level and make some noise in the GLIAC.

The Women's Team is looking for another strong year as they return their All-American Katie Etelamaki for one more season. She finished 16th overall in the women's 6K at the National Championships last season. Along with her teammates I think that the women's team will have a very successful year and Katie Etelamaki will go back and compete in the national championship.



Torch file photo

Peter Firlik was a senior in 2018 when the men's basketball team won the national championship. He has now signed a professional contract overseas

Professional

Continued from page 10

dreams of playing professional basketball, which is a blessing."

Hankins was a redshirt freshman when he joined the bulldogs in 2015 and became a star redshirt sophomore. He was also a finalist for the Bevo Francis Award and set the school single season record with 130 blocks. After winning the school's first national championship in 2018 along with King and Firlik, Hankins transferred to Xavier University for his final year of college.

"By far my favorite memory was winning the national championship with some of the greatest guys I've ever known," Hankins said.

Firlik joined the bulldogs in 2015 as well and was a 1,000-point scorer in college and was a two-year

starter. He played in 103 games with 71 starts and was a GLIAC All-Defensive team member.

"Hitting the shot at the buzzer against Ashland my senior year to send us to overtime and then win that game was one of my favorite memories," Firlik said. "Winning the national championship, sharing that with my brothers on the court was amazing along with having my family and friends there was special as well."

King joined the Bulldogs in 2014 and graduated in 2018. His senior year he was a 41% three-point shooter and averaged 12 points per game. Adway joined the bulldogs in 2018 for his senior season and said that his favorite memories of that year was playing against Duke and their team retreat.

OPINIONS

“Quote goes here”

- First and Last Name - See page xx for story

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Chat with the chief

Editor in Chief, Noah Poser

It's about that time of year again. No, I'm not talking about being back at school and getting ready for classes. I'm talking about college football season. In seven days, when Florida and Miami kick off, Week Zero and the start of five months of college football will officially be underway. And with that comes one of the greatest battles in life: College Football vs. Productivity.

For sports fans, the start of college football means that Saturdays are essentially booked until the start of the next calendar. However, unfortunately, the rest of the world doesn't revolve around college football (unfortunately),

and that means that work will have to be done.

Now, if you are like me and absolutely can not resist the urge to consume countless hours of America's real pastime on your Saturday's, there are ways around work and homework or whatever else you have going on. This includes getting the ESPN app on your phone, turning on the radio if you're on the go or even sneaking glances at the TV while you study for that all-important chemistry final.

Of course, there is always the chance that the choice to choose college football over productivity can come back to bite you. For

College Football vs. Productivity

example, slack off on your phone looking at scores during work and you could draw the ire from you're not-so-understanding boss, putting your job on the line.

Let's say you decide it's worth it to take that glance at the TV. Chances are that glance turns into you forgetting about the chemistry all together until the moment you realize that maybe watching Alabama play Southern Mississippi wasn't a good time to spend four hours of your day.

None of this is to say that there aren't people who can watch college football and get stuff done at the same time. However, if you are anything like me, and perhaps

find college football a little bit more entertaining than algebra, then chances are one will take more of a priority over the other. It will likely be the wrong one too.

To some, college football is like a drug. It's addictive because it's fun and provides entertainment to a relatively dull time of the year. It's just important to remember that there are other things going on in the world around you and maybe, just maybe they will involve taking in less football and instead devoting your energy to something else... even if it is just for one Saturday.

New semester, new me

If I put this into writing I have to follow through right?

There are lots of things I wish I had done to make my academics in college easier. For my last semester of college I am going to create myself some New Semester's Resolutions that I will hopefully follow, I am hoping that if I put my thoughts out into the world, they will manifest into reality.



Sarah Massey
Production Manager

1. Actually read my textbooks

I always intend to read my text books, I get them and then get out my notebooks and highlighters to take very attentive notes. Typically, I get through 5 pages or so and then resort to skimming the text and taking worse notes and then I finally flip to the end of the chapter and read the summary.

2. Start my homework the night it was assigned

I am notorious for waiting until midnight the day before my assignments are due. If I would at least start my assignments the day it was assigned to me it would give me a leg up when I have to do it last minute.

3. Make more flashcards

I used to make flashcards all the time when I was younger. And coincidentally, I had better grades when I did. Every year I purchase more index cards to start my journey to better class work ethic.

4. Reread my notes after class

I remember a teacher in high school telling me that

you retain a lot more information for the long run. If I can hunker down each night and reread what I learned.

5. Start studying for exams more than 2 days before

In the good old days also known as elementary school, the teachers would give out study guides with exactly what to study. My parents always told me I had to study for at least two days before the test to prepare myself. This is not elementary school anymore...I definitely have to study more than two nights for my exams.

Now I have never been known to keep my New Year's Resolutions for very long, but this semester I am going to be vigilant in keeping up with my studies. Now I need everyone to please keep me faithful to my resolutions, if you see me not studying please yell at me. Senior-itus is real and I am really hoping to get rid of the funk I am in to make sure that I keep my head up and finish strong.

GOT AN OPINION?

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Noah Poser | Editor in Chief | Email: posern@ferris.edu

1. Think of a topic that you feel strongly about.

2. Write out your thoughts in a coherent and respectful manner.

3. include a headshot and some information about yourself (location, age, etc.).

4. Email your opinion to the editor for a chance to have your work published in our next issue!

Juggling senioritus with arthritis

A survival guide for the seniocest: seniors struggling to fit



Jonny Parshall
Opinions Editor

Traditionally speaking, the word, “student,” is used to describe a younger person. That’s why students older than 24 years are typically described as “nontraditional.” This was the case for the longest time, and nontraditional students were somewhat of a rarity — perhaps a handful per college campus. I have zero data to back that statement up.

Nowadays it’s typical to see several non-traditional students per classroom, especially junior and senior level classes. Many non-traditional students are returning students, having taken prolonged time to raise a family, serve in the military, or I don’t know, follow the Grateful Dead on tour or something.

So it’s fair to say Ferris has its share of Golden Oldies bright-eyed and ready to learn. I can attest. I am one of them.

I joined Ferris in 2010, already at the age of 23. Nearly 10 years on, after multiple spells of working and raising my young son, I’ve learned several vital tips in being the “old man/woman on campus.” These tips are important for such students as they aid in surviving the constant bombardment of Gen-Z anarchy some might consider overwhelming.

So, if you’re between 17 and 24 and still a bit wet behind the years, feel free to read on and be entertained. But if you’re like me, and a bit gray behind the ears, this is especially for you.

1. Be yourself.

For the longest time, it was easy for me to blend with my fellow students. Into my late twenties, I looked and acted younger, so nobody expected otherwise. By now I realize how detached I am with the younger crowd, and have put away any delusion of trying to act “hip” or “with it.”

Nobody will bat an eye if you make a comment about the latest Cardi B track, or use modern slang words such as “swag,” “yeet,” or “esketit.” But if you come off sounding like a phony or a tryhard, your younger peers will quickly see through the facade and alienate you. And everybody knows college students are good at sensing weakness, and will often kill and eat the weakest.

So dress the way you would normally, act professional, be kind and friendly to your classmates — and that leads me to my next point.

2. You’re older, not better.

We get it. You remember the Apollo moon landing. A person’s date of birth is not a measure of superiority. It took you zero talent or tenacity to get where you are. All it took was time.

It’s 2019. Many incoming students were born AFTER 9/11. Just because you watched the attacks on television doesn’t give you some sort of hero experience. You may have more experiences than your classmates, but they’re different experiences. Don’t belittle others for not having watched Goonies in the cinema.

3. Leave the smokes at home.

Yeah, vaping is weird. You suck on what

looks like a pencil sharpener. You have a choice of 15,000 flavors and they all smell like cotton candy. You don’t have to conform to this bizarre trend, but please, don’t hang outside FLITE blowing smoke rings in the face of pregnant students. Don’t leave the spent butts hanging in the flower beds. And please don’t spit dip wads on the sidewalk. Folks in flip-flops will thank you.

This younger generation is surprisingly smoke-free, comparatively speaking. A great way to show your stubbornness with change is by smoking or spitting chew on campus. Do what I do. Chew Nicorette to cease the cravings.

This message was not paid for or authorized by Nicorette.

4. Don’t call everybody millennials.

The media likes to pick on millennials, whether its perceived laziness, recklessness or undeserved entitlement. But guess what? Not everybody younger than you is a millennial. You might be a millennial yourself. Millennials typically describe people born between 1980 and 1996. The sources differ on the exact dates, but regardless, most students were born after this period. They don’t have a proper name yet, but are typically called Generation Z.

So when you say, “You rotten lazy millennials with your fandangled Angry Birds and Netflix dates,” you’re not just being a dick. You’re wrong.

5. Get some sleep.

Pulling all-nighters, I discovered, was a great way to study or hammer out a research paper the night before it was due. That’s changed with the years. I’m lucky now if I can pull off an all-dayer. So don’t assume you can do now what you did then. Finish your work early.

Also, hangovers are worse for us than this fresh-faced mob. Don’t try to keep up drink-for-drink.

And lastly,

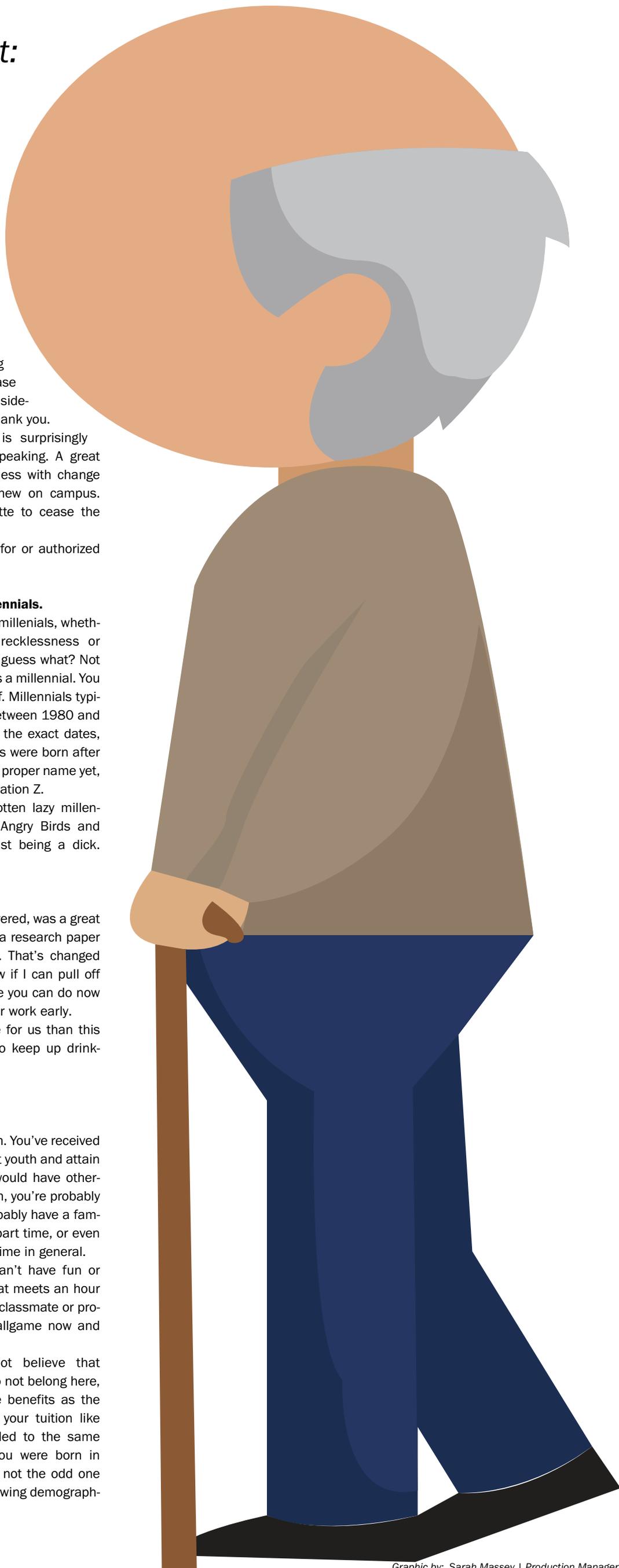
6. Enjoy the experience.

You’re part of a lucky bunch. You’ve received a second chance to relive lost youth and attain skills and experiences you would have otherwise missed completely. Yeah, you’re probably here for job training. You probably have a family at home. You might work part time, or even full time, and generally lack time in general.

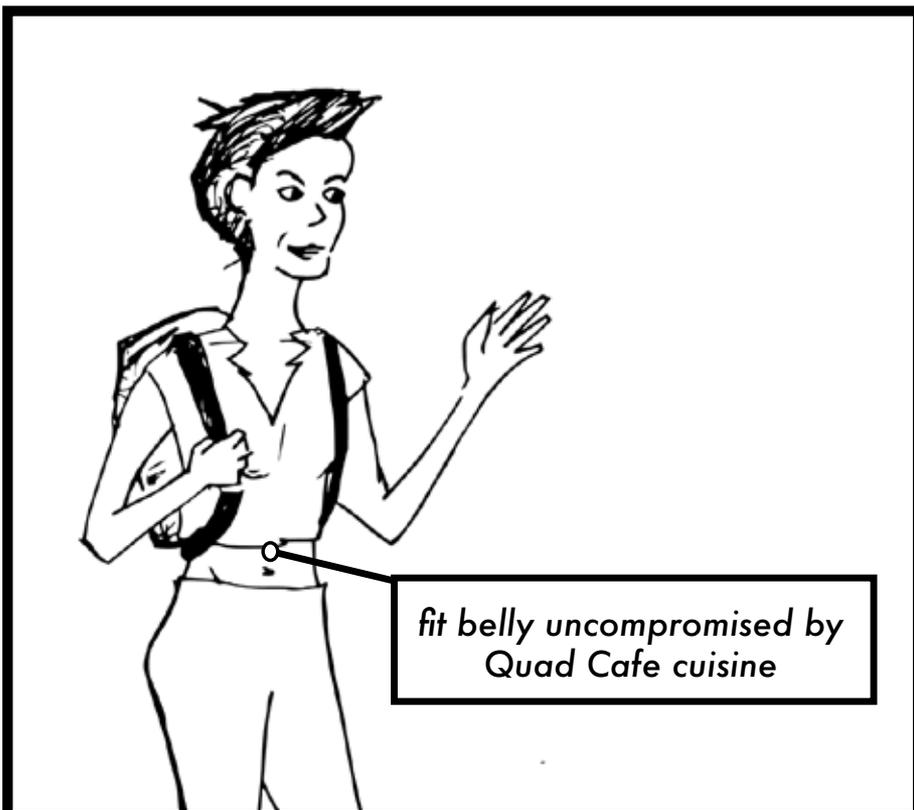
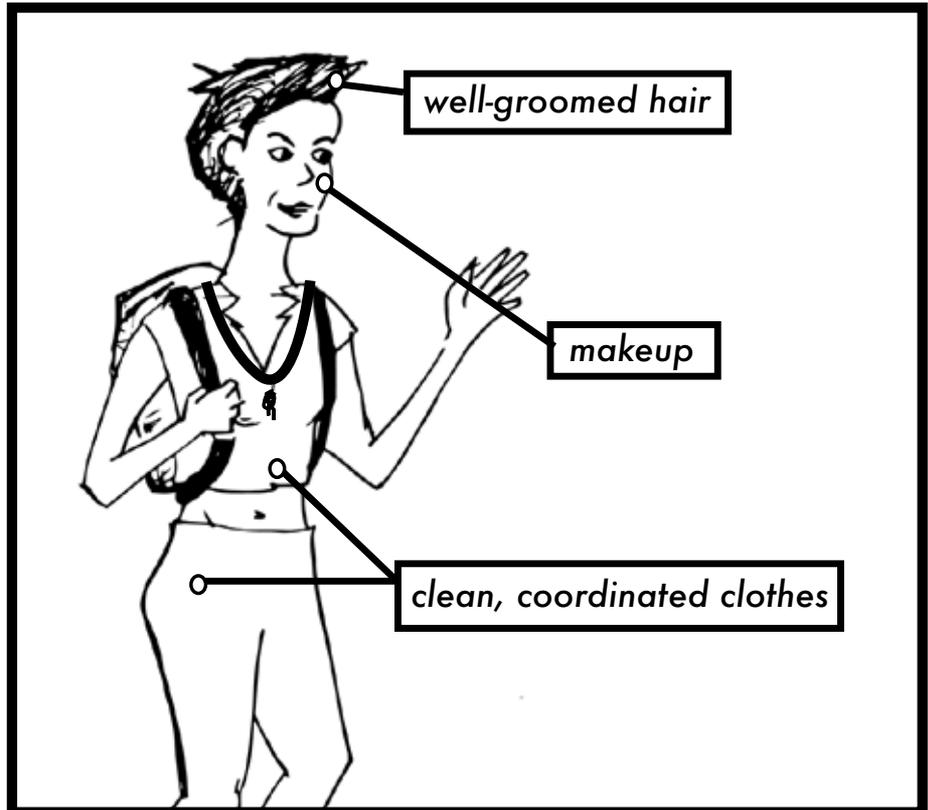
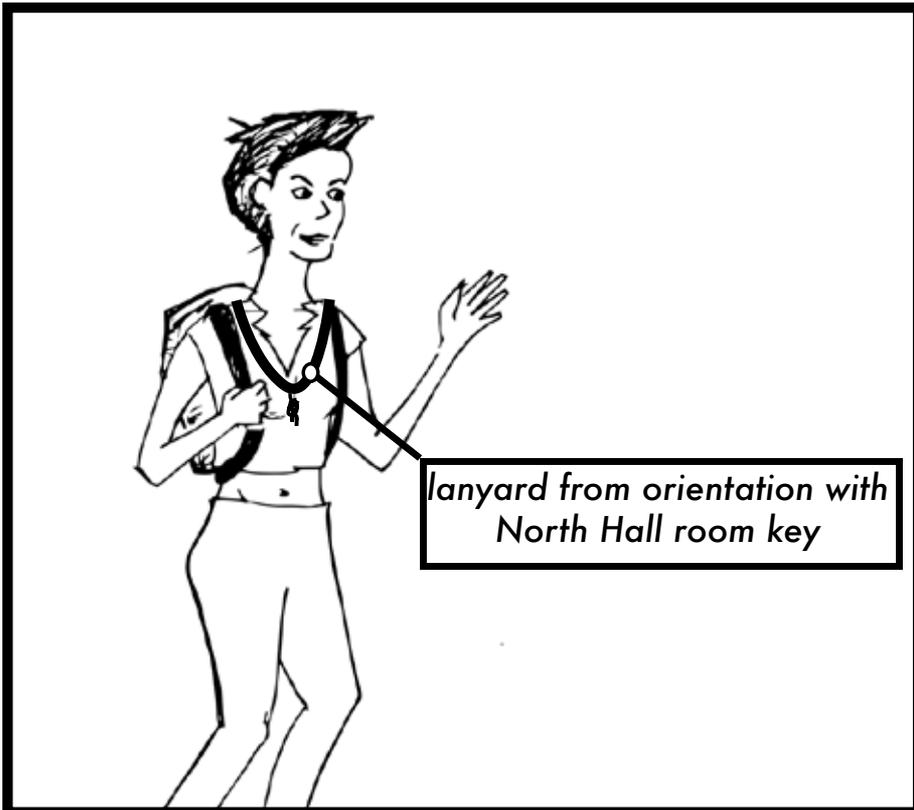
That doesn’t mean you can’t have fun or enjoy yourself. Join a club that meets an hour a week. Grab a coffee with a classmate or professor. Attend a Bulldogs ballgame now and again. Hit the Rec Centre.

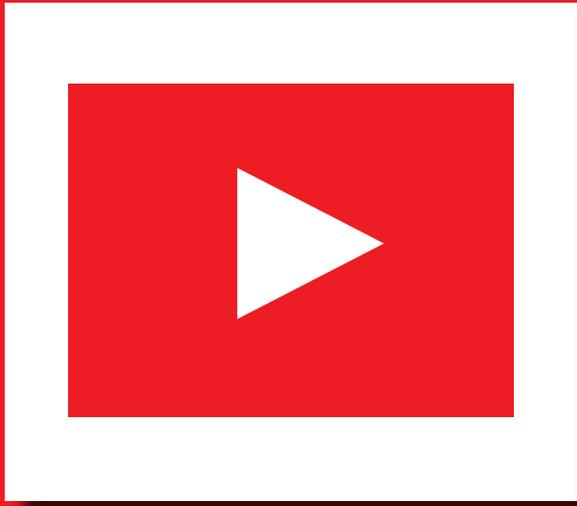
Most importantly, do not believe that because you are older you do not belong here, or deserve any of the same benefits as the younger students. You paid your tuition like anybody else, you are entitled to the same exact experience whether you were born in 1997, 1979 or 1799. You’re not the odd one out of the bunch. You’re a growing demographic. You’re 100% Bulldog.

Get lit, fam.



How to spot an incoming freshman





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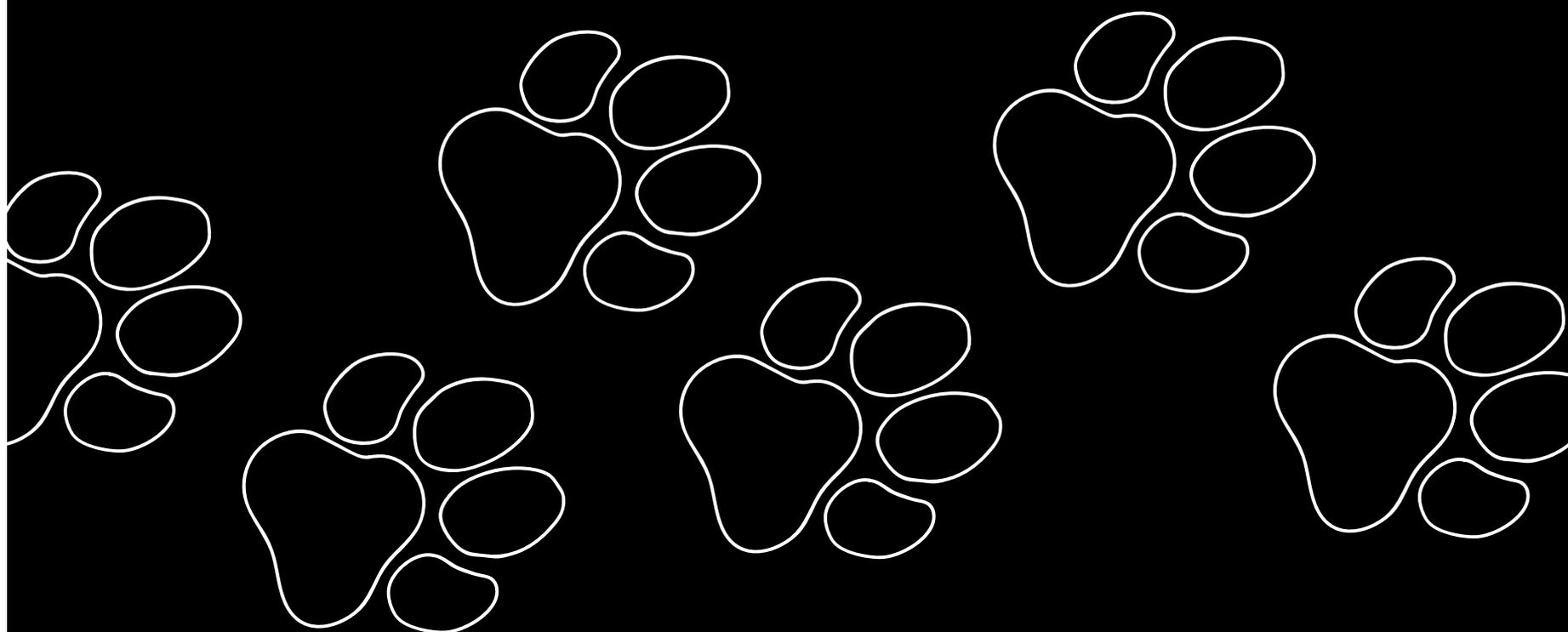
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