

# The Ferris State Torch

NINTEY YEARS OF ILLUMINATING THE TRUTH

Big Rapids, Michigan

Week of Jan. 27 - Feb. 2, 2021

www.fsutorch.com

## Woman sells racist clothing on Big Rapids Facebook group

### Creator of sweatshirts unapologetic for clear racist overtone and remarks of design

**Rebecca Vanderkooil**  
News Reporter

An ad for racist clothing was posted in the “Big Rapids Online Sales Group” on Facebook this Saturday, resulting in backlash from the community.

Haley Joe from Big Rapids designed hoodies that stated, ‘Masks are For Slaves’ and had graphics of slave shackles. While the number of hoodies sold was not specified, Joe would only comment that she sold “quite a few.” Joe is not a Ferris student, but said her boyfriend used to attend the university.

Joe explained that the hoodie design is supposed to show her anger at COVID-19 mask mandates. The shackles are supposed represent, “slavery of the mind.” The post has since been removed from the group.

Byron Brooks is a Graduating Honors Senior in the Music and Entertainment Business Program. He was one of multiple

people who publicly called out Joe’s post on Facebook, because the shirt has offended numerous people.

“I utilized that moment not only to call this woman out on her racist actions or to expose her white privilege, of which sadly many often try to act as if there is no such thing. But I also wanted to simultaneously use that moment as an opportunity to educate and let our community in Big Rapids know that hatred and racism of any kind will no longer be tolerated,” Brooks said.

David Takitaki, a political science professor at Ferris, offered insight into this situation from a political standpoint.

“It’s important to note the desire of the person who made this item is to conflate two very different issues,” Takitaki said.

He explained that in politics while it’s typical to use sarcasm to make a point, he feels that this exceeds that sarcasm and crosses a line that is not acceptable.

“Anything that is not actual slavery compared to American chattel slavery is politically tone-deaf and intellectually dishonest,” Takitaki said. “Doing so attempts to portray their grievance (in this case, mask wearing) as being as bad as slavery and simultaneously underplays the severity of slavery itself. Underplaying the brutal oppression of a group that was oppressed on the basis of race is both racist and furthers racism.”

Many people were enraged by Joe’s design. However, she refuses to stop selling the hoodies.

“I feel misunderstood,” Joe said. “I was also very misunderstanding when creating this shirt because I misunderstood how insensitive my choice of words was when coming up with this. I was just trying to prove a point.”

However, Joe said that she had nothing to apologize for and she wasn’t sorry for designing and selling the hoodie.

“If they choose to think negatively about this in a way that is offensive towards themselves then I’m sorry because that’s not what I meant by it,” Joe said.

Regardless of the intent, the end result has deeply offended many individuals in the Big Rapids community.

“If I were to get the chance to have a conversation with her, I would tell her that she owes the Black community a public apology, as she does not know the trauma, mental and emotional wounds she caused by publicly trying to profit from my peoples’ oppression by ignorantly comparing wearing a face mask to being a slave,” Brooks said.

The Facebook group has over 20,000 members and the administrators of the group were not immediately available for comment.

## BUILDING A FUTURE

### Ferris began updating its master plan and held an input meeting for students

**Alyssa Hubbard**  
News Reporter

On Tuesday, Jan. 19, 2021, students joined Ferris staff members and Neumann/Smith architecture employees to discuss future campus projects to further develop the university.

The state requires all colleges and universities to submit a five-year capital layout budget and an update of their master plan. A master plan lays out different projects the university would like to accomplish over the course of a few years. It acts as a guide for future growth and development processes for the campus and local community based on their highest priorities and needs.

Projects include constructing new buildings on campus, renovating current buildings, vehicular circulation, parking, campus branding and more. The College of Optometry, the Timme Center for Student Services and the Swan building are a few building outcomes from previous master plans in the last 20 years.

Physical plant associate vice president Mike Hughes has worked at Ferris for the last 34 years and has been involved in all the master plan processes during that time frame.

“It’s kind of like a funnel,” Hughes said. “You start out really wide and get a lot of input. At some point, you have to narrow it down as you go through the funnel. And ultimately, there are decisions made administratively on what winds up in the plan ... So it really gives you a way to prioritize what the needs of the campus are based on your financial resources and take advantage of opportunities that come along.”

During the update meeting, Neumann/Smith architecture associate Bert Koseck asked the students what types of changes they would like to see made. A few students gave recommendations.

“Making Ferris a more immersive college experience will be taking the step to connect with the community,” marketing senior Amber Eckel said. “I hope to see more and brighter lights between campus and downtown Big Rapids, a reliable Uber or Lyft service and Ferris State advertising Big Rapids Events or sharing new businesses downtown.”

Eckel mentioned that adding more lights between campus and the downtown area will help the two areas build a better communal relationship in a safer way. She hoped this would attract more students to hang out downtown often.

Although Hughes will be retiring from his position this June, he would like to see the university take advantage of areas by the Muskegon River to encourage more student involvement in the unique local environment and community.

Hospitality and event management and digital marketing junior Emma Franklin also attended this meeting. Franklin appreciated the opportunity to offer input as a student. She added that the master plan also affected every student at the university.

“The Master Plan impacts my experience as a Ferris student and future alumni greatly,” Franklin said. “The improvements to our campus give me pride in the school and it also updates me on what is going to be offered in my future. The master plan gives me hope for new opportunities at Ferris and keeps me excited to continue being a bulldog. The plans that they choose to im-



Photo by: Benjamin Totten | Torch Photographer

plement impact my day-to-day life as long as I am attending Ferris, so it is important that the changes are not only relevant, but positive as well.”

Not only will these master plans affect current students but also the students of future generations to attend FSU.

Franklin said that current issues will be fixed and improved to create a better experience for students to come. This will help the university modernize as much as possible.

Eckel said that the university’s growth will drive the students’ “idea of reinvesting into Big Rapids.” Alumni will visit one day and see how the community has grown since they left.

“As a Senior at FSU, I hope the master plan will continue to expand the possibilities

for all Bulldogs,” Eckel said. “I want to come back to Ferris in ten years and see all the wonderful updates they’ve made to accommodate the students and the standing classics around campus.”

This strategic plan revolves around FSU’s mission, vision statement and core values. Overall, the university wants to consistently evolve into a more stimulating and successful learning environment for students.

The whole process takes about 27 weeks total from receiving initial input to the final master plan document. Over 30 groups of stakeholders will meet to give input on the plan.

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# NEWS

Ry Rodriguez | News Editor | rodrir16@ferris.edu

## Snyder charged in Flint water crisis

Former Gov. charged with neglect, Ferris student reflects on growing up amid the crisis

Rebecca VanderKooi  
News Reporter

The former Michigan Governor, Rick Snyder, was charged with two counts of neglect of duty on Jan. 14, following the 2014 Flint water crisis. On Monday, Jan. 25, his attorneys filed a motion to dismiss the charges on the basis of jurisdiction.

Amere Blake is a senior at Ferris studying business administration. He is from Flint, and was in high school during the water crisis, and he saw firsthand the devastating effects on his community.

"I feel like it's long overdue. The facts have been proven that he did some things that were insensitive to people of Flint," Blake said. "It was an issue that unraveled and went national in 2016 and 2017 but it really was a problem since 2014. He let things get out of hand, let things become inhumane as far as a city not being able to use its own water."

Back in 2014, state officials decided to switch Flint's main water supply to the Flint River, which was supposed to save the city money.

After the switch of the water supply other state officials forgot to require the city to treat the water, and test the pipes that were sitting, waiting to be used in more than eight years. This caused lead to seep into the water supply creating a breeding ground for bacteria.

The water started to turn a black and brown, became foul smelling but no warning was put out about the water.

By the end of 2014, cases of Legionnaires, a disease from ingesting bacteria, rose to 40 and three people were confirmed dead from the disease.

It was not till 2015 where state officials started to talk about the rising cases, and not until 2016 when

Snyder finally announced the outbreak of Legionnaires' only 18 months after the cases started.

This week Snyder pled 'not guilty' on each misdemeanor count of neglect of duty regarding his involvement in the Flint water crisis. The charges carry up to a \$1000 fine as well as up to a year in prison if he is found guilty.

Blake explained that in the midst of the water crisis their water was brown and had a terrible odor. Due to this, they used bottled water to do everything from dish washing to cleaning and everything in between.

"I had to go to the nicer side of town where my grandma was at to use the water and take a shower," Blake said.

It became a national issue and residents marched, protesting the city's water problems. However, Snyder failed to switch the water supply for 17 months.

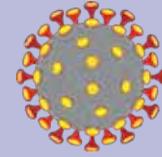
"It was evident that in the nicer neighborhoods or the suburbs the water was fine. So, it showed that it was a real problem as far as the pipe system was within the inner city, within the side of town where a lot of Blacks stay. Which is another attest to how systemic racism works," Blake said.

Even today, many people in Flint are still skeptical to use the water. After being told it was safe years ago when it was not, they don't want to risk it.

"I know a lot of people who (still) use bottled water to at least cook, they don't want to come close to having the lead in their system," said Blake.

While things have gotten better in Flint, they still aren't back to normal. Blake explained that many people's water pipes have been fixed, but not everyone's. In addition, there is still a lot of fear surrounding drinking tap water, even years later.

Attorney General Dana Nessel is expected to announce more information on the specific charges Snyder faces in the coming days.



## Pandemic ponderings with Dr. Jadhav

*Editor's note: Due to the continuation of the COVID-19 pandemic and many questions we believe our students may have, we will host a weekly Q&A session with Dr. Emmanuel Jadhav, who has been a Professor of Public Health for over six years at Ferris. Jadhav teaches both undergraduate and graduate studies in public health management, global health and more. His research in the past has focused on the organization of public health departments, leadership and health benefits of educational attainment. Besides these qualifications, Jadhav also has experience as a healthcare administrator.*

To submit questions for this column, email Cora Hall at [hallc36@ferris.edu](mailto:hallc36@ferris.edu).

With the COVID-19 vaccine rolling out in Michigan, Dr. Jadhav answers some commonly asked questions this week about the vaccine.

### Why is the COVID-19 vaccine a two-dose vaccine?

Vaccines are generally offered in two doses. The first dose is to prepare the immune system to create a response to the virus, in this case the SARS-CoV-2. The second dose is to boost the immune response for long term protection.

### Why does the mRNA vaccine have to be stored at such low temperatures?

It is to ensure the mRNA in the vaccine remain stable over time.

### Can you explain what an mRNA vaccine is and how it works?

mRNA, or messenger-Ribonucleic acid, is a type of genetic material that gives our cells the instructions to make proteins. When used in the COVID-vaccine, the mRNA instructs the cells to make the protein called 'spike' protein that is found on the surface of SARS-CoV-2. The body's immune system recognizes the 'spike' protein as an intruder and produces antibodies against it. Such that when the actual virus enters the body, the immune system can destroy the virus before it can cause illness.

### I am still hesitant about getting the vaccine, should I be worried about the side effects of the vaccine?

As of Jan. 22, 2021, there is no data on long-term severe reactions and extremely few instances of severe side effects that have been documented. However, your concern is valid! I encourage you to read What to Expect and Contraindications on the CDC website about the COVID-vaccine to learn more about assuaging your worry.

### Are there any health conditions that would prevent someone from getting the vaccine?

Yes, a few contraindications have been identified. Check out Contraindications for more information.

### Why is the vaccine rollout going so slowly?

It is a logistical experiment in progress. Think about it ... in Michigan alone the population is close to 10 million, there are about 1700 enrolled providers, and there are two manufacturers trying to supply the entire nation!

### If I get the vaccine, does that mean I don't have to wear a mask anymore?

Vaccinated or not, please keep following all safety protocols - maintain physical distance, wear masks, wash hands frequently, when the option to get vaccinated is available engage responsibly!

## Return of the face to face classes

CDC puts Ferris at medium risk of exposure for continuation of face to face learning

Jerry Gaytan  
Freelance Reporter

Ferris increases the number of in-person classes which will impose risks for students to contract COVID-19, according to the CDC's model.

According to Academic Affairs, the spring semester has increased its in-person classes to 45% while the remaining percentage will still be lecture delivered remotely. After Thanksgiving, 98% of all classes were online till the end of the semester. At the beginning of the fall semester, the class ratio was 51% face to face with 37% set as remote learning according to Academic Affairs.

As stated by the Center of Disease Control (CDC), Ferris falls in the medium risk of exposure. Following all mitigation procedures set by the CDC and Ferris will allow a decrease in risk towards COVID-19, such as wearing a mask and hand washing.

"We've got programs where face-to-face is vital in order to get

the skills you need," professor of communication Sandra Alspach said. "I would much rather be face-to-face in the classroom but to be perfectly honest I'm 73 years old and I can't risk [getting COVID-19]."

Alspach, who falls in a high-risk category of COVID-19, has conditioned herself to make peace with teaching her courses through Zoom. As well as a belief that once the vaccine is allowed for students it will improve the safety level on campus.

Ferris is combating the risk of COVID-19 to in-person classes is by updating the ventilation system, as well as implementing shields to protect students from each other and the lecturers.

"Protecting the ongoing health, safety and wellness of Ferris students, faculty and staff continues to be of paramount importance" said an Academic Affairs representative via email.

The CDC has categorized Ferris in the medium rank of exposed because of Ferris' "hybrid learning model".

Ferris has a blend of both remote and in-person courses this semester, which include practicums and independent study courses making it a hybrid model. The rest of the courses this semester according to Academic Affairs is 41% remote learning with 14% practicums and internships.

Electrical engineering technology junior Calvin Hilt has all his classes this semester in-person but one. Hilt also said he enjoys his in-person classes because they "aren't cramped for space".

Pre-pharmacy freshman Claudine Bayles claims that in-person classes are better because "it is easy to get distracted through Zoom".

Ferris is confident that the ongoing work to in mitigating and monitoring the safety and health of all on-campus to keep a safe environment.

For more information and updates on COVID-19 related to the university, visit the University's Coronavirus Updates Hub website.



# THIS WEEK IN MICHIGAN NEWS

## Catch up on news around the state

Ry Rodriguez  
News Editor

### Capital Update

#### COVID-19 Update

\***CASES: 595,366**

\***DEATHS: 15,170**

\*\***RECOVERED: 463,106**

\***From the NYT – updated every four hours**

\*\***From Michigan.gov – updated every Saturday**

LANSING, Mich. – Jan. 22 The director of the MDHHS, Robert Gordon, resigned from the position in a tweet and was quickly accepted by the governor. Whitmer appointed the deputy director, Elizabeth Hertel, to fill the position; following this came an update to the MDHHS mandate for sports [see below] and allowing restaurants to open back up at 25% capacity with up to 100 people.

On Monday, Jan. 25 Governor Whitmer explained how Michiganders will benefit from the 'By America' executive order Biden signed that same day. The order would strengthen the economy and help employees through the pandemic. Whitmer also up-

dated Michiganders on plans for 50 thousand shots per day, once Michigan has enough of the vaccine to roll out.

Whitmer also failed to answer the multiple questions she received from the media when they asked, 'Did you ask for Director Gordons resignation,' in which she would only reply with, "I wish him the best of luck with his future career."

Dr. Joneigh Khaldun, the chief medical executive of MDHHS, explained how Michigan now ranks in the top 20 states on getting the vaccine out to its citizens. She also explained there are more than 15 confirmed cases of the B 1.1.7 variant of COVID-19 and assured Michiganders that it is not more deadly, and the vaccine is still effective against it.

#### Sports

EAST LANSING, Mich. – Executive director of the Michigan High School Athletic Association, Mark Uyl, expressed his concerns on The Huge Show on the further delaying of contact sports till Feb. 21.

"We have been ready to start winter sports as far back as November. This is now two months where we have not been given numbers in terms of whether it is based on cases or positive test rates, etc. We haven't been given any idea of what needs to happen in order for us to

be able to play, so I'm not sure how we can continue to take the responsibility and the blame for decisions that we have no input, no vote and no opportunity to voice our opinions about," said Uyl.

Michigan State University returns to the college basketball scene since their pause on Jan. 28 against Rutgers. Their pause started with Coach Izzo's son, Steven Izzo, and another player testing positive for COVID-19.

ANN ARBOR, Mich. – The University of Michigan has cancelled all sports, not-

ed from the athletic department. U of M has had 13 confirmed cases of the new variant of COVID-19, B 1.1.7. This 'pause' will last two weeks effective Monday, Jan. 25. Michigan basketball will remain their rank at number four in the NCAA with a 13-1 record.

DETROIT – Saturday, Jan. 23 the Detroit Lions announced they will part ways with long time quarterback Matthew Stafford. Stafford was a first-round pick for the Lions in the 2009 NFL draft. Stafford requested a trade with still two years left in his contract with 45 million dollars left.

Jeremy Fowler of ESPN has commented on the Indianapolis Colts are 'eyeing' the quarterback hard and they have the money to cover the rest of Stafford's contract.

On Monday, Jan 25 Lions fans raised more than \$11,000 to the Acoustic Neurology Association in honor of Stafford's wife Kelly, who suffered from the disease in 2019. More than 1,300 fans made \$9 donations to recognize Stafford's jersey number, one of the final send offs from fans to Stafford.

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## - ON THE RECORD -

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

### Pending charges on Big Rapids' racist stalker

Ry Rodriguez  
News Editor

#### Before he cheats IRL

Jan. 19, 8:56 a.m., DPS was called for damage to property. It was found out a female Ferris student slashed all four tires of her supposed partner's vehicle as well as keying it multiple times. The male student talked to DPS and agreed with their now ex-partner to pay for the damages and not to press charges. The case has since been referred to student conduct.

#### Caught red-eyed

Jan. 19, 5:25 p.m., There was a heavy odor of marijuana coming from Brophy hall, so DPS was called to investigate. After officers followed their noses to a singular dorm room, they investigated further into the case. After digging himself a grave, the student, caught red-eyed, surrendered the rest of the controlled substance since he was underage and caught in the act.

#### Smell real loud

Jan. 24, 1:02 p.m., DPS officers were dispatched to Brophy hall once again for a heavy stench of a scheduled one narcotic, marry jane. After officers knocked on doors and asked around, they could not find where the source of the stank was. The loud was not loud enough.

#### Pending charges on Big Rapids racist stalker

On Jan. 8, DPS received a call from a Black Ferris student who was being tailed by a red truck that was riddled with Trump stickers.

After DPS got in contact with the student, it was found out this was not the first time this had happened. The student had been followed by the same truck back in October, November and December.

Ferris DPS has issued an indefinite trespassing for the 56-year-old male perpetrator.

DPS is seeking an arrest warrant, pending the prosecutor, for stalking and possibly another charge if the evidence has lined up.

This is an ongoing investigation.

## Torch Corrections

Did we make a mistake?  
Let us know!

Corrections can be submitted through email at [fsutorcheditor@gmail.com](mailto:fsutorcheditor@gmail.com) or by calling 231-591-5978

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Updated August 13, 2020

FERRIS STATE UNIVERSITY

# Tech Tips: Stop paying full price

*Buying new technology can be a money funnel, learn how to stay up to date on a budget*

**Noah Kurkjian**  
News Reporter

Stop paying full price for technology; it's pointless. There are always deals to be found as the profit margins on technology are rather large. In this column, I'll explain the best ways to purchase new tech and save yourself some cash.

## TVs

TVs are where the overall best deals are. TV model years kind of work like the model year of a car, so when the new year rolls around within the first quarter of the year the price for the previous model year will start to go down. That however is not to say you're only going to get a deal in Q1 of the year. The best site to use to find bargain TVs is brickseek.com.

The best TV deals are usually going to be at Walmart. For example, last week there was a Samsung 50" 4K LED smart TV with simulated HDR for \$45 or \$79 depending on the Walmart location. This TV would normally retail for almost \$500.

## Laptops

This will be split into two sections: MacBooks and everything else. For MacBooks, because they rarely go on sale aside from \$100 here and there, the best option is finding one open box, gently used or refurbished. Refurbished Macs are still quite expensive and are usually still quite close to retail price so my recommendation would be open box from bestbuy.com or gently used from swappa.com.

An example would be my 2018 13" MacBook Pro. I purchased it open box from swappa.com with AppleCare+ until 2022 for \$1,669. The exact computer from Apple brand new with AppleCare+ retails for \$3,000.

As for Windows laptops or Chromebooks, it's a bit more complicated. This starts to depend on the manufacturer you're interested in. If you're looking for a Surface device, pretty much everything from the MacBook section is applicable aside from the refurbished pricing; there are good, refurbished Surface deals to be had directly from Microsoft.

When it comes to other mainstream manufacturers, the best bet is to wait for a Best Buy sale, a sale by the manufacturer or checking for open box stock. These are just



Photo from Unsplash

harder to peg down exact sales on because of the sheer variety.

## iPads and other tablets

The best luck I have ever had for brand new iPads was Best Buy's Easter sale. I got the 2018 11" iPad Pro from a Best Buy Easter sale for \$615 and it usually retails for \$799. If you're looking for the basic iPad that typically retails for \$329, the best options are any holiday sale (holidays being Easter, Memorial Day, Fourth of July, Labor Day, Thanksgiving and Christmas) from Best Buy, Walmart or Target. These deals can usually be found for \$249. Holiday sales are also the best time to find Samsung tablets on sale. If you're okay with used, refurbished or open box, again, start with swappa.com.

As for tablet accessories, the most popular being the Apple Pencil and the Apple Magic Keyboard case, the absolute best place to look is places like Facebook Marketplace and Offerup. Since these accessories don't really "degrade", they are usually quite easy to find for a steeply discounted price on private person-to-person selling sites. If you cannot find them there, purchase open box from Best Buy.

## Wearables

Whether you're looking for an Apple Watch, a Fitbit, an Android WearOS watch

or any type of true wireless headphones, these are going to be the most heavily discounted during the holiday sales. Outside of those, just periodically check Amazon. Apple Watches and AirPods tend to go on sale about once a month there.

## Smart home tech

Never, and I mean never pay full price for a smart speaker. There is always a way to get these for at least 50% off, if not free. For instance, Spotify and Sirius XM are typically offering Google Home Mini's for free a few times a year if you are a subscriber or when you sign up for their service. Also, Best Buy and Walmart usually have Google Home and Amazon Alexa products for up to half off.

As for other smart home tech like smart lights, security cameras, smart plugs and more, the best place to watch out for those is also brickseek.com. I found the Lenovo Google Assistant-enabled Smart Clock display for \$25 when it usually retails for \$79 - \$89 from Walmart just for checking brickseek.com.

## Smartphones

I'll break this up to iPhones and Android phones. For the new iPhone 12, the best deals are going to be had are with a carrier trade-in. If you trade in an iPhone X or newer (includes the 2020 iPhone SE), you can get

up to \$550 off the purchase of an iPhone 12. This figure can fluctuate because it depends on what iPhone 12 model you want and if you're upgrading an existing line with your carrier, adding a line to your current plan or jumping to a new carrier altogether.

If you're looking for a new-to-you iPhone, start on swappa.com. I would suggest skipping places like Facebook Marketplace all together as it is very easy to get scammed. When shopping for a used iPhone, pay attention to two things. First, check the battery health. This can be found under Settings - Battery - Battery Health - Maximum Capacity, if it's below 80%, skip it. Also, figure out what the carrier lock status is. Make sure that it is either locked to the carrier of your chose, or carrier unlocked. If the device is on a lease, this is not carrier unlocked.

As for Android phones, the best bet will just be to keep an eye on carrier deals. Buying a used Android phone is not a great idea because of the fact that they tend to degrade a lot faster than iPhones do, but if you're dead set on a used Android phone, check swappa.com.

\*Note, if you are using brickseek, it is generally frowned upon to mention it to Walmart employees as the two companies are in no way linked. This also means Walmart will not price match to brickseek.com.

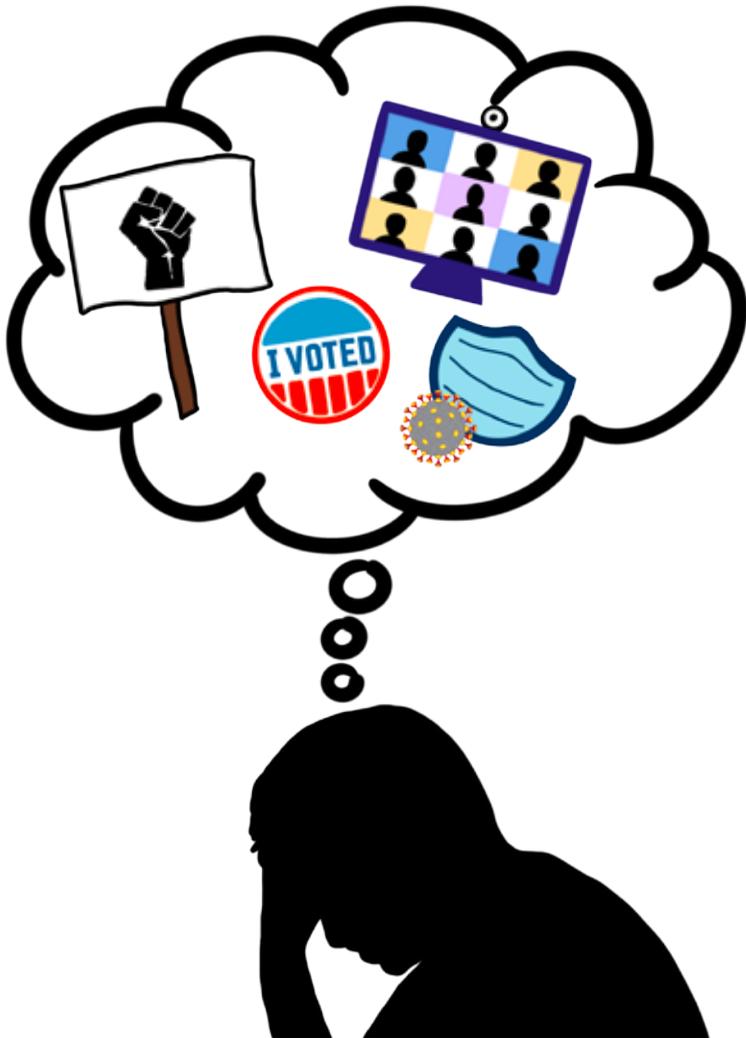
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# LIFESTYLES

Marissa Russell | Lifestyles Editor | russem22@ferris.edu

## A moment for mental health



Graphic by: Charlie Zitta | Production Manager

### Amidst chaos of past year, many students struggling to keep up with courses, mental well-being

**Madison Kettlewell**  
Freelance Reporter

If you have been struggling with your mental health this school year you are not alone.

Over the past year, students have had to try and manage the balance between keeping up with courses while living through one historical event after the other. Among the stressors we have been witnessing in our world, many students may be adding mental health struggles to their list.

According to the CDC, a survey of adults over the age of 18 revealed that adults in the age range 18-24 years are struggling with mental health during the pandemic.

"Symptoms of anxiety disorder or depressive disorder, COVID-19-related trauma and stressor-related disorder, initiation of or increase in substance use to cope with COVID-19-associated stress, and serious suicidal ideation in the previous 30 days were most commonly reported by persons aged 18-24 years; prevalence decreased progressively with age."

Due to the high stress experienced during the pandemic, Ferris clinical psychology professor Stacey Armstrong said it is more common for students to be struggling with significant mental health problems. Armstrong says that the increase in mental health issues is most likely contributed to by the uncertainty, fear and social isolation that comes with COVID-19.

"Mental health, while largely understated, affects just about every aspect of our lives. When we are not mentally healthy, other aspects of our lives tend to suffer, too," Armstrong said. "For many students, the combination of remote learning (often in an asynchronous format) with developing or exacerbated mental health concerns made it difficult for them to keep up with their academics and maintain the level of course engagement that they desired."

Ferris developmental psychology professor Penney Nichols-Whitehead agreed that it is difficult for students to be performing their best academically during these times, while also addressing the unique challenges that students have been facing during this pandemic.

"While they may feel invincible in many respects,

they also feel the effects of too many demands on their time, not enough sleep and the resulting anxiety that comes from knowing they are not performing at their best, academically," Nichols-Whitehead said. "Many students feel obligated to contribute financially as much as possible to their families, and because they are in one of the lowest risk groups for getting seriously ill or dying from Covid, they feel compelled to accept the extra hours and shifts their employers are asking them to take on as others are unable to work."

To help combat struggles with mental health, specifically anxiety, Nichols-Whitehead had words of advice for students.

"If we break things down into smaller packages and identify what we can and cannot control in each, then we can take some action and begin to feel less anxious as we do what we can and let go of what we cannot," Nichols-Whitehead said. "For example, we cannot stop the pandemic, but we can wear a mask, wash our hands and try to socially distance as much as possible."

Armstrong also had words of encouragement for those students who find themselves struggling with their mental health this semester.

"I would like to emphasize that it is okay to feel what you are feeling. In fact, there are many students who are feeling something very similar to you," Armstrong said. "To combat these stressful and difficult times, many find it helpful to maintain a consistent daily routine, practice good sleep hygiene, socialize with others by using video or phone calls with family and/or friends and remember to take breaks and engage in self-care by participating in activities that are relaxing or rejuvenating."

It is important to remember that you are never alone. There are many resources available to students if their mental health struggles are interfering with their daily tasks or are simply becoming difficult to manage on their own.

**If you or someone you know is dealing with mental health issues, please call the 24/7 Suicide Prevention Hotline at 1-800-273-8255. This hotline provides free, confidential support and resources to those struggling or in distress.**

## Events calendar

### WEDNESDAY

Jan. 27

#### Spring RSO Fair

Contact: Teresa Fogel  
TeresaFogel@ferris.edu  
Location: Virtual  
Time: 3 - 6 p.m.

#### LGBTQ+ Resource Center Coffee House

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

#### Nickelodeon Trivia

Contact: Lauren Davis  
davis150@ferris.edu  
Location: Virtual  
Time: 7 - 8 p.m.

### THURSDAY

Jan. 28

#### Become a Substitute Teacher at a School Near You

Contact: Andrea Kitomary  
AndreaKitomary@ferris.edu  
Location: Virtual  
Time: 11 a.m. - 12 p.m.

#### Tune in with Teresa featuring Eric Andrews

Contact: Teresa Fogel  
TeresaFogel@ferris.edu  
Location: Virtual  
Time: 1 - 2 p.m.

#### Winter Paint and Sip - Virtual Live Event

Contact: Lynn Miller  
lynnmiller@ferris.edu  
Location: Virtual  
Time: 7 - 8 p.m.

### FRIDAY

Jan. 29

#### Finance Division Meetings

Contact: Elizabeth Huerta  
Huetae3@ferris.edu  
Location: Virtual  
Time: 1 - 2 p.m.

#### Virtual Study Abroad Workshop

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

For more events, check out [calendar.ferris.edu](https://calendar.ferris.edu)



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# (Old) Cole McGowen had a farm

*In age of modern day farming, Instagram and environmental biology driving factors in student's farm*

**Marissa Russell**  
Lifestyles Editor

After 2020, Cole McGowen realized food security could become a big concern and wanted to be able to provide for himself, his family and eventually, his community.

McGowen, a Ferris environmental biology senior, also wanted to take care of the environment and thus, Flinton Creek Farm was born. For the most part, it's a one-man show in White Cloud.

"My parents really held back, they are not farmers in any matter," McGowen said. "Since I'm at their house, I have to respect their rules and wishes... but I conned them into getting these things and then every year since then, it's kind of just grown a bit and it really took the next step in 2020."

A modern aspect that has been influential in McGowen's knowledge of farming is Instagram. Along with learning from different accounts, it allows him to connect with different people that are willing to help new farmers. McGowen's neighbors, who are first-generation farmers, also helped him where they could. As far as being environmentally conscious, McGowen's environmental biology degree has taught him how to take care of his land and partake in regenerative agriculture.

"In a way, I would say that they play off each other," McGowen said. "I take a lot of the information that I learned with my major and apply it to my farm, mostly in the way of the method in which I farm. It's called regenerative agriculture and the whole aspect of the regenerative agriculture is building a healthier soil, as well as just the connection between what's made on it, like growing your food and grazing your animals, it's all interconnected, and you're trying to build a healthier ecosystem. Things that I learned here at Ferris, in my classes, and with the

major and stuff like that can definitely, definitely be applied in that manner of regenerative agriculture."

McGowen is constantly reading and learning more about topics like the climate crisis and global warming. Not only because it is his major but because he wants to apply it to his everyday life to make better choices so that his farm is environmentally friendly.

"As an environmental biologist, I really take pride in my small scale little farm of knowing that it has a smaller carbon footprint, because of the way in which I am farming, and a sustainable method and regenerative method my sources for my lumber and my materials that I need for a lot of things I do source," McGowen said. "I upcycle—just the other week, I drove to South Haven to get lumber from the beach, because it just washes up because of docks disappearing."

While it wasn't until this past year that he got his farm up and running, McGowen said he's been interested in farming and animals since he was 10.

"I've always been, I don't want to say obsessed, but I've always been interested in nature and animals, and my grandparents had a farm," McGowen said. "I vaguely remember it because they got old and it kind of just dwindled away. But then when I became a little bit older I could take care of things myself, I wanted to have that responsibility. So I started out with chickens, and I started out with six. I remember getting them and I was so excited."

Coming into 2020 McGowen only had chickens and rabbits along with a huge garden to take care of. But on the livestock front, McGowen purchased goats and sheep, and expanded more of his flock of chickens and ducks and began his life as a hobby farmer. Flinton Creek Farm homes two dogs, one house cat, a couple of barn cats, between 50-60 chickens, 10 ducks, 10 quail, three



*Photo courtesy of Cole McGowen*

Cole McGowen feeds a calf on his neighbor's farm, where he often gets advice for his own farm.

goats and four sheep. Even though there are a lot of animals, McGowen has names for most of them and it can be hard when something happens to them.

"You never really expect things to die in the livestock world," McGowen said. "I shouldn't say that you don't expect it to happen, you hear about it all the time of you know, goats dying, just out of the blue or things attacking your animals and the pests with the garden. You don't expect those things to happen to you, but they definitely will. So you just gotta learn and adapt to be prepared for anything, absolutely anything."

With the bad comes good. Even though McGowen has lost some animals along the way, he is starting to breed and will have lambs in about a month and goat kids in late April.

McGowen finds it grounding to be able to know where most of his food comes from. He also said it is rewarding to be able to raise and grow his own food as well as other people's. To him it feels like being able to cook a really nice dinner of quality that people enjoy.

Farming has also taught McGowen responsibilities along the way. While it has taken away some of his free time he would use to be social, he still likes having the drive to do something he is passionate about. Along with owning and running his own farm McGowen will have semesters where he is taking up to 17 credits and working two or three jobs at the same time.

"There's definitely been some ups and downs, absolutely," McGowen said. "But it's also a stress reliever for me, you know, everybody has their way of relieving stress and dealing with things. I would say going out in the morning and talking to all the animals and checking up on them, it's my stress relief. Same in the summer, waking up early, going out, picking weeds watching the sunrise, it's absolutely a really good experience."

While farming wasn't something McGowen was necessarily used to while growing up, gardening is second nature for him. From basics, like pumpkins and tomatoes, to trying his thumb with carrots, McGowen and his family tend to their garden every year. He gets his seeds from Baker Creek

heirloom seeds, and he enjoys focusing on raising heirloom inherited breeds of both plants and livestock, even though he's a small scale farmer.

"All the varieties of vegetables that we do grow are heirloom varieties," McGowen said. "They're not like the tomatoes that you're going to find at Walmart and stuff like that. Those are your more modern, in a way tasteless. They're very different. And so a lot of the seeds that I do buy are heirloom varieties, but then I think I do save a lot of my own seeds too and that helps out financially. It's fun, it's a pretty cool thing to be able to save your own seeds. And you can trade them with other people and get other really cool seeds."

McGowen advises potential gardeners to know what zone you are in because the climate you live in can affect how your garden turns out. McGowen also likes going the route of natural pest control rather than pesticide.

Now McGowen wants to expand his farm in a way that makes it more of a business rather than a hobby. McGowen currently just raises animals and grows food to supply himself and family but his goal is to be able to expand more into the production of meat, like lamb and cows.

"But after the whole 2020 year, and food security became a—I want to say an issue—but a concern to some people and a lot of people got more interested in raising their own animals and growing their own food," McGowen said. "I would love to expand my operation or what I have going on. So then meet the needs of my community and the local people around and who knows, it could get huge, it could just stay small but I'd like it to be able to pay for itself. So I'd like it to be able to go towards a more of a business rather than a hobby."

McGowen at this time isn't entirely sure what his end goal career is. While he originally planned to continue school into a masters or PhD program, he no longer has an interest in that. A move to the West Coast could be in his future, but for now, he's sticking with his farm.

To see more about McGowen's farm and watch its growth follow his farming Instagram @flintoncreekfarm.



*Photo courtesy of Cole McGowen*

McGowen poses for a selfie with one of his goats.

# Student deals & steals

Get the most bang for your buck with these deals

**Meghan Hartley**  
Freelance Reporter

Coming straight from high school into college, many students don't have a lot of funds to pass around, which is why it is especially important to ensure you aren't wasting money on subscription services.

It's simple to get the best deals throughout your college years. Check out this list of subscriptions you won't want to pass on when it comes to entertainment, and liven up your next study break.

## 1. Amazon Prime Student

One of the best deals out there comes from none other than Amazon. A lot of students have heard about Amazon Prime Student, a service in which college students get a discount to their Prime subscription. With that a lot of people think it is just free shipping on items purchased and watching tv shows and movies on their platform.

Amazon Prime Student offers fast, free delivery, including two hour grocery delivery, tv shows, movies, ad free music, even video games up for grab. For the reading lovers, they offer tons of titles that you can read for free, including up to 90% off renting textbooks for class. Who doesn't love a big discount?

The deals don't stop there. Prime Students also get exclusive member deals, discounts at Whole Foods and early access to lightning deals. Students even have the chance to try clothing on at home before purchasing it just to make sure you're happy with what you get.

You can also get single subscriptions to Showtime (movie and TV shows) and/or Amazon music unlimited for just \$0.99 a month

each. If you are interested in the full Prime package it is just \$6.99 a month.

## 2. New York Times Student

In this ever changing world, with news coming out every five minutes, we should all be informed with what is going on. In this day and age we need to be able to rely on news sites with reputable information.

For those familiar with the New York Times, they are almost always recommended for getting a rundown on the news and worldly activities in a quick, timely manner that gives you the facts.

For students, the New York Times offers a subscription of \$1.00 a week, or \$4 per month. This is one subscription that can help students on the daily stay informed with unbiased opinions and factual information. Being able to be updated multiple times throughout the day.

## 3. Spotify

For lovers of music, here is a great deal you won't want to miss. Spotify is offering college students a Spotify premium subscription for only \$4.99 a month; which means no ads and streaming of your favorite albums with no interruptions.

Included in the bundle is Hulu and Showtime, so you can listen and watch thousands of shows and live television shows for \$5 a month.

You may be thinking, how big of a steal is this? Normally Spotify premium is \$9.99 a month, Hulu is \$5.99 a month and Showtime is \$10.99 a month. With the Spotify student premium you can have all three and save yourself \$21.98 a month.

## 4. Apple Music

If you are someone who uses Apple music over Spotify this deal is for you. Apple music



Photo by: Becca Witkowski | Torch Photographer

is offering students a subscription for only \$4.99, this includes ad free music, downloads, offline listening, exclusive content and more.

Compared to the regular Apple music subscription, which is \$9.99 a month, students will be able to save \$5. But that's not the only treat Apple has to offer, Apple TV plus comes free with every Apple music subscription.

You can listen to music ad free, watch multiple shows without interruption and live

tv all for \$5 a month.

## 5. YouTube Premium

If you spend almost all day everyday on YouTube this deal might be one worth looking into.

YouTube has come out with their own premium subscription where a viewer can watch live tv shows and YouTube originals.

Originally this service is \$11.99 a month, but for students in college they get to pay just \$6.99 a month with access to YouTube's premium music.

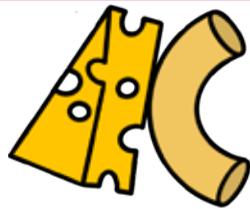
# Recipes so easy, you can make it in your dorm

Sick of the Rock? Check out these recipes you can easily make in your room!

**Meghan Hartley**  
Freelance Reporter

## Mac & Cheese For One

Ingredients:  
1 cup of any pasta.  
1 cup of water.  
¼ teaspoon of salt.  
¼ cup of milk.  
Cheese, any kind.



Pour your choice of pasta into a bowl and add the water, if you have salt add that too, and microwave for four minutes. After microwaving, strain the pasta and then add a quarter cup of milk. Add any kind of cheese and finally microwave it for another two minutes. Enjoy!

## Chocolate Mug Cake

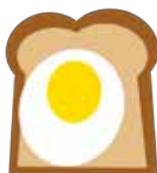
Ingredients:  
4 tablespoons flour.  
3 tablespoons sugar.  
2 tablespoons cocoa powder.  
½ teaspoon baking powder.  
3 tablespoons milk.  
1 tablespoon oil, vegetable or canola.  
1 teaspoon vanilla extract.  
1 tablespoon chocolate hazelnut spread.



In a mug, mix all ingredients (except the chocolate hazelnut spread) until just combined. Once combined, spoon the chocolate hazelnut spread on top of the batter. Microwave on high for 90 seconds to two minutes, watching to make sure it doesn't spill over. Let cool one minute before eating. Top with additional chocolate hazelnut spread and enjoy!

## Mug Breakfast

Ingredients:  
1 egg.  
2 tablespoons of milk.  
1 slice of bread.  
Cheese.  
Fruit (Optional)



First, cut up a slice of bread to make small squares. Next mix together the egg, milk and cheese. Take your mug and place pieces of bread at the bottom, layer with fruit, meat, or other items you'd like, mixing in more bread pieces until the top. Once your mug is full pour your egg mixture into the mug and microwave for one minute and thirty seconds. This mug breakfast can be mixed with different ingredients such as bananas, blueberries, cinnamon butter and more!

## Easy peanut butter cups

Ingredients:  
3 tablespoons powdered sugar, sifted.  
½ cup creamy peanut butter.  
1 cup chocolate, melted.



In a bowl, stir the peanut butter and powdered sugar together until smooth. Spread one to two tablespoons of chocolate at the bottom of cupcake liners, or anything you'd like to use, then dollop one to two teaspoons of the peanut butter mixture on top of the chocolate. Cover each dollop of peanut butter with more chocolate and smooth out the top. Refrigerate for one hour or until chocolate has hardened. Remove peanut butter cups from the liners, and enjoy!

# OPINIONS

Cora Hall | Editor in Chief | [hallc36@ferris.edu](mailto:hallc36@ferris.edu)

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[fsutorch.com/letter-to-the-editor/](http://fsutorch.com/letter-to-the-editor/)

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[ddoyle@pioneergroup.com](mailto:didoyle@pioneergroup.com)

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## EDITOR'S COLUMN: By Cora Hall

## Be honest with yourself

"It takes courage to grow up and become who you really are."

E.E. Cummings' words rang true when he wrote them decades ago, and they still do today. Our culture preaches authenticity, but at the same time, we are more concerned with what others think of us than becoming who we truly are. There are two versions of you that exist: how you perceive yourself to be and how others perceive you. The latter is based on how you present yourself to the world, and it doesn't always match up with who you perceive yourself to be.

In my eyes, the first step in becoming who you truly are is being honest with yourself, which is not always as easy as it sounds. Because if you think about it, we really exist in our minds; the only person who can know what's going on in your head is you. If you don't self-evaluate and really take a hard look at yourself every once in a while, how can you truly know yourself? You cannot become who you truly are if you aren't self-aware. You cannot be self-aware if you aren't brutally honest with yourself sometimes.

Part of being self-aware is being emotionally intelligent. A lot of research has been done on emotional intelligence and as a psychology minor, I find it incredibly interesting. In a study

published in the *Frontiers of Psychology* journal in 2019, researchers list four skills involved in emotional intelligence: the ability to perceive emotions, to reason with emotions, to understand emotions and to manage emotions.

I don't know about you, but that sounds like a lot of work. The ability to perceive your own emotions isn't always easy, at least for me. It's much easier to let yourself be reactionary when it comes to your emotions and never examine your emotional responses, let alone reason with your emotions and manage them.

But being self-aware of your emotions improves how you interact with others. Part of understanding emotions involves a high level of empathy. The more you condition yourself to remember that everyone's experiences are different and personal, the more understanding of their emotions you'll be. The more you communicate with those close to you about your emotions and theirs, the more you'll understand why they act or react the way they do.

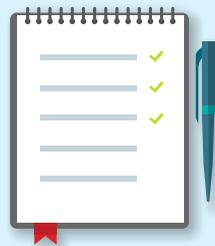
Conversations like that aren't easy, and being vulnerable is sometimes the last thing I want to do. But it's all part of growing as a person and actually presenting the person you perceive yourself to be to the world. Am I good at this? I'd like to think I've gotten better, but there are still times when I catch myself realiz-

ing that I've assumed someone knows certain things about me but in reality, I can't think of a time I actually expressed those things to them. I'm not as open with others as I sometimes think I am.

I'm not saying you have to be an open book and completely vulnerable all the time. There are still things we all keep private or only share with a few people. You can still be your authentic self without revealing everything about yourself to everyone. My point is, you have to be self-aware and have some level of emotional intelligence to be your authentic self.

One of the benefits of working on your emotional intelligence is that you'll start to recognize the underlying causes of your emotions. Part of becoming who you truly are is truly knowing yourself, right? If you don't understand the reasons why you feel certain ways or react to certain things, how can you say you know yourself? Knowing why you react to certain situations emotionally will help you begin to manage your emotions, which in turn will help you act truer to how you perceive yourself.

So if you do anything for yourself this year, take time to evaluate your emotions and understand yourself. Have the courage to truly become the person you perceive yourself as.



## 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](mailto:hallc36@ferris.edu) for more information or to pitch a story.



## GOT AN OPINION?

### HOW TO SUBMIT A LETTER TO THE EDITOR:

Deadline for submissions every Friday by 5 p.m.  
Cora Hall | Editor-in-Chief | Email: [hallc36@ferris.edu](mailto:hallc36@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!

# The President adopted a pet and you can too

*Adopting saves money and gives a home to one of the 6 million pets who need a home*



Alyssa Hubbard  
News Reporter

There are so many incredible dogs and cats currently living in animal shelters all over the country that deserve good homes.

When Pres. Joe Biden was inaugurated, so too was his rescue dog, Major, as the first shelter animal to live in the White House. Major is a 3-year-old German Shephard whom the Biden family adopted from the Delaware Humane Association in 2018. Major is a great representative for all the shelter animals out there.

According to the American Society for the Prevention of Cruelty to Animals (ASPCA), there are 6.5 million animals in shelters in the United States, 3.3 million dogs and 3.2 million cats. Every year, about 1.5 million shelter animals are euthanized, some because of illness and many because of shelter overcrowding.

Going to animal breeders seems like the most popular way of finding the new family pet. This decision causes shelter animals to stay shelter animals. I'm here to, hopefully, persuade you to adopt an animal next time you want to add to your family.

My boyfriend and I recently adopted our first pet together in Fall 2020. This was my first ever pet (besides the occasional goldfish).

We adopted our 6-year-old black American Shorthair cat, Abraxas, on Sept. 10, 2020 from the Animal Rescue Coalition of Mecosta County. He is a polydactyl cat, which means he has extra toes

on both front paws. We have a bunch of nicknames for him like "Brax", "big boi" and "old man."

When we first arrived at the shelter, we weren't sure that we were even going to adopt an animal yet. After walking into the room of adult cats and being happily greeted by Brax, we knew he was the newest addition to our little family.

Brax has been living with us for a little over four months now. He is the cutest big ball of happiness that we give lots of love (and treats) to every day. His cuddly yet sometimes wildly playful personality makes me smile whenever I look at him.

Like Brax, all the other shelter animals had adorable personalities of their very own as well. Each dog and cat had a quirk which made them unique and loveable. I'll never forget this kitten named Chaz loved to run around and gave us high fives.

These animals can bring happiness to you as well if you're considering the addition of a furry friend. I know that Brax has added so much more color to my life since bringing him home.

In addition, many shelter animals are up to date on their routine shots, they've gotten spayed/neutered, and the adoption price is significantly cheaper than going to a breeder. I adopted Brax for \$10.

Please consider giving a shelter animal a chance. I don't want to sound like Sarah McLachlan in those commercials with the lyrics "in the arms of the angel" playing softly in the background. However, if that's what it takes, so be it.

If you feel ready to look for an animal pal that will love you with their whole being, consider heading over to your local animal shelter.

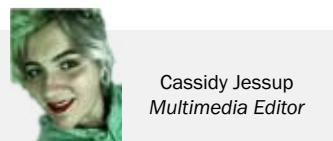


Photo by Stephanie Gomez Carter, Delaware Humane Association

President Joe Biden poses with his German Shepherd, Major, at the Delaware Humane Association.

# We should stop filtering ourselves

*Snapchat's filters are harmful to how we see ourselves*



Cassidy Jessup  
Multimedia Editor

Launched only 10 years ago on July 8, 2011, Snapchat has grown to over 46 million users worldwide. From middle schoolers to influencers, Snapchat is part of life now.

And of course, anyone can see why. It provided an easy and effective way to communicate, while also stimulating the visual part of the brain. Photos can be sent at the click of a button, and there is limited accountability since they are deleted seconds after opening.

While there is more than one problem with Snapchat's methods in general, there is one in particular that often goes unnoticed: filters.

Now, the term "filters" is used very loosely, since that is what everyone calls all the fun options on Snapchat's photo setting. To be more specific, however, filters are technically only the frames and artwork that can be added to the snaps (hearts, color tint, etc.).

What actually is the problem here is called "lenses." Lenses are often just referred to as filters but are in fact very

different. Lenses are augmented reality, changing your face shape, eyes, hair color, or adding ears and the like.

Lenses may seem fun at first. They change your voice, make your mouth super big and your eyes tiny. Hilarious, right? We have all gotten a laugh from some of these lenses. After all, it seems harmless.

The true issue arises when some of these lenses make small changes. Changes that make your nose a little smaller or slimmer, chisels your jawline, make your eyes bigger, etc. These minuscule alterations have some damaging effects on an individual's self-perception.

The most common example is that lenses can cause people to be self-conscious of their actual appearance. This results in low self-esteem and depression, often accompanied by only posting photos of themselves with a lens on, or not posting at all.

For example, one may see how these lenses give them a huge confidence boost. Undoubtedly, they would want to appear how the lens depicts them. However, as soon as they take the lens off, they may be very aware of their thick jaw, big nose, or other imperfections.

This kind of thinking can lead to a serious medical condition, known as body dysmorphic disorder. BDD is where

one becomes so obsessed with a perceived flaw in their appearance, they may go to extreme lengths to fix it.

The key term here is perceived. Most flaws that individuals suffering from BDD obsess over are insignificant and tiny to the outside observer. But so many people using Snapchat lenses have now seen themselves in an augmented state of "perfection" that they struggle to accept themselves.

So many individuals have developed BDD from Snapchat lenses, that it was given its own sub-category: Snapchat dysmorphia.

Now, I'm not saying that Snapchat lenses are the ultimate cause and should be banned. On the contrary, they are fun and can bring friends closer laughing about them and sharing them.

Just be warned as you, as a user, take selfies and photos. How do you see yourself? Would you be equally excited to post that image if it didn't have a lens? If you're not sure, maybe take some time to show some self-love.

No one is perfect, even the models you see online or in magazines are heavily edited. Love yourself, because we are all unique and beautiful, with and without Snapchat lenses.



TUNE IN TO OUR WEEKLY  
PODCAST WITH RY RODRIGUEZ

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

# SPORTS

Brendan Sanders | Sports Editor | sandeb16@ferris.edu

## Stewart's strengths

*Ethan Stewart proving to be great for Ferris hockey on and off the ice*



Photo by: Brendan Sanders | Sports Editor

Ethan Stewart celebrates a goal against Northern Michigan Dec. 30, he would earn three points on the night with one goal and two assists.

**Brody Keiser**  
Sports Reporter

Ethan Stewart has provided consistent play on the ice for Ferris hockey to start this season and has been a leader for his teammates off the ice as well.

The junior Stewart has played an important role on both ends of the ice to start this season for the Bulldogs. Through their first nine games of the season, Stewart has a team-leading five goals to go with three assists. The forward credited his teammates and coaches for his offensive success.

"The coaches have put together good game plans for us, and the team has been working really hard," Stewart said. "I've had some good bounces and been trying to get to the right areas and my teammates have gotten me the puck in the right spots."

Head coach Bob Daniels recognized Stewart's hot start offensively, but also acknowledged that Stewart's play on the defensive end of the ice has been equally important.

Daniels believes that nothing will slow the junior forward down.

"There's nothing in my mind that says he won't keep it going," Daniels said. "Even if he goes through a little drought offensively, he's still going to add a lot to the team because of his stellar defensive ability."

Stewart's start to this season is impressive, but it comes as a bit of a surprise to Daniels considering the injury Stewart suffered last year.

"When you consider the fact that he missed most of last season with a broken leg, for him to come in have the start to the year that he's had is really been a shot in the arm," Daniels said. "He's a hard worker and we knew he'd be in great shape to start the season, but I never could've expected him to have the start he's had."

Perhaps even more important than his start to the season is Stewart's role as an upper classmen leader for this very young Bulldog team. Ferris has 20 freshmen and sophomores on their roster compared to

just nine juniors and seniors. A young team needs veteran leaders like Stewart to look up to.

"As an older guy who's been here for two years, I know what the coaching staff expects as far as work ethic and strategy," Stewart said. "If the younger guys have any questions about game plans or what the coaches expect from them, I can help answer them. I have to be there and set the example for them by doing the right things on and off the ice and answer any questions they have to help them develop as players."

Daniels credited Stewart for his leadership role on the ice, but also complimented Stewart's ability to lead by example off the ice.

"He is a very mature person that guides the freshman in the right direction," Daniels said. "He's also a great student, and that'll help show the importance of putting the time into your studies. Maybe the most important thing he does is show the young guys how hard you have to work to be suc-

cessful. If the young guys watch how he goes about his business, they can pick up a lot of good habits."

Stewart acknowledged that before the season he did not expect to be the leader. He feels that he grew into his role as a leader and understands the importance of leading by example.

COVID-19 makes this season much different from past seasons because of the potential for schedule disruptions. Daniels stressed the importance of taking advantage of any practice time his team gets. He said upperclassmen like Stewart have done an "outstanding job" in helping the team to value practice time.

Stewart understands that his role as a leader on and off the ice will be imperative to the success of his team for the remainder of the season, and he plans to do everything he can to continue being that leader for his team.

## WEEKEND SCORECARD

### Women's Basketball

Jan. 23 - Ferris 61, Northern Michigan 77  
Jan. 24 - Ferris 66, Northern Michigan 64

### Men's Basketball

Sept. 13 - Ferris 59, Northern Michigan 67  
Sept. 15 - Ferris 67, Northern Michigan 45

### Hockey

Jan. 23 - Ferris 0, Minnesota State 4

# From state champion to Bulldog

*New Ferris freshman guard proud to be part of Bulldog nation*

**Austin Arquette**  
Sports Reporter

Few athletes have been able to find the levels of success that Kady Blanchard has had in both her high school career and to start her tenure here at Ferris.

Blanchard, a freshman guard for the women's basketball team, has had an illustrious career. In high school, Blanchard was a state final winner and was ranked top 35 in the state. Like many young athletes, Blanchard grew up with a dream to play basketball at the next level, and this dream came true for her. From playing in a state championship her junior year, a quarterfinal game and a regional final match-up, Blanchard has been able to find success throughout her basketball career.

Now, Blanchard has another four years to show what she has while she plays the game she loves, Blanchard also gets to grow with the Bulldogs as a family. She is humbled to be a Bulldog and said she has so much to appreciate.

"One of the main reasons I chose Ferris is because of the family atmosphere of the team and community," Blanchard said. "All the girls and staff made me feel like I belonged here and was a part of their family, and now that I am here it is still the same; we are all one family."

Blanchard was offered a Division I scholarship at Niagara but turned it down to come to Ferris. Ultimately, the family first culture got Blanchard placed in Bulldog nation. With the ability to be an all-around player who displays toughness and isn't afraid to grind out tough plays, Blanchard lives by the motto "get better every day."

Recently Blanchard was named the GLIAC Player of the Week as she averaged 32



Photo by Ben Amato | Ferris Athletics

Blanchard takes a shot as part of her 39 point performance against Wisconsin-Parkside.

points, seven and a half rebounds, six assists and two steals in two games when the Bulldogs split against Parkside. Blanchard said it was awesome to have earned this accomplishment but knows she has aspects of her game to improve on. Ferris sophomore guard Mallory McCartney said that Blanchard and herself play really

well together. To play with someone like Blanchard is amazing, and it means everything to McCartney to have her join the Bulldog family.

"She's a great teammate and already becoming a great leader so early. I'm excited for the next few years with her," McCartney said. "It is so exciting seeing Kady finding

her groove so fast and honestly scary for teams in the GLIAC to try and guard her for the next 4 years. This is only the beginning for her. I am beyond excited to watch her continue to be a defense's worst nightmare; I am her biggest fan."

As the Bulldogs are only a few games into the season with a few missing players due to injuries, those injured players have taken Blanchard to new levels to help improve her game. The team entirely has made Blanchard feel a part of their family by encouraging her while being demanding when needed. Blanchard said she has really been helped with defense and seeing things that she does not necessarily notice on the court when she is in the moment.

"We are only a few games in so far, so people are still getting used to and improving in their roles, but everyone is starting to gel together quite nicely," Blanchard said. "We all respect our roles and help others in theirs."

Basketball is not the only hobby Blanchard cares about, as she has her own dirt bike with lots of other toys at her father's house in Freeland. She and her family have fun as they ride around in the woods and throughout her hometown.

Blanchard's biggest goal is to open her own chiropractic practice in Michigan someday. After her four years of playing basketball, she plans to attend a chiropractic school for three and a half years to get her Doctor of Chiropractic.

"I really just love being around good people who can make you laugh," Blanchard said. "I am proud to be a Bulldog."

Kady Blanchard and the rest of the women's basketball team will be back in action at home on Jan. 29 against Michigan Tech at 4 p.m.

# Net Nostalgia: The first GLIAC title

*As basketball season unfolds, alum remembers Ferris' success in 1998*

**Hannah Loucks**  
Sports Reporter

Ferris has a long history of success in basketball and the men's team from the late nineties reflects just that.

Twenty years prior to the National Championship Title Win against South Dakota Northern State in 2018, the 1998 men's basketball team won their first conference tournament title and also made the NCAA tournament for the very first time.

This team was coached by Edgar Wilson and featured outstanding players including Cory Anderson, Tim Dillingham, Aaron Nauta, Sarie Phillips and Ray Waits, all of whom were given the honors of All-GLIAC. Ray Waits was also awarded the most valuable player in the GLIAC that year.

Along the way, the team had several accomplishments that paved the way for this appearance. One of these accolades included winning the GLIAC tournament, even though the team was seeded number six to begin with.

After their best player, Day Day Smith, graduated, the team was faced with the challenge of a new team dynamic. After losing twice

to Northwood in the regular, it was uncertain what would happen in the first game of the conference tournament.

This uncertainty clearly motivated the bulldogs in a 71-55 win. Next, they defeated Ashland 92-81 and Michigan Tech 71-62 in the championship game. Then, it was time for the NCAA tournament.

"It was an awesome experience," Cory Anderson said. "It seems like we played three games in four days and being at Tech, it snowed every day."

Cory Anderson, a former member of the 1998 team and former assistant coach for the Bulldogs, gave some insight to what this team was like.

"We had a very tight knit group especially with solid players like young Aaron Nauta and Ray Waits who I transferred in with," Anderson said.

Anderson was a transfer from Calvin College playing as a senior when this team won the conference title and continued on to the tournament.

At the tournament, Ferris was the number 13 seed and played valiantly against number three seed, Northern Kentucky in Owensboro, Kentucky. Although they



Photo from University Archives

Ray Pope and two others play defense during their 1997-98 season in which they won the GLIAC championship.

lost 78-63, the team walked away feeling accomplished.

"As we grow into what this is all about, we will become more accustomed," Wilson said.

After this team made leaps for the future of Ferris basketball, the men's basketball program charged forward with new barriers broken

down. The tradition of excellence has continued and since then, the Bulldogs have won several conference championships, made appearances in the NCAA tournament, and of course in 2018, they won the National Championship.

"Being able to put those banners up in the gym is a very no-

table experience as a player and as a coach for Ferris. It says a lot about Bulldog tradition," reminisced Wilson.

Now only one question remains; what historical barriers will this year's team break down?

# Sports Speculation: New faces, same pride

## The Detroit Lions face another litany of changes, start rebuild...again

**Brandon Wirth**  
Freelance Reporter

During what has seemed to become a year of change in the NFL, many teams have decided the time is now for organizational changes. One of those teams is the Detroit Lions.

### NEW GENERAL MANAGER

The first big change came on Jan. 14, when the Lions officially announced the new general manager, former Rams director of college scouting, Brad Holmes.

"It's an honor to be a part of the Lions family," Holmes said in an interview with Lions Multimedia Journalist Tori Petry. "I'm very excited to get started. I couldn't be happier to be a part of the Lions organization."

While there were many other experienced options available, such as Thomas Dimitroff, who served as GM for 12 years with the Atlanta Falcons, the Lions believed the less experienced Holmes was the man for the job.

"When we interviewed Brad, he stood out to us as the perfect fit for the general manager we were looking for." Owner Sheila Ford-Hamp said in Holmes' introductory press conference. "He was our unanimous choice. Brad Holmes is a winner."

Holmes, 41, began his executive career after joining the Rams in 2003. Starting out in public relations, he was recognized internally as having potential in his true passion: scouting.

With the help of former Rams running back coach, Wilbert Montgomery, Holmes was moved to the scouting department. Throughout the next 17 years, Holmes excelled his way from a simple intern to the Rams lead director of college scouting.

Holmes helped draft some of the most influential players on the 2019 Rams Super Bowl team despite their quoted negative outlooks, like 2017 3rd round pick Cooper Kupp, who was seen as a "small-school" and "slow" wide receiver, 2015 1st round pick Todd Gurley, who was considered "an in-efficient blocker" and "injury prone", and Aaron Donald, an "undersized" defensive tackle taken 14th overall in 2014.

"He's got such a great feel for the players and the work he does specific to college scouting," McVay said. "Then he's got the humility where he's always trying to learn more about the game. He was always asking so many good questions to just get better at his craft."

According to the Pro Football Reference, Holmes is the 13th general manager in franchise history and will be looking to provide leadership to turn the Lions franchise around.

### NEW HEAD COACH

One day after the introductory press conference for the new general manager, Detroit announced their head coach vacancy was now filled. Dan Campbell, 44, who previously worked as an assistant to head coach Sean Payton in New Orleans, signed a six-year contract to become the next Lions "skipper."

"I'm excited to be here beyond belief," Campbell said in his introductory press conference.

Campbell has over 22 years of experience in the NFL, including 11 years as a coach and 11 years as a player. Three of those playing years were spent with the Lions from 2006-2008.

"We're going to put Motown back on the map," Campbell said to the fans via social media. "I'm ready to get going."

Despite only 12 games of experience as an interim head coach with the Dolphins, Lions President and CEO Rod Wood believes Campbell can get the job done.

"It was imperative that we find the right leader who values our commitment to building a winning culture based on the organizational alignment and collaboration." Wood said. "The leadership Dan has exemplified throughout his football career has prepared him for this next step."

As a former NFL tight end, Campbell has coached and developed many successful tight ends, like two-time pro bowler Jared Cook, Cardinals starter Dan Arnold and 2014 NFL Top 100 nominee Charles Clay in Miami. In an interview with Sean Payton after hiring Campbell back in 2015, Payton quoted him as being a "great teacher" and "team-guy."

Campbell's coaching brings exciting potential not only for young star tight end, T.J. Hockenson, but a passionate city waiting for the rise to success again.

### THREE THINGS TO EXPECT

For Lions fans, change has been anticipated for some time coming. Now that changes have finally been made, what should fans expect from this new team?

The first thing is more overall leadership.

Unlike Patricia and Quinn, the newly hired staff are not exclusive "playbook or executive gurus." Instead, Holmes and Campbell have been noted several times as being natural-born leaders. Both men were highly regarded for being able to bring motivation, determination, and passion for the game to

a high level. There is no question in this time of change, Hamp, Wood, and the Lions organization believe in their new hires to step up, work together, and put the puzzle pieces together for the organization's big picture.

The second is an increase in player development.

Detroit has struggled in years past with consistently finding, developing, and keeping young talent. While there have some recent draft successes, like Kenny Golladay and Frank Ragnow, there have also been some comparative busts like Teez Tabor, Jake Rudock, Michael Roberts, and Jason Huntley. Brad Holmes is an exquisite mind for the next best players that can make an immediate impact. Pairing his elite scouting ability with the coaching development skills of Dan Campbell can bring young players an opportunity to reach full potential in "Motown."

A third expectation is a change of philosophy.

With Campbell signing a six-year deal, he will want to hire his coaches he believes he can create the best team possible for his initial tenure. With former Lions offensive coordinator Darren Bevell joining Urban Meyer in Jacksonville, as well as defensive coordinator Cory Udlin being replaced by former Saints defensive backs coach Aaron Glenn, the 2021 Detroit Lions will likely look different schematically than years past. Will this mean more zone coverage? Spread offense? Aggressive style? These questions will be determined by the collaborative group of coaches put together by Campbell this offseason.

# Bouncing Back

## Men's basketball end weekend with win over NMU

**Brendan Sanders**  
Sports Editor

The Bulldogs ended the weekend on top with a strong defensive showing Saturday against the Wildcats of Northern Michigan.

The men's basketball team was looking to save the weekend after a 67-59 loss on Friday and came out stout on defense, allowing Northern Michigan to score only 45 points in their 67-45 victory. The Bulldogs are now 4-5 on the season and sit tied for second in the GLIAC North Division.

Head coach Andy Bronkema was happy with the performance after the previous day's defeat.

"We played better defense like we wanted to, we created better shots," Bronkema said. "What a turnaround. Mike (Peterson) got on the glass for us, but it was nice to do it when Mike even had a subpar game offensively. I didn't even know we had that. I thought we had to have Walt and Mike firing to be in there. That's a big step for us."

Multiple players stepped up throughout the game, with Walt Kelser leading the scoring with 15 points, well below his 22 points per game average on the season. It was the first win this season that did not see Kelser score more than his game average. Bronkema was happy that they didn't need Kelser to score as much and still pull off the win.

"That's the bare minimum for him, it's nice to win when he has the bare minimum because he's going to have those big games too," Bronkema said. "We're trying to find that balance where he doesn't have to have 30 to win,

but he can have 30. It's a work in progress but we know that's what is going to make us the best in the end, to try to do that. We'll develop that flow with Walt, give it up and get it back, he's willing to do it, that's what I love about him, he's a star but he's willing to do it."

True freshman wing Jimmy Scholler earned his third start of the year, scoring 4 points but leading the team in assists with 4.

The second half saw Ferris States big men take over, with Mason Pline nearly scoring a double-double with 10 points and 9 rebounds. Sophomore center Vejas Grazulis also scored 9 points, most of which coming in the second half.

Defensively, the Bulldogs played with much more intensity, holding the Wildcats to only 19 second-half points. Northern Michigan shot 28% from the field in the second half, while the Bulldogs shot 55%.

"I think they worked really hard at it," Bronkema said. "Some of the shots that went in the day before did not go in for them, and that is a part of it too. You give them credit when they deserve it and give our guys credit when we deserve it. We really played good defense for the first time all year for close to 40 minutes."

Next up for the Bulldogs will be Lake Superior State at home on Tuesday evening, Jan. 26. Lake Superior State is 2-4 with wins against Wayne State and Purdue-Northwest, but are coming off a pair of weekend losses at home to Michigan Tech.

Next weekend the Bulldogs will be traveling to Michigan Tech, which sits at 5-1 atop the GLIAC North Division rankings.



Photo by: Cora Hall | Editor in Chief  
Sophomore point guard Jeremiah Washington would score 3 points and grab 3 rebounds in victory.