

NINETY YEARS OF ILLUMINATING THE TRUTH

Big Rapids, Michigan Week of Nov. 10 - 16, 2021 www.fsutorch.com

# **Masked musical**

The musical returned in-person despite the ongoing pandemic



Photo by: Bradley Moore | Torch Photographe

The Ferris cast was elated to be back on stage for the fall 2021 muscial "We Will Rock You", a show about a group of Bohemians who struggle to restore individualility in a dystopian future.

#### Becca Witkowski

News Reporter

Despite COVID-19, Student performers were still able to act and sing their hearts out, during this semester's musical.

This past weekend, Ferris State Theater put on four live performances of the musical "We Will Rock You." The musical followed rebels Galileo and Scaramouche as they fought against the Killer Queen to bring back rock music. The musical was written by Ben Elton, and all the songs were written by Oueen.

Due to COVID-19, they offered a live streaming option for their Friday night performance. All performers and audience members were required to wear masks during the whole performance. Some scenes, such as the scene where Galileo and Scaramouche kiss, were altered to prevent the spread of COVID-19.

"COVID-19.

"COVID has thrown a wrench in things to a level I didn't even expect," Nicole Hollinsky, a senior in the music and entertainment business program and the actress who played Scaramouche, said.

"Everything is 'back to normal', but in order to do anything, we have to find a work-around, which doubles or triples the work that goes into the show."

Keegan Zender, a senior in the biochemistry program and the actor who played Khashoggi, the assistant to the Killer Queen, explained that the pandemic made performing in person difficult. During rehearsals, the performers would have to go outside every half hour to let the room air out. Temperatures were taken before each rehearsal, as well.

"Also having rehearsals with less people," Zender said. "Instead of the whole cast coming to a lot of rehearsals, usually it was only about half... We decided to livestream the show once so that way if people didn't want to come into a closer indoor space, they could still watch."

"Trying to mic everyone without having an echo or people sounding muffled was a challenge," Hollinsky said.

"It's also harder to breathe while singing... We also had understudies for the larger roles, just in case, which we don't usually do."

Despite the difficulties of performing during a pandemic, the cast was able to put together a successful show. The musical was directed by Katherine LaPietra, a professor of theater performance at Ferris. The cast consisted of 30 performers and various off-stage crew.

The musicals last year had been performed virtually over Zoom due to concerns about COVID-19. The move back to in-person performances allowed for more audience interaction and engagement during the show. The show had a decent turnout even though there had been a break in in-person performances.

"I'm honestly happy that anyone came," Hollinsky said. "Thursday, we had a pretty good turnout; smaller than past shows, but more than I was expecting. Friday, we had a great turnout; they were laughing the whole time."

For many of the seniors in the show, the move to in-person performing was a relief. Possibly being their last show, the seniors wanted the show to be as normal as possible.

"I really think most of us are just happy to be performing something in person again," Zender said. "The past year has been really hard for those involved in the arts, and the fact that we are able to be back up on stage means the world to us."



Photo by: Bradley Moore | Torch Photographer

Cody Adkins starred as Galileo alongside Nicole Hollinsky as Scaramouche.

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# **NEWS**

Noah Kurkjian | News Editor | kurkjin@ferris.edu

# **New talent at Open Mic Night**

A Friday for singing, dancing and laughing



Photo by: Jess Oakes | Special Editons Editor

Music and Entertainment bsuiness seniors Rob Malaski and Madison MacDowell led Ferris' first open-mic night back in person.

#### Jess Oakes

Special Opinions Editor

Ferris students filled the University Center with original music and comedy at Friday's annual Open Mic Night.

Student-led Entertainment Unlimited (EU) organized the event. Madison Mac-Dowell, EU president and senior studying music and entertainment business, is always impressed by the line-up.

"It's honestly very amazing to see just how much Ferris has in talent," MacDowell said.

Nineteen performances took place between nine performers, including junior music and entertainment business major Ruby Opalite.

Opalite, who has been writing her own music for five years, sang two original songs on the guitar. "Whatever" and "It's Okay to be Not Okay" are both acoustic anthems about the trials and tribulations of being young, alive and in love.

"I really just like taking the bad experiences from relationships in the past and writing it into my music, finding positive ways to put a spin on it," Opalite said.

With "Whatever" currently streaming on Soundcloud, Opalite hopes to have an entire album released by next summer.

MacDowell conducted the event alongside fellow music and entertainment business senior Rob Malaksi. Both MacDowell and Malaksi took turns on the guitar.

"This man actually has an EP out," Mac-Dowell said before Malaski's first song.

Along with passionate covers of songs by Post Malone and 3 Doors Down, Malaski sang "Growing Up" from his country EP "This Life, Vol. 1." The longing and mature lyrics resonated throughout the UC's high ceilings

"It doesn't really mean much to be an adult, but I always keep moving," sang Malaski.

Seven of Malaski's original songs can be streamed on both Apple Music and Spotify.

The jokes were as original as the music at Open Mic Night. Junior business student and cold open comedian Sam Bayes was met with warm regards.

Bayes' coffee-based material held the attention of neighboring Starbucks employees as much as that of the audience.

"I don't even go to Starbucks, I make my coffee at home," Bayes said. "So, according to any old person, I'm probably a millionaire."

Like many others on this night, Bayes made more than one appearance on stage. In contrast to his initial comedic performance, he returned shortly after for a sincere ukulele cover of the Beatles' "In my Life."

The rest of the night alternated between MacDowell's powerful guitar ballads by Heart, Radiohead and Vance Joy, and high energy duets by dental hygiene students LaNiyah Mitchell and Aleecia Williams.

Mitchell and Williams embodied the spirit of Open Mic Night by spontaneously shift-

ing from audience members to performers. Their joyful renditions of Nicki Minaj's "Superbass" and the Hamilton cast's "Satisfied" prompted cheers and laughter from the audience.

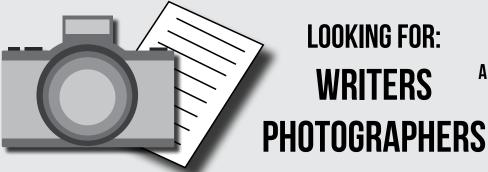
"People that are here today aren't gonna remember what you did tomorrow," Mac-Dowell said. "If you mess up, you mess up. You just have fun through your mistakes, right? Getting that courage and seeing it happen is always so fun."

After three historically difficult semesters, MacDowell was "ecstatic" with how the night went.

"With us having [what] feels like 10 years off, not being able to have any sort of events in person, having people that just want to come out and have a good time at our events is always great. We had incredible talent," MacDowell said.

For more information about future EU events such as grocery bingo, headphone disco or laser tag, visit their profile on Bulldog Connect.

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BREDEN SANDERS

# MICHIGAN

NEWS UPDATE

#### Noah Kurkjian

News Editor

**COVID-19 Update -** Michigan reported 8,911 new COVID-19 cases from the weekend, averaging 2,970 cases a day. This brings Michigan's total case count up to 1,166,517.

The state also reported 47 additional deaths. This brings Michigan's COVID-19 death count to 22,521.

Michigan also reported 153,207 probable COVID-19 cases and 1,506 probable deaths.

Those probable cases, combined with confirmed cases, make for a cumulative state total of 1,319,724 cases and 24,027 deaths according to Freep..

**LANSING -** Gov. Gretchen Whitmer signed the first of two bill eliminating the sales tax on menstrual products last Thursday.

This bill is part of a larger bipartisan package that aims to repeal tax on essential feminine hygiene

products.

This move is said to save \$4,800 over a lifetime according to Freep.

**DETROIT -** Detroit residents voted to decriminalize entheogenic plants, including psychedelic mushrooms, during Tuesday's election.

This does not mean that residents can start growing and selling psychodelics commercially, but that the police will not prioritize arrests for possetion or consumption of these drugs.

"When you look at these entheogenic substances, they are not causing problems in our communities," State Sen. Jeff Irwin, D-Ann Arbor said. "By and large, they are the types of substances that have medicinal value, and a long history of cultural and religious significance. And they have a very low propensity for abuse. And so, for all those reasons, it makes perfect sense to stop wasting time and money arresting and prosecuting people for using."

# **GLOBAL**

NEWS UPDATE

#### Noah Kurkjian

News Editor

Astroworld Festival, a Huston-based music festival put on by rapper Travis Scott, ended in chaos last weekend.

At time of reporting, at least eight people were reported dead with dozens more injured after a crowd surge took place at the event Friday.

The crowd of around 50,000 attendees were packed into the venue so tightly that when Scott took the stage, concertgoers were crushed, trampled and suffocated.

Houston authorities say the criminal investigation into the deadly crowd surge could take weeks. Several lawsuits have been filed against Scott, the entertainment company and others according to CNN.

"If the lights would have been turned on – [if] the promoter or artist called for that – it would have chilled the crowd, and who knows? Who knows what the outcome would have been? But everybody in that venue, starting from the artist on down, has a responsibility for public safety," Piña told CNN's Jake Tapper Mon-

day.
Concertgoers
described
the event
as traumatiz-

ing, with many
witnesses saying they
saw lifeless bodies being trampled
amidst the chaos. Those who survived had to fight their way out of the
crowd as the music played on.

According to Michele Arnold, a spokesperson for the Harris County Medical Examiner's Office said that it could take seveal weeks for the victims' causes of death to be determined.

The families of the victims have been notifed according to the press release.

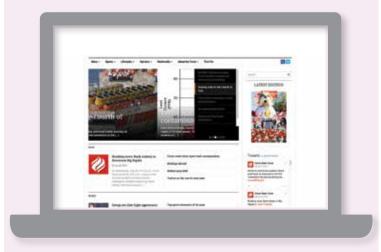
The victims ranged in age from 14 to 27.

### FERRIS STATE TORCH



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### - ON THE RECORD -

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

### "High" noon

Noah Kurkjian

News Editor

#### Keep your title elsewhere

Nov. 1, 11:19 a.m. - A vehicle was broken into in lot two. The key fob, a check book and vehicle title were stolen. The case is still ongoing.

#### Late-night smoke sesh

Nov. 1, 11:46 p.m. - In McNerney Hall an RA smelled the odor of marijuana, two people inside the room were found to be in possession. The officer confiscated the items and referred them to student conduct.

#### Suitemate situation

Nov. 3, 3:15 p.m. - Student reported an assault that took place on the 30th of October. The victim had a verbal altercation with their suitemate in the hallway. The victim removed themselves from the situation, however the suspect broke into the

victims' room by breaking their bathroom chain. The suspect then proceed to physically assult the victim. The investigation is still ongoing.

#### "High" noon

Nov. 5, 12:24 p.m. - An RA could smell the odor of marijuana from one of the rooms in Clark. They encountered a student vaping THC. The officer confiscated it and referred him to student conduct.

#### Adding minutes

Nov. 5, 7:47 p.m. - Off campus, Warren and Cedar. Officer stopped a vehicle for running the stop sign, driver admitted to not stopping. Was issued a ticket for running the stop sign.

#### Of all the places you could make a U-ie $\,$

Nov. 6, 4:33 p.m. - Officer stopped a vehicle for doing an illegal u-turn on State Street. The driver was issued a warning.



CRIMES ON CAMPUS CAN BE REPORTED TO DPS AT - 231-591-5000 -

## Ferris to raise room and board rates 1.3% for the 2022-23 school year

### Increase to allow for all dining options to be opened



Photo by: Amelia Reed | Torch Photographer

The increase in housing prices can be daunting to new and returning students.

Jerry Gaytan News Reporter

The Ferris State Board of Trustees recently approved a 1.3% increase in room and board rates for the 2022-23 school year.

According to a news release from the university, a student with a double room and basic meal plan will pay a \$9,862 for the 2022-23 school year compared to this year's rate of \$9,734 with the same basic meal plan and double

Vice President for Administration and Finance Jim Bachmeier stated that it is common for low rates to increase due to inflation.

"The housing and dining program is expected to be better next year than the current offerings as we anticipate fully reopening some of the limited or closed concepts," Bachmeier said.

Due to the COVID-19 pandemic, Bachmeier explained that the university wanted to hold the increase to a small number. Director of Dining Services Scott Rossen stated that the housing rates will remain flat with an increase in room and board rate total of 1.3%.

"All board plans, including the express/commuter meal plans, will increase by 3%," Rossen said. "However, the housing rates will remain flat, resulting in an increase in room and board rate total of 1.3%."

Rossen also explained that the increase in room and board is based on a number of factors. including staff wages and rising food costs.

"I really hope that mongo grill and Erberts and Gerbert's will be open," pre-optometry freshman Claire Nowicki said. "I hope the increase will open up everything we're supposed to have access

Bachmeier stated that closed dining options on campus are the results of labor shortages that are being felt throughout the dining and restaurant industry. The increase is in meal plan costs and

not in housing.

"If the extra money that we're paying is going towards the staff, I would be okay with it," early education freshman Kristen Nelson

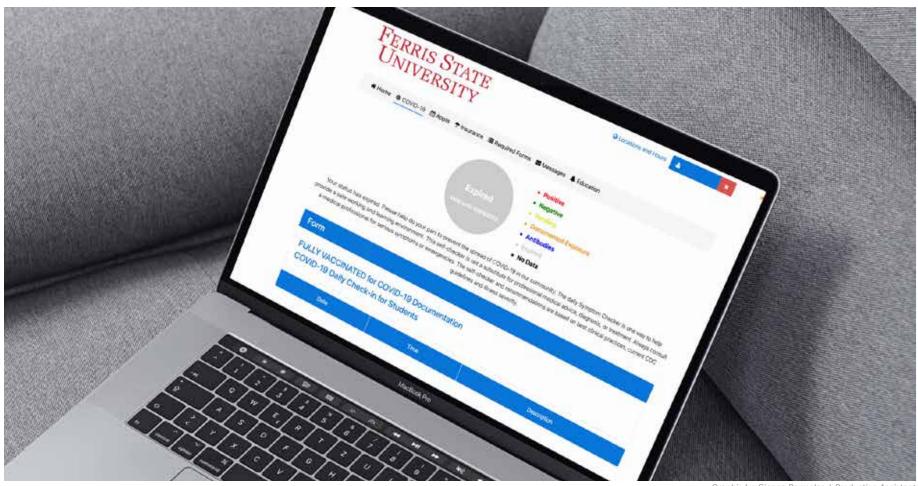
"Because I think that there's a struggle right now with getting jobs and getting paid well enough from jobs to support yourself anyway."

According to a rate recommendation document, a 14 traditional meal plan in the 2021-22 school year costs \$4,284, compared to the \$4,412 for the same meal plan for the 2022-23 school year.

The crimson anytime meal plan will increase by \$140, the gold plan will increase by \$150 and the platinum meal plan will increase by \$160.

"This increase will help dining continue to strive to add more offering for our students and allow us to continue to offer high quality meals in our dining areas," Rossen said.

# **COVID-19 Counts**



Graphic by: Sienna Parmelee | Production Assistant

In the 2021-22 school year, symptom check usage has declined significally from the previous year.

### The decreased usage of the daily symptom checker

#### Rebecca VanderKooi

Opinions Editor

Compared to 2020, the number of individuals filling out the Ferris COVID-19 Daily Symptom Checker has decreased substan-

The short, online questionnaire asks individuals whether they have had close contact with someone confirmed to have COVID-19 or had any symptoms of COVID-19.

Lindsay Barber is the director of health services on campus. She explained that while students, faculty and staff have con-

tinued to use the symptom checker, the numbers have gone down substantially in 2021.

"As compared to data from 2020, an average of 35% less faculty and staff, and 65% less students have been completing the symptom checker in 2021," Barber

Barber also added that Birkam is continuing to do contact tracing. The COVID-19 case manager works with the individuals who test positive to identify close contacts. They then reach out to those who were potentially exposed with quarantine protocol if

they are not vaccinated.

The Dean of Student Life, Joy Pulsifer, noted that face coverings, vaccines, quarantine and other precautions against COVID-19 are helping to prevent the spread. She also added that individuals are still expected to fill out the symptom checker.

"We remain committed to educating and encouraging all students, faculty, and staff to complete our daily symptom checker whenever they are working and/or are at any of our campus locations," Pulsifer said.

Erin Bezeau is a junior majoring in pre-optometry, she explained that last year

she filled out the symptom checker every day, but this year, she has not since she got vaccinated in the spring. She added that if she does experience COVID-19 symptoms, she will use the symptom checker.

'It's getting to the time of year where everyone has a cold, as well as it being flu season. If everyone were to fill it out truthfully, half our students would be told to self-isolate," Bezeau said.

If any faculty, staff or students want to fill out the daily symptom checker it can be found in the Healthy Dog Portal under the COVID-19 tab.

Week of Nov. 10 - 16, 2021

# LIFESTYLES

Marissa Russell | Lifestyles Editor | russem22@ferris.edu

# **Connection through psychology**



### The academic RSO with an emphasis on friendship

#### **Meghan Hartley**

Lifestyles Reporter

Over 200 registered student organizations are on campus, with something that interests everyone, but non toggle the mind as student psychology association does.

The SPA is the student psychology association that focuses on seeing, analyzing, and discussing psychology used in everyday life with students. The organization is comprised of 15 members with different majors, but all share an interest in psychology.

The SPA strives to connect students with the topic, help students interested in the major figure out the process of pursuing a degree, and most of all helping students with a common interest make connections with each other.

Noelle Toliver, the community chair for SPA majoring in psychology, believes that having a major-related RSO on campus can help students network within their majors through the connections they make, and help create a support system.

"It's important to have major-related RSO's on campus because it is essentially another support system," Toliver said. "You are in a group with people who you share at least one thing in common with

and as you get to know them the connections continue to grow and the field-related opportunities it allows. I believe there are also more opportunities for networking, and getting hands-on experience.

Many RSO's, similar to the SPA, teach their members how important it is to make connections with professors and real-life businesses in hopes of getting into a job right after graduation.

Major-related organizations tend to focus on the career and academic aspects of things, with GPA's and resumes. While the SPA does highlight the importance of networking and obtaining hands-on experience, the focus is more on the connections they make between each other to create a real support system.

Mariyah Wilcox, the president of SPA, was able to find her own support system with the psychology group as a social work major with an interest in the mind and its inner workings.

"Having major-related groups on campus helps students feel involved and important," Wilcox said. "Before joining this RSO I didn't feel like I mattered here at Ferris, I didn't really have a place. After joining, I have been given so many more opportunities including an on-campus job as a mentor."

Being able to join organizations that

share a common interest, such as psychology, can make students feel as though they belong because of the connections and friendships they've made. The benefits to their participation are the opportunities for jobs, volunteering, and fun group events.

According to Toliver, the SPA takes any chance they get to spread the word about psychology through various events they host such as painting pumpkins for the spooky season, hosting psychology guest speakers, and volunteering at university events.

At each event members and newcomers are able to learn about psychology, the interesting ways it can be seen and used in everyday life, and talk with others about their own experiences with it.

Madison Stanley, the treasurer for SPA majoring in psychology, says the student-led organization is a group where people who want to make friends or have an interest in psychology are welcomed. There they can learn in a casual environment

"We're just here to make connections with people through psychology," Stanley said. "Either discussing it, sharing our experiences, learning more about it. Just being a group more of connecting with people versus being super academic

wise."

According to Stanely, other, large, academic RSO's that require students to have a certain GPA and to be at least a sophomore before joining can be intimidating.

Especially for newcomers to Ferris, it can be hard to make friends and they want to make connections where they are welcomed.

"People forget you come into a new university without knowing a single person," Stanley said. "An easy way to make friends is to join some smaller RSO's because some big ones can be quite intimidating. Some of the members I've talked to said this is the perfect RSO for them because of its size, they can come in by themselves, and make a way for themselves."

Having smaller RSO's on campus like the SPA can be an easy way for students to get connected with others based on their hobbies and major, learn how to network throughout the campus, especially in a group based on forming connections.

Potential new members hoping to find an inclusive place for them, with interesting conversations that will toggle your mind, can join the SPA on Tuesday nights in FLITE room 110 at 7:30 p.m.

## Intramural sports are beneficial to students



Photo by: Bradley Moore | Torch Photographerr

Cole Flint readies his throwing arm at an intramural dodgeball game in the rec center.

### Ways that IMs improve students well-being in many different aspects

**Giuliana Denicolo** 

Freelance Reporter

College is working hard and playing hard, so it is important to maintain a healthy schedule that involves time for yourself. A great way to do that at Ferris is playing Intramural Sports.

Intramural sports are an easy way to separate yourself from work and school and add some fun time to your busy schedule.

Ferris senior Katelyn Berens is very involved with intramurals because she never got into sports as a kid and always played them for fun rather than competition.

She joined coed softball teams during her summers throughout high school but never played for an official team. She found that her interest in sports was more about having fun and being with her friends.

"When I came to Ferris, I knew I wasn't going to be playing any club sports," Berens said. "It's for fun and it's great to play along with my friends."

She chose to participate in intramurals because they are relaxed and do not require a lot of commitment.

"When I came to Ferris, I was coming for school, and I wanted to do a couple of things on the side," Berens said. "Intramural's [gave me] the ability to play sports, but not have to commit for an entire season."

They are a good way to stay involved and make sure there is a balance between school, work, and a social life

"It really gives you the opportunity to break up the class and homework grind and just take time to have fun and destress," Berens said.

Berens plays at least three sports each school year

because she enjoys getting into new sports, having fun, and being involved.

"I usually play softball and broomball each school year, but recently I've been throwing beach volleyball and 6v6 in there," Berens said.

Berens encourages other students to join intramurals because it is an easily accessible and healthy way to exercise and have fun.

"It's a time to get with your friends or a club that you're a part of and just have fun for an hour," Berens said. "Be with your friends and have time away from the electron"."

Regardless of the end result, students enjoy playing intramural sports and the experience and memories that come with it

"It wasn't the winning or losing that made it fun," Berens said. "It was just being with my friends and being with people that I enjoy being around."

When it comes to the belief that intramural sports are beneficial to all students, it is not just students that agree.

Stoney Hart, associate director of recreation of competitive sports and facility, thinks that intramurals are a great resource for students to let loose.

"As far as the participants go, I think it builds time management and teamwork," Hart said. "It [also] builds leadership because people take the role of captain and co-captain."

Along with benefiting students who play intramural sports, students who work for them also gain a lot of virtue

"As the student worker side of things, [there's] added value because people move up from being officials to head officials, to supervisors," Hart said.

Moving up in a workplace is important and intramurals permit that. Students also learn skills and values on the job.

"You have to learn decision making on the fly, [how to deal] with participants and their needs, and teamwork within your students, staff, and coworkers," Hart said.

Within this job, making relationships is crucial to the future of a student. Having connections with coworkers helps a lot.

"Being able to work with the participants and the pro staff and build those relationships as well," Hart said. "And hopefully, the student workers get to utilize the pro staff to help them with resume building, cover letters, being able to jump right into the real-world workforce."

Students get thrown into the job as an official and learn mostly from experience.

lal and learn mostly from experience.
"In my opinion, officiating is the hardest

position a student can have," Hart said. "You learn so much and you get yelled at so much that you can really take anything that comes at you in life after this, it builds character."

Intramurals are not as stressful as club or varsity sports in any aspect because they require more practice, work, commitment, and money.

"For club baseball, their league fee is \$1,600, that right there makes them more intense because IMs pay, for a bigger sport, \$16," Hart said. "Compared to 10 guys having to come up and find \$1,600 to give to their league so there's that added stress to get recruiting and tryouts done."

With varsity sports, there is all that added pressure of being great to get scholarships and bigger opportunities in the future.

"The varsity side of things, you're looking at winning championships, championships mean scholarship dollars which means coaches' dollars," Hart said. "So, I mean, there's just huge stresses on the coaches and the players to perform."

Intramural sports are a lot lower maintenance. Less time and effort is put into them, while higher-level sports require more.

"Examples are the women's rugby team and men's lacrosse team; they both still practice twice a week," Hart said. "The varsity student-athletes have to practice weight lifts for 20 hours a week, with intramurals you just have to have the heart of an athlete without the talent."

Community is a big thing when it comes to intramural sports, students see other students so often participating in different sports that they begin to recognize them and suddenly, they know double the people they used to.

"When I first got here, I could drive across campus, and nobody would know who I was," Hart said. "Now, I get stopped by students and they just want to chit chat for a minute, so that's been a big community change."

It has been proven in multiple studies that intramural sports benefit students academically, physically, and mentally.

According to a study made by NEIU Digital Commons, "College students who join intramural sports, increase their overall PA levels which could potentially lead to an increase in academic achievement. Finally, intramurals positively impact students' physical well-being, overall health, and fitness level."

Intramural sports are good for students in a lot of ways that higher-level sports are, but anyone can join and be a part of this community.



# **Knowing SAD**

# A counselor's perspective on seasonal affective disorder

**Charlie Buckel** 

Lifestyles Reporter

As we progress closer and closer to the winter months students are dealing with the regular stress of keeping up with classes, work schedules, and social lives. Some students, however, may be dealing with other issues, and one of those issues that becomes more prominent this time of year is seasonal depression.

According to the American Psychiatric Association around 5 percent of adults in the United States deal with seasonal depression, officially known as seasonal affective disorder, or SAD. The time period in which SAD is most felt is around 40 percent of the year.

Mark VanLent, a counselor with the Personal Counseling Center at Ferris helped explain SAD and how it may affect students.

"Seasonal affective disorder is a mood disorder, most commonly seen as depression which arises in the late fall and winter months. Symptoms include feelings of depression, sadness, reduced energy, loss of interest in activities, and feelings of helplessness and hopelessness," VanLent said. "The exact cause of SAD is unknown, but some factors which can influence the condition are reduced levels of sunshine and reduced levels of the brain chemical serotonin, vitamin D insufficiency, and an imbalance of the chemical melatonin."

When it comes to students, according to VanLent, SAD can make students less likely to leave their rooms, do fewer activities, and become less social in the fall and winter months. Students can also feel less energy, a depressed mood, and feelings of sadness.

VanLent also said that Ferris' climate can also influence if those on-campus experience SAD.

"Living in Michigan, SAD is very common," VanLent said. "As all Michiganders know, Michigan winters can be long, dark, cloudy, and cold. The lack of sunlight and decreased activity can cause a change in our internal clock, and can also contribute to vitamin D deficiency, and lower levels of serotonin."

It is also important to note that no one case of seasonal affective disorder is the same. One student may just have feelings of sadness that don't interfere with their daily lives to a great extent. Other students may have a more severe case. Students should evaluate how they feel and get help if they need it.

There are some ways for students to prevent themselves from getting SAD and to help if they do have it.

"One of the best ways to prevent or help with SAD is to try to stay active. Get outside when you can, exercise, take walks and allow yourself natural sunlight whenever possible. Maintain your social activities. It is also important to get enough sleep and focus on proper nutrition," VanLent said. "Eating vitamin D rich foods like fish may be helpful. And research indicates that eating berries and foods rich in folic acid like salad and oatmeal, etc. may also be helpful. Try to stay active and stay on top of your classes to help fight

If you are a student and are feeling as though you may be experiencing seasonal affective disorder, or need someone to talk to, the Personal Counseling Center can be reached by phone at (231) 591-5968 or via email at thepcc@ferris.edu.



### Marketing for a good cause

A marketing class partners with hockey and the WISE shelter



Photo by: Amelia Reed | Torch Photograph

 $Students\ gather\ in\ support\ of\ the\ canned\ food\ drive\ located\ in\ the\ Wink\ Arena\ during\ the\ hockey\ game\ on\ Friday.$ 

#### **Trenton Carlson**

Freelance Reporter

Sports marketing 420 partnered with the WISE Women's Shelter and the Ferris Hockey team for a canned food and donation drive last week.

This effort was used to help those projected to use WISE Women's Shelters facilities during the coming Thanksgiving.

The canned food drive began Monday, Nov. 1, in the University Center on campus and continued until Saturday, Nov. 6, concluding the weekend's second game.

In the UC and at the game, the marketing team met students and staff, where they spread awareness of WISE Women's Shelter and informed students of the hockey games this past weekend, encouraging them to attend. They then incentivized people to attend the games with raffle options and a silent auction.

"We had a really great turnout with the canned food drive," general manager of the project, Jennifer Cameron said. "We had 23 entries in the raffle; many people received multiple entries due to how many cans they turned in."

The sports marketing class was also able to attain donations to use for the silent auction. According to Nolan Hubbard, head of game-day operations for the class, these donations came from a friend of his, who owns a sports store in Lavonia called Pro Sports Zone. In addition, the marketing class forced those interested in the silent auction to attend the second game on Saturday, for the

auction didn't open until then. According to Cameron, this was a tactic to get more people at the hockey game.

"This week has been a lot more successful than we anticipated," Katherine Gilligan, director of marketing and advertising, said. "Just due to the fact that our class is a lot smaller than the normal size per semester. We have ten people in our class, and we usually have around 25 each semester. So we are a ten-person crew doing work of thirty people, and it still turned out great."

Gilligan credits her professor, Dr. Jina Jackson Rockwell, for her team's success; although she claims her classmates did excellent work, it was her professors' firm expectations and guidance that propelled the team through the challenge.

The team projects' that at least 100 people were influenced by their marketing tactics to attend the hockey game. These same people were also made aware of WISE Women's Shelter in the process.

The sports marketing classes' work paid off, as the student section was comfortably filled, providing a glimpse of what the old Dawg Pound ounce was. This energy and attendance carried over into the game, Ferris pulling away with a 2-1 victory over Minnesota State on Friday. Unfortunately for the Bulldogs, they could not clinch the weekend sweep and lost 5-1 at Saturday's game. On the other hand, the sports marketing class raised roughly 150 cans and \$605 in charitable donations for WISE Women's Shelter.

# OPINIONS

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### **EDITOR'S COLUMN:**

By Brendan Sanders

Why I push for success

When I am done with this week, I will have completed a sports selling competition, two photography projects, multiple selling simulations, among other various projects. I'm already somewhat tired, yet I'm pushing harder than ever.

This past weekend, I reminded myself why I push so hard to be successful.

For me, it's simple, I want to support my parents. I want to retire them by the time I'm 30 or 35. Or at least make sure that they are living comfortably as I continue to grow up.

For most of my life, my dad has worked from 8 a.m. to 6 p.m. He would spend hours on end working these management positions. Starting ten years ago up until last year, my dad would have to travel from Lowell to Flint to work at this company. He would leave when we kids would be leaving for school and wouldn't get back until 8 p.m. That's not to mention when he would just stay the night at my grandma's place in Brighton.

It made good money for the family, and we've been lucky to live comfortably. Then last year, they fired him. Ten years for nothing. Right in the middle of the pandemic.

Luckily, he's found jobs with his resume in the trucking management industry. Yet, I worry consistently that the jobs could dry up for him.

The feelings I felt after observing my dad trying to find a job in the middle of 2020 is a major factor in why I'm trying to be both as successful and make as much money as I can. This money isn't for me; I'm content with \$2,000 to my name. I want to make money so that I can start taking care of the family around me.

I don't want to see mom or dad struggle to make money. I want to be a supporting leg for both him and mom. I feel that is the least I can do for raising me, supporting me, and always being there for me. They've always been there for every move, both good or bad, that I've made.

They've raised three amazing kids who are getting ready to take the world by storm. I'm just the start.

I'm not trying to be successful just to see my name on the front page of any major newspaper or make any sort of name for myself. I'm not interested in that.

My goals have always been to take care of people that I care about. My family comes first, then my friends, then the people that I see can make their own mark on the world.

Why do you think I like writing feature stories so much? It's so fulfilling for me to give people the recognition that they deserve. That's the reason why I started down this path, to tell amazing stories about people who have put in actual effort to be happy or successful. It allows me to shine my little spotlight on them.

This goal to take care of people leads to me caring so much about this staff. I want them to leave their mark on this world. They feel like that mark can be made through journalism. When I feel like they are doing a good job, I am happy to show their work to the world.

If they can be happy or successful, then I feel like I've done my job. I want to give people the opportunity to be successful.

I don't know where my drive for success is going to take me, whether if it's journalism, marketing, or something else that I don't really know about. But know that whatever I get into, I will bring a ferocity that I intend to be unmatched. I've got people who I care about to take care of.

My best advice for those who are trying to be successful is that every once in a while, you should remind yourself why you are doing this. Why you are pushing to be successful. Is it because you do want to see your name up in lights, on a big screen, or anywhere with recognition? Is it because you have people that you are taking care of?

Whatever the reason is, evaluating this drive for success will give you the energy to continue pushing through the back end of this semester.

# STAFF SPOTLIGHT



Photo by: Marissa Russell | Lifestyles Editor

### **Marissa Russell**

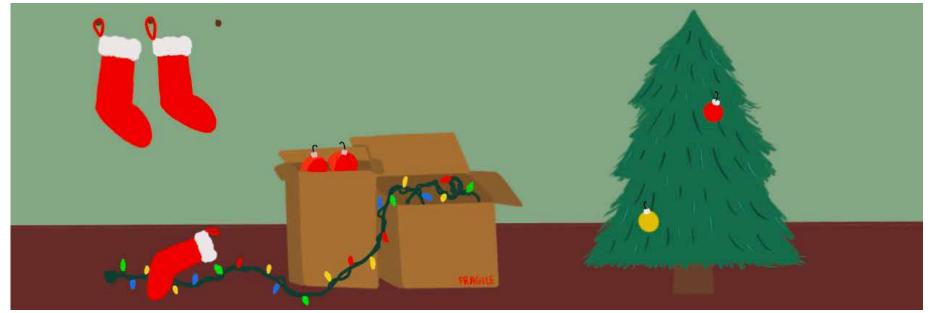
Marissa Russell is the current lifestyles editor and has worked at the Torch since 2018.

was going to be a psychology major but when I went to orientation I knew that wasn't what I wanted. Book publishing was what I wanted to go into but without a major really focusing on that I got put into journalism and technical communications. I can remember watching Gilmore Girls with my grandma growing up and Rory being a big inspiration to me so I was fine with sticking with this major rather than a typical English one. I didn't realize how much I would change just being a journalist.

Coming from a small town about 20 minutes North of Big Rapids I

didn't have the best social skills. Being forced to go out and meet new people and learn to socialize has helped me so much. I have When I first applied at Ferris I earned many different roles at the Torch since my freshman year and went through many different experiences like filming football games and going to Washington D.C.

What I am going to do after I graduate this spring I am not sure. I want to use all the knowledge I have learned here meaningful and use it to do great things. Feature writing and spotlighting people's would be my ideal job but there are other things I wouldn't mind doing that are outside of the typical journalism path.



Graphic by: Dylan Bowden | Production Manager

# Bah humbug in November

### Is it ever too early to celebrate Christmas?

#### **Amelia Reed**

Torch Photographer

The harsh chill of November barely begins to settle in when store clerks all across the states begin to display their holiday collection of decor. A dozen trees here, a few inflatable Santas there and a couple of wreaths hung neatly on the wall.

Throughout the few months leading to the long-awaited holiday season, I hear dozens of people say it's to early to start preparing for Christmas. They say that you should at least wait until after Thanksgiving. I can't help but wonder why they don't get excited for the holidays.

As childish as it may seem, I count down the days left until the holiday season. What's not to look forward to? It's true that the holiday season can be a bit chaotic, but when I was growing up, there was never a happier time of year. No matter what was going on in my life, I could always count on Christmas being a day of excitement and joy.

Even now as an adult, I look forward to the day when I'll be able to see my loved ones again. For many families, Christmas is one of the few times each year when they'll be able to welcome home loved ones who are currently serving in the United States military. For others, it's a time we spend with our young children. Each giggle

and gasp of surprise at the gifts under the tree is magical. It's a time that always brings family and friends just a little bit closer.

With each "happy holidays" I feel the spark of excitement. Christmas brings love, laughter and kindness. Sometimes, these are things a lot of us really need in our lives. Whether it's a plate of cookies from the neighbors or a well thought out gift from your closest friend, even a small bit of kindness goes a long way. So when people say it's to early to get excited about Christmas, I always wonder why.

I'm not excited about Christmas itself, I'm excited about the many wonderful things that come with it. I can't help but

become excited for the holidays. It may seem a bit odd for stores to line up their Christmas trees next to the Halloween costumes, or for radio stations to play Christmas carols before Black Friday, but you'll never see me complain if they do. It reminds me that I'm one step closer to opening gifts with my brothers, baking sugar cookies with my grandma and wrapping my arms around the soldier who stole my heart.

Before you say bah humbug, remember all of the incredible things that are soon to come, and let yourself feel the giddy thrill that comes with Christmas morning for just a moment

# **Gettin' thrifty**

### Shape your style without shrinking your savings

#### Jessica Oakes

Special Editions Editor

In the age of fast fashion, trends disappear as spontaneously as they appear. Every five-dollar crop top ordered from Shein will spend far longer in a landfill than a closet.

I understand the need to dress on a budget, but there is a price attached to these savings. Cheap trendy clothes are unethically mass produced, and never last more than a few months before falling apart and out of style.

Thrifting is how to save money, shop conscientiously and not have the same outfits as everyone else around you. I honestly think anyone who does not like to go thrifting has never learned the right way to do it.

A lot of people, including friends of mine, are too used to the immediacy of online shopping. They show up to a Goodwill with one article of clothing in mind, and end up disappointed.

To me, thrifting is a practice of open-mindedness. No two chains or branches are the same. Even at a single store, no two visits are the same. This makes each piece more special.

It is the search that turns this shopping into a skill. I truly feel accomplished when I enter a Merchandise Outlet with the vague desire for some sweatpants but get swept up, sifting through every aisle. Then I leave with a turtleneck, a jacket, some rings and a jewelry box

I love thrifting for the storytelling. After years of it, I end up with outfits made of memories. A skirt from the first thrift store I loved in my hometown, a crewneck from the antique store by my dad's house, and a belt from the shop near my mom in Florida.

It is also nice to imagine the story of each piece before I found them. Buying used is my way of continuing the plot. With today's fifteen-minute trends and extreme consumerism, too many things are thrown away in perfectly good condition.

When looking up the best ways to donate used clothes, I stumbled upon a website called dead-whitemansclothes.org. From there, I learned about a long-term

research project about the secondhand clothing trade in Ghana.

The phrase "dead white man's clothes" is a translation of the Akan expression "Obroni Wawu." This term is a testament to western abundance. It is the idea that someone must have died in order to part with so much clothing.

Of course, that is often not the case. People live everyday with much more than we need, and then discard it as if it never served us. I think our nice possessions should be placed in a cycle of ownership, extending purpose as far as possible.

Thrifting your new clothing and donating the old is a perfect way to do this. It is also a reminder that "new" and "old" are subjective.

My last piece here will be admittedly self-centered. Thrifting has helped me develop an individual style in such a fulfilling way. All the stories come together in my closet to become mine. For now.

To have a sense of style is to have a sense of self. I hope you find some time to take yourself and your friends to the Goodwill in town this



Photo by: Rebecca VanderKooi | Opinions Editor

# **SPORTS**

Brody Keiser | Sports Editor | keiserb1@ferris.edu

# **Beating the best**



Photo by Amelia Reed | Torch Photographe

 $\label{thm:connor} \textit{Junior defenseman Connor Fedorek chases the puck in Ferris's upset victory over Minnesota State.}$ 

### Ferris hockey takes down #2 Minnesota State, goes 1 - 1 on the weekend

#### Dylan Rider

Freelance Reporter

Sports Editor Brody Keiser contributed to this article.

This season has started much better for the Bulldogs than a season ago, and the promising start continued with an upset victory over the nationally second-ranked Minnesota State Mavericks.

The Bulldogs returned home following a four-game road trip to face Minnesota State on Friday, Nov. 5. Ferris came out on top 2-1 and recorded their first victory over a ranked opponent since they beat ninth-ranked Bowling Green on Jan. 26 of the 2018-2019 season.

Head Coach Bob Daniels praised his team for the victory over Minnesota State, who he believes is the best team in the nation.

"I thought, obviously, Logan Stein had a really strong game for us," Daniels said. "I thought the guys blocked a lot of shots and sold out."

Stein had 31 saves for the Bulldogs in the victory.

Neither team scored in the first period. However, just 49 seconds into the second period, the Bulldogs would slip away for a 2-on-1 where freshman forward Bradley Marek scored. Later that period, Minnesota State took a boarding penalty. The Bulldogs did not waste the opportunity and Marek netted his second goal of the night for the 2 - 0 lead.

Not too long after that, the Bulldogs were penalized for tripping, and Minnesota State scored on the power play to cut the lead in half. The second period quieted down and finished with a 2 - 1 Bulldog lead.

The Bulldogs entered the third and final period with a one-goal lead. Stein recorded eight saves in the third to shut the door on a Minnesota State comeback. The Bulldogs emerged victorious, 2 - 1.

After his two goal performance, Marek talked about the plan to keep the momentum going into the next game.

"We just have to stay on the gas pedal," Marek said. "We know they're gonna come out hard. We know they have great coaching staff over there too, and he's gonna push them to be better every night. Tomorrow's a new night, but we have in the back of our minds what we know we can do."

Daniels felt his team played a disciplined game, and that helped lead them to victory.

Ferris faced the Mavericks again on Saturday Nov. 6. They were unable to complete the sweep and dropped the second game 5 - 1.

Just 30 seconds into the game, freshman forward Zach Faremouth took a 5-minute major penalty for game misconduct, leaving the Bulldogs shorthanded early. The Mavericks fired nine shots on goal during their power play. However, the Bulldogs kept the Mavericks from scoring, fueled by senior goaltender Roni Salmenkangas's nine saves.

"The game started out on the wrong foot," Daniels said. "It was a stupid five-minute major that we took. It took guys out of the game and messed up our lines. We got the kill, but we already started in the hole. I was furious. That's a dumb penalty."

Daniels felt his team lacked the discipline they showed the night before in their winning effort.

"We talked about discipline and how it worked for us yesterday, and its inexcusable," Daniels said regarding the opening penalty in Saturday's game.

Again, neither team scored in the first period. The Mavericks attempted 16 shots on goal compared to Ferris' four.

At 3:53 in the second period the Bulldogs took a 1 - 0 lead thanks to junior forward Dallas Tulik's third goal of the season. Sophomore forward Mitch Deelstra and freshman forward Nick Nardecchia assisted on the goal.

The Mavericks were penalized for interference on the

goal, but the Bulldogs could not capitalize on the ensuing power play. The Bulldogs were penalized at 7:59 for slashing, and the Mavericks capitalized with a power play goal.

Minnesota State scored on another power play at 15:41 in the second period, taking the lead 2 - 1. They tacked on another goal just 20 seconds later, extending their lead to 3 - 1. They held that lead into the third period.

The Mavericks were penalized early in the third period, but Ferris again failed to score on the power play. For the night, Ferris was 0-4 on power plays, compared to 2 - 5 for Minnesota State. Daniels felt his team spent too much time on the penalty kill.

Minnesota State increased their lead to 4 - 1 with a goal at 11:56 in the third period. They scored a final time at 18:49 to defeat the Bulldogs 5 - 1. The loss knocked Ferris' record to 4 - 6 (3-2 CCHA).

In the closing seconds of the game, a scuffle broke out on the ice and resulted in another five-minute major penalty for Ferris, this time to junior forward Brenden MacLaren for game misconduct.

"I didn't like how we ended the game either," Daniels said. "That was another dumb penalty. We want to play hard to the end, but we don't want to take a five-minute major."

The Mavericks outshot Ferris 33 - 20, a big change from Friday's contest where the shots were 32-30 in favor of Minnesota State.

Salmenkangas recorded 28 saves but gave up five goals. "I thought Roni played better than to have a five-spot put

Ferris will look to get back in the win column when they head to East Lansing to face Michigan State on Thursday, Nov. 11 before returning home to face the Spartans on Saturday, Nov. 13 at 7:07 p.m

# WEEKEND SCORECARD

### **Football**

Nov. 6 - Ferris 50, Davenport 14

### **Men's Basketball**

Nov. 5 - Xavier 100, Ferris 59

### **Volleyball**

Nov. 5 - Ferris 3, Purdue Northwest 0 Nov. 6 - Ferris 3, Parkside 0

# All tied up

### Ferris soccer closes season against #1 **Grand Valley**

#### D'Andre Head

Freelance Reporter

For the second time this season, the Bulldogs neither won nor lost against the best team in the nation.

On Sunday, Nov. 7, Ferris hosted the nationally top-ranked Lakers from Grand Valley. They closed the regular season with a tie 1 - 1 and finished with a 12-3-3 overall regular season record (9-2-3 GLIAC).

For Ferris, both games against Grand Valley this season ended in a tie. Sunday's contest against the Lakers also marked the fourth game this season they played into double overtime.

The Bulldogs started strong with a 7 - 2 advantage on shots in the first half. Senior forward Pia Nagel scored the game's first goal at 26:21 from an assist from senior midfielder Bri Rogers.

In the second half, both teams went back-to-back trying to gain

an edge over one another. Late in the half, Grand Valley raced down the field and tied the game at 1 - 1 at 83:20 from a close range shot late in regulation.

Heading into overtime, the Bulldogs had an opportunity to score off the foot of senior forward Grace VerHage, who tried to slip past GVSU's goalkeeper away from the net, but the Lakers kept it away with 15 seconds to play in the final overtime.

"We are happy with the result and the effort the girls put out there today," head coach Greg Henson said. "We faced a good team, and down the stretch, the girls gave a championship effort. We are going to manage our games better, and we are looking forward to our next matchup and getting ready for the playoffs. We must be ready for a tough opponent and keep our season on the

GVSU had an 18 - 12 edge in shots for the game with a 4 - 3 lead in shots on goal. For Ferris, freshman keeper Darya Mossallaei made three stops, while the Laker's keeper made two. Ferris attempted four corner tries while Grand Valley earned six.

Nagel nothced her 10th goal of the season and the 37th of her career. She is in third place alltime in program history.

"We have to move past, and we can't be upset about the tie," Nagel said. "This will give us the push to be successful in the postseason, and it is a championship game from now on. We did a good job switching the field, and we are looking forward to our next couple of games having little time to pre-

The Bulldogs earned the second overall seed in the GLIAC standing and will host the GLIAC Quarterfinal round on Tuesday, Nov. 9, at the Bulldog Soccer Field. Ferris beat Davenport twice during the regular season.



Photo by Amelia Reed | Torch Photographer

Senior forward Emily Mergener makes a play near Grand Valley's goal.

### **Business and basketball**

AMA students learn the business side of basketball



The American Marketing Association visited Little Caesars Arena to learn about how the Pistons marketing department does business.

#### Joe Nagy

Freelance Reporter

Ferris' chapter of the American Marketing Association was invited by the Detroit Pistons to join a panel hosted by the organization's marketing department.

Fifteen Ferris students were welcomed into Little Caesars Arena to have an in depth look into how the organization runs behind the scenes. The panel included a list of employees who helped organize the event, as well as talk about recent developments in the Pistons marketing department.

The speakers shared their career journeys and how they ended up at the Pistons, as well as giving advice to the students for how they can get ready for their time after college. They also gave examples of how to expand their network and get ready for the unique world of

Ferris' AMA Vice President Quintin Zinger shared his thoughts on the event.

"I feel the value taken from this event was being able to experience different sides of marketing," Zinger said. "Sports marketing is very different compared to other types of marketing and being able to learn and get involved with the Detroit Pistons helps create passion and a different venue for people to take as a career choice."

With groups coming from colleges and universities from across the state of Michigan, Ferris's AMA applauded the Pistons staff on their ability to communicate and help the event go as smoothly as possible.

President of the American Marketing Association, Nadia Greania, was in direct contact with a Pistons representative Andy Myers, who took over the job half-way through the event was being organized, adding stress onto an already stressful period.

"I had to begin contact with the new person in the position," Greania said. "We were afraid they weren't going to let us go to the event because they already invited too many students.'

Luckily, with all the confusion, the group was able to make it to the panel, albeit 30 minutes earlier than expected. Myers and the Pistons organization apologized for the challenges in scheduling and communication.

After the event, the Pistons gifted all of those in attendance with shirts, hats, and rally towels. Once fitted with merchandise, attendees were welcomed into the rest of Little Caesars Arena and encouraged to explore all of what the venue has to offer.

With about an hour in between the end of the panel and the start of the game, fans stayed busy. The staff offered entertainment on the court, games throughout the concourse and artifacts from Detroit sports history.

The Pistons kept the fans on their seats, staying within ten points the whole night against the Brooklyn Nets. While the arena was split between Nets and Pistons fans, the young core of Detroit kept it a close game against the veteran Brooklyn Nets team. Budding stars like Cade Cunningham and Sadiq Bey reminded the fans of the bright future in store for Detroit.

Though Brooklyn teetered with Detroit for the lead, it was a last second foul that sealed the deal for the Nets.

"Being in AMA has created a whole new college experience for me socially," Zinger said. "I've networked and got to know every member of the AMA, and trips like these often bring me closer to everyone that goes."

Members of AMA have worked together to better their college careers, all doing their part to make the best out of their time at Ferris State University.

# One Last Race

#### Cross country teams end their seasons with personal bests

#### **Austin Arquette**

Sports Reporter

Ferris' cross-country teams put together a strong showing in the Midwest Regional.

Both the Ferris men's and women's cross-country teams wrapped up their competition Saturday, Nov. 6, in the NCAA Division II Midwest Regional Championships at Angel Mounds in Evansville, Indiana. Schools from nine states are represented in the Midwest Region. Those states are Illinois, Indiana, Kentucky, Michigan, Missouri, Ohio, Tennessee, West Virginia and Wisconsin.

In the women's race, the Bulldogs placed 19th overall with 536 total points, and the men's squad finished with 560 total points in 22nd place overall. The women were paced by sophomore Sydney Kubiak in 75th place as she finished with a time of 22:38.0 on the 6K course. Junior Callie Delaney came in 104th place (23:10.7) with senior Katrina Droski in 108th overall (23:171).

A pair of freshman contributed as well with Hanna Brock at 124th (23:35.5) and Daisey Englund in 125th (23:35.9). The Bulldogs' top seven runners also included freshman Melanea Strauss, who finished 134th (23:47.6), and sophomore Diana Candela, who was 156th (24:28.8) in the race.

Droski said overall the team ran very well, as many of them ran their best times ever. Droski felt the toughest part of the race was staying mentally strong.

"My mentality was that I had to keep on pushing, even when it felt hard," Droski said. "I tried to keep passing girls and that pushed me to do better."

With the race being the regional championships there was a bigger crowd than the cross-country team has seen in the past years, and this was helpful for them to continue to push through corners and move forward. For Droski, being a senior in her last race, the amount of people that cheered helped her push and made her final experience more memorable.

The Bulldog men's team took off after the women finished, as junior Donis Harris led the men's 10K race as he clocked 32:08.7 and finished 57th overall. Harris was followed freshman in Noah Griffith, who placed 89th at 32:58.2 and Kevin Wilson, placed

128th (33:55.8). The Bulldogs' other two runners that scored included sophomore Dan Hardesty in 146th place (34:19.1) and sophomore Casey Bouman in 149th place (34:40.0). Sophomore Brandon Wirth came in 167th (35:35.5) with freshman Brendan Cariney in 17th place (35:48.4).

"Some guys didn't have as good of a race as they would've liked, but they gave it their all and I couldn't be more proud of them, nonetheless," Wilson said.

Fromer Ferris standout andlocal native Jared Kelsh coaches the Bulldogs. Wilson mentioned that Kelsh did not travel with the team due to personal reasons, so Wilson said that this race was dedicated to Kelsh. The team wanted to bring home results Kelsh could be proud of.

"I couldn't really tell you how I did so well, I just felt good, so I went out there and gave it my all, since it was my last race of the season," Wilson said. "Coach pushed me to do my best this year. This race was for him."



Photo courtesy Elizabeth Randolph, Southern Indiana Photography and Multimedia

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Kevin Wilson (right) placed 128th in the Midwest Regional for Ferris.



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