

Contextualizing the Johnson and Johnson vaccine pause

Michigan follows federal guidance in pausing Johnson and Johnson vaccine distribution

Jessica Oakes
News Reporter

In response to the Michigan Department of Health and Human Services' recommendation, Ferris will not be distributing the Johnson and Johnson COVID-19 vaccine until further notice.

A message sent to the COVID-19 Community Corps from United States Surgeon General Dr. Vivek Murthy stated that this news does not pertain to or affect the Moderna or Pfizer-BioN-Tech vaccines in any way.

The pause in distribution was first recommended Tuesday, April 13 by public health officials from the FDA and the CDC in order to investigate the cause of rare and serious blood clots.

Out of the nearly seven million people who received the Johnson and Johnson COVID-19 vaccine by the time of the announcement, six women between the ages of 18 and 48 were diagnosed with the blood clot referred to as cerebral venous sinus thrombosis.

Assistant professor and Doctor of Public Health Emmanuel Jadhav explained that the decision to pause distribution was an act of caution. A clear link between the vaccine and CVST has not been found.

"If somebody is taking so much precaution, it makes you feel safe that there is an agency or there's a unit out there that is watching out for us," Jadhav said.

Professor and Doctor of Pharmacy Michael Klepser echoed this statement, adding that the true message of the situation must not be lost.

"The unfortunate thing is, you know, people will take this message, and some groups will twist it into an anti-vaccination message," Klepser said. "When really, this is a message of caution, and a message that the safeguards that are in place work,"

Jadhav stated that symptoms of CVST would most likely occur within one week of receiving the Johnson and Johnson vaccine. Severe cases may include new neurological symptoms, abdominal pain, leg swelling or tiny red spots on the skin.

According to Klepser, there have been more instances of blood clots among those diagnosed with COVID-19 than those who received the Johnson and Johnson vaccine.

"There is a much, much, much higher rate of people getting serious blood clots from having COVID, for the most serious [type of blood clots] is 39 per million people with COVID," Klepser said.

Klepser also explained that the available and effective COVID-19 vaccines have historically low levels of potential side effects.

"We know that there have been hundreds of thousands of individuals who have died from COVID," Klepser said. "We know of millions of individuals that have long-term problems

because of COVID. We have an incredibly low rate of side effects with the vaccines that can prevent COVID."

Klepser and Jadhav agree that encouraging herd immunity through vaccination is the most effective way to save lives, and the best way to return to a world that feels "normal."

"Let's not sugarcoat it. We've been in this situation for over a year, and we're still seeing lots of infections and lots of deaths," Klepser said. "And there's a number of reasons for that. But the bottom line is, we still have a way to go. In order to keep the pandemic from growing and spreading, you have to not give it a host."

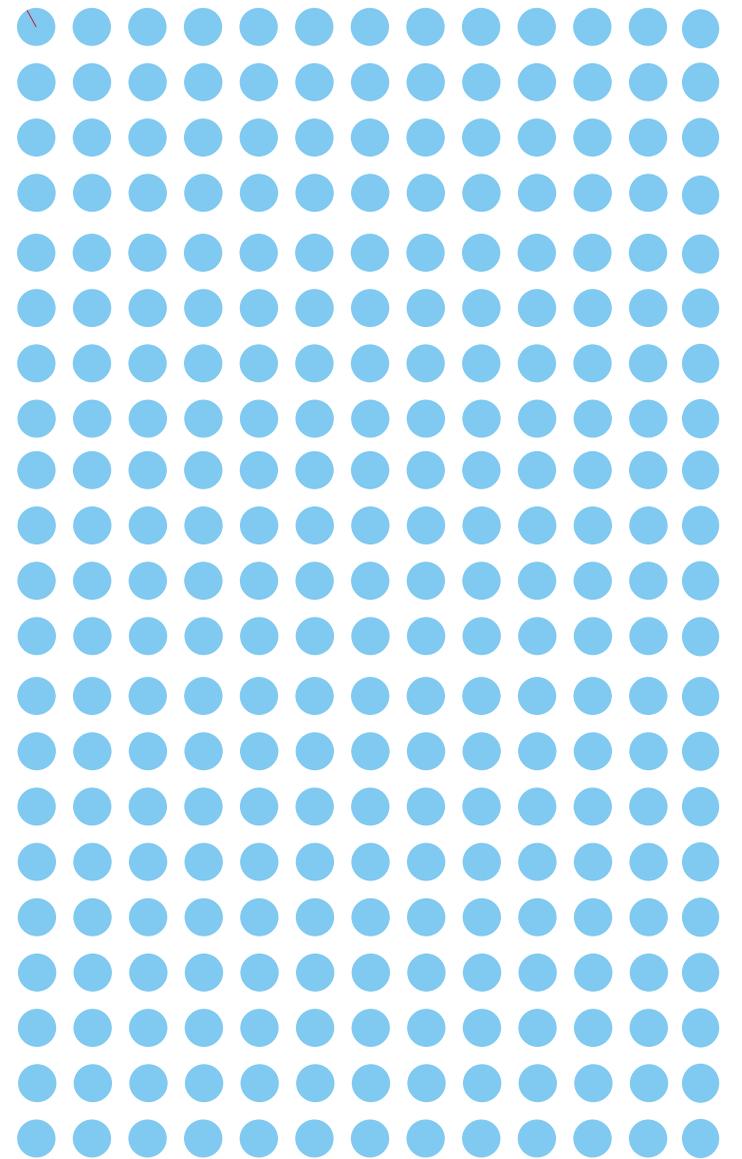
Jadhav fervently disagrees with the sentiment that those who were diagnosed with COVID-19 in the past do not need to get vaccinated.

"It's like saying I broke my arm; I don't need to get it fixed," Jadhav said. "Because it's a very commonly made argument and, you know, getting the antibodies that you produce from getting COVID, the rate at which that production happens is different from getting the vaccine itself."

Any Ferris student who previously signed up to receive the Johnson and Johnson vaccine on campus has been sent an email from Birkham Health Center. The university encourages all students to get vaccinated and has no other comment on the situation at this time.

6 out of over 6.8 million people

have developed rare blood clot after Johnson & Johnson vaccine



Graphic by: Cora Hall | Editor in Chief

Each dot on the grid represents 24,908 people, because it would be impossible to fit 6.8 million dots on this page. The red sliver that is barely visible on the first dot represents the 6 people who have developed rare blood clots after getting the Johnson & Johnson vaccine.

Women of the AVA on Sexual Assault Awareness Month

The Anti-Violence Alliance works to inform the Ferris community

Jessica Oakes
News Reporter

The Anti-Violence Alliance is committed to making campus a safer place for everyone. In honor of Sexual Assault Awareness Month, the AVA prepared eight events to shed light on relationship violence.

Student peer educator and staff lead Erin Davis develops programs and workshops with the goal of informing the Ferris community.

"The Anti-Violence Alliance is attempting to change the culture surrounding interper-

sonal violence by increasing awareness and education through these programs and resources," Davis said. "So, making students more aware of the harm that is being perpetrated and empowering them as active bystanders."

One of the most prevalent topics in SAAM events is understanding consent. On Tuesday, the AVA hosted a virtual event called Coffee and Consent. This event aimed to foster a safe and productive conversation between the AVA and participants, followed by a game of Consent Bingo.

"Promoting consent is about promoting healthy relationships and creating a comfortable environment where each person can express what they want and need," Davis said. "So, consent takes into account verbal cues and what someone doesn't say. And I wish that that was more widely understood."

Davis recalls being particularly moved by a 5-Star event featuring sexual assault survivor Kalimah Johnson. Johnson is also the founder of Sexual Assault Services for Holistic Healing and Awareness in Detroit.

"I'm so grateful that we brought Kalimah because she made me aware of the fact that there is always more to learn, that there are always going to be communities within interpersonal violence that are marginalized in other ways," Davis said. "We should be intersectional in everything that we do, and inclusive and everything that we do with the AVA."

After being encouraged by Violence Prevention coordinator Raven Hills, staff assistant Nia Goins took it upon herself

Women of AVA | see page 3

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NEWS

Noah Kurkjian | News Editor | kurkjin@ferris.edu

The ideal brother

Remembering Malik Kingsby: 'he got it'

Cora Hall
Editor in Chief

Malik Kingsby was someone who got it when it came to life, that much was clear to his mother, Alise Kingsby, as she heard the tributes to her son after he passed away on Sunday, Feb. 21.

The memorial held for Malik and a lantern release on March 6 meant a lot to Alise, who saw the impact her son had on the Ferris community. Hearing about her son from his friends, coworkers and fraternity brought her happiness to know that her son was every bit the person she hoped he would be.

"To know that he got it, he was really listening and that he was able to share some of the things that I taught him with the fraternity with the community and just things he had learned on his own, is was just amazing to me," Alise said. "He was a life changer. And I believe that he has more in 22 years than a lot of people will do in lifetime. So, that is incredible to me as his mother, to know that, you know, he got it. He got it and so that makes me happy."

Malik was born and raised in Lancaster, California by his mother, who said they had the best mother-son relationship. He had a big heart from the start, and he was one of the happiest people who always had a smile on his face.

The night Alise dropped Malik off at Ferris, they went out to eat and Malik got a text about a party happening and she said "Hm, college party, huh?" and he just laughed and told her he wasn't going to go. "Nah, I'm gonna spend this night with you and I'll go to the next one," Malik said.

Malik was a hospitality management senior and a member of Phi Sigma Kappa on campus, where he was always highly involved. He held nearly every chair at one point, from social to community service.

Journalism and technical communication sophomore Robbie Ridgley said Malik was his best friend and the main reason he joined and enjoyed being a part of PSK.

"He definitely pushed me out of my boundaries. I used to be extremely quiet, I wouldn't talk to anybody but him," Ridgley said. "He just kind of motivated me or put me in situations where I actually had to talk to people and just kind of grow that way, and be more social."

Ridgley said he spent nearly every day with Malik and he was the kind of friend who would always be there, no matter what he had going on. He was the kind of friend who stayed back from the party scene and just talked to the people around him.

"I would like him to be remembered [for] just how open and understanding he was to everybody around him. Because you could always go to him for anything... no matter the circumstance," Ridgley said. "It'd be 3 a.m. and all I'd have to do is ask him if he's awake, so I could vent to him about stuff. He always had time for

everyone, he cared for and loved those close to him immensely."

Parker Goetz met Malik when Goetz was rushing for PSK in 2017 and their friendship grew deep over the next three years.

Not only was Malik dependable when getting business done in the fraternity, but he was always there for Goetz, or any brother, when something was bothering him or he felt down that day. Goetz, who Malik called "Parks and Rec", said he was the "most dedicated, driven, loving, hard-working man I have ever met in my life" and he was the ideal of what a brother should be.

"Malik showed me that you may hurt or feel like trash for a minute, but that can pass, and that talking about things can help put your life into perspective," Goetz said. "He also showed how important unconditional love is not only to me, but to us as an organization and others on campus. He showed us all that with hard work, you can do what you set your mind to and I think about that anytime I want to give up. His work ethic, character and love is almost unmatched."

Losing a child is something no parent wants to consider they might have to go through, and Alise said her faith has kept her going.

"Without God, I could not have gotten through this, because this journey is not an easy one, you know, knowing that I'm never going to see my baby again," Alise said. "He's my only son. He was my baby, he was the last one. So knowing that I'll never see him again on this side, it hurts, but it brings me comfort to know that he's on the other side and he's at peace and, you know he's with some amazing people."

Though she lost her son, she gained several more and sees the brothers of PSK as her sons now, too. Though most people will slowly stop checking in after the memorial, Malik's brothers have not. They still check in on her, making sure their adopted mother is doing alright.

"The brothers of PSK have been amazing," Alise said. "Just the random text messages checking in on me, 'Mama Bear', 'Are you okay?', 'Mama Bear, we're thinking about you are praying for you.' It helps."

Goetz said he does feel like they are her sons now, too and it shows where Malik learned his unconditional love from.

"I was one of a few guys that was able to make it out for his service and she called us her sons and I almost teared up a bit," Goetz said. "His family has been great with helping us grieve and us them. I think all around we are all grateful for each other. The continued contact with her and his family has helped everyone heal, knowing we aren't alone in this and the blessing out of the whole thing is that we have a new family."

"He has brought so many people together and that astounds me still."

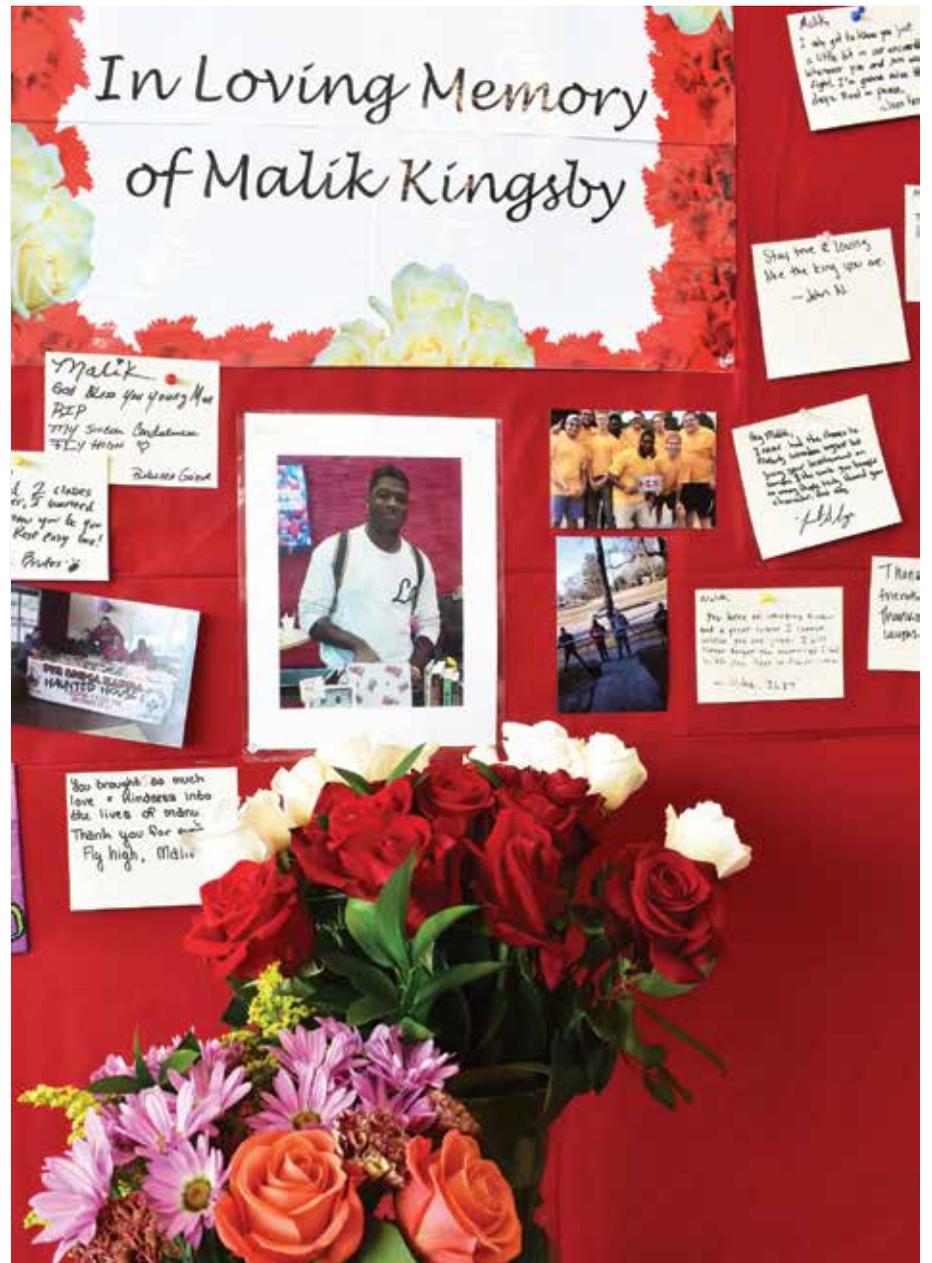


Photo by: Cassidy Jessup | Multimedia Editor

A memorial wall was held in the University Center for Malik, where students could leave notes to Malik.



Photo courtesy of Phi Sigma Kappa

Malik (center, holding sign) was highly involved in Phi Sigma Kappa, holding nearly every chair from social to community service.



THIS WEEK IN MICHIGAN NEWS

Catch up on news around the state

Noah Kurkjian
News Editor

Elections

A new suit has been filed in connection with the Antrim County election fraud case.

No, an algorithm didn't change Michigan election results. Antrim County came under fire in November when human error led them to call the wrong unofficial winner on election night.

After which a resident's lawsuit was filed which further played into the conspiracy theory that Dominion Voting Systems programmed their machines to flip votes in favor of Joe Biden.

Former President Donald Trump seized upon an analysis filed in the suit that was riddled with inaccurate information to further his claims of a stolen election. A hand recount of every ballot cast in Antrim County affirmed the results and Trump's victory there according to the Detroit Free Press.

Now, a new filing in the case claims of a far wider reaching conspiracy theory

which states that the state government deployed a "key" to mathematically "convert" registered voters' records into counted votes.

The filing defines the alleged "key" as a "sixth degree polynomial" that "unlocks the door and uncovers the ability to manipulate data and results."

As of now, there isn't merit to these claims, however, the lawsuit is still in progress.

COVID-19 Surge

On Sunday, Gov. Gretchen Whitmer said on "Meet the Press" that the surge in COVID-19 cases in Michigan can be partially attributed to the Michigan Supreme Court decision that struck down the law she was using at the beginning of the pandemic to help stop the spread.

"I have been sued by my Legislature, I have lost in a Republican-controlled (Michigan) Supreme Court, and I don't have all of the exact same tools," Whit-

mer said after host Chuck Todd played her clips of previous statements that she had made that Todd suggested showed she has changed her tune about following the science to address the pandemic according to Free Press.

Michigan's strategy was going to be just to hit it the surge with a huge push for vaccinations which everyone 16 and older because eligible for on April 5. However, this was somewhat thwarted on April 13 due to the CDC and the FDA both recommended a pause on the single dose Johnson & Johnson vaccine.

"At the end of the day, this is going to come down to whether or not everyone does their part." Whitmer said.

Voting rights

Michigan's top election official called out Republican legislators for new voting bills that are currently pending in the Legislature.

The 39-bill package in the Senate would, among other things, also require photo ID to vote in person, prohibit the use of absentee ballot drop boxes on Election Day and ban prepaid postage on return envelopes according to the Detroit Free Press

The democrat Secretary of State Jocelyn Benson called this move "un-American and an affront to every voter in the state".

It "serves no other purpose than to make it harder for them to vote absentee," she said during a virtual news conference with Detroit City Clerk Janice Winfrey and a Democratic legislator. "There's no evidence or data or even precedent to suggest that that somehow would prevent voter fraud."

Winfrey also claimed that banning prepaid postage would disenfranchise poor people as well.

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- ON THE RECORD -

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

Women of AVA

Continued from page 1

to include marginalized voices in the conversation about sexual assault.

"I really had a hard time speaking out. And then when I joined the Anti-Violence Alliance, I kind of realized that if you don't speak out, then nobody else is going to," Goins said.

Last Wednesday, Goins presented a workshop entitled Engaging the Black Community in Sexual Assault Prevention. She focused on historical stereotypes and how they feed modern-day victimization of Black men and women.

These historical tropes include the Jezebel stereotype and the brute caricature. Ferris' Jim Crowe Museum of Racist Memorabilia defines Jezebel as the signified name for Black women that have been unfairly portrayed as "innately promiscuous, even predatory." This was used in stark contrast to the modest and sexually pure portrayal of white women, a demographic that was taught to fear Black men by use of the brute caricature.

Goins understands how difficult it can be to speak about racism and sexual violence to people with varying experience with either. This encourages her to use inclusive language, hoping her audience is able and willing to empathize with other communities.

"People will feel more comfortable talking about [sexual assault] if they felt that other people had the same opinions as they do," Goins said. "But also that they have the language to have those conversations in a way that they felt wouldn't cause people harm," Goins said.

Goins believes in the importance of discussing the root causes of intimate partner violence and rape culture, stating "you can't stop the big things without stopping the little things." These little things include misogynistic humor and sending unsolicited nude photos to women.

"You have to prevent those small things from happening. You have to break down that within your small social circles in your day-to-day life to kind of make those other big things like sexual assault and rape and child molestation go away," Goins said.

This is a responsibility that Goins passes along to the entire Ferris community and beyond, explaining that neutrality is not a valid stance on sexual assault.

"Everybody needs to show solidarity for those victims because showing solidarity for them means that you're not showing solidarity for offenders and perpetrators," Goins said.

In the fall of 2021, Goins will be stepping into Davis' position as the co-student lead alongside staff assistant Sydney Mingori.

Mingori prepared and presented an event for the AVA last Monday entitled Sexual Assault in Pop Culture. This event highlighted patterns of unhealthy relationships featured in movies and TV shows including "Twilight" and "Stranger Things."

"We talked about power and control between abusers and the victims and how abusers use tactics to gain control over the victim. And they do it because they believe that they have the right," Mingori said.

Some tactics, Mingori believes, have been so normalized that audience members do not even notice them without taking a closer look. When discussing the dynamic between "Stranger Things" characters Joyce Byars and Jim Hopper, many people were disappointed.

"[The audience] was like 'oh, I never realized that he, you know, yells at her all the time and he doesn't listen to her ever' and they loved them so much as a couple, they didn't realize how awful he actually was to her," Mingori said.

Despite this, Mingori still believes that people can enjoy movies and TV shows that feature unhealthy dynamics if the relationship is viewed critically and never idolized.

The next TV show watch party will take place at 6 pm on April 21 and feature an episode of "Grey's Anatomy."

"We're going to be showing an episode from it that really goes into greater lengths about tests that you have to do for sexual assault, so I'm really looking forward to this month and I'd be happy to have people come in," Mingori said.

For more information about SAAM events, visit the AVA profile on Bulldog Connect.

Is it the return of the Hash Slinging Slasher?

Noah Kurkjian
News Editor

Is it the return of the Hash Slinging Slasher?

April 15, 2:12 p.m. A police report was filed as a student of Finch Court had their tire slashed. The investigation is still on going with no leads.

Just... how?

April 17, 11:31 p.m. Police pulled over a suspect on Ferris Drive for reckless and erratic driving. Police preformed a field sobriety test as the suspect refused to consent to a Breathalyzer test in the field. The suspect was arrested and charged with a high BAC DUI blowing a .23 at the station.

Torch Corrections

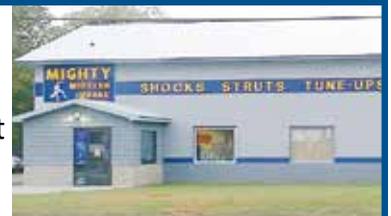
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Ferris vaccine clinic success

Ferris able to vaccinate 1,107 students, faculty and staff

Rebecca VanderKooi
News Reporter

1,107 students, faculty and staff were vaccinated at Ferris' first COVID vaccine clinic the week of April 5th.

Despite the short notice the volunteer-run event was a success, and the Birkam Health Center expects an efficient second dose clinic of the Pfizer vaccine the week of April 26th.

"Our volunteers definitely stepped up to help us staff several check-in and wayfinding stations as well as 8 vaccine stations at optimal time periods. The majority of volunteers were students and were given short notice to help," Michelle Rasmussen, a communications officer in the president's office, said.

Rasmussen explained that the COVID Vaccine Committee and Birkham Health hope to continue to host vaccine clinics on the Ferris campus.

"Since our clinic offerings are based on allocation of vaccine, which often comes with little notice, we cannot plan more than a

week in advance," Rasumussen said. "Our hope has been and will continue to be that we are able to vaccinate any and all Ferris community members who want it."

Erin Bezeau is a sophomore studying pre-optometry at Ferris and is one of the many students who got vaccinated at the on-campus clinic.

"I got the vaccine through Ferris and my experience was great. The process was quick and those administering the vaccinations were so personable and informative," Bezeau said.

Over a year into this pandemic this vaccine has helped give hope that things will get back to normal.

"The vaccination allowed me to help my grandmother and my grandfather...that feeling of holding them again after a year, I would never trade," Jordan Brinker, one of the students who got vaccinated, said.

If anyone who wants a COVID vaccine has not yet received one, please keep an eye on the announcements for potential future offerings.



Photo by: Dylan Bowden | Torch Photographer

Those who got their vaccines at Ferris will automatically get a follow-up appointment for three weeks later for dose two

University spends \$1 million to make lawn



Photo by: Dylan Bowden | Torch Photographer

Jerry Gaytan
News Reporter

Resident halls Taggart and Vandercook are set to be razed during summer of 2021 and replaced by green space and Center of virtual learning.

As of Jan. 19, 2021, the Board of Trustees approved to move forward in the project for a cost of \$2,000,000. Taggart hall constructed in 1964 has been empty since 2015 is set to be the future location for green space according to the project's executive summary.

"On January 19 of 2021, the board approved the combined package of projects for both at \$2,000,000," Associate Vice President for physical plant Mike Hughes said.

The budget for the project is separated for \$1,000,000 each building and this week

the demolition has started to take place at Taggart hall.

Executive summary for this project states that funding will be provided by Central University Funds.

According to Ferris physical plants projects page, asbestos abatement is set to begin this month April 2021. The months set for demolition and site restoration for the site is for this summer June and July.

Hughes stated that there is a long-term desire to do improvements for housing on the south side of campus. Until plans mature and become finalized the site of Taggart hall will be green space till then.

For more information regarding this project visit:

https://www.ferris.edu/administration/adminand-finance/physical/tag_van_demo.htm



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LIFESTYLES

Marissa Russell | *Lifestyles Editor* | russem22@ferris.edu

Making the earth a better place

How you can make small changes in your life to become more sustainable

Kendall Rooks
Lifestyles Reporter

Each year on April 22, Earth Day marks the anniversary of the birth of the modern environmental movement in 1970.

The first Earth Day gave a voice to an emerging public consciousness about the state of our planet. Before the creation of Earth Day, social groups had been fighting individually against oil spills, polluting factories and power plants, raw sewage, toxic dumps, pesticides, freeways, the loss of wilderness and the extinction of wildlife.

Earth Day 1970 brought every group together, achieving a rare political alignment and focusing everyone on the issues which work to deteriorate the earth. Now not only does the United States celebrate Earth day each year, but roughly 200 other countries do as well.

"Earth Day is a great time to take a moment to notice the things that we often take for granted, such as easy access to plentiful clean water and clean air and to acknowledge that these things are far more fragile than we realize," Geology professor Jennifer

Johnson said. "The air and water quality that we enjoy in the United States only exists because scientists and medical professionals recognized the high costs of pollution and advocated for laws to control it."

The Bulldog Sustainability Alliance hosts multiple events for Earth Day and works to increase awareness about sustainable practices which the university and students can partake in.

"We only have one Earth," Business administration senior and BSA member Elizabeth Towns said. "This is our home and we do not have anywhere else to go. If we are not trying to make our Earth better for the long run and for our kids, there may not be someplace to live. It is especially our generation who can fix the problems from the past. There are so many sustainable practices that you can start to do in your everyday life that show you love the place you live because this is it."

Johnson said that climate change affects us in ways we might not be aware of.

"We tend to think of climate as something that just affects the weather we experience, but weather and climate are both intricately

linked to every aspect of life on Earth," Johnson said. "They determine animal migration, including pollinators vital to food crops, limit growing seasons, affect the cost of homeowners insurance, impact the viability and range of vectors that spread disease, control how much water is available for drinking and crops and correlate wildfire size and frequency, just to name a few."

There are so many different ways students can become more sustainable in their everyday life on campus.

Secondary Mathematics Education senior and BSA member Savannah Torrey said, "Air pollution is a big problem. Ferris could incentivize transportation that does not rely on the burning of fossil fuels. Plastic pollution is also a big issue and Ferris could provide more areas to recycle plastic in. As well as post information on what plastic can be recycled near each container."

"Recycling is accessible [on campus] more than it ever was, but people are not paying attention to it and a lot of trash is going in the recycling bins," Towns said. "Everyone just needs to be a little more aware and maybe trying to exit out some of the single

use plastic. I know more of us are carrying around reusable water bottles and that's a great way to get rid of all of that plastic."

Torrey added that students can minimize their food waste at Ferris dining services by not taking more than they can eat. Students can invest in alternatives to cheap disposable plastics like bamboo toothbrushes, water bottles, produce bags and buying items secondhand.

We only have on Earth and one home to live for every generation after our own. Everyday should be treated as Earth Day. The smallest lifestyle changes can make a difference. It may not seem like much, but when everyone does small things it accumulates to large changes.

The BSA has held events throughout the week in honor of Earth Day. On Earth Day this year there will be a 7 p.m. viewing of the Lorax. You can email bronzh@ferris.edu for the link. If you are interested in joining the BSA, email bulldogsustainabilityalliance@gmail.com.



Photo by: Cassidy Jessup | Multimedia Editor

Elizabeth Towns said that there is more recycling on campus now than there ever was before.



Photo by: Cassidy Jessup | Multimedia Editor

Students can invest in alternatives to cheap disposable plastics like bamboo toothbrushes, water bottles, produce bags and buying items secondhand.



Media Minute

Seth MacFarlane, let Family Guy end, please

Noah Kurkjian
News Editor

I have been a fan of Seth MacFarlane's smash hit Family Guy for about four years and having seen every single episode multiple times I have to say, Seth, please just let it go.

I would consider there to be about three distinct eras of Family Guy: the pre-wide screen era, the cutaway/HD era and the woke era. The first phase being from about season one to season eight, the second era being season nine to about season 15 and then the final era going from season 16 to present.

The pre-wide screen era of Family Guy was what I consider what Seth wanted to make when he came up with the show. It was the purest form. It balanced cutaway gags and actual plot very well and managed to sprinkle in several fun episodes that just felt effortless. The "Road To ..." episodes are some of the absolute best the team put together and most fall in the first era.

The cutaway/HD era is where things start to take their sad and eventual downturn. Season nine, episode one titled "And Then There Were Fewer" showcased what the animators could do with wide screen and HD and it's truly a pretty episode. The episode, however, foils a lot of those nice, simple plot lines by killing off their driving character. At the end of this episode, after all is said and done, the viewers can tell that this is the beginning of a new era for the show.

Then there is the cutaway part of this era. Season 11 was riddled with cutaways. There is an average of about 11 per episode in this season which breaks down to about one every two minutes. These lead to a choppy and very

thin plot that make most of these episodes about 10 minutes long when you really boil it down. That's not what I tuned into watch. A cutaway is supposed to add something to a moment but in this era it feels as though it takes away more than what it provides.

There can be a case made that the show is just trying to stay topical as the cutaway allows them to splice in current events that hadn't happened yet at the time of the episode conception, except, that isn't what the viewership wants and the ratings of this time can attest to that. The issue is that people tune into Family Guy for the absurd, slapstick animated comedy that they were used to from the start, not something that feels like it's trying to be an animated SNL.

Then we finally land in Family Guy's current woke era. In this era the writers cut back on cutaways which is welcome, but they did it for all the wrong reasons. Now, entire episodes feel like a season 11 cutaway, very topical and a bit political. There are still a few original style episodes peppered in here and there, but this era feels the furthest from what Family Guy set out to be. I looked to Family Guy as an escape from the real world, as an animated land to get lost in but it feels like the writers are trying to take that away.

Do I want the show to be cancelled? Absolutely not, I want to see a return to form with the childish humor that made this show what it once was. But I know in my heart of hearts that it's not going to happen. So Seth, I think it's time to give this show a banger finale and then let it go.



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Events calendar

WEDNESDAY

April 14

Good Guys: How Men Can Be Better Allies for Women in the Workplace

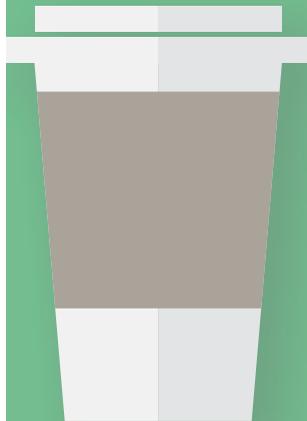
Contact: Lynn Miller
lynnmiller@ferris.edu
Time: 12 - 1 p.m.

First-Gen Wednesday Workshop - Prepping for Final Exams

Contact: Dave McCall
davidmccall@ferris.edu
Location: Virtual
Time: 1- 1:30 p.m.

LGBTQ+ Resource Center Coffee House

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



THURSDAY

April 15

Rock Your Exams: Rockstar Energy Drink & Yeti Cooler Giveaway

Contact: Jennifer Thede
jenniferthede@ferris.edu
Location: Zoom
Time: 11 a.m. - 2 p.m.

Asian American/Pacific Islander Narratives featuring FSU Students

Contact: Darnell Lewis
darnellelewis@ferris.edu
Location: Zoom
Time: 4 - 5 p.m.

Grey's Anatomy Watch Party: A Discussion on Trauma, Sexual Assault, and Consent

Contact: Raven Hills
Prevention@ferris.edu
Location: Zoom
Time: 6 - 7:30 p.m.

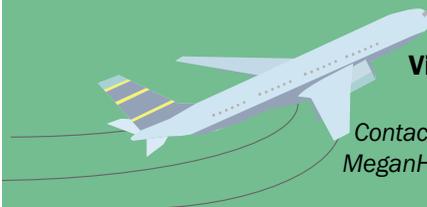


FRIDAY

April 16

Virtual Study Abroad Workshop

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



TUESDAY

April 20

Examination Week

FSU Student Government Association General Assembly Meeting

Contact: Allyson Faulkner
studentgovernment@ferris.edu
Location: Virtual
Time: 6:30 - 7:30 p.m.



For more events, check out calendar.ferris.edu

Graphics made by Production Manager Charlie Zitta

Springing into outdoor activities

Everyone can finally go outside and get active...including your cat

Alyssa Hubbard
Lifestyles Reporter

As spring blossoms and the Michigan weather becomes nicer, students are spending their time out in the fresh air after a seemingly long winter.

There are many outdoor activities for students to do as they soak up the sun's rays and take advantage of the coming warm weather. Getting active, especially after a winter of being stuck inside most days, is a great way for the body to feel good and stay healthy.

According to the Centers for Disease Control and Prevention, exercises as simple as going for a walk or as difficult as biking and playing sports can have major and immediate benefits on the body. Activities like these stimulate the brain, which help people think and learn better. Additionally, people can lower their risk of anxiety and depression, as well as improve sleep.

Two students have already started making the most of the nice days by filling their time with all kinds of fun and healthy activities.

Psychology sophomore Sydney Mingori personally enjoys going on outdoor adventures with her cat, Artemis. They take long hikes at the Clay Cliffs trails in Big Rapids.

This pair loves to spend time together. Mingori appreciates that her spirited, little feline companion can also release some of her energy during their fun walks.

"Some days [when] I'm feeling very overwhelmed and overstimulated, I would just like to take my time down a trail or walking by myself, just appreciating nature, listening to music and breathing in that good pine," Mingori said.

Mingori didn't know taking cats on adventures was something people did until she saw videos of people on hiking trips or climbing mountains with their cat. She wanted "an adventure cat" too.

She said that not only is getting active beneficial for humans, it's extremely helpful for cats too.

An article by the Better Health Channel explained that walking a pet can decrease an animal's stress level, lower their blood pressure and build up their muscles and bones. The best part is that they get to explore with their owner while they're getting active.



Photo by: Dylan Bowden | Photographer

Sydney Mingori appreciates spending time with her spirited, little furry companion.

"It's almost instantaneous," Mingori said about the effect getting active has on her mental health. "There was one day when I felt very burnt out on schoolwork and couldn't focus anymore. I took a jog and immediately afterwards I felt better. It gets you to do something else, it gets you out of the house and it gets your blood pumping a bit. It makes you feel happier.

Mingori wants to explore more places with her cat, like some abandoned ghost towns she's heard about.

While Mingori and Artemis prefer walking along woodland trails, there are plenty of other activities to keep happy and healthy.

Another student who loves to venture different places is biochemistry junior Keegan

Zender, whose favorite outdoor activity is biking.

Whenever Zender decides to get some fresh air he typically bikes for about 15-20 miles in one ride. However, soon he'd like to get out more and bike two or three times a week.

"I've done a lot of biking in my family when I was younger," Zender said. "I have a pretty good bike, so I might as well put it to good use. And I enjoy biking."

Biking also offers a plethora of health advantages. According to Harvard Health Publishing, regularly riding a bicycle can strengthen leg muscles and bones, increase balance and releases endorphins in the brain, making the exercise that much more exciting.

Zender would like to go biking with his friends to make the experience more fun and it could pass the time easier.

He also dabbles in various other outdoor activities, like kickball. Zender recently hosted a game of kickball with his friends, which he plans on doing often in the future.

Many unique opportunities to go outside and get active are available for people who prefer to participate in activities other than walking, biking or kickball.

Rock climbing, geocaching or even playing the Pokemon GO app game can be wonderful ways to leave the house and be active.

The semester is ending and opportunities to step away from the computer screen for a long while to head outside are finally here.



Photo by: Dylan Bowden | Photographer

Artemis likes to go on adventures with her owner, Sydney Mingori.

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

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EDITOR'S COLUMN: Parting advice you didn't ask for

By Cora Hall

My four years in college are quickly coming to a close, and while I don't pretend to be full of wisdom, I'd like to think I learned and grew along the way.

For what it's worth, I am a completely different person than when I first set foot on our campus. My perspective has been broadened, and I've been impacted by the people I've met and talked with. Not to mention the unprecedented events of the last year, I think I may have grown more as a person in this last year than all three years before (also, I swear that's the last time you'll ever see me use the word unprecedented).

In light of all the thinking, discussing and learning over the past four years, I am going to give those who are still in their college years some advice that you absolutely didn't ask for, but may find useful if you somehow make it to the end of this column.

1. People come and go, and that's OK

The relationships you create in college can be fleeting, or they may last a lifetime. People you meet that you think will be in your life forever may be strangers a year later. It's such a common expectation I feel like people tell you when you go to college: you'll meet your friends for life. And you probably will have a few friends that will be friends for life, but it's unrealistic to expect every friendship to last.

Eventually you will find the people who are meant to be in your life – the people who celebrate your wins and pick you up when you fall.

The people who are meant to stay in your life will, so don't be disappointed when some of them leave.

2. Find a mentor

"Mentorship is just magic," one of my mentors, Zoe Wendler said to me. And she's right. It's a really unique relationship and it can really make a difference in your life, and in theirs. There are faculty on this campus who care about you and your success, so find them and ask them questions.

One of the most important things to remember is that you may know a lot, but you'll never know it all, so don't pretend to. Ask for help when you need it and find the people who will help you reach your goals.

3. Don't let partying become your personality

Listen, I'm not going to say I didn't go to parties or the bar in college, because that would be a lie. I have some great memories at Shooters, and I'm not saying don't enjoy yourself on the weekend sometimes.

But don't let it be your only hobby, and don't let it interfere with your school. It's just not worth it. You're only in college for a few years, so make the most of it and get involved on campus. Go do something that you find fulfilling.

4. Listening matters

You will meet so many people from so many different backgrounds. You may disagree with

them, but that might result in a really productive discussion if you are willing to listen.

My other point of this is that there is so much value in being an intentional listener. Not just listening to respond, or to be the devil's advocate, but to actually listen to understand what the other person is saying to you. Part of this is accepting that maybe you don't know it all, and understanding that the person you're talking to has a valuable perspective.

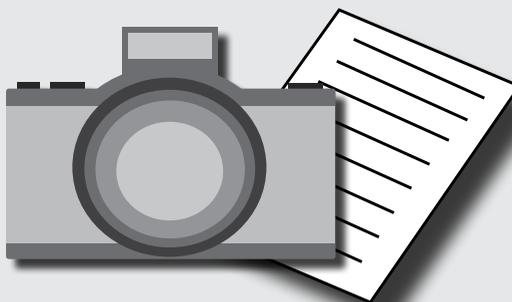
5. Your work doesn't determine your worth

I've written about this before, but it's so important to learn early on in college and in your career. A bad grade doesn't determine your worth; your perceived level of current success doesn't determine your future success; you are not your work.

You are a whole ass person outside of whatever it is you do, so don't let your work and yourself become one in your head. It will catch up to you and allowing your work and sense of self-worth become intertwined is detrimental to your mental health. It is incredibly important to find things you love to do and things you love about yourself outside of your work.

I'll get off my soapbox now, but hopefully someone out there finds my perspective helpful. Maybe I'll feel differently in another four years, but that's part of the beauty of life: you're never truly done learning.

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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!

Hustle culture needs to die

Taking breaks doesn't mean you're a bad person; it's vital to productivity



Kendall Rooks
Lifestyles Reporter

Hustle culture is a motivational movement which urges society to work harder, stronger and faster. The idea is that if someone works really hard, they will see success and can achieve anything they put their mind to. In recent years social media influencers have pushed this mindset on their platforms with rags to riches stories and inspirational quotes.

Influencers pretend to be adding value to other people's lives by 'inspiring' and 'motivating' others to reach for their dreams, but in reality the marketing is deceptive.

Due to the popularity of hustle culture rising, most college students have become attached to this lifestyle. It leads people to believe that the negative aspects which are brought on by hustle culture are normal. They are not.

Americans specifically embrace this culture and take it to a new level. According to ABC News, evidence that Americans are overstressed and overworked is present in the increased amount of road rage, workplace shootings, the rising number of day care and the increasing demand on schools to provide after-school activities to occupy kids whose parents are too busy. Americans work longer hours, have shorter vacations, get less employment, disability, and retirement benefits. Americans are also retiring later than workers in comparably rich societies. Americans have created this idea that the meaning of life can be found in work. We are literally working ourselves to death. Personally, I think that is bullshit.

The hustle culture needs to die. The pressure that this mindset puts onto students specifically, does more harm than good. Being obsessed with work is extremely toxic. It leads students to be over caffeinated, sleep-deprived, depressed and anxious. I have heard the phrase, 'the grind never stops' over and over from students and influencers, but in reality it should stop at some level because people need rest. Our mental health depends on rejecting this culture.

As a college student myself I understand the pressure to do the most, to put yourself out there and get as many experiences as you possibly can in a short time before you start your career. I have also personally experienced the anxiety and burnout that

comes with doing this. I have had nights where I break down and cry from the workload I have brought onto myself.

I have always considered myself someone who can do many things at once. In high school I played five sports and had a job. Now I write for this paper, I deliver pizza three days a week, I'm the Vice President of the rugby club, I have a side hustle doing custom paintings and I'm a full-time student. However, I still find time to hit the bar every weekend and socialize.

The reason I can handle doing multiple things is because I rejected the hustle culture. I am 21 years old. I am not worried right now about being rich, being a CEO or being a YouTube star, I just want to have fun and be mentally present. I have learned to

say no and set boundaries on the number of tasks I can take on.

My parents have always maintained a healthy work life balance and my goal is to be exactly like them when I have my own career. My mom is a retired teacher, so she had breaks off regardless, but my dad made sure to also be very present in my sister and my lives even with a full-time job. We went on vacations yearly as a family and he never brought work with him. They made a point to attend every single event my sister and I were involved in.

Watching this as I have grown up has taught me that work is not the number one priority. Taking breaks does not make me a bad person. It is productive and needed as a human being.



Graphic by: Charlie Zitta | Production Manager

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HOSTED BY: MARISSA RUSSELL,
BRENDAN SANDERS & NOAH KURKJIAN

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Updated August 13, 2020

FERRIS STATE UNIVERSITY

SPORTS

Brendan Sanders | Sports Editor | sandeb16@ferris.edu

Football makes a triumphant return

Ferris football wraps up spring practice with first game in 16 months

Brendan Sanders
Sports Editor

For the first time in 16 months, the Ferris football team played a competitive game, albeit against themselves, in front of hundreds of fans.

On Saturday, April 17, Ferris State hosted its annual spring game, in which it showcased the talents of what is expected to be a national championship contender come this fall. The Gold team beat the Crimson team 44 - 36 in a high scoring affair. The event saw hundreds of fans in attendance for the first time at Top Taggart Field since the Bulldogs lost to West Florida in the national semi-final game on Dec. 14, 2019.

Head coach Tony Annese described what it was like finally being able to take to the field and play in front of fans for the first time in over a year.

"I read somewhere that they were going to limit it to 500 (people) but that looked like a lot more than 500, so I'm guessing somebody said just let them in." Annese said. "It was unbelievable, when I was addressing the team, I was at a Michigan spring game and we had more people at our spring game than Michigan had at theirs. Now I know with COVID protocols they limited their crowd, but our crowd was incredible."

The only returning quarterback who saw playing time in 2019, sophomore QB Evan Cummins, had arguably the best performance on the day amongst the QBs. Cummins showcased his improved deep ball in the game, he connected twice deep to true freshman wide receiver Cam Underwood.

Cummins is coming off a freshman season that saw him finish third on the team in rushing yards with 454 yards and 8 touchdowns while also completing 50% of his passes for 287 yards and a single touchdown. Cummins talked about how he worked specifically on his passing game throughout much of spring practice.

"[I] threw a lot of deep balls in the spring, our quarterbacks coach took a lot of time... to just kind of work on our timing and our drops and just kind of [look] through our progressions a lot better," Cummins said.

Scoring was a little different during the game, with points being added for a first down (1 point), 20+ yard play (2 points), a turnover (defense, 3 points), a 3 & out (defense, 2 points) and a forced punt (defense, 1 point).

This allowed points to be scored early and often as nearly each play resulted in some sort of points for either the offense or defense.

The first score of the game outside of first downs and defensive stops/turnovers came



Photo by: Brendan Sanders | Sports Editor

Wide Receiver Cam Underwood looks back after catching a 50 yard touchdown pass from Evan Cummins

from a 50 yard touchdown pass from Cummins to a wide open Cam Underwood for the Gold team.

The duo would then connect again for a 60 yard score in the second quarter. This connection was in the back of the end zone, where Underwood kept one foot in-bounds as he dove for the catch running out-of-bounds.

The third touchdown of the game was scored by the Crimson team, where redshirt freshman QB Jesse Rivera connected with Ferris' next big weapon.

TE/H-Back and Center on the men's basketball team, Mason Pline, who in his first game action caught a goal line fade, using his 6-foot 8-inch frame to high point the ball above his defender. Annese explained his excitement about the potential for Pline to be a solid contributor on the field this season.

"The ability to high point the ball, [was] at an extraordinarily high level. So, what I've been most impressed about him is his de-

termination to learn our system, because he just started this spring. And, you know, once basketball ended, he was rolling with us two days later. So that was cool to see that he's been that committed to trying to learn our system. And a lot of what you do in your tight ends, you gotta be able to be a good blocker, and I've been really impressed by his capacity to block." Annese said.

Sincere Dent wrapped up touchdown scoring that day with a rumbling 14-yard score that saw him run through multiple tackles before diving across the goal line. The score put the Gold team up for good.

True freshman QB Caden Boersma led one last assault from the Crimson team scoring six first downs and drawing the Gold team within yards of a game winning score. However, a fourth down pass fell incomplete in the end zone with eight seconds left.

Other points that were scored during the game came from the 22 first downs that were scored between the two teams, three forced punts, three takeaways, five 20+ yard

plays, and a 25 yard field goal from Sophomore kicker Jermaine Roemer.

Overall, the spring game wrapped up spring practice for the Bulldogs, and Annese was excited about many different aspects of the team heading into the summer.

"I think our defense has been great... Today, we had quite a few secondary players that did not play, but our secondary has been really, really good. I think they're, you know, they got a lot of potential, and I always view them as the key to our success. Our old lines and D-lines will be really good. But our secondary, I felt, had a great spring."

The Bulldogs will retake the field this fall for its first competition against another collegiate opponent in 20 months when they take on Findlay on Sept. 2 at Top Taggart Field. This is a matchup that in 2019 saw Findlay lose by one point after a failed two point conversion with less than a minute to play, falling 24 - 23 to the Bulldogs.

For more photo's of the game, visit fsu-torch.com.

WEEKEND SCORECARD

Football

April 17 - Crimson 44, Gold 36 (Spring Game)

Women's Soccer

April 18 - Ferris 2, Northwood 0

Women's Golf

April 16 - 17 - Team: 5th place 620
Individual: 6th Alayna Eldred 148

ANCHOR DOWN

Men's golf upsets rival Grand Valley to win GLIAC championship



Photo courtesy of Ferris Athletics

The men's team poses with the GLIAC championship trophy on Sunday, April 18. They upset the no. 1 seed Grand Valley State 3 - 2.

Brandon Wirth
Sports Reporter

Ferris golf chose the right time to get into prime shape this season and it resulted in a GLIAC championship.

After qualifying for the final medal rounds with a top four finish in stroke play, the Bulldog men captured their 21st conference title with wins over Saginaw Valley State and top-seeded Grand Valley State in the final head-to-head medal round.

"It was a wonderful moment watching the men win the GLIAC championship," head coach Kylee Sullivan said. "They battled hard through two tough matches that day which made for a very exciting afternoon. I was very proud watching them collect the trophy."

In Sunday morning's opener against the three-seeded Cardinals, the Bulldogs used a mid-round momentum swing to tie and ultimately win the semi-final matchup by stroke total. Sophomores Thomas Hursey and Adam Madzri took advantage of their matchups to pull out two wins by a combined six strokes to ultimately outwit Saginaw's strong push of a tie, four-stroke win, and one-stroke wins in the other three matchups.

In his matchup, junior Josh Jeffords knew the pressure was on being tied going into the last hole. Despite an early misfire, Jeffords was able to keep Ferris' hopes alive.

"I got into trouble off the tee and ended up scrambling for a really nice par to tie the Saginaw Valley com-

petitor." Jeffords said. "Had I lost my matchup after our first two guys losing, we would have lost."

From there, the Bulldogs found themselves staring down rival-opponent and top-seeded Grand Valley State in their way of the GLIAC title. After a back-and-forth heavyweight fight, the 'Dawgs found themselves holding the conference championship trophy with a 3 - 2 win over the Lakers.

Jeffords and Madzri came out with victories in both of their matchups with Grand Valley taking two other matchups. In a classic showdown of top players, Hursey sealed the deal with a par on 18 to claim a tight one-stroke victory and win the title.

"Those are the moments you live for." Hursey said regarding the pressure on the 18th hole. "I just told myself to enjoy the moment. My teammates had grinded all weekend to get us to this position. Being able to close the deal for them was an unbelievable experience."

After winning a title in her first year at the helm of the Bulldog Golf program, head coach Kylee Sullivan believes it was a full team effort.

"The support that I have from the athletic department and my family has given me this opportunity, but most importantly it was the hard work day in and day out from the student athletes that made this possible."

The championship run couldn't have been made without strong showings in the early weekend stroke play rounds, with the Bulldog men finishing second overall and the women placing fifth.

"I was very pleased with the performances from both teams this weekend." Sullivan said. "The men and women gave it their all and left everything out on the course."

For the men, Hursey continued his hot run from the previous two tournament victories with a second place individual finish following a five-under (66) first round and three-under (68) second round. Madzri finished close behind in fourth with rounds of 70 and 66 for a five-under score overall. Junior Josh Jeffords used a strong 11 stroke improvement in round two to finish at five-over, followed by freshmen Trent Barth and Nathan Kraynyk finishing tied for 32nd and 41st respectively. Ferris State finished stroke play with a 566-overall score, finishing only behind Grand Valley State in the team standings.

From here, the men's and women's teams will now await their seeding selection for the Division II national tournament starting Wed., May 5 in Kansas City, MO. With both teams heading into the tournament with top 10 regional rankings, coach Sullivan is feeling confident with her team's chances.

"We are very happy with the way the we played this weekend, but we always know that there is room for improvement." Sullivan said. "We will be working very hard in the upcoming weeks to make sure that we are fully prepared for regionals."

To see more results and news around Ferris golf, visit the Ferris State athletic website www.ferrisstatebulldogs.com.

Ferris vs Grand Valley Matchup Results



Trent Barth -> **Charles Delong**
Won by 10

Joshua Jeffords <- **Eric Nunn**
Won by 5

Adam Arif Madzri <- **Nick Krueger**
Won by 2

Nathan Kraynyk -> **Drew Coble**
Won by 4

Thomas Hursey <- **Alex Jordan**
Won by 1

Men's Tennis

April 16 - Ferris 5, LSSU 2
April 17 - Ferris 6, Michigan Tech 1

Men's Golf

April 16 - 18 - Team: 1st place

Track and Field

April 16 - 17 - 5 Individual winners

Women's Tennis

Sept. 14 - Ferris 5, LSSU 2
Sept. 15 - Ferris 6, Michigan Tech 1

Hockey going into next season without top offensive producers

Brody Keiser
Sports Reporter

When Ferris hockey takes the ice for their 2021-2022 season, they will not only be looking to put together their first winning season in five years, but they will have to do it without their leading scorer.

Senior captain Coale Norris led the Bulldogs with 17 points in the 2020 - 2021 season with a team-high eight goals. He also had nine assists, good for second on the team. Due to COVID-19, the NCAA granted all winter athletes an extra year of eligibility. However, Norris will not return to the Bulldogs next season and will instead transfer to Bowling Green State University.

"I'm super grateful for my time at Ferris and have made lifelong memories and friendships," Norris said. "I'll miss the Big Rapids community and the people in it."

Head coach Bob Daniels spoke highly of Norris and felt not having the senior captain back next year is a big loss for the team.

"We're going to lose a lot on the ice," Daniels said. "I thought he had a really good year for us. That was probably his best season of overall hockey. He led our team in scoring, but equally we'll miss his leadership qualities. That's a tough one for us not to be having him [come] back."

Daniels noted that he is sure "there will be other guys that can step up," but he did not understate the loss of Norris.

Ferris is also losing senior Lucas Finner, according to Daniels. Finner tied Norris for second on the team with nine assists in the

2020 - 2021 season. Daniels was unsure if Finner will enter the transfer portal as a graduate student or pursue professional hockey.

However, the Bulldogs will return their other two seniors, captain Liam MacDougall and Marshall Moise. Both MacDougall and Moise need to finish their respective schooling and want to play hockey while doing so, according to Daniels.

Ferris closed its 2020 - 2021 season with playoff losses to Minnesota State. The Bulldogs' 1 - 23 - 1 record was the worst in program history and their fifth consecutive losing season. Dating back to the 2015-2016 season, their combined record is 45 - 114 - 12.

Daniels felt his team was not in Division I shape for the 2020 - 2021 season, in part because of the absence of a typical offseason due to COVID-19. Going forward, Daniels said that must change.

"We need to address the conditioning," Daniels said. "Our second and third periods were our worst periods. I think there's a direct relationship between our conditioning level and our lack of success in the second and third period of games. That has to be addressed."

Daniels took full responsibility for the lack of conditioning of his players. He said it wasn't the players' fault by any means. However, he added that there are no excuses for this upcoming season when it comes to conditioning.

"We're returning the majority of our team," Daniels said. "We all know what to



Photo by: Cora Hall | Editor in Chief

Senior captain Coale Norris was Ferris' leading scorer with 8 goals and nine assists this season.

expect, and we should be able to get the work in that we need."

Outside of conditioning, Daniels felt his team did a good job following the game plans and executing them on the ice.

"I thought the players did a really good job of following things to a tee for the most part," Daniels said. "We just weren't in the type of conditioning you need to be to be success-

ful. When the margin of error for success is so slim, something as small as conditioning could really weigh heavy on a team."

After the 2020 - 2021 season closed, the Bulldogs took a week off, but then got right back to work training and getting in the weight room. They have a full offseason to prepare for next year and try to put their recent trend of losing seasons behind them.

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THIS WEEKEND'S SPORTS FOR FERRIS

Friday, Sept. 28:

- Men's Tennis at GLIAC Tournament
- Womens Tennis at GLIAC Tournament
- Women's Soccer vs. Grand Valley at 4 p.m.
- Track and Field at the Hillsdale Gina Relays
- Track and Field at Davenport Invitational

Saturday Sept. 29:

- Men's Tennis at GLIAC Tournament
- Womens Tennis at GLIAC Tournament
- Track and Field at the Hillsdale Gina Relays
- Track and Field at Davenport Invitational
- Softball at Ashland at 1 p.m.
- Softball at Ashland at 3 p.m.

Sunday, Sept. 30:

- Men's Tennis at GLIAC Tournament
- Womens Tennis at GLIAC Tournament
- Softball at Saginaw Valley State at 1 p.m.
- Softball at Saginaw Valley State at 3 p.m.
- Women's Soccer vs. SVSU at noon