

A lack of transparency



Photo by: Amelia Reed | Torch Photographer

President Eisler plays clarinet alongside the athletic pep band as they cheer on the Ferris State hockey team in their game against the Broncos.

A look into the search for Eisler's successor

Jess Oakes
Special Editions Editor

The disconnect between faculty and administration persists as the committee searching for President Eisler's successor is bound to a non-disclosure agreement.

By signing the NDA, Search Advisory Committee members accept the position offered by chair Amna Seibold of the board of trustees. Everything covered by the document is to be viewed as a matter of both personal responsibility and legal obligation.

The NDA states that all members of the SAC will protect the identity of and information regarding all prospects and candidates. Any "general or specific opinions" declared by SAC members are also strictly confidential.

Members of the SAC are expected to withhold information regarding all prospects and candidates that is not "generally known to the public" after the search is completed. Once the final candidate is selected, only information approved by the university may be released.

Brandy Vanderhovel, UniServ Director of the Michigan Education Association, obtained a virtual copy of the NDA through a Freedom of Information Act request dated Sept. 9, 2021. This request was fulfilled twenty days later.

Ferris Faculty Association President Charles Bacon discussed the contents of the NDA at a board meeting last Tuesday.

"No one had ever seen [an NDA] so restrictive in their experience. Seems like Amna doesn't want anyone looking under the hood," Bacon said.

Because SAC members are not permitted to speak to any publication outlet about the search, media requests are to be sent to the board of trustees. The board of trustees has yet to comment to the Torch regarding this story.

Karen Huisman, assistant to the president and secretary to the board of trustees, directed communication to Sandy Gholston. Gholston, who works as co-chair of Ferris' social media team, stated that NDAs are commonplace in the hiring process.

"When searching for a senior-level executive, such as a university president, it is common to have a non-disclosure agreement to attract the best people and largest pool of candidates," Gholston said.

Still, FFA member Holly Price is suspicious of the NDA and the lateness of the search.

"I would advise my colleagues and students not to sign [the NDA] until it can be reviewed by an attorney. The FFA has an attorney who we intend to seek input from on this matter," Price said.

The intended purpose of the NDA and importance of confidentiality are described in the document.

"I understand maintaining the strict confidentiality of this information is necessary to attract high quality prospects and candidates, to avoid putting their current positions in jeopardy, and to protect the integrity of such individuals as well as that of Ferris State University..." it reads.

Price believes that if the SAC's priority is to protect candidates from losing their current jobs, the restrictions should be limited to applicant privacy.

Bacon first referred to the SAC's "lack of transparency" in response to a resolution dated May 7, 2021. This document described the SAC's formation and delegation.

According to the resolution, the Board of Trustees appointed itself to serve as the Presidential Search Committee following Eisler's retirement announcement in March. The Executive Committee of the PSC was tasked with arranging a complete process for conducting the search, including the composition of the SAC.

"The Search Advisory Committee is comprised of 25 members from campus and communities representing many different constituencies," Gholston said. "They will assist in the review of applicants, help de-

termine which applicants will be brought in for interviews and make hiring recommendations to the Board of Trustees."

The PSC may introduce any additional contracts to the SAC that they deem necessary in the search, such as confidentiality agreements.

According to a letter from within the FFA, Bacon was initially displeased with an imbalance in the SAC's makeup. While the Academic Senate was granted three spots on the committee, one out of the five FFA members recommended by Bacon would be included. Seibold acknowledged this disparity and expressed her willingness to resolve it.

"I explained that the FFA leadership is the only faculty representation elected at large, and the only association capable of representing the collective bargaining agreement," Bacon said.

Gholston stated that the presidential search is set to finish prior to Eisler's retirement date of June 30, 2022. When asked to comment on Eisler's potential future as a tenured member of Ferris' music department, Gholston disclosed that the details of the president's retirement "have not been finalized."

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NEWS

Noah Kurkjian | News Editor | kurkjin@ferris.edu

March for justice

Big Rapids women's march takes place at Mitchell Park



Photo by: Rebecca VanderKooi | Opinions Editor

Students, teachers, local political candidates and Big Rapids community members came together to march for women's rights.

Rebecca VanderKooi
Opinions Editor

Last Saturday, a women's march for reproductive freedom and voting rights took place at Mitchell Park in Big Rapids.

Approximately 100 people from ages two to 80 attended the march that joined over 600 sister marches throughout the country. The group wound their way through the streets of Big Rapids, chanting their support of women, minorities and voting rights.

One of the individuals who planned and ran the event was Timberly Boezwinkle, an academic advisor at Ferris.

Boezwinkle explained that last year they had a march that was successful, and this year they wanted to keep the tradition alive.

In doing so, they joined hundreds of groups throughout the country.

"We just think it's important to acknowledge what's going on. These are some very precarious and very unnerving times," Boezwinkle said. "I just think it's very important that we, as women, do not lose our rights to make our own choices. Also, the voter issue is huge, and change starts at a local level."

In attendance at the event were several local politicians running for office, including some who spoke to the group before the march, such as Wendy Nystrom, Jennifer Cochran, Karen Simmons and Amanda Siggins.

Siggins is a political science student at Ferris and a candidate for the Michigan

House of Representatives 102nd District.

"I am speaking on my experiences, the rights to women's bodies and the unalienable rights that are given to us by the Constitution and as human beings," Siggins said.

Siggins added that teaching her three children the importance of standing up for what they believe in has changed her perspective.

"I had a rough go as a teenager; I was homeless and I was molested... I just went through things that I don't think that anyone should go through," Siggins said. "I learned about standing up for yourself... [and] about creating change that benefits all of us, and not just the ones whose opinions are the loudest."

Amanda Johnson, who is running for City Commissioner, also attended the event with her sister.

"I am out here today because I am a woman, I have a daughter and a sister. When we were younger, we didn't have people standing up and marching in our families, but I think it's a fundamental thing to teach our youth that if our rights are being stepped on, there's nobody to do it but us," Johnson said.

Johnson further added that marching helps hold people in power accountable, showing what the people expect and want from them.

According to Boezwinkle, the event was a success and it's a tradition that they hope to continue in years to come.

Minors and marijuana

How housing and DPS are handling marijuana on campus

Becca Witkowski
News Reporter

Students found to be in possession of marijuana on campus could be sent through student conduct rather than the legal system.

Ferris' Department of Public Safety has teamed up with the housing department to educate rather than punish students for minor violations of state laws. Since the legalization of marijuana in the state of Michigan, the charges for a minor in possession of marijuana are similar to those of a minor in possession of alcohol.

"Officers have the discretion to write the ticket or not, even for first-time offenders,"

capt. Gary Green Of Ferris DPS said. "These decisions are made on a case-by-case basis depending upon the severity of the violation, and whether or not the officer and housing staff feel that education rather than court action would achieve the desired compliance."

The change came as a result of DPS noticing the difference in how alcohol possession and marijuana possession were handled. Minors on campus found to be in possession of alcohol were sent through student conduct, however, minors on campus in possession of marijuana were sent through student conduct as well as the legal system.

"In an effort to be fair and equitable, we worked with housing to draft policies regarding marijuana, so they are similar to policies regarding alcohol, and encouraged our officers to treat both offenses the same," Green said.

The housing department has the choice to call DPS or to handle the situation themselves. If called, DPS officers will take the severity of the violation and any prior incidents into consideration when making their decision.

Regardless of whether a student goes through the legal system or just student conduct, Ferris and DPS will keep a record of the incident. If contacted by an employer, police agency or any other body, the inci-

dent would be disclosed.

"Our officers are choosing to educate before sending students to court," Green said.

So far, five students have been referred to student conduct for having marijuana on campus. One student was sent to student conduct as well as issued a fine. These numbers are likely to increase as the semester continues.

Even with DPS sending students through student conduct rather than the legal system, students should still follow Ferris' policies regarding marijuana. Marijuana is prohibited on campus for all students, including those who meet the minimum age requirement and those who possess medical cards.

MICHIGAN

NEWS UPDATE

Noah Kurkjian
News Editor

Oakland County - Representative Andrea Schroeder has succumb to stomach cancer at age 57.

Rep. Schroeder, an Independence Township Republican has been battling a rare form of stomach cancer linitis plastica, since August of 2018.

House Speaker Jason Wentworth, R-Farwell confirmed Rep. Schroeder's death Friday, offering condolences to her friends and family.

"Even in the worst days of her illness, Andrea Schroeder was a tireless and selfless friend who always put the needs of others before her own," Wentworth said.

"When we were all worried about her health and her comfort, she was more concerned

about helping the people she represented who had called into the office, finding out what was going on in each of our lives, sharing the latest news about her children, working with the close staff for whom she cared so much, and helping everyone around her succeed with their own personal priorities. That's who she was as a person right from the start, and that is exactly how I will remember her."

Several doctors told her to quit her campaign in order to focus on chemotherapy, but Schroeder soldiered on. She ended up winning her seat while undergoing treatment according to the Detroit Free Press.

Schroeder was in remission until September where she learned her cancer had returned.

- ON THE RECORD -

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

Have you checked on your friends, lately?

Noah Kurkjian
News Editor

Have you checked on your friends, lately?

Oct. 5, 10:17 a.m. - Someone called DPS to perform a wellness check on a friend of theirs who had discussed the possibility of attempting suicide. Officers made contact and confirmed their well being.

Read up on return policy

Oct. 5, 2:12 p.m. - A couple of students went to Ferris Outfitters, they were upset about the store not accepting a return of theirs. One of the students got belligerent with the staff of the store. Officers talked with the individual about using better judgment and everyone went their separate ways.

Shoulda left sooner

Oct. 5, 5:14 p.m. - An officer made a stop on Ferris Drive due to an individual speeding. The officer issued them a citation.

Speedracers

Oct. 8, 8:09 a.m. - An officer made a stop on stop on Ives and Damascus, stopped an individual for speeding, citation issued.

Sleep in your bed, sir

Oct. 9, 1:10 a.m. - Officers received a call about a man who had been passed out in his vehicle at a stop light at the intersection of Ferris Dr. And S. State St. Officers were able to wake the man who then failed field sobriety tests and was arrested.

Ferris State Torch

Corrections

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Student arrest

Ferris student arrested on felony charges

Becca Witkowski
News Reporter

On Sept. 12, Anthony McFarlin, a student at Ferris, was charged with extortion, unlawful imprisonment, domestic violence and reckless driving at Mecosta County Jail.

McFarlin was arrested after a female student went to Ferris' Department of Public Safety and made a domestic assault complaint against McFarlin. At least two witnesses went to DPS and made statements regarding the incident.

According to the police report written by Officer William Saunders, McFarlin was arrested on Sept. 10, in his residence hall. He was served a trespass notice by Capt. Gary Green of Ferris DPS on Sept. 13, after he was charged by Officer Saunders.

McFarlin's extortion and unlawful imprisonment charges are both felonies punishable by 20 and 15 years respectively. Both the domestic violence and reckless driving charges are misdemeanors.

McFarlin may be facing unrelated charges from the Wayne County Prosecutor's Office as well.



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New Cadets Sean Carl, Aiden Zick, Cole Kirsch, Evan Nowak, and Jacob Dukavas take their oath, led by Lieutenant Colonel John Bacon

Bingo!

A Ferris tradition is back in-person

Jerry Gaytan
News Reporter

Ferris State RSO, Entertainment Unlimited hosted a successful game of Grocery Bingo, allowing students the chance to win free groceries.

EU held their Grocery Bingo games once again, which has been a Ferris tradition for a number of years. The main idea of the game is to play bingo, win bingo and get some free groceries.

Madison MacDowell, EU's president, ex-

plained that this was the first in-person Grocery Bingo game since the start of COVID-19.

"I'm very happy with the number of people that came out and were excited to play some bingo," MacDowell said.

Due to COVID-19, grocery bingo was held virtually and, according to MacDowell, it was their most successful virtual event. The virtual event consisted of virtual gift cards emailed to the winners. The in-person bingo consisted of 20 bags of groceries, which consisted of ramen noodles, toilet paper, mac and cheese and a mix of other products students use.

The event was held in the University Center ballroom, and it brought in around 50 students who were all engaged in playing bingo. Business sophomore Jacob Sobczak stated that he was there for the free groceries.

To allow social distancing, masks were required along with distancing of the tables, which was possible in the large room.

"I like attending in-person events more than virtual," professional tennis management sophomore Jade Spurgeon said.

Grocery Bingo is always held mid-semester,

when students need to restock their supplies.

EU is the Campus Programming Board at Ferris, and they have implemented a variety of events. From grocery bingo to trivia nights, open mic nights and their big benefit concert that takes place in the spring.

EU has meetings every Monday at 5 p.m. in the University Center and is currently seeking new members. For more information visit the Entertainment Unlimited RSO page.



LIFESTYLES

Marissa Russell | Lifestyles Editor | russem22@ferris.edu

The sound from the stands

Get to know the FSU athletic pep band and what it means to those in it

Meghan Hartley
Lifestyles Reporter

All eyes are on Jack Spicer as the band waits for the move of his hands to signal the start of the music.

The FSU pep band is the official music ensemble for athletic events. Made up of 30 individuals, from students on campus and in the Big Rapids community, spectators will have seen the lively bunch at football, hockey, basketball, and volleyball games performing upbeat music.

The group has over 80 pieces ready to play in their folders when at a game. Favorites such as “The Final Countdown”, “Sweet Caroline”, and “Tequila” are often heard to encourage the student sections to get loud.

The band members must be ready to play any of these songs at a drop of hat, and it’s up to their conductor to help them prepare properly as to what musical tune is up next.

Spicer is the student conductor who has been with the band for a total of six years. He started out by playing trumpet for his first year, became a conductor trainee in his second semester, then fully became a student conductor in his second year.

Spicer has been conducting the band solely for four years, occasionally jumping back in to play, but he says a lot of the time he is just waving his arms around yelling. However, Spicer originally had no intention of joining the music program, but once he arrived on campus he started looking for a place to go.

“Once I got out of high school, I thought I was done with music,” Spicer said. “I had conducted my band in high school and then I saw the pep band and I was like you know what, that might be a good shot. Especially since I can’t be marching in a band with cerebral palsy, it’s difficult for me, so a college-level marching band wouldn’t work. I found this and it was love at first sight.”

Because of Spicers love of music he has been able to encourage the individuals in the band and lead them well, even to earning national championships with just 30 individuals against 200 person marching bands.

Many people join these groups because they love music and want to continue to their passion. The music center is the place for those individuals. Dale Skornia, the Associate Professor of music and pep band advisor, promotes the centers’ life motto ‘music for life’. A phrase meaning coming together and making music for a lifetime.

“The philosophy of the music program is music for life,” Skornia said. “Hopefully when they graduate they’ll find somewhere to play. Whether it’s coming back here to play as alumni members, finding a community band, or something else.”



Photo by: Lia Reed | Freelance Photographer

Student director Jack Spicer leads the Athletic Pep Band as they practice for the big hockey game.

Skornia always encourages his students to continue playing their instrument or singing in their life, encouraging them to join the FSU ensembles such as pep band. One of his community members in the West Central Chamber Orchestra even took him up on his offer.

Pre-optometry freshman Riley Greene was originally a member of the WCCO as a violinist when he was still in high school. Greene would come to the Ferris campus once a week to play and he would hear of the activities the pep band would do together.

After seven years of playing the violin and being immersed in the orchestral world, Greene decided to see if he would enjoy having another music outlet in his life going into his first year on campus.

“I just kind of fell in love with the atmosphere around it,” Greene said. “It’s really different from what I’m used to because I’ve never even thought about the band ever in my entire music career until now. It’s so different that it’s really interesting and really fun to be a part of but it’s familiar enough where I don’t feel lost.”

It’s a new community that Greene is excited to be a part of as it is filled with ‘outgoing people who will throw you into the spotlight but have a hell of a time.’ Music

has always been a part of Greenes’ life and now he has the opportunity to truly immerse himself in it with the pep band.

“It’s organized chaos if I were to describe it. It really is just, it’s weird paradoxical almost, it’s orderly but go with the flow kind of thing. Thing’s can change on a dime but usually, the main structure is through.”

The pep band is a lot to take on for an individual, especially a student, as it takes up almost every weekend of the fall semester to rehearse and perform. There is even a contract that must be signed before a new member can enter, it shows the amount of commitment they are willing to give in order to play.

Though the hours are long for rehearsal, the performances are short, members in the pep band say they wouldn’t trade it for a thing. It brings individuals together for a lifetime, just as music does, and brings out the best of times for players and eventgoers.

For interested students, they can go into the music center and be able to talk to Skornia for more information or find it right online at the music centers webpage.

Senior spotlight

How Makenzie Kidder is leaving her paw print on campus

Trent Carlson

Freelance Reporter

Makenzie Kidder worked at the Torch in 2020 as a reporter.

Mackenzie Kidder starts off the same each day with her dog Murphy, a high-energy English lab hound mix.

Walking the same streets she did as a child, Kidder being a Big Rapids local, Murphy burns energy, while Kidder is just getting started.

She goes straight to work for the housing department from the morning routine, organizing future tasks, answering phones, and running errands for faculty members.

After work, if it’s a Monday, she heads to class. Following class, she goes to the Wesley House Food Pantry, where she fills online orders for students to pick up. Volunteering usually lasts from 4 p.m. to 6 p.m.

After volunteering, Kidder has an hour of free time before she must return to her demanding schedule. She dedicates this free hour to Murphy, returning home to play with him and expel any more energy he may have.

Following her hour off, she heads to her chapter meeting for Alpha Xi Delta where she holds the position of membership Vice President. This meeting typically runs from 7:00 p.m.

Spotlight | see page 7

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BEST OF WEEMAPS 2021

Booked for success



Photo by: Marissa Russell | Lifestyles Editor

Members from the book club meet every other Tuesday at 11 a.m. in UCB 120 to talk about their thoughts and self reflection from the assigned reading.

A student bookclub about taking charge of your life

Charlie Buckel
Lifestyles Reporter

Seven people gather around a table in a small conference room on the first floor of the University Center. Their meeting is part of a student book club operated by the office of Career and Professional Success. What follows is a discussion involving what it means to work, experiencing the flow of a task, and even a tidbit about what the participants think the meaning of life is.

This is the third meeting of the book club, which started its biweekly schedule on Sept. 7. They meet to discuss the book "Designing Your Life" by Bill Burnett and Dave Evans.

Sydney Starmer, the moderator of the meetings, said that the book was chosen because of the CaPS office, which used to be part of the old CLACS office on campus.

"With that change in name, we also kind of had a change in focus, to a more holistic approach of looking at your life and seeing what you can do to make it the most beneficial for you," Starmer said. "So I think that this book went really, really well with that new messaging and new purpose of looking at your life and seeing what you really love and enjoy, and how you can turn that into a kind of a career or a bigger part of your life."

Starmer said that the way the book club works is by "assigning a couple chapters out of the book. And then

when everyone comes to book club, we go ahead and work through some of the exercises in the workbook."

Michaela Mooney, a secondary biology education major, found out about the book club from working in the CaPS office with Starmer and was interested in attending.

"I was really interested in the concept of designing your life. And I'm all for it because I love being creative and being organized so this book sounded like it would be something for me," Mooney said.

Mooney said that the book has been good at changing how one views their future and their decisions.

"It gives you a different perspective of, you know, one decision isn't your end all be all. And no matter where you are in life, you can be designing your life. Whether you're a freshman in college, or 70 years old," Mooney said.

Laila Duncan, a Social Work major and peer success coach, joined the book club because she thought it was mandatory, but when she found out it wasn't she decided to stay.

"It's been really eye opening," Duncan said. "I've been kind of debating on what I want to do next, and answering workbook questions while reading is really helpful, because I'm like, oh, I never thought of it that way. So it's been really helpful."

The experience of the book club itself has also been positive for both Mooney and Duncan

"They're very kind people, so it's not like a super stressful thing to be a part of. They give you plenty of time to read your chapters. And it's really a nice experience because you're focusing on your own life. So it's beneficial," Mooney said.

"I learned that it's okay to not have my life together," Duncan said. "That's something I have a personal struggle with in general. We're reading about how some of these people are in their late 30s, early 40s and still don't have their life together. And they're still like, trying to find out what they want. It's been like, "Okay, take a breather, you can do it."

Starmer said that this was definitely not going to be the last time CaPS does a book club. There are plans for another taking place during the spring semester, although with a different book. Both Mooney and Duncan said they would encourage other students to join in the future.

"1,000% yes," Mooney said. "you're not going to do it on your own, like, I know, I wouldn't be doing this on my own. So it's nice to have other people holding me accountable to taking things into my own hands and reading the book."

"I've already told my friends about it," Duncan said.

For more information, you can visit the CaPS office Monday through Friday from 8 a.m. to 5 p.m. in UC 120.

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Photo by: Cassie Jessup | Multimedia Editor

From walking her dog to participating in on campus Mackenzie Kidder enjoys being busy.

SPOTLIGHT

Continued from page 5

to 9:00 p.m.

This may seem like a lot of work for one college student to handle, but there is one key aspect to point out in this story; that was only her Monday. That being said, she does not see this time working and volunteering as a sacrifice, as she feels this is the college experience she is after, and she's determined to absorb everything the university has to offer her.

"I don't think I have made too many sacrifices while being in college besides having to learn quickly that it's okay to ask for help when I need it," said Kidder, "luckily, my family lives locally and have been the biggest support system during my time at Ferris."

With the support of her family, Kidder is able to dominate not only her busy Monday schedule but every other day of the week as well. Tuesday through Friday consists of peer mentoring for her honor students program, mentoring a small group of freshmen honor students, and helping them adjust to college. In lieu of mentoring honors students, she hosts monthly

Week of Oct. 13 -19, 2021

meetings with each of them to stay up to date on how they are doing and how she can help while leaving her line open for them to reach out to her at any time.

Kidder is also the secretary for the communication honor society, Lambda Pi Eta, a member of Order of Omega, the greek life honor society, the president of women's club soccer, and the secretary for Panhellenic Council's executive board.

As if Monday through Friday was not enough for her schedule, she is also a waitress at Two Hat's Ranch, a local hunting lodge.

"Every challenge she faces she overcomes," said Ali Plamondon, Ferris pharmacy student and sorority sister to Kidder, "she leads with humility and open-mindedness, and this is shown in the many organizations she is involved in on campus."

As Kidder approaches graduation, she wishes to pass on a message to bulldogs of the future; to join RSO's to make connections and friends, and not to limit themselves to only your courses and to never be afraid to ask for help.

The scoop on meal plans

Information on meal plans offered at Ferris

Giuliana Denicolo
Freelance Reporter

Ferris provides many practical-priced dining options that work well for every student.

There are four meal plans which include 14 traditional, Crimson, Gold, and Platinum. Another option Ferris offers for students is express meals.

Meal plans are a huge part of your tuition bill and eliminating that one cost saves thousands of dollars which is a high priority for college students.

The difference in price between the meal plans and the express meals are so different, and it makes students wonder what really goes into setting those prices.

Scott Rosen, director of dining services, made it easier to understand why those prices are so high and different from each other.

"One consideration is our average cost per meal, per student," Rosen said. "With an 'all you care to eat' plan, we consider the average amount of times a student will come to eat in a given week or day."

With this only being one aspect behind the prices, there are many more like costs for operations, repairs, and replacements for the building and equipment and paying the staff at an hourly rate.

Another aspect is the meals plan prices at other universities that are similar to Ferris to make sure they do not under or over charge students.

As for the express meals, each student is paying for an exact number of meals. When others who have a meal plan are paying unlimited meals or a reset of 14 meals every week.

"The meal plans vary in cost to the express plans because of quantity differences," Rosen said. "Outside of the 14 traditional, we do not know how many meals students will use."

Ferris offers many options so that students can choose the best fit for them regarding price and number of meals.

Gold and Platinum meal plans offer unlimited swipes, dining dollars, and guest meal swipes. While 14 Traditional offers a student 14 swipes a week and Crimson offers unlimited swipes.

"Through careful budgeting, Ferris has minimized cost increases to keep dining options more affordable and in some cases cheaper than other institutions," Rosen said.

Emma Lentz, social work major and sophomore, had a meal plan her first year at Ferris. She got rid of it this year because she is now living off-campus and she found it cheaper and more convenient to buy her own groceries.

"I just thought it wasn't the best idea for me, I only have classes three days a week so I'm not on campus every day," Lentz said. "And I don't think I would want to drive to campus just to eat so this year, I didn't think it was worth it."

Being a student is busy and sometimes it is hard to find the time or motivation to cook. Having a meal plan can really come in handy, and saving money is a viable option here at Ferris.

"I don't always want to cook, as college students we have crazy schedules," Lentz said. "[Cooking is] really time-consuming and usually when I get home, I just don't have the energy to make something good. So, I do miss the meal plan in that aspect."

If a student does not find a meal plan fit for them, they still have the choice of buying express meals for much cheaper.

"I think the express meals are definitely a better idea, especially if you're a sophomore and you live off-campus," Lentz said. "Or even if you live on campus, and you know that you just won't use the meal plan as much as you did when you were a freshman."

Express meals are convenient for students who are on and off-campus throughout the week. They are a good alternative to having a meal plan.

"I'm definitely thinking about getting expressed meals because when you're on campus in between classes, it'd be perfect to not have to run home and prepare yourself some food," Lentz said.

With all these options, students are not limited to all or nothing and can choose what works best for them instead of having to settle.



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OPINIONS

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EDITOR'S COLUMN: Managing my genetic disorder

By *Brendan Sanders*

"Your brain is your biggest strength, not the body around it."

Throughout my life, I have learned to live by this saying. I know I can rely on my brain, something that I don't trust with the body that houses it.

Now if you look at me, you'd think I'm a normal healthy young man. And for the most part, I am, other than being a bit on the skinny side.

My body has an issue that affects my endocrine system. This syndrome affects 1 in 30,000 males, and 1 in 125,000 females. This requires me to get an injection every two weeks to give my body what it needs and keep it in proper working order.

This has led me to monitor a few different things within my body. The biggest is my weight. The endocrine system affects my metabolism. My metabolism consumes nutrients in the way that a 2003 Dodge Dakota burns through gas. It cooks.

This has its benefits. I can eat whatever I want, whenever I want! There is no need for a diet, as I worry about my weight going in the opposite direction.

My weight is always my biggest concern, I've had issues in the past with my body losing weight. During my freshman year here, the doctors took me off my medication to see if my body could create the things that it needed to create. My body didn't, and after

the six-month test, I had lost 15-20 pounds. That was 10-15% of my body weight.

I couldn't do any normal activities. Working out was a challenge during this time because my muscle mass had eroded due to my body not creating the thing. My stomach became a concern both physically and mentally. Physically my appetite disappeared, I felt like I was going to throw up when I put food in it, though I always felt hungry. Then I always felt like I had butterflies, something I always felt when I would have to deal with anxiety.

Safe to say they got me back on that injection.

I remember how bad I felt then. I never want to feel that way again. That leads me to today. One of my biggest fears is going back to that time.

I know I MUST eat three times a day, or more. If I don't, I lose weight.

When I wasn't busy, I would eat everything available to me. It didn't matter, I didn't gain anything weight-wise. The issue has arisen as I've gotten busy with my life.

School, work, extracurricular activities all take up my time. Every day brings a new list of things that I either must do or that I want to do. I never feel like I have enough time to do anything. Now, that's mostly on me. I get way too distracted by a multitude of different things. Well, when you feel like

you won't have a lot of time, you cut things to make up the deficit.

Lunch is usually cut from the day if I feel I am too busy. I ask myself why I should spend 20 minutes to an hour out of the day eating lunch when I could be spending it doing something else? If I wake up too late sometimes breakfast is cut too. Can't waste time when I need to be out the door.

Where has this gotten me? Well, right now, I sit seven pounds lighter than I started the school year. Doesn't sound like a lot until you realize that's 4.6% of my body weight. I need to figure out how to get my body more nutrients, or I'm going to start feeling the way I did freshman year. I can't go back to that. As much as I wish we could photosynthesize, we can't.

Lonely and locked away

The unspoken danger of COVID-19

Bradley Moore

Torch Photographer

It is a disease that feels as if it's been hyped up more than the Black Death. Given all the fear and paranoia that has crept into our lives, when I tested positive for COVID-19, I was terrified.

This summer I was at Fort Knox for an Army training event. We were midway through our field training exercise when the medics came and started taking people from my platoon.

I, along with several others who were suspected to be symptomatic, were loaded into the back of a medical Humvee to be taken to the troop medical clinic for testing. After our results came back, I was singled out from the group and given the dreadful diagnosis.

It started with a minor cough and ended with a runny nose, but my experience with the dreaded COVID-19 hardly evolved into anything more than a bad case

of the sniffles. The most painful experience that I had with this disease was not physical, but mental.

I was taken to the COVID-19 isolation barracks where I would stay for the final 11 days of training. It was a very depressing experience that felt akin to a jail lockup. I was given orders to stay in my assigned room and could only leave during brief outside hours, during which I was limited to a small area immediately outside the building.

There was no entertainment to be had, no recreational equipment, no television and no outside contact. I was, however, allowed to keep my cell phone. This piece of technology that has connected people both near and far provided a window to the outside world that made me feel even more alone.

Seeing my platoon finish their training, my friends making plans in group chats and people out doing things that I couldn't

be part of was far worse than my experience with the disease that put me in that situation. Worse was the fact that I was never allowed to say goodbye to the people that I had grown close to during my three months at Fort Knox.

The misery that I felt from being isolated was by far the worst experience that I have had during the pandemic.

My 11 days in COVID-19 isolation pale in comparison to what others have gone through in terms of loneliness during the pandemic. Fortunately, I made it through no worse for wear. Others that are put in isolation, however, have been hurt far worse, and have even lost their lives.

A June 2021 report from the CDC estimates a 31% increase in mental health related emergency visits among adolescents. They had also surveyed young adults and found that roughly 25% had experienced suicidal

thoughts related to the pandemic.

While I am not an expert in psychology, I know that loneliness can be dangerous. As a military member, I am all too familiar with the effects that mental trauma can have on people. Feelings of loneliness have been linked to suicide among the military community long before COVID-19 ever came around.

When social isolation leads to loneliness, that feeling can foster a mindset that can push people over the edge. Even when suicide doesn't occur, long periods of loneliness can lead to serious health problems down the line.

Pushing people into social isolation can have drastic consequences. It is our responsibility as social creatures to make sure that those who are isolated because of the pandemic do not feel as if they are alone.

Beauty Standards

Are they a friend or a foe?

Amelia Reed
Freelance Photographer

How many times have you looked in the mirror and wondered, “am I attractive enough?”

Why is it that when we look in the mirror we suddenly wish we had a slimmer waist, more muscle definition, a stronger jawline and more curves on our chest and hips? These are the beauty standards that we compare ourselves to. Not only are these standards unrealistic, unachievable and toxic, they’re also the baseline for how we view other people and ourselves. Why is it that we tell ourselves that perfection is the only option when we all know that perfection will never be achievable?

Why do we tear down women for having a flat chest and destroy a man’s confidence just because he doesn’t have a clearly defined six pack?

Evolutionarily speaking, one could argue survival of the fittest. We could have evolved to have these standards so that the healthiest adults would bear the healthiest children. However, we must remember that beauty does not equate to health. In my personal experience, it’s the opposite. For myself and many others, beauty standards cause harm to both our physical and mental health.

For many men and women, the need to fit in is so strong that we will greatly alter ourselves and the way we think and feel about our bodies. These narratives that we tell ourselves about whether or not we’re good enough are known to lead to low self esteem, eating disorders, depression, anxiety and even alcoholism.

Eating disorders, among many other issues that can be caused by low self esteem, are

not only harmful to your physical health, but also to your mental health. “Eating disorders are serious but treatable mental and physical illnesses,” states the National Eating Disorders Association. “National surveys estimate that 20 million women and 10 million men in America will have an eating disorder at some point in their lives.”

So if beauty standards are so damaging to society, what is their purpose and why do we still continue to worship them?

Professions such as modeling, fashion, acting and performing not only make a living off of conforming to these beauty standards, they also create them. Such impossible ideals have become the foundation and the greatest selling point for the fashion, makeup and weight loss industries. Industries like these manipulate the photos and videos you see to help instill these harmful values. No man, woman or child can compare or compete with the alterations made using photoshop.

What would society be like if we stopped comparing ourselves to the actors and actresses that we see on screen? Why do we compare ourselves to people that have been placed so high up on their own pedestal that their influences on our cultures and values have been coined as phrases like the “Kardashian Effect” and the “Kylie Jenner Effect?”

Our baseline view of society should have never been placed at impossible standards. So next time you look into a mirror and wonder if you meet beauty standards, ask yourself who you’re comparing yourself to and why. You might find that once you discard that need for perfection, you start to love the person you see in the mirror more than you ever thought you could.



Photo by: Sienna Parmelee | Production Assistant

STAFF SPOTLIGHT



Cassidy Jessup

Cassidy Jessup is the current multimedia editor and has worked at the Torch since 2020

Welcome to an overview of my life. I am a 19-year-old college student with no plans and many unrealistic, non-existent expectations. Having been homeschooled, I graduated high school at the age of 16 and began my higher education at a local community college. To make a long story short, I successfully graduated with my associate degree and honors in communications in the spring of 2020.

Being introduced to writing in community college, I discovered my natural inclination, if not passion, for it. I worked in the Writing Center for three semesters and enjoyed every second of it. While typical essays are not my forte, I enjoy the design aspects of technical communication, especially page design, web design, graphics and some social media management. I am now in my senior year at Ferris, pursuing a bachelor’s degree in journalism and technical communication.

In my spare time away from classes, I work as the multimedia editor at the Torch and as a waitress at a local restaurant. I’ve worked for the Torch for 2 ½ semesters now, and I am enjoying it so far. Between the two, I’m more of a multimedia person over standard writing. My second job waitressing at the Gypsy Nickel Lounge is just to pay the bills, although I do highly recommend their Philly sandwich.

My hobbies include listening to music, binge-watching Hulu and visiting friends. The artists at the top of my music playlist are Ed Sheeran, Bebe Rexha and Usher, but of course, those are bound to change. If I could direct you to one song that describes me best, it would be WYA by Carlie Hanson. It is essentially a long-lost friend asking the question, “are you happy right now where you’re at, girl?” This is followed by a line stating, “did you grow up a little too fast, girl?” This is how I feel, being a 19 year old senior in college with no plans for the future. Facing this looming uncertainty, I am left with two more semesters to make a decision.

SPORTS

Brody Keiser | Sports Editor | keiserb1@ferris.edu

Heartbreaker

Bulldog hockey loses against Western Michigan in closing minutes



Photo by Ben Amato | Ferris Athletics

Freshman forward Bradley Marek fights for the puck in front of Western Michigan's net.

Dylan Rider
Freelance Reporter

After losing to Western Michigan University on Friday, Oct. 8, the Bulldogs got a chance at redemption against the Broncos on Saturday, Oct. 9.

The Bulldogs returned home on Saturday and tried to even the series against Western Michigan. Despite a strong first two periods, the Bulldogs ultimately fell to the Broncos by a score of 4-3.

Head Coach Bob Daniels commented on the tough-to-swallow loss.

"I thought today we competed right from beginning to end," Daniels said. "Now it's a matter of learning how to win those games."

The Bulldogs opened up scoring in the first period when senior forward Marshall Moise took a shot from a sharp angle to beat Western Michigan's goaltender. Ferris added to their lead after senior captain Ethan Stewart scored later in the period off assists from senior Jake Transit and sophomore Sam Skinner. The Bulldogs finished the first period with a 2-0 lead.

The second period was quiet until the Broncos finally broke through on a redirected puck, cutting the lead in half. After the Western Michigan goal, the period ended, leaving the score 2-1 in favor of the Bulldogs.

The fight continued well into the third as

Western Michigan slipped a second goal past sophomore goaltender Logan Stein with ten minutes left to play. The Bulldogs fired back to take the lead when Stewart potted his second goal of the night with the help of Transit. Despite the presence of strong defense and excellent goaltending, Western Michigan erased the chance of a Bulldog win after scoring twice near the end of the third period.

Daniels recognized that there are areas where his team needs to improve.

"I thought we were a little tentative when we had the 2-1 lead," Daniels said. "Then we played hard again and scored, we weren't as tentative. Then we got tentative again and next thing you know it's 3-3. Like I said, we just need to find a way to drive those things home."

Daniels liked the improvements he saw from his defense. He noticed good defensive play from the entire team, not just the defensemen. From shot blocks, to the penalty kill, Daniels felt his team played solid defense throughout the game.

Western Michigan had the edge in shots on goal with 26, while Ferris had 23.

The Bulldogs will be back in action at St. Thomas on Friday, Oct. 22. This starts a long road stint for the team, as they will not return home until Friday, Nov. 5 to take on Minnesota State.

FERRIS STATE BULLDOGS STATS

Position	Player	Stats
Goaltender	Logan Stein	22 saves, 4 goals allowed
Forward	Marshall Moise	1 goal
Forward	Ethan Stewart	2 goals
Forward	Jake Transit	2 assists, 3 shots
Forward	Stepan Pokorny	1 assist
Forward	Liam MacDougall	1 assist
Defenseman	Sam Skinner	1 assist

WEEKEND SCORECARD

Men's Golf

Oct. 10 - Team shot a 303 at Motor City Invitational

Soccer

Oct. 8 - Ferris 2, Michigan Tech 1
Oct. 10 - Ferris 0, Saginaw Valley 0

Volleyball

Oct. 8 - Ferris 3, Saginaw Valley 0
Oct. 9 - Ferris 3, Wayne State 0

Running through the countryside

Recapping cross country's season so far



Photo by Rob Bentley | Ferris Athletics

The Bulldogs took first place in the Ray Helsing Bulldog Invitational.

D'Andre Head
Freelance Reporter

Despite not racing since 2019, Ferris' cross country teams have managed to find success.

Ray Helsing Bulldog Invitational

Both teams had a strong showing in their first meet at the 2021 Ray Helsing Bulldog Invitational. Ferris rose as the men's and women's champions and captured the team title in both events.

Junior Donis Harris took first place in the men's race at 27:20.97 on the 8K course. Freshman Noah Griffith was the runner-up at 27:42.19 for the Bulldogs.

The Bulldog men's squad netted 15 points to win the event. They finished with the top five place winners and had eight runners in the top nine, along with 10 of the top 12 overall.

The Bulldog women totaled 22 points, with sophomore Sydney Kubiak placing first overall with a time of 20:12.68 on the 5K course. Freshman Daisy Englund was the Bulldog's next finisher in third place overall at 20:46.52. The Bulldog women had nine runners finish in the top 11 overall and 10 of the top 13.

"We've been working hard all summer, and I [have] been excited to race and being able to participate this year," Kubiak said. "I try to lead and work together to push myself and others to do our best. As a new team, we constantly support and encourage each other every step of the way."

Michigan State Spartan Invitational

Their first away race took place at the annual Michigan State Spartan Invitational on Friday, Sept. 17.

In the men's 8K race, Bulldogs Harris clocked 27:01.2 on the course for 76th place. Sophomore Brandon Wirth was only two spots behind in 78th place at 27:02.0.

On the women's side, Kubiak paced the Bulldogs with a time of 24:44.1 for 108th in the 6K event. Teammate Hanna Brock was next in line at 24:48.4, finishing 112th in the field.

Lansing Community College Invitational

During the Lansing Community College Invitational, a select number of student athletes were selected to participate in this competition.

The Bulldog women took eighth place overall, while the men were 12th in a large field that included student athletes from all levels of competition.

The men's team was led by junior Andrew Yaworski, who placed 42nd overall in the 8K race with 28:22.9. Junior Logan Reimink was 46th (28:41.8), with freshman Andrew Shafley coming in 53rd (28:53.0). Sophomore Brendan Deneen finished 60th (29:11.2), with freshman Luke Anderson 103rd (31:04.4) and freshman Kevin Wilson 105th (31:06.8).

"It felt good to be back after an injury and run," Yaworski said. "I'm constantly doing the workout and trying to increase my time. So many people are gaining experience, especially coming back this year. We are focusing on our goals, trying to stay engaged in the meets."

Meanwhile, the women's race was paced by freshman Lauryn Coleman in 36th place 20:52.0. Sophomore Lauren Sinnaeve came in 43rd 21:07.2, with junior Paige Deitering 53rd (21:25.7) and junior Claudia Baryo 58th (21:37.5). Freshman Layla Creed finished 72nd (21:57.0) and freshman Allissa Ash 80th (22:18.4).

"The season is going very well. It has been mentally tough, and I've been coming off an injury and trying to propel myself to do the best that I can," Baryo said. "But, overall, we have a wonderful team that is doing well and getting better."

Greater Louisville Classic

Ferris' men's and women's cross-country squads recently took part in the Greater Louisville Classic on Saturday, Oct. 2. The meet is one of the country's largest and features teams from all levels of competition.

For Ferris, Kubiak came in 42nd overall in a time of 19:10.3 in the event. Freshman Melanie Strauss was 57th 19:23.3.

Junior Hannah Loucks placed 84th (19:41.5) with junior Callie Delaney 96th (19:48.4) and sophomore Amelia Topolinski 123rd (20:01.7) in the event.

The Bulldog women's team captured ninth place overall in the 5K Blue Division with 386 total points. The Bulldog men took 19th place overall with 538 points in the men's 8K Division.

Ferris was led by Harris, who placed 16th overall at 25:13.8 in the race. Freshman Nathan Alford finished 70th 25:58.4 with newcomer freshman Noah Griffith 84th 26:06.

Ferris will next take part in the Muskegon Jayhawk Invitational on Saturday, Oct. 16 in Muskegon, Michigan.

A tale of two teams

Stark wants more from golf teams

Dylan Rider
Freelance Reporter

With just two invitationals left on their schedule, the Ferris's golf teams have slightly different goals to end their season.

The two teams are in different spots at the end of the season. With the women's team having found success, head coach Sam Stark wants the men's team to meet higher expectations.

Stark, who is in his first year with both teams, has been vocal about pushing his men's team to be better.

"We haven't carried ourselves like I thought we would in these first two tournaments," Stark said of the men's team. "[We] came out a bit timid. So just seeing them stay aggressive, stay hungry on the golf course [and] being appropriately aggressive is what I tell them a lot. How can we channel that into playing well. [A lot] of it is body language. Lot of it is what we're doing between shots. [A lot] of it's how long can we keep our intensity up over 36 holes of golf. That's what I wanna see."

The men's team has not finished in the top five through the three invitationals they have played in. They finished seventh, 11th and 16th.

Stark's words have not fallen upon deaf ears as the push to be better is echoed through junior Nathan Kraynyk.

"Going out there for each individual, they gotta be

the guy that day," Kraynyk said. "We can't be waiting for someone to make a play. Go out there and be the guy to put up a good score."

As for the women's team, they have had a strong season so far. With two top-five finishes through the three invitationals they have played in, there is not too much change needed to continue their dominance.

Stark, although pleased with the women's performance, wants the women to focus on finishing rounds strong.

"I don't know how to quantify that other than just score at the end and how we finish those last six holes or so of a round," Stark said. "There's been some days where we have to play two rounds in one day, we hit a little bit of a wall. This week we did that. We did a little better job of climbing over the wall... or at least trying to scale the wall. Now we just have to get all the way over the top."

Stark emphasized this alongside the fact that the women's team has lost to rivals by a stroke or two.

Once again, Stark has made himself clear with his players, as sophomore Alayna Eldred repeated his words.

"Each one of us needs to clean up a few shots," Eldred said.

With both fall seasons winding down, the teams remain hopeful. Both team's next stop is the Dav- enport Panther Invitational, which is held Oct. 16 through the 17.



Photo courtesy of Ferris Athletics.

The women's team took fourth in the Bulldog Fall Invitational in Big Rapids.

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