

FERRIS COVID-19 CASE COUNT		LAST UPDATED: NOV. 2
NEW CASES THIS WEEK	CUMULATIVE CASES	ACTIVE CASES
39	344	33

Keeping the conversation going

Students are given the chance to express their concerns regarding local law enforcement

Veronica Mascorro
News Reporter

To keep the dialogue surrounding the Black Lives Matter Movement going at Ferris, Big Rapids Social Equity and the Office of Multicultural Student Services held a virtual event on Wednesday, Oct. 28.

Conversation on Supporting Community Policing Relations with Minority Students of FSU was created to allow students to voice their concerns and feelings regarding local law enforcement.

However, neither the chief of police for the Big Rapids Department of Public Safety (BRDPS), Danielle Haynes or a representative were able to attend. According to Ferris Department of Public Safety Interim Director Gary Green, the event was mainly directed at the Big Rapids Department of Public Safety. Green, multiple members of the Ferris administration and the Big Rapids City Council were in attendance and the recording was sent to the BRDPS following the event.

Although BRDPS was unable to attend and directly answer questions or concerns, it didn't deter students from opening up and sharing how they felt about the climate around law enforcement in Big Rapids and at Ferris.

"Minorities are a part of this community and we're here to stay so it's about time that we see ourselves reflected in the makeup of the Big Rapids Community," music management senior Byron Brooks said.

Brooks was one of the main organizers of this event along with Darnell Lewis, assistant director of the Office of Multicultural Student Services, and Dr. Angela Guy-Lee, Social and Behavioral Sciences & Humanities.

The main goal of this event wasn't just to showcase how students of color didn't feel safe in the community but to also call out the lack of diversity within BRDPS, which currently has no officers of color and only two female officers.

Brooks hopes that the BRDPS will take the sentiments of students seriously and take action to improve the department.

The lack of diversity does not only exist within BRDPS — it's present at the beginning of officers' careers as well, specifically at Ferris' criminal justice school. Leonardo Almanza, a senior in the program, talked about the lack of representation in his own classes.

"Ferris is recognized as a criminal justice school, and if Ferris is recognized as a criminal justice school, why are we not having talks about this if we know that this is an issue?" Almanza said.

Almanza is one of the few students of color in the criminal justice program and pointed out how difficult these conversations can be when in a classroom of 30 to one. During his time at Ferris, Almanza pointed out that only one of his professors had briefly covered the subject of minorities within the criminal justice system.

"We are facing these issues as minorities and as minorities, we need to be able to have a voice within this criminal justice system," Almanza said. "A class needs to be created in order to see the statistics on why minorities are going to prison, why are these minorities being targeted? We have these types of conversation in class but we never truly go into depth on why, they bring out the stats and that it."



Photo by: Cora Hall | Editor in Chief

Big Rapids Department of Public Safety chief of police Danielle Haynes did not attend the recent Conversation on Supporting Community Policing Relations event hosted by Ferris.

"We need to keep these conversations going, as a matter of fact, they need to never end," said Dr. David Pilgrim, Vice President for Diversity, Inclusion, and Strategic Initiatives after hearing the feedback and sentiments that students were expressing for not only the city of Big Rapids but also for the university.

Students went on to share how they've felt uncomfortable while simply driving around campus and Big Rapids. Some expressed how they felt as if they got pulled over simply for "being Black."

Students aren't the only ones to experience discomfort on and off-campus. Staff members such as executive director of the Center for Latin@ Studies Kaylee Moreno-Burke shared a recent experience that left her fearing for her safety.

While in line at Taco Bell an individual began to make threats towards Moreno-Burke's life and began to harass her by following her around the city because of a sticker of the Mexican flag that was on the back of her car.

Moreno-Burke contacted BRDPS and was told to contact the campus police because she was a staff member of Ferris. Moreno-Burke then proceeded to tell them that she also lived in the community. Eventually, a police officer went to meet her but nothing was done to help her.

"We can't do anything, it's not illegal to be a jerk," was the response given to Moreno-Burke. A police report was filed, but Moreno-Burke wasn't left feeling reassured.

"This was the most violent experiences I've ever had," Moreno-Burke said. "I didn't come to work for probably a week because I was nervous coming into town. I kept thinking, would this vehicle find me again? I clearly have Ferris identifiers on my car, am I going to endanger my students if I park on campus?"

One of Green's main takeaways from the event was that students were looking for a common ground to find ways to have education and interaction between local law enforcement and students.

"I think part of the main thing is the feeling of inequity," Green said. "Some students feel like in the city or in this area, they're being targeted because they're Black and they're being pulled over for violations that they don't feel are justified."

Despite the experiences with BRDPS, Green believes there has always been a positive relationship between Ferris DPS and students.

"This is a norm for us. The way we operate here has al-

Conversations | see page 3

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NEWS

Ry Rodriguez | News Editor | rodrir16@ferris.edu

More than they signed up for



Photo by: Cora Hall | Editor in Chief

Former Pickell RA Rachel Busch said she struggled to find time for herself as an RA, but said the job had an overall positive impact on her life.

Former Residential Advisors recount their difficult experiences on the job

Alyssa Hubbard
News Reporter

Life as a Residential Advisor in the dormitories may seem exciting, but there are physical and mental consequences not apparent to many.

According to the Ferris Housing and Residence Life's 2018-2019 Resident Advisor Position Description states, "an RA acts as a role model and medium to create a positive environment in the dorms".

There are at least 15 responsibilities attached to the RA position. Some of these include working at the front desk, hosting hall programs, decorating a designated hall floor, handling emergencies, and being highly accessible to residents.

"My life was surrounded by being an RA," communication studies junior Axel Laurain said. "You wouldn't even get a moment off when you were walking around campus because people would no-

tice you, ask to get food with you, expect you to handle things, and we're always being watched."

Laurain was an RA for three semesters and spent over 40 hours a week doing work-related tasks.

The RA Position Description reads, "applicants may not be enrolled in internships, clinical or practicum experiences, participate in student teaching, be enrolled in the police academy, or have any academic commitments which take them off campus for significant amounts of time while employed as an RA."

This meant any potential RA must have a significant amount of free time in order to perform all their duties. One negative consequence of this is giving up time-consuming extra-curricular activities.

Before Laurain resigned from his position, he was told to end his involvement with the Ferris theatre program because his employers believed it was taking up too much of his time.

"I sacrificed myself, opportunities, and my mental health for a job so I didn't have to pay for housing," Laurain said.

For these student workers, finding time for other things was tough.

Television and digital production media senior Rachel Busch worked as an RA for one year and understood the struggles of finding that balance.

"I think the most difficult part of the job was finding time for myself," Busch said. "Again, when you live and work in the same place, it can be challenging to create boundaries between work and your personal life. I worked really hard at being an RA and a student, but in retrospect, I absolutely could have made more time to relax and do the things I enjoy."

In addition to these physical repercussions, some former RAs occasionally faced emotional hardships.

Busch said it was challenging to be an RA and still handled unforeseen circumstances as a college

student.

What was more emotionally exhausting was when unexpected circumstances happen for their hall residents criminal justice senior Mitch Musial mentioned.

For confidentiality reasons, RAs cannot go into detail about any resident's personal situations.

"There was a resident going through a rough time mentally and wasn't taking care of themselves," Musial said. "So I had taken time to make sure that I could check in with them and make sure that they were taking care of themselves better and getting the help they needed to start the healing process."

Despite these obstacles, Musial, Busch, and Laurain agreed that this job made a lot of positive impacts on their lives.

As Musial got to know his residents, he learned about people from different backgrounds and understood them better. He said he would not change anything about his time as an RA.

"The connections, friendships, and learning experiences are all things that changed my life, and I will hold onto them for as long as I can," Musial said.

Time management and communication were skills that Busch strengthened as an RA. Busch loved forming bonds with residents and staff and becoming more extroverted.

However, there are evident problems that need to be addressed within Ferris Housing and Residence Life in order to ensure every student's happiness and success.

"Most RAs are heroes for doing so much more than they are paid for, without the support or pay needed for those kinds of jobs," Laurain said. "Housing does good, but we should do better. Be better for not only the residents but the RAs."

- ON THE RECORD -

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

A wild ride from start to finish

Cora Hall
Editor in Chief

A wild ride from start to finish

Oct. 27, 9:53 a.m., one of the Physical Plant's painter vans was stolen, unbeknownst to them, and was found in Newaygo County due to its involvement in multiple retail frauds and the Physical Plant was notified. It is still unclear how the subjects committing the frauds obtained the keys to the van. The report was made on the 27, but Captain Green believes it was missing for around a week before that. The van was picked up on the 28 and detectives interviewed the subject who was driving it at the time. The subject reported that the van was traded for drugs. The investigation is still open.

Work smarter, not harder

Oct. 29, 11:18 a.m., officers discovered that a student had gotten a temporary parking permit and then altered the pass' dates in order to continue using the parking pass past the dates allowed.

Highest dorm on campus

Oct. 29, 9:54 p.m., officers were dispatched to Cramer Hall when residential advisors reported the smell of marijuana. The residents admitted to smoking underage and the officers seized what was left of the marijuana. The students were cited for being minors in possession of marijuana and referred to the Office of Student Conduct.

Settle down

Nov. 1, 2:34 p.m., officers were asked to respond to a call to Country Inn and Suites when a disagreement arose in one of the rooms. Two subjects had a room at the hotel and had left during the day. They realized they left a phone in the room and returned to their door propped open. There was someone in the room who began to question why they were there, and it turned into an argument that resulted in the police being called. Officers helped resolved the situation.

CONVERSATIONS

Continued from front page

ways been equal," Green said. "I've been a lot of places and this place runs with the idea that everyone is on equal playing ground. It doesn't matter race, socioeconomic background, it doesn't matter country of origin."

When students come in as freshman, they may have a different idea of what police enforcement is, according to Green.

"I've been places working in the inner city where the police have been heavy-handed and it put a wall between the public and the police," Green said. "I've seen that, and I don't see that here. I see it more in urban, inner-city policing because I've done both."

During the remainder of the conversation, some expressed concern that after the presiden-

tial election, regardless of who wins, instances similar to Moreno-Burke's may occur, and also asked how the diversity within the BRDPS and Ferris DPS could increase.

The event ended off with a call to action from the Big Rapids Social Equity for the BRDPS. This call was asking BRDPS to work with Big Rapids Social Equity and Ferris to create a five-year action plan to address how they can on strengthening diversity and also implementing more community policing initiatives.

Big Rapids Social Equity is awaiting a response from BRDPS. The Big Rapids Social Equity would like the BRDPS to accept their call to action, creating a safer environment not only for students but as well for the community as a whole.

Torch Corrections

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THIS WEEK IN MICHIGAN NEWS

Catch up on news around the state



Ry Rodriguez
News Editor

STATE COVID-19 COUNT:

Confirmed Cases – 197,501

***NYT as of 11:53 p.m. Nov. 1**

Confirmed Deaths – 7,700

***NYT as of 11:53 p.m. Nov. 1**

Confirmed Recoveries – 121,093

****Michigan.gov as of Oct. 30**

Sports – Ann Arbor, MI. The MSU Spartans take back the Paul Bunyan trophy with the victory over UofM 27-24. This marks Head Coach Mel Tucker's first win for MSU on the season. The Wolverines rank of 13 dropped 10 spots leaving them at 23 in the NCAA top 25 standings. The Spartans will play the Iowa Hawkeyes, and Wolverines play the Indiana Hoosiers, both on Nov. 7 at 12:00 p.m.

Detroit, MI. The Lions took an early lead over the Indianapolis Colts, but failed to score in the second half, losing the game 21-41. This keeps the Lions in third for the NFC North just above the Vikings. The Lions will play the Vikings on Nov. 8 at 1:00 p.m.

Capitol Hill – Lansing, MI. Governor Whitmer has set new requirements for all dine-in restaurants to take down the names and phone numbers of their customers for contact tracing, starting Nov. 3. If this is not followed the policy states, the establishment could be forced to pay a civil fine of \$1,000 and have an interaction with law enforcement.

On Nov. 1, Whitmer went on to a CNN roundtable stating President Trump could declare a victory in Michigan after the vote on Nov. 3, but the Director of Michigan's Bureau of Elections stated that the final count may not be ready until Friday Nov. 6.

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Adding more entertainment to Big Rapids

Marketing class pitches ideas for entertainment spaces downtown

Alyssa Hubbard
News Reporter

Marketing research students received the opportunity to create ideas for possible entertainment spaces to spice up Big Rapids that would lead Ferris students to explore more of the downtown.

On Oct. 28, a group of students gathered via Zoom for a focus group session to answer questions about where and how they would 'hang out' during a night in the town. The researchers wanted to discover what types of businesses could attract college students the most.

The researchers asked the focus group questions other related questions like their favorite hobbies, how they plan their nights out, and what entertainment they would like to see in Big Rapids.

Dr. Clay Dedeaux is the marketing research professor who developed this project for his class because he felt inspired to make a change for students' involvement off-campus.

"I am a resident of downtown Big Rapids and immediately noticed a lack of college-themed attractions that are present in East Lansing and Ann Arbor," Dedeaux said. "The City of Big Rapids Downtown Business Association accepted my offer to survey the students to find out what they would like to see and do within their monthly budget."

Dedeaux divided his class of 28 students into seven research teams. The students needed to design various business attractions that would add-on to the downtown area.

Music and entertainment business senior Lily Snudden talked about how she is ready to utilize the knowledge she gained about marketing research to create potential businesses.

"This project, in particular, interests me because I think Big Rapids could use a new entertainment space, and working behind the scenes to bring a new business to life in Big Rapids is exciting and makes the class super fun," Snudden said.

For each attraction, research students proposed a name, logo, mission, and interior/ex-

terior design. Dedeaux offered his class a chance for creativity while also using a multi-step planning process.

"The reality of an entertainment complex is positive for the wellbeing of our community of residents, merchants, students today and in the future, and the city for its tax base and ability to attract complementary retail and services," Dedeaux said.

During the focus group session, students discussed what they wanted to see in town, like a 24-hour coffee shop, laser tag, or more clothing stores.

The researching teams wanted to bring something new that students haven't seen before. One of their criteria was their businesses must be attractive enough to bring an influx of students downtown.

"I hear students all the time say there is nothing to do in Big Rapids, so I think adding something new that Big Rapids does not have will liven up the town and make this small town more enjoyable for students," Snudden said.

Dedeaux and the research students have dedicated their time to make this project a reality.

"We are working closely with Mr. Josh Pyles, the City of Big Rapids Manager of the Downtown Business Association, to develop a college-themed entertainment zone, which he and Mecosta County Chamber of Commerce can use to recruit potential tenants to operate these businesses," Dedeaux said.

The process of creating a new entertainment space has multiple stages. They must find a large enough venue to hold more than one attraction; the recently vacated JCPenney store is an option as well as a large building near the Salvation Army Family Store.

For this project to happen, the research teams need to know what students want to see.

Based on the information received from the focus groups, a survey will be crafted and distributed campus-wide to collect more student opinions about what kinds of entertainment they want to add to Big Rapids.

Will they stay or will they go?

Ferris pushes for students to go home after break, but many will stay for work, in-person labs

Rebecca Vanderkooi
News Reporter

After Thanksgiving, all classes at Ferris are transitioning to be fully online for the remainder of the semester in hopes of preventing the spread of COVID-19. The university has announced in emails that students should stay home after Thanksgiving if possible, but for many students, staying home isn't an option.

When making the decision to stay home or return to campus, there are some factors that are in play.

According to a survey sent out by the Torch, 50% of respondents are planning to come back to Big Rapids after Thanksgiving, 30% are not and 20% are undecided. The survey had 40 students responses.

Dental hygiene sophomore Mikenzie Weaver lives in an apartment off-campus. She currently has a lab in person and every other course is online.

"I'm staying at Ferris because I live in the apartments and I work here. I don't plan on going home because I live here permanently for school," Weaver said.

Heather Schoenherr is also choosing to stay on campus during the transition to fully online classes. However, for different reasons.

"The internet connection at my home is very poor, so I am staying in Big Rapids to more easily participate in my online classes," Schoenherr said.

Elementary education senior Mackenzie Foy says she doesn't have a choice, she has to stay on campus during the period of online classes.

"When I come back from Thanksgiving I plan to live in the same hall that I have been in and work the desk and be an RA

in case there are residents who need to live there," said Foy.

A junior in the accounting program at Ferris currently lives on campus and has chosen not to come back after Thanksgiving.

"I will be with family for the holidays and then return to campus for the spring semester. Being on campus with pretty much everything online has been a bit depressing for me. Especially since there are less events and things to do on campus now," the student said.

Another reason students aren't coming back to campus after classes move online is for the sake of convenience. Welding engineer junior Luke Orr explained since the program is very hands-on, having these classes move online is difficult.

"My housing plan for after Thanksgiving is to just stay home and do all my classes at my parent's house since they will all be online," Orr said.

Business administration senior Alexis Shepherd expressed concern regarding the safety of being on campus which is why she is still debating between staying on campus or going home.

"There is no free testing on campus and poor resources for students at Birkam. It's safer at home, and I will no longer have classes on campus," Shepherd said.

According to Dean of Student Life Joy Pulsifer, campus buildings will remain open after Thanksgiving. Students will still be able to use the Rec Center and eat at the Rock. The Quad Cafe, however, will be closed after Thanksgiving.

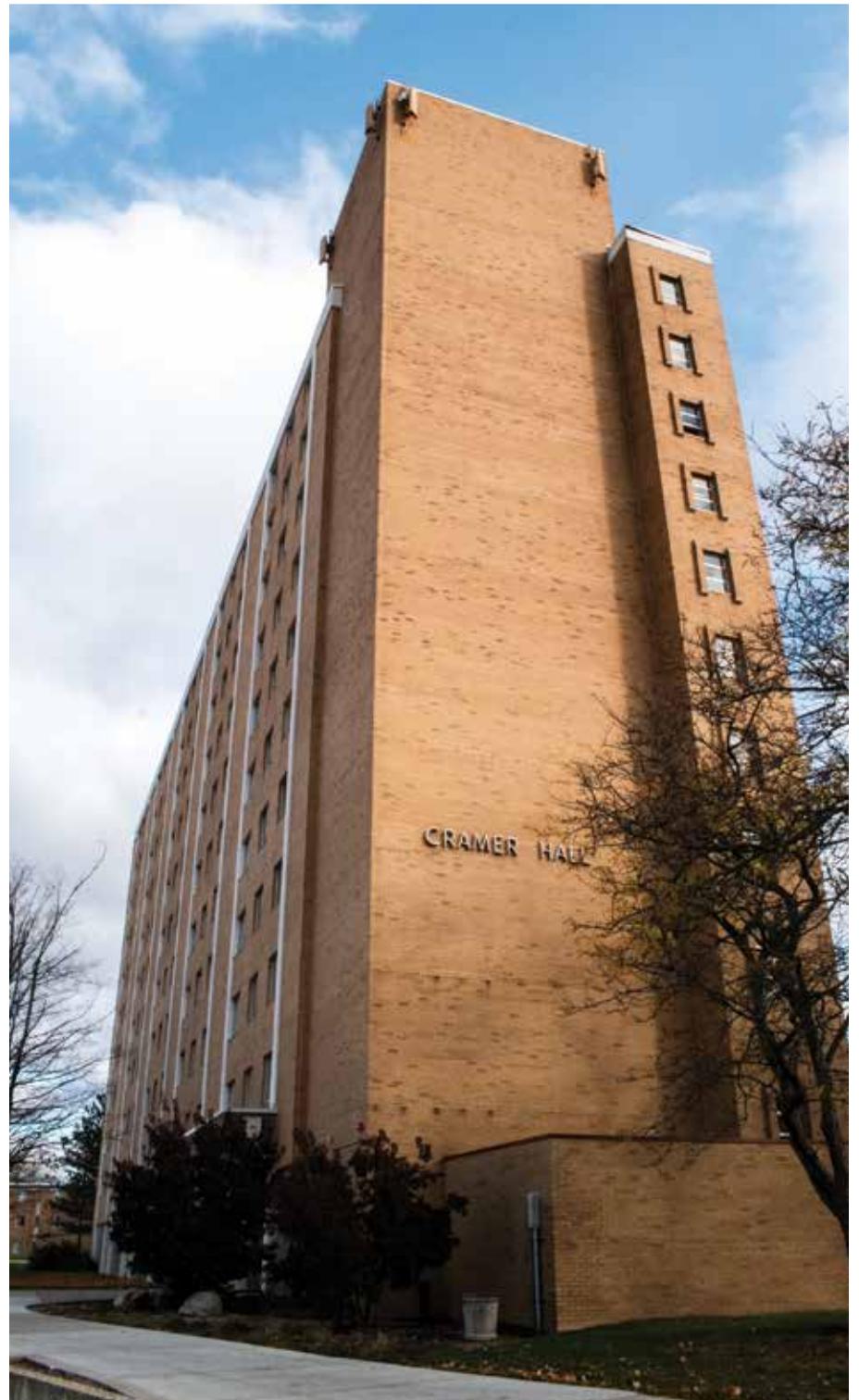


Photo by: Cora Hall | Editor in Chief

Students on and off campus are being asked to stay home after Thanksgiving break if they do not have in-person labs after break.

iPhone 12: get this one



Photo by: Cora Hall | Editor in Chief

Torch copy editor Noah Kurkjian recommends the new iPhone 12 because of the design, camera quality and 5G capabilities.

Apple hit the mark with a no-compromise phone for the masses



Noah Kurkjian
Copy Editor

I've spent a week with the brand-new iPhone 12, and I have come to the conclusion that it's the no-compromises iPhone for the masses. Apple has created the total package: a great camera, 5G, a design that is simultaneously timeless and a throwback and a battery that lasts all day.

Let's get the boring technical jargon out of the way first. The iPhone 12 comes with Apple's new A14 Bionic SoC, which happens to be the first 5 nanometer processing chip in a mobile device. In simpler terms, it's a smaller chip that allows for more transistors and it's more power efficient. It also has Wi-Fi 6, Bluetooth 5.0, MagSafe, Apple's U1 chip and 5G. (more on 5G below)

This is by far my absolute favorite iPhone design to date. It's hard edges make the phone feel secure in your hand, which is a definite must with glass on the front and back. It's also perfectly weighted. The main reason I upgraded from the iPhone 11 Pro Max was because of just how dense the phone was.

The only thing I am not a fan of in terms of design is the plastic "window" on the frame for the 5G antennas. However, the screen is amazing as OLED and high resolution is no longer optional. The screen from the Pro line finally made it to the "everyone phone". While it lacks a high refresh rate display, it is still one of the most color accurate displays money can buy.

In terms of performance, this is a screamer. I have no

slowdowns, no hiccups and apps stay open in the background quite well. I was having RAM management issues across two iPhone 11 Pro Max's since launch day, those have vanished with the iPhone 12.

It also performs a lot better on Wi-Fi and cellular due to Apple going back to Qualcomm for their internet modems. It's just fast. The thing is, I didn't have any speed issues on 11 Pro Max because every phone is fast when it's new, but you're going to notice this performance down the line in two, three, four or even five years, that's when this new processor is going to shine the most.

The camera is probably the place this phone is going to shine the most. In short, it takes the best photos with the least amount of work. Your tiktoks and snapchat stories and going to be properly lit and crystal clear. For the more technical dive, this phone has incredibly low light performance and perfectly tuned dynamic range. It does a great job at differentiating the subject from the background and keeping them pronounced, but not overly dark.

It also takes impeccable video. I can't think of a phone that rivals the iPhone when it comes to video. It has great stabilization and the mic is very good at isolating the speakers voice and balancing it evenly. All in all, this camera is a slam dunk.

The new iPhone 12 line comes with MagSafe tech built in. This is just magnets embedded into phone that allows accessories to attach directly to it. The headlines from Apple are a MagSafe charger that sticks to the device and charges wirelessly. I believe this is an attempt to prime people for the inevitable port-less iPhone. They also have a MagSafe wal-

let, but other reviewers that were able to get an early sample of this said the magnets in it were weak and it fell off easily. Hopefully that's just because it's preproduction.

Now we arrive at the buzz-worthy part of the iPhone 12: 5G. In short, it's not the headlining feature Apple and Verizon would like you to believe, at least for now. Just like the processor, this is going to matter in years to come. To grasp what I'm saying, I first need to explain 5G.

There are two types of 5G, low band and ultra wide band. The flashy one that's delivering multiple gigabits per second is UW. This is not really a selling point right now as to actually use it, you need direct line of sight to the node and to be within a few hundred feet of it. Low band 5G however is widely available and works a lot like LTE. It's a bit faster, but it is a lot more stable.

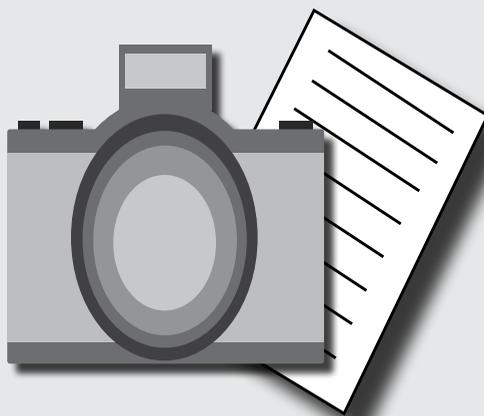
In my testing I was pulling 180 megabits per second down and 70 mbps up. That's around 50 more each way than regular LTE. I haven't been able to test 5G UW because it's only available in select, large cities across the US. For now, low band is a good upgrade, but not 5G at its best.

I'd like to close with my argument as to why you should buy this phone. I truly believe that there isn't a reason to purchase a "Pro" model iPhone anymore. The only real difference is the extra camera which only provides true portrait mode photos, but the portrait photos that come from phones without it using Apple's AI tech are on par if not better than those taken with the extra lens. At the end of the day, I suggest saving the extra \$200 and buying the standard 12 as it is truly a no-compromises experience.

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LIFESTYLES

Marissa Russell | Lifestyles Editor | russem22@ferris.edu

On that college student budget

How are students spending their money and cutting costs with new income

Kendall Rooks
Lifestyles Reporter

When COVID-19 first shut down the state a lot of students found themselves without jobs and applying for unemployment.

Unemployment provided about \$600 a week to those eligible. Ferris also provided the emergency financial aid grant opportunities under the CARES Act to students. There were two phases of the CARES Act. Those who were eligible received \$400 for each phase. So far Ferris has awarded 8,782 CARES Act grants.

Students spent these large sums of money in multiple different ways.

Pre-pharmacy freshman Kassi Kritzman received unemployment and the second phase of the CARES Act.

"I bought a new car," Kritzman said. "My parents totaled the car they bought me a month before I left for college. The rest is in my savings account and I use it when I need to."

Elizabeth Arner is a freshman in the welding program who also received the CARES Act money. She used the extra cash to buy school supplies, specifically a welding jacket for her program.

While many students used their extra funds to pay bills or to pay for school both Arner and Kritzman agreed that some students did not use the money they received as responsibly as they could have.

"I feel a lot of people spent it irresponsibly," Kritzman said. "My brother got it and I know he bought quite a few pairs of shoes."

When going away to college and living alone for the first time, money management is an important skill to develop. In these uncertain times, it has become even more of a necessity.

"I try not to spend money when I don't need to. I'm living in the dorms and have the meal plan, so I get free food. So, I try not to spend money on food unless I really need to," Arner said.

Small adjustments such as buying less Starbucks, McDonald's and alcohol each weekend can help you save a significant amount of money.

"I stopped going out to eat as much. I really did not do anything but go to my friend's house when I could. I never really spent a ton in the first place, besides on gas, but that was not a huge deal because I was not really going anywhere," Kritzman said.

If you are struggling financially during the pandemic, try some of these tips. Create a budget for specific categories each month and stick to it. Try to save for needs rather than spending on wants. If you find that you're drawn to shopping apps, deleting them from your phone can help to eliminate the temptation for online shopping.

In addition, the second phase of the CARES Act can still be applied for through the coronavirus hub on Ferris' website.



Graphic by: Brooke Martin | Production Assistant

Different ways to cut costs

How much you are spending without realizing it

If you buy a Starbucks coffee every day, you will spend \$1095 in a year

Most Americans spend \$558 on alcoholic beverages per year

The average American spends \$232 per month eating meals prepared outside the home

The average Amazon customer spends about \$600 a year on the site. And Prime members? They spend \$1,400 each

The average American spends \$232 per month eating meals prepared outside the home



In January of 2020, before the pandemic, the average American was found to spend \$155.03 monthly on impulse buys. In a new poll in April, during the pandemic, that number jumped up 18 percent to \$182.98



TUNE INTO OUR
WEEKLY
PODCAST WITH
RY RODRIGUEZ

The Torchcast can be found on our website, Facebook page and YouTube channel

TikTok culture

Take a look at some users that go on one of the most popular apps in the world



Photo by: Maddison Kettlewell | Torch Photographer

Student scrolling through TikTok's profile.

Matthew Miller
Lifestyles Reporter

TikTok has created a culture that just does not seem like it is going away.

TikTok is a social media application that allows people to upload a variety of creative content. The app which was created in 2016 now has 800 million active users.

Some of the most popular people on TikTok are Charli D'Amelio, Addison Rae, Zach King and Loren Gray.

Many Ferris students are also participating in the new TikTok culture.

Nursing junior Rebekah Luce said that she has TikTok downloaded and will go on to get ideas of fun things to do. She said she was hard core against downloading the app at first because she hates throw away culture and short videos that are cringey, but in the end she caved.

"The things that I usually look up is artsy stuff, sewing or LGBTQ," Luce said. "I mostly downloaded it because I was able to look at my favorite artists

who were no longer posting on YouTube."

Luce said that she would post her own content if she had a stand to hold up her camera. She said that it can increase procrastination though, but that she is able to snap herself out of it when she sees a cringey video.

Criminal justice senior Avery McKinney has been posting his own content on TikTok since the 2020 spring break.

"It was a bet among my roommates on who could make the best videos and get the most likes," McKinney said. "I had one video get 200k views before it was taken down, it was about how someone hacked my blazin rewards account and I was tracking them down."

Business junior Christian Cain said that he is on TikTok all the time and loves to watch videos to pass the time. His favorite videos are the comedy ones where people will lip sync different movie scenes or reaction videos.

"I honestly can get lost for hours watching TikTok videos," Cain said. "It is one of the best ways to distract yourself from things going on in life."

Cain said that TikTok is the number one app that he goes on but he doesn't create content and probably never will. He was a little worried in the beginning of the year when he thought that TikTok was going to be banned in the United States.

Earlier this year the Trump Administration was looking to ban the app, which was created by a Chinese company known as ByteDance, due to security reasons. They were saying that China was using data collected from the app to get information on United States citizens.

Not everyone is sold on the TikTok trend yet, though.

Nursing senior Victoria Ruhlig has never downloaded TikTok and doesn't have any plans to do so in the future.

"I just never got what the big deal was about. I just go through Facebook or Instagram instead and find the same content," Ruhlig said.

With millions of people logging on and keeping the app alive, though, TikTok doesn't seem to be going anywhere.



Graphic by: Brooke Martin | Production Assistant

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Students favorite jobs



Graphic by: Brooke Martin | Production Assistant

What makes some jobs more fun than others?

Meghan Hartley
Lifestyles Reporter

In our lifetime we are bound to have jobs that we love.

There are even jobs that lead us down the path to becoming greater at the profession we hope to soon get into after graduation.

Pre-optometry sophomore Erin Bezeau is one student who was able to gain a lot of experience through one of her favorite jobs. This past summer Bezeau was hired in her town's optometry clinic.

"I got to take pictures of patients' eyes, see if there were any infections and help identify diseases. Essentially, I got the patients ready to see the doctor with pre screenings and told the doctor if there were any issues needing attention," Bezeau said.

Being able to gain more hands-on experience, Bezeau said it was the best job she has ever had and is excited for her future as an optometrist.

Having experience in your field during your college years helps tremendously as you gain knowledge through your classes.

Early childhood education sophomore Abby Altman said her best job was being a nanny.

"I got to watch the most amazing developmental statures take place," Altman said

Being able to really be involved in helping watch over little kids encouraged her to want to go into education. She has been able to relate much of her experience as a nanny to her classwork.

Other times our best jobs give us important life lessons and set us up on the right path.

Jeff Schneider, a freshman in the heavy equipment

technology department, states that his time at a company named Fan helped him gain insight at adult responsibilities.

"I was able to become manager for a while and I was able to learn money management skills, communication skills," Schneider said. "A lot of adult life skills and I was able to make a bunch of great friends."

With each new job we encounter we gain not only educational step ups, but also life skills. We are learning new adult skills, gaining communication skills and even being able to challenge ourselves in fun ways through our own work.

Computer information sophomore Will Olson was able to challenge himself when he took a job in air traffic control.

"I really like puzzles and it was a continuous stream of them," Olson said. "Getting to solve them just by looking at airplanes all day."

Olson said it was his favorite job, not just because of the puzzle finding, but also because once it was done for the day, you were done. There were no extra shifts you could pick up.

Computer information senior Derek Doublesteine said his favorite job that challenged him in a fun way was being a camp counselor.

It was fun for him to work at camps leading little kids through activities.

"It was good to be that person kids can look up to, being that role model for them. You don't get that opportunity that often," Doublesteine said.

Our favorite jobs bring us great opportunities and great skills that we can use for the future. Like these students, there is something special in many of our jobs that make them our favorite because of the challenges, the step up, or the creativity in them.

Events calendar

WEDNESDAY

Nov. 4

LGBTQ+ Resource Center Coffee House

Contact: Sarah Doherty
lgbtqcenter@ferris.edu
Location: Virtual
Time: 4 - 6 p.m.

Dismantling White Supremacy in Higher Education

Contact: Darnell Lewis
darnellewis@ferris.edu
Location: Zoom
Time: 6:30- 8 p.m.



THURSDAY

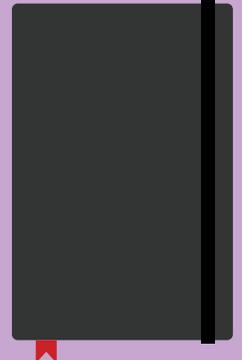
Nov. 5

Gratitude Journals

Contact: CLACS
231-591-2685
Location: Around campus
Time: 11 a.m.- 1 p.m.

RSO Ask Me Anything

Contact: Nick Smith
nicholassmith@ferris.edu
Location: Zoom
Time: 1 - 2 p.m.



FRIDAY

Nov. 6

Virtual Study Abroad Workshop

Contact: Megan Hauser-Tran
MeganHauserTran@ferris.edu
Location: Virtual
Time: 1 - 2 p.m.

Epic Rap Battles of History Icebreaker

Contact: Idaris Cruz
cruzi1@ferris.edu
Location: Virtual
Time: 2 - 3:30 p.m.

FriGay Gaymes

Contact: Sarah Doherty
lgbtqcenter@ferris.edu
Location: Virtual
Time: 3 - 5 p.m.



MONDAY

Nov. 9

Among Us Tournament

Contact: Idaris Cruz
cruzi1@ferris.edu
Location: Virtual
Time: 7 - 8:45 a.m.

Step It Up virtual 5K

Contact: Maya Myers
myersm32@ferris.edu
Location: Virtual
Time: 11 a.m. - 3:00 p.m.



For more events, check out calendar.ferris.edu



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November Horoscopes

Marissa Russell
Lifestyles Editor



Scorpio: Oct. 23-Nov. 21
Listen to your heart and stop over thinking what you want. Go after whatever you want.



Sagittarius: Nov. 22-Dec. 21
You are typically a go, go, go person. As the seasons change and it starts to get colder take the time to notice the difference in the atmosphere around you.



Capricorn: Dec. 22-Jan. 19
Give second chances to people this month. The people around you are only human and should be allowed to mess up every once in a while.



Aquarius: Jan. 20-Feb. 18
Keep an eye out this month. There will be someone that will need you to be there for them.



Pisces: Feb. 19-March 20
You live to watch conflict between people but when you are brought into a fight you get uncomfortable.



Aries: March 21-April 19
Take the time to learn something new. Do something out of your comfort zone and you might surprise yourself at how much you like it.



Taurus: April 20-May 20
Be careful who you let close to you. There are some people that don't want the best for you and if they get the opportunity they will try and tear you down.



Gemini: May 21-June 20
You have the tendency to look after others and worry about their wellbeing constantly. People admire this quality in you.



Cancer: June 21-July 22
Make sure you are using your time wisely. Time management is a skill you have to constantly work on.



Leo: July 23-Aug. 22
Don't stay in a place you're not happy with. You deserve to have the same amount of happiness you bring to others.



Virgo: Aug. 23-Sept. 22
Go to a place you don't normally visit whether that be a restaurant or a park. There will be something special for you there.



Libra: Sept. 23-Oct. 22
Stop spending money on unnecessary things. Save up, you'll need it in the future.



Stress reduction techniques



Photo by: Maddison Kettlewell | Torch Photographer

Student meditating with a candle.

Students share their techniques on how to reduce their stress

Meghan Hartley
Lifestyles Reporter

Exploring young adulthood and college can be stressful.

Students deal with a lot of stress from class work, social obligations and work commitments. There are many factors that induce stress, but here are a few things students do to keep themselves calm.

Pre-optometry freshman Lucy Arbanas states that when her classwork begins to become too much she steps away from it for a while.

"Some of my techniques to reduce stress include walking to the rock or market, grabbing some snacks or going on random trips to Taco Bell with friends. Even talking to a friend of mine and appreciating them helps," Arbanas said.

Communication is something students seem to turn to most. Another common stress reducing technique is playing video games.

Computer information freshman Brendan Bender utilizes the latter.

"When I become stressed out I like to play video games," Bender said. "It helps calm my mind a bit."

Jack Spicer, a senior in the entertainment and music department, also agreed that video games helped in his reduction of stress, but also

noted that writing music is a great outlet.

Other stress reduction techniques popular among students are simply relaxing in their homes and physically stepping away from their screens.

"I will sit and relax, staying off technology," information security junior Isaac Ames said. "Sometimes taking a nap too."

The comfortability of one's home helps most students when it comes to reducing stress. Not just because of comfortable chairs and couches, but because sometimes there can be furry, four-legged friends hanging around.

Animals can offer the biggest support to students because of their energetic wittiness and playful spirits.

Communications junior Jordan Brinker shares a dog with her roommate. Being able to spend time with their dog is a technique Brinker often uses when life becomes too stressful.

There are countless stress reduction techniques students use to battle stress in their day to day lives. While stress isn't always easy to handle, finding a fun and relaxing outlet is an essential part in calming one's mind.

SPORTS

Brendan Sanders | Sports Editor | sandeb16@ferris.edu

Returning to the ice



Torch File Photo

Hockey season to begin 23-game season Nov. 27

Brendan Sanders
Sports Editor

For the first time since March 11, college sports are returning to Ferris State University.

At noon Wednesday, Oct. 28, the WCHA announced that college hockey would begin to play on Nov. 27, making hockey the first collegiate sport to return to the university since the onset of the COVID-19 pandemic in March of this year. The conference will be attempting a 23-game schedule that will see the Bulldogs take to the ice by the end of November.

The Bulldogs will open their season at Lake Superior State on Nov. 27 before Lake Superior State come to Big Rapids for the home opener on Nov. 29. The Bulldogs will have twelve home games and eleven away games over the course of the season.

The first five games of the season throughout the months of November and December, will be considered non-league games, not counting towards league standings even though these five games consist of opponents inside the WCHA. The five games include three home games against Lake Superior State, Alabama Huntsville, and Bowling Green, and two away games at Lake Superior State and Bowling Green. After the five non-conference games, there will be a three-week break from Dec. 12 to Jan. 1.

With the non-conference schedule being against conference teams such as Bowling Green and Lake Superior State, Daniels explained that the main focus will be to prepare for the conference schedule starting on Jan. 1. With the focus being to sort out what is best for the team.

"This will be almost like a true NHL preseason where we'll have a training camp and then some exhibition games and then you start playing when it all counts on January 1," Daniels said. "We have ten freshmen this year, last year we had ten, we have 20 underclassmen so we have a lot of work to do. Since we haven't worked together as a team yet, so trying to pick lines and defense partners. We haven't had a chance to sort out the goalies yet, so we're going to use these games as a way to really try to sift through and find out what really is the best lineup."

Conference play will begin Jan. 1 against Bowling Green, wrapping up a four-game series against the Falcons that will stretch across the new year.

A surprising feature with the schedule is the inclusion of multiple homes and home series, with three

home-and-home weekends taking place against Lake Superior State and Bowling Green. According to Daniels, this was to minimize contact with other facilities outside of Big Rapids.

"That's to reduce overnight stays, eating at stadium restaurants. We going to simply go down the day of the game, eat our meal on the bus on the way there. We'll then get out and play then on the way home we'll eat another meal on the bus. That saves extra contact in restaurants and hotels. We're going to do whatever we can, during conference play we're going to have to stay overnight, but we're going to do everything we can to minimize the contact that we have." Daniels said.

Barring unforeseen circumstances, the season will end on Feb. 27 in the same place that it will start, at home against Lake Superior State.

The weekend of March 5-6 has been designated as a bye weekend for all 10 schools and will be used as a make-up game weekend should any league series or single games be postponed. Daniels explained the need to be flexible this season and how the conference will possibly play out based on possible cancellations.

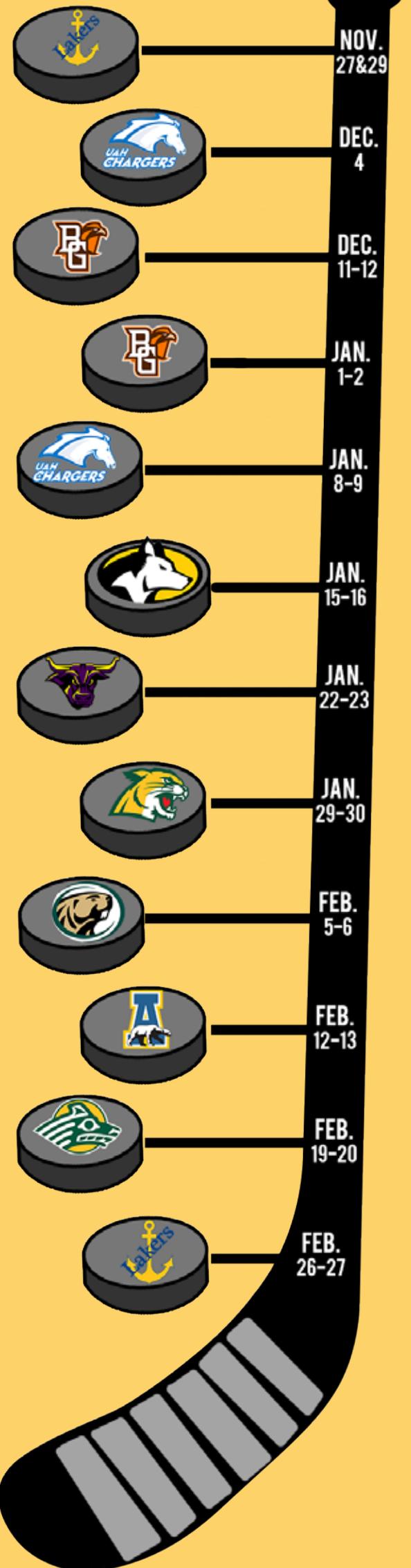
"We understand that there's going to be problems somewhere whether it's other teams or us may have a cancellation or hopefully a postponement but there's going to be cancellations just like college football so we're prepared we've got policies in place that the conference champion for the regular season is going to go off of winning percentage based on how you've played X amount of games. It's not necessarily going to be a point total, it will be more of a winning percentage this year." Daniels said.

The university is still in discussions about what the attendance policy will be for the season, with Ferris State Athletics stating that ticket policies will be announced at a later date.

The format for the 2021 WCHA Postseason Tournament is will be determined in the coming weeks. The postseason will play out over the weekends of March 12-13 and March 19-20.

This will also be the last year for the WCHA, as the conference will be dissolving before the 2021-22 season. Ferris will then be joining the restarted CCHA conference that will include all of the WCHA teams except Alabama-Huntsville, Alaska, and Alaska Anchorage, and will add St. Thomas. The CCHA was the original conference that Ferris joined in 1979 and stayed in until the dissolution of the conference in 2013.

FERRIS STATE HOCKEY SCHEDULE 2020-21



Graphic by: Charlie Zitta | Production Assistant

Journey to the NFL

Malik Taylor draws praise for his first NFL touchdown

D'Andre Head
Interim Sports Reporter

Many athletes dream to make it into a professional league and former Ferris state WR Malik Taylor has made that dream come true.

On July 19, 2019, Taylor signed with the Green Bay Packers. He was waived on Aug. 31 and signed to the practice squad on Sept. 1. He contributed to the Oct. 25 game by making a TD reception in a 35-20 victory over the Texans.

Taylor caught a 1-yard TD pass from Aaron Rodgers in the second quarter to give Green Bay a 21-0 lead. He finished with two receptions for six yards. He's the first Ferris State product to score an NFL touchdown in over 30 years. On the season, Taylor has three receptions for 26 yards.

"I was excited to see Malik reach the endzone last Sunday," assistant athletic director of communications Rob Bentley said. "It was also cool seeing a Hall of Famer like Aaron Rodgers so excited for him as well after the play and in the comments I've read. He's definitely deserving of the success he's had so far this year and I really believe there are bigger and better things still to come for him. He's made all of Bulldog Nation proud." Bentley said.

As Taylor pushed through, he made his dream of making it to the NFL. Taylor went undrafted after his final season at Ferris. He was signed by the Tampa Bay Buccaneers as an undrafted free agent on May 10, 2019, but after a couple of months with the Buccaneers, he was released as a free agent. Almost 5 months later Taylor signed to Green Bay's practice squad on Sept. 1, 2019, and became a free agent for the Packers.

Looking back to when Taylor played at Ferris, during his junior year Taylor caught 61 passes for 906 yards and six touchdowns as the Bulldogs reached the NCAA Division II Quarterfinals.

Taylor missed most of his senior season due to an injury. He returned late in the year during FSU's playoff run to the NCAA Division II National Championship game and finished the year with seven catches for 88 yards and score, including an important touchdown in Ferris' national semifinal win at Minnesota State.

Taylor helped Ferris reach the Division II national semifinals as a junior and the quarterfinals as a senior. He also led the team in receptions both years.

Overall, Taylor's 2,091 total receiving yards at Ferris ranks seventh in school history and he made 121 total catches in a Bulldog uniform while also ranking as one of the squad's top return men on special teams.

Many of Taylor's former Bulldogs teammates are watching his progress.

"I was so happy for him," Ferris state junior Linebacker Mohamad Amen said. "I played with Malik for two years and after seeing him going through an injury his senior year and never lose focus, turning his dream to reality. I was very excited"

As the season progresses, Taylor looks to continue having an impact on the Green Bay offense. You can watch Malik Taylor and the Packers take on the San Francisco 49ers this Thursday, Nov. 5 in a battle for NFC supremacy.

Chasing his dream



Photo by: Will Holden | Torch Photographer

Last year, Dorian Aluyi averaged 11.8 points per game for the Bulldogs

From Chicago to Ferris, senior Bulldog chases NBA dream

Austin Arquette
Sports Reporter

Some people make their own path to their future and fight for the dreams they want to come true.

Ferris men's basketball wing Dorian Aluyi started fighting for his dreams when he was in the fifth grade. Aluyi's dream is to make it to the National Basketball Association and once his basketball career is finished, he would like to attend graduate school for psychology and philosophy.

Aluyi was born right off I-290 in Chicago at Rush Hospital and grew up in a small city near downtown Chicago that had only one park with his elementary school two blocks away. While he resided in Chicago, Aluyi stayed with his grandma on his dad's side of the family while both his parents worked. Later in 2007 Aluyi's parents moved to Frankfort, Illinois for more space as a family.

"For a kid who had to teach himself everything about the game of basketball, my career is where I want it to be," Aluyi said. "I started playing in a rec league when I was in fifth grade. I have always liked basketball, I used to beg my grandma to take me to the park so I could shoot on a rim since I didn't have one at home.

Aluyi had a love for sports in general but found a passion for basketball after he watched the 2009 NBA Finals. In that game, the Los Angeles Lakers played against the Orlando Magic. Aluyi loved it when Kobe destroyed the Magic throughout the series. This is where basketball peaked above other sports for him.

"I believe I was in fifth grade and I was amazed at how he, (Kobe) made difficult shots look easy," Aluyi said. "The next year I did the same and watched the 2010 finals, a hard-fought battle between the Lakers and the Celtics. Kobe again came out victorious while again scoring the ball with such ease. At this moment, Kobe became my idol. This is when I decided that I wanted to go to the NBA."

At the start of Aluyi's basketball career, he began to mirror what he watched Kobe do. Aluyi said he just wanted to shoot and score like Kobe but he quickly realized that the game was much more than just putting up shots and getting the ball in the basket. In Aluyi's second year of playing in the rec league, his team won the championship and Aluyi believed he was good enough to play for his middle school team.

However, Aluyi would not make his middle school team until he was in the seventh and eighth grades. Aluyi focused on his game and spent relentless time in his driveway with the hoop he now had from his move to Frankfort. From here he went on into his high school, Lincoln-Way North, in the Southwest Suburban Conference. Aluyi said he wished he would've gotten to play in the Chicago Public School system as it was a very competitive league.

"I developed pretty quickly," Aluyi said. "I started on varsity as a sophomore and my junior year was my breakout year where I averaged 20ppg and 9rpg. We played in some good tournaments with some schools from the CPS and also against current knicks player Kevin Knox."

Lincoln-Way North was shut down for Aluyi's senior year due to financial struggles, so he finished his high school career at the neighboring school Lincoln-Way East where he averaged 17 points and seven rebounds per game. After high school, Aluyi decided to take his basketball talents and schooling to Minot State.

"Initially I was very unwilling to go D2 after only being recruited by D1 schools my entire high school career, but it was one of the best decisions I have ever made. Thanks, Coach Rich McBride, the former assistant who is now at Moberly CC," Aluyi said. "Minot is a small town like Big Rapids and is mainly populated by the athletes and students on campus. I knew I didn't want to stay in North Dakota permanently, so I used it as sort of a JUCO route."

After his two seasons in North Dakota, Aluyi brought his talents to Ferris State for his junior and senior seasons. The 2018 National Championship run for the bulldogs is what grabbed Aluyi's attention to transfer to Ferris.

"I had never really been a part of a winning team before, and like every other college athlete, I wanted to win a national championship," Aluyi said. "I also loved the style of play; we get up and down here at Ferris and besides, in AAU I have never played that way."

Aluyi still holds hope for his senior season here at Ferris. In the meantime, Aluyi has focused on school and personal enjoyment. He loves listening to music, reading every so often, study and breaking down basketball film. Aluyi also likes playing Xbox with some of his hometown friends and former teammates. It's something they all enjoy doing and an easy way for them to stay in touch.



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Holiday sports: to play or not to play?

Sports on Thanksgiving and Christmas take away from the true meaning of the holidays



Brody Keiser
Sports Reporter

Everyone knows Thanksgiving for the delicious food and the chance to spend meaningful time with family, but the NFL games played on Thanksgiving Day have become another large part of the holiday tradition.

The first Thanksgiving Day game was played in 1934 and featured the Detroit Lions and Chicago Bears. Detroit was known for baseball in the Motor City, and Lions owner George Richards knew he needed to draw fans to his team. Playing on Thanksgiving Day was a risk, but one that Richards was willing to take to get Motor City fans to support the Lions.

Chicago prevailed on the first Thanksgiving Day game 19-16. For 32 years, the Lions were the only team to host a game on Thanksgiving. In 1966, the Dallas Cowboys started hosting a Thanksgiving Day game of their own and a third prime time game was added in 2006.

The only team to not have played a single Thanksgiving Day game is the Jacksonville Jaguars. While the Cowboys and Lions play every year, other teams across the league take turns playing on the holiday.

While Thanksgiving Day games in the NFL are commonplace, I do not believe that they should be played at all.

Don't get me wrong, I love watching the Lions play every Thanksgiving. It is a tradition in my family as much as eating turkey to watch the Lions on Thanksgiving. Despite my personal enjoyment of watching football on Thanksgiving, I believe there should not be any NFL games played on the holiday.

For starters, Thanksgiving is a holiday where everyone should spend time with family. As we sit around our dinner tables feasting on turkey and mashed potatoes, NFL players are on the field competing. Why should players, coaches, trainers, stadium personnel, and broadcast teams take the field to provide entertainment for us while we get to spend time at home with our families?

Thanksgiving is a time to show gratitude to loved ones by spending time together. Anyone involved with football on Thanksgiving is robbed of this experience. Instead of having dinner with their families, they spend the day preparing for and playing football.

Yes, the Thanksgiving Day games bring extra attention to



Graphic by: Charlie Zitta | Production Assistant

the teams and players who participate, but is bringing extra attention to the NFL worth forcing players to be away from their families on a national holiday? I would argue that nothing is worth that, especially not football.

Those of us at home on Thanksgiving who watch the NFL throughout the day could also be negatively affected by football on the holiday. Last year's contest between the Dallas Cowboys and Buffalo Bills had 32.53 million viewers. Instead of devoting the day to spending time with their families, those millions of people were watching football.

In my family, we watch football all day on Thanksgiving and I know for sure that we often are more focused on watching the Lions than enjoying each other's company.

I firmly believe that family should be the focus of Thanksgiving, but because the NFL plays three games every Thanksgiving, some people do not have the opportunity to do so. Players, coaches, stadium personnel, and broadcast teams are away from home and their families. The NFL should take one Thursday game off for the season and play all the games on Sunday (except for the usual Monday Night Football game) on Thanksgiving weekend.

The same goes for the NBA on Christmas Day. Christmas

is another holiday where spending quality time with your family is of utmost importance, and since 1947, the NBA has played on Christmas. Currently, there are five games played on Dec. 25 every year. Unlike the NFL, there are no fixed opponents.

In 2009, Orlando Magic coach Stan Van Gundy complained about Christmas Day games. The Associated Press quoted him talking about his dislike for the holiday games and how they keep many people away from their families.

"I actually feel sorry for people who have nothing to do on Christmas Day other than watch an NBA game," Van Gundy said. "I think we get a little carried away with ourselves with sports thinking we're more important than everything else."

Sports are fun. I love watching sports, but they should never be the top priority in life. Playing professional games on national holidays makes sports seem like the top priority and distracts/keeps people away from their families.

Professional sports should take holidays off.

This change needs to happen, and it should happen immediately.

Huge play by Zimmer wins game for Bills



Zimmer stripped Patriots QB Cam Newton to seal the Bill's victory 24-21.

Photo from Buffalo Bills Twitter

Brendan Sanders
Sports Editor

For the second week in a row, a former Ferris State football player made significant contributions to the NFL. Justin Zimmer, defensive tackle for the Buffalo Bills made the play of the game against the New England Patriots.

With the Patriots driving with less than a minute to go and the Bills grasping to a three point lead. Zimmer stripped quarterback Cam Newton on a QB run as the former MVP crossed the Bills 15 yard line forcing a fumble that the Bills recovered. With 30 seconds left in the contest this sealed a 24-21 victory over their division rivals.

Zimmer made the most of his 26 snaps on the day, making one tackle and forcing the Newton fumble. This win brought the Bills record to 6-2, giving them a 1.5 game lead over the Miami Dolphins for the lead in the AFC East Division.

With his performance on Sunday, Zimmer now has 11 tackles on the season with six assisted tackles and one forced fumble on the season. The Buffalo Bills will play the Seattle Seahawks in a cross conference battle.

Other Bulldogs in the NFL

Green Bay Packers- WR Malik Taylor 1 reception, 26 yards

Cleveland Browns- CB Tavierre Thomas Loss against the Raiders

Miami Dolphins- DE Adam Sieler 4 tackles

WEEK 9: Veteran vs Rookie quarterbacks

We are halfway through yet another fantasy football season and just weeks away from the playoffs. Whether your league plays for money or just for fun, this is the time where you must find ways to win games. Time is winding down on the fantasy season, and if you are not at least 4-4 heading into Week 9, things do not look so good. But there is still a chance. This week, we will give you our best advice about who to start between **Aaron Rodgers** and **Justin Herbert**.



Brody Keiser
Sports Reporter

Aaron Rodgers takes his Green Bay Packers to Levi Stadium to face the San Francisco 49ers on Thursday Night Football in Week 9. In what should be a high scoring game between two of the top teams in the NFC, Rodgers will be forced to air it out plenty against the 49ers. In the NFC Championship last year, Rodgers threw for 326 yards and two touchdowns. I expect more of the same from the former NFL MVP in this matchup.

Rodgers has eclipsed 24 fantasy points in four of six games this year. He has been efficient (outside of the Week 6 game against the Buccaneers) so far and has tossed multiple touchdowns in every game but one. He is a consistent fantasy player and that should not change this week against the 49ers.

Aaron Jones is expected to be back and healthy for this primetime matchup, but the Packers have proven to be two-dimensional in the past and the 49ers give up the fewest points to opposing running backs. Rodgers will have to throw to put points on the board and keep up with the 49ers.

The Charger's rookie Justin Herbert has been fantastic in his young career and he gets another favorable matchup this week against the Las Vegas Raiders who currently allow the third most fantasy points to opposing passers in the league. I do expect Herbert to have another big day against the Raiders and I would advise you to start him as well. However, I anticipate that Rodgers will outscore the rookie signal-caller this week and is thus a better start for your fantasy team.

Two players who will boom this week:

James Conner – He plays Dallas. In case you need more, the Cowboys are allowing 178 yards per game on the ground to opposing tailbacks.

Two players who will bust this week:

Todd Gurley – Denver excels at slowing down opposing ground games and struggle to contain outside receivers. I see a big day for Atlanta's air attack and a down day for Gurley.

Amari Cooper – He plays Pittsburgh, and this Cowboys team has looked atrocious without Dak Prescott. Not a recipe for a big day for the Cowboys' wideout.



Graphic by: Charlie Zitta | Production Assistant

While nobody can deny Aaron Rodgers' greatness it will be hard to trust him against the 49ers inside Levi Stadium. The Packers have yet to play defense to the talent that the Niners have, but it will help the Packers that Nick Bosa won't be chasing Rodgers down. I do believe Rodgers will have to air the ball in tough moments but overall if Aaron Jones is healthy it will be a running feast for him. Richard Sherman should lock up Davante Adams and outside of Adams Rodgers will look to find more of former Ferris State star Malik Taylor as he found the endzone for the Packers in week 7.

It's hard to argue against either quarterback in fantasy so deep into the season and I personally would start both, but I would take Herbert solely based on his easier matchup on Sunday.

Two players who will boom this week:

James Robinson – The volume Robinson receives on this Jags team is insane. He is used in both the run and pass game but is a must-start against Houston.

Two players who will bust this week:

Josh Jacobs – I have a feeling Jacobs will fall off the wagon and against the Chargers front seven Jacobs will have a tough go, especially since the Raiders will be playing from behind.

Davante Adams – As I alluded to above I believe the 49ers will take out Rodgers' number one target and make him find someone else to beat them with as Sherman will lock up Adams.



Austin Arquette
Sports Reporter

Justin Herbert has diffidently stolen the show in L.A. He is leading the Chargers to a turnaround season now that he is under center. In week 9 Herbert will look to continue his success in his rookie year as he has yet to throw under 250 yards passing and has at least 3 passing touchdowns in his last few games. The Raiders as a whole have no identity as a team, but the Chargers are finding theirs as the season rages on.

Herbert's worst fantasy outing so far was against Carolina, but he still managed to throw for 330 yards and a touchdown as he posted 14.7 fantasy points. I do not see Herbert being anything less than a 25 or more-point scorer the rest of the season.

While Herbert has found out what it takes to play in the NFL as a rookie, he has shined in big moments and has become the Chargers' future franchise quarterback. The Chargers also have a healthy Keenan Allen, Mike Williams, Hunter Henry, and a good running back committee with Justin Jackson and Joshua Kelley. Austin Ekeler is expected to return from the injured reserve soon as well. Overall, the Chargers have a better team than the Raiders all around and I foresee them overpowering the Raiders in a divisional game for a playoff spot.

THIS WEEK IN SPORTS LAST YEAR

Brendan Sanders
Sports Editor

This week one year ago, the Bulldogs were coming off two losses to Lake Superior State, 5-4 and 4-3.

"Close but no cigar" could've been the motto for the Bulldog men's hockey team during the first part of the 2019 season as the team tried to battle back from a 2-5 start.

Standing at 2-5 with wins over Colgate and Miami of Ohio, the men's hockey team could very well have been 7-0 with a few lucky bounces. The Ulldogs had four losses of one goal or less in it's first seven games, including losses against Miami (OH), Northern Michigan, and Lake Superior State.

The average goal differential over the five losses was 1.2.

The Bulldogs would not be able to recover from the slow start to the season, going 7-26-2.

Other results from Oct. 28 - Nov. 4

Football beat Northern Michigan 52-0

Women's Soccer beat Northwood 4-0

Volleyball beat LSSU 3-0

Men's Basketball beat Concordia 91-83



Torch File Photo

Jake Transit moves the puck down the ice as the Bulldogs took on Lake Superior State University

OPINIONS

Cora Hall | Editor in Chief | hallc36@ferris.edu

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Ferris State University
Big Rapids, MI 49307
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- TORCH STAFF -

Editor in Chief
Cora Hall
(231) 591-5978

Production Manager

Production Assistant
Charlie Zitta
Brooke Martin

News Editor
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Lifestyles Editor
Marissa Russell

Sports Editor
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Distributor
Rebecca Vanderkooi

Adviser
Garrett Stack
(231) 591-5869

EDITOR'S COLUMN: 'Leadership is lonely'

By Cora Hall

I've felt rather isolated lately, and I'm sure it's not an uncommon feeling among students right now. With online classes and the seasons changing, the feeling of isolation can easily creep into your daily life.

I work two jobs and have a full load of classes, and I'm not unique in that fact. So many students work one or more jobs to pay the bills and to be able to afford tuition. It's an uphill grind sometimes, but it's necessary for many.

Editor in Chief is by far my favorite job I've had, but it's also the hardest. Juggling my responsibilities at the Torch with my classes is often more of me dropping the ball on my homework. It's hard to prioritize my classes when doing my job at the Torch feels like the most important thing in my life right now.

This job has already helped me grow immensely in learning to manage a staff, delegate tasks and lead our team in our campus coverage. I wouldn't trade this job for the world right now, but in striving to do this job to the best of my ability, I find myself feeling isolated much of the time.

My older brother, who hears all about my work and how stressful it can be, constantly reminds me of a phrase.

"If it was easy, everyone would do it."

I'm sure you've heard it before. Maybe even scoffed at it. It comes off a little cliché, a little cheesy. But it's true. It's so simple, yet when I think about it, it helps me believe in what I'm doing a little more.

I spent the last weekend working in the morning and then going home to do homework

and work on internship applications. My roommates and friends were off having fun, which is totally within their right and I'm not saying this to cast judgement. It just hit me, as I sat alone in my living room writing application essays Friday and Saturday night: the path to being great and striving to be the best you can be is often a lonely one.

Again, this is not me saying that my friends are not striving to be great at what they do, or that they don't want to be the best they can be. We simply have different priorities at this moment in time.

I'm going to reference Kobe Bryant here because, he was an incredible example of leadership and what it looks like when you strive to be the greatest. He said "leadership is lonely," and I've seen that more and more as this semester has progressed. I think something he said on a Showtime special in 2015 really encapsulates what I've been feeling lately.

"There's a choice that we have to make as people, as individuals. If you want to be great at something, there's a choice you have to make," Bryant said. "We all can be masters at our craft, but you have to make a choice. What I mean by that is, there are inherent sacrifices that come along with that. Family time, hanging out with friends, being a great friend, being a great son, nephew, whatever the case may be. There are sacrifices that come along with making that decision."

It's my senior year. I've got a little over a semester to make my opportunities in college count before I go find a job. My career aspira-

tions are probably a bit large for my own good, but right now, as a 22-year-old, now is the time for me to dream that big. I have a lot of life ahead of me, so why not? Your 20s are a time when I feel like anything can happen. It's as equally scary as it is exciting.

I want to be great at what I do. I don't necessarily aspire to win huge awards or gain national recognition, but I want the satisfaction of knowing that the work I do is meaningful and very well done. That doesn't just happen.

This shit isn't all rainbows and butterflies; you don't magically one day have skills and experience and everything you need to be successful. It's a commitment every day to do the small things well, to create habits that lead to being great. And that gets lonely sometimes.

It means staying in to do homework. Missing out on social activities to work. Making sacrifices in order to reach your goals. I've been able to go home and see my family twice this semester, which is somewhat hard for me. But they live two hours from school and typically work Friday, Saturday, Sunday and Monday. I don't have time to make the four-hour round trip most weekends. But it's a sacrifice I'm making to work both the job I love and the job to help pay the bills.

I don't regret it and I wouldn't change a thing about how this semester has gone. It gets lonely sometimes, but one day I have no doubt it'll pay off.

Tell me about your trauma, I'll tell you about your future

What adverse childhood experiences are and the unfavorable health outcomes that they can predict



Madison Kettlewell
Torch Photographer

Have you wondered if you might be at risk for certain negative health conditions or diseases, or if you might die at an early age?

Have you ever considered why you adapt unfavorable habits? Would you believe me if I told you that a 10-question quiz about your childhood could predict the answers to these questions, and more?

Yes, this quiz really exists. According to the CDC, the quiz is based on a study conducted from 1995 to 1997. The CDC reports that the California study had over 17,000 participants fill out a questionnaire that identified different adverse childhood experiences (ACEs).

These ACEs consisted of 10 potentially traumatic events, experienced before the age of 18. For each event that an individual had experienced, they received a single point. Further research showed two scores at which an individual's risk for negative health outcomes rose significantly. The CDC identified the first as an ACE score of four or more, and the second as an score of seven or more.

The CDC website reads, "ACEs are linked to chronic health problems, mental illness, and substance misuse in adulthood. ACEs can also negatively impact education and job opportunities."

First, it's important to note how common ACEs are in our country. According to the CDC, it was found after surveying 25 states that about 61 percent of adults had experienced at least one adverse childhood experience. Further, the CDC said about one in six adults reported that they had experienced four or more ACEs.

You may be wondering what exactly your ACE score will tell you. Af-

ter further research, we have a broader understanding of how serious high ACE scores can be. For example, the CDC says that an individual with a high ACE score is at a higher risk of injury, addiction, sexually transmitted infections, maternal and child health problems, and teen pregnancy. This individual is also at an increased risk of involvement in sex trafficking and developing a range of negative health diseases, such as chronic disease and leading causes of death (cancer, diabetes, heart disease, and suicide).

The ACE quiz itself asks an individual about certain childhood experiences that have the potential to be very traumatic for a child. The quiz asks about a variety of topics, including experiencing violence or abuse in the household, having a family member incarcerated, a family member attempt or commit suicide, experiencing someone in the house who struggled with mental health issues or substance misuse, experiencing parental separation, and more.

There is no denying how important the ACE study was in helping people understand the lasting effect of childhood trauma. But it still shouldn't be okay that this study was conducted over 20 years ago and we're still not talking about it. Today, we start.

With everything we have learned, it is crucial to remember that we can prevent ACEs and create a better future for the generations to come. According to the CDC, "Creating and sustaining safe, stable, nurturing relationships and environments for all children and families can prevent ACEs and help all children reach their full potential." Learn from your

Childhood trauma | see page 16

Give me spring break or give me death

Why canceling spring break is not a good idea



Kendall Rooks
 Lifestyles Reporter

The coronavirus pandemic has truly thrown Michigan colleges and universities for a loop.

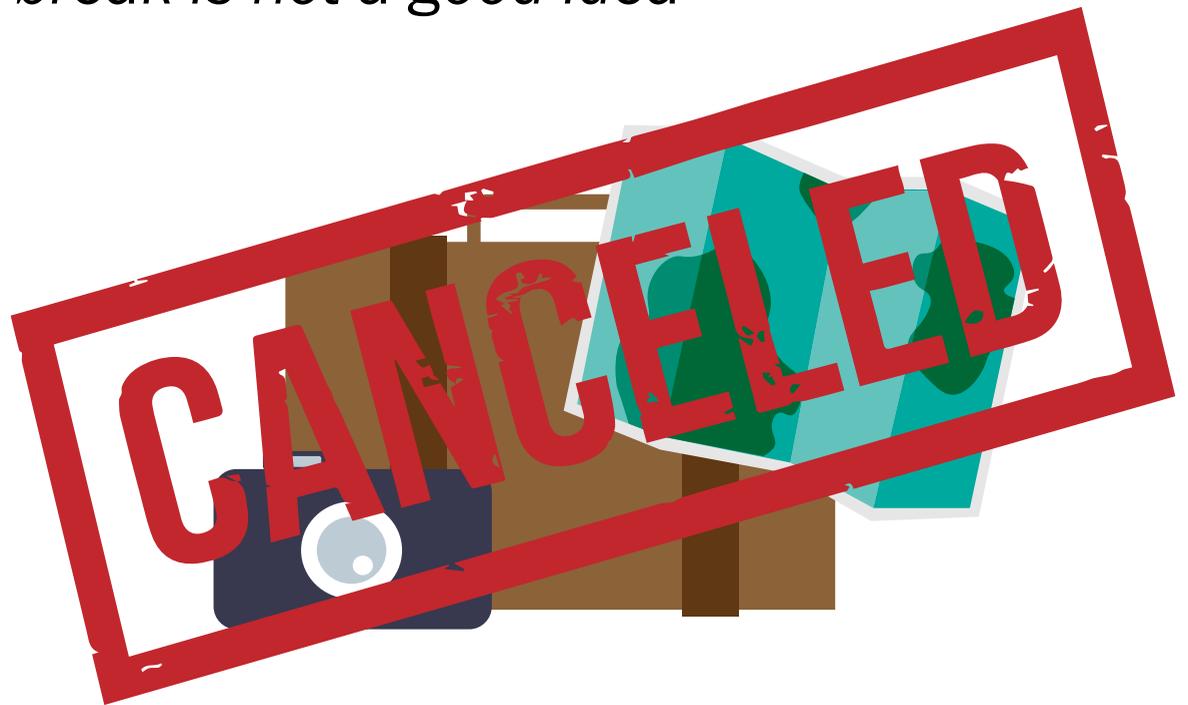
On Oct. 2 Ferris, among other universities, cancelled the fall break and told students that classes will be finished strictly online until the end of the semester. On top of the cancellation of a fall break, students will not be receiving a spring break either.

Spring break is arguably the best break of the college school year and although I understand the precautions behind canceling our spring break, I feel as though the dangers of travel are inevitable. The cancellation is meant to keep students on campus and deterred from traveling around the globe spreading coronavirus. However, students are traveling already. I have heard of multiple students traveling around Michigan and the United States throughout the school year. My roommate is even going to Florida for a weekend "just because."

And who's to say that students will not decide to go on spring break anyway? Classes are online and easily portable.

Students who would have decided to stay safe and inside Michigan are also being penalized. Without a spring break, there is no time to see your family for a week or participate in self-care inside your own home.

Canceling spring break will also be a huge hit to student mental health. Rest is an important aspect of growth and health, and spring break is a time for students to take a break from their rigorous course loads. With the current stress of new online classes and a global pandemic, I fear



Graphic by: Cora Hall | Editor in Chief

that some students might mentally collapse and burn out under the pressure of it all. This happening can discourage newer students in terms of effort or even finishing their degrees. Research has shown that taking vacations and breaks from studies can help improve mental health, reduce stress and decrease anxiety levels.

Some schools such as Central Michigan are opting to have "wellness days" sprinkled throughout the spring semester. A wellness day would prohibit professors from teaching on that day, but not necessarily from having assignments due. This quick-fix does not quite cut it for me.

Personally, I would start to use a wellness day to work an

extra shift at my job or catch up on homework for the week. Defeating the whole purpose of a "break." I usually use the promise of a spring break as my motivation to push through my most draining classes.

With the cancellation of spring break, I urge all students to pay extra attention to their health. Make sure that you are getting enough sleep and proper nutrition. Do the occasional face mask or buy yourself a new set of nails. There are also counseling services available for all students at the Birkam Health Center if you are struggling with your mental health.



Want to write for the Torch but don't have the time every week?

The Torch is now accepting freelance articles!



Pitch your story idea to our Editor in Chief, Cora Hall. If we like your story, we'll send you out to report and write and if we publish it, you'll get paid.

Email hallc36@ferris.edu for more information or to pitch a story!





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2020 DECEMBER COMMENCEMENT

Saturday, December 19, 2020
Virtual Commencement

College	Contact	Phone #	Location
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Arts & Sciences	Gayle Driggers	(231) 591-3666	ASC 3052
Business	Carri Griffis	(231) 591-2493	BUS 200
Business (graduate students)	Shannon Yost	(231) 591-2168	BUS 200
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Note: You must satisfy all of your degree requirements before you officially graduate and receive your diploma.

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Virtual Commencement Slide – To personalize your slide please visit Virtual Commencement at <https://www.ferris.edu/HTMLS/current/Commencement/virtualcommencement.htm>. Information must be submitted by the end of the day on Wednesday, October 21st.

Diploma Cover & Alumni Pin Pick up – For those Graduate who selected yes to walk you may pick up your diploma cover and Alumni Pin during the following times in the University Center on main campus in Room 123.

10/21	10:00 am – 1:30 pm	11/09	12:00 pm – 3:00 pm	11/13	2:00 pm – 5:00 pm
11/05	11:00 am – 1:00 pm	11/12	11:00 am – 3:00 pm	11/17	2:00 pm – 5:00 pm

Saturday, December 19, 2020

Time	College
10:00 am	College of Business
	College of Health Profession
1:30 pm	College of Arts & Sciences
	College of Engineering Technology

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