

Dr. Mehler taking legal action against Ferris

Lawyer claims First Amendment rights violated

Rebecca Vanderkooi
Opinions Editor

Dr. Barry Mehler is taking legal action against Ferris State University after he was suspended when his class introduction video went viral.

Ferris did not meet the demand made by Mehler's attorney, Matthew Hoffer, to reinstate Mehler by Jan. 19 at 1 p.m. Now, Mehler and Hoffer are taking legal action for what they believe is a violation of Mehler's First Amendment rights, specifically his academic freedom.

"It's a pretty well accepted concept that speech does not become unprotected speech when you use some curse words," Hoffer said.

Hoffer confirmed that they will be going to court over the matter and he hopes that the court will quickly move to reinstate Mehler to his position.

An organization that has stood beside Mehler throughout this process is the Foundation for Individual Rights in Education (FIRE). This nonpartisan nonprofit is dedicated to defending freedom on speech and other freedoms of college campuses.

FIRE Program officer Aaron Terr wrote a letter to Ferris State on behalf of Mehler. He expressed FIRE's concern regarding the de-

cision to suspend Mehler.

"We call on Ferris State to immediately restore Mehler to the classroom, cease its investigation of his protected expression and affirm the First Amendment rights of its faculty," Terr wrote.

Terr also explained that FIRE's Faculty Legal Defense Fund (FLDF) provided Mehler with an attorney.

"FLDF pays legal fees and costs for a set number of hours of initial legal work and in some instances may also fund a lawsuit," Terr wrote in an email.

Hoffer sent a letter to the university on Tuesday, Jan. 17 demanding that Mehler be reinstated. The letter outlined the attorney's concerns as well as Mehler's history at Ferris.

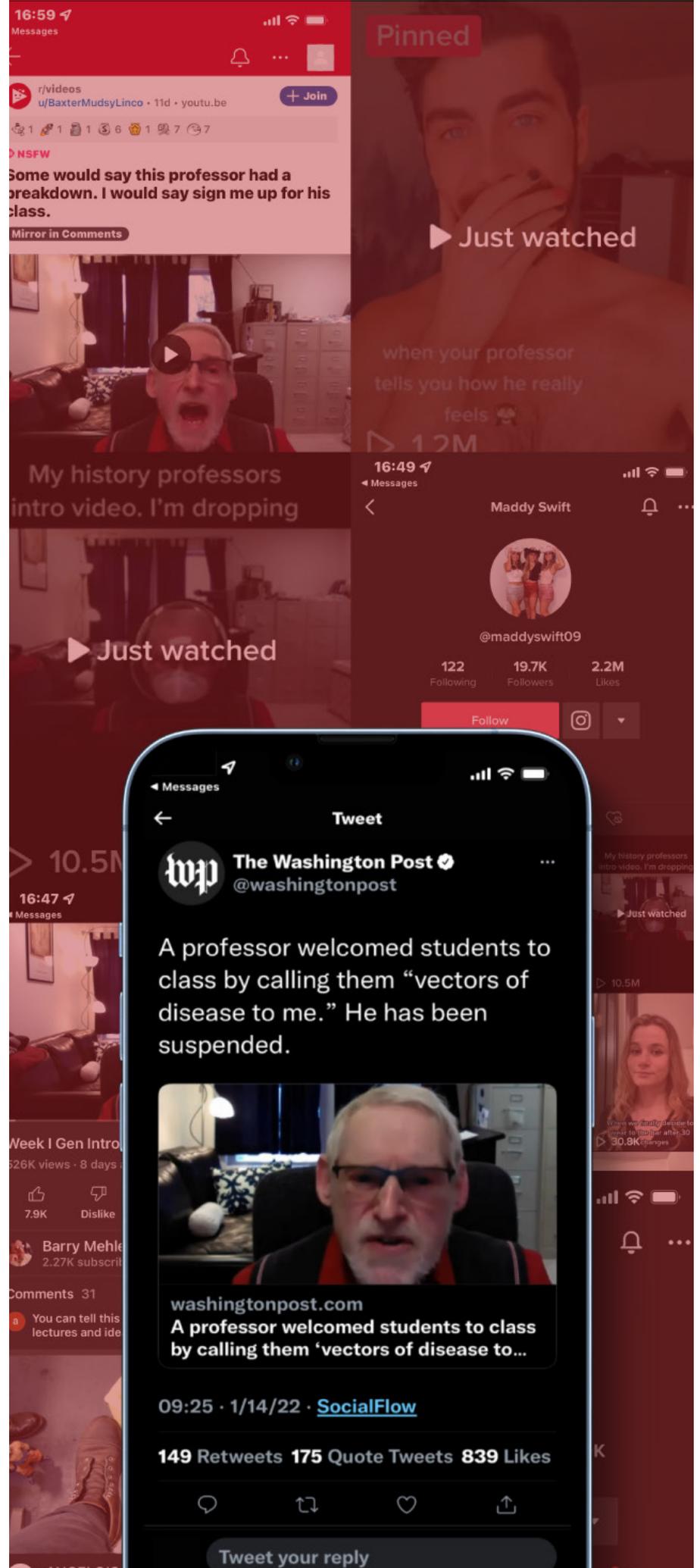
"I am shocked, appalled and, frankly, disappointed by the University's decision to suspend Dr. Mehler over the introductory video he shared with his students this term. The University's suspension and investigation of Dr. Mehler are clear violations of his First Amendment rights, including his academic freedom. The University should be celebrating and defending Dr. Mehler, not summarily disciplining him," Hoffer wrote.

Ferris State University has made no additional statement beyond what was initially released.



Photo courtesy of Dr. Mehler

Dr. Mehler took to reddit to share his side of the story.



Graphic by: Sienna Parmelee | Production Assistant

Dr. Mehler has accumulated more than 12 million views on TikTok alone.

Got news? Let us know.

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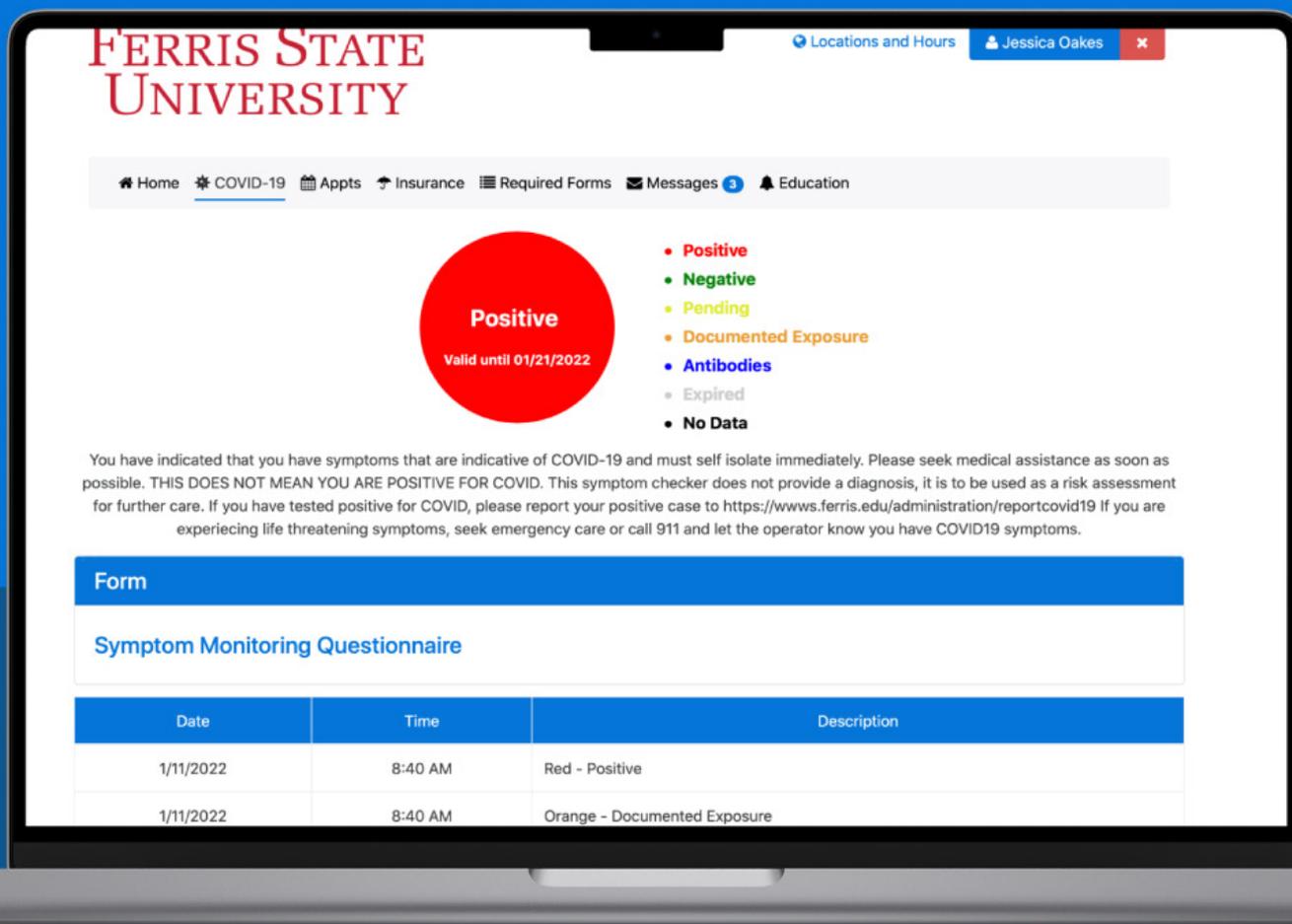


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NEWS

Noah Kurkjian | News Editor | kurkjin@ferris.edu



Graphic by: Sienna Parmelee | Production Assistant

“COVID-19 is a very individual journey, it is by no means a group effort,” Oakes said.

What happens after testing positive?

A first person look into Ferris’ quarantine protocols

Jessica Oakes
Special Editions Editor

My return to campus for the spring semester was immediately interrupted by Omicron, sending me into quarantine on the first day of syllabus week.

On Monday, Jan. 10, I received the “I Tested Positive for COVID” phone call from a friend and fellow Torch reporter. After being in close contact with this person, I knew the slight tickle in my throat could not be attributed to a common cold.

I hastily grabbed my backpack and suitcase, still partially packed from winter break, and headed off campus to isolate myself indefinitely. At 9:45 a.m. the following morning, I reported the situation to Ferris’ Healthy Dog Portal.

As my symptom checker turned red, birkamcovid@ferris.edu promptly sent an automated email to my inbox. The message explained that I should follow all self-isolation protocols from the CDC’s website, and that “someone from the university will reach out to [me] within one business day to discuss next steps.”

It took over 48 hours for any further instruction to reach my inbox, long after I fin-

ished my own contact tracing.

“Due to the high volume of COVID-19 cases, I am emailing anyone who has tested positive with isolation and contact tracing instructions,” Ferris COVID Case Manager Shawn Dahlstrom wrote.

This message, titled Isolation Resources, came in four main parts. The attached documents included information from the CDC, District Health Department #10 and the university. They explained the basics of self-isolation, how to care for someone with COVID-19 and how to politely notify my professors of my illness.

Immediately, I noticed some contradictions in my instruction. My symptom checker indicated that it would remain COVID positive for the next ten days, coinciding with DHD 10’s recommended isolation time.

“People with COVID-19 who have stayed home can stop home isolation when the following three conditions are met: you have not had a fever for at least 72 hours and your other symptoms have improved, and it has been at least ten days since your symptoms first started,” the DHD 10 document read.

However, in the same email, I learned

that Birkam only expected me to quarantine for five days, assuming I remained fever-free for 24 hours. After this time, I could leave isolation if I avoided spaces where masking is not possible for an additional five days.

Dahlstrom’s contact information was included in this lengthy email, as I was welcome to reach out if I had any additional questions. Near the end of my isolation, I called the phone number provided and sent a message via Outlook. Neither of which resulted in any response.

Due to a lingering cough and sore throat, I decided to isolate for the full ten days. Thankfully, I was able to stay off-campus, as a Miller Hall quarantine dorm was not offered to me.

Miller Hall room 109 was offered to Dylan Rider, the Torch sports reporter that initially exposed me to COVID.

“Hello Dylan, you are receiving this email because you were identified as needing to isolate due to COVID-19. In order to best serve your needs, we will be temporarily placing you in Miller Hall room 109,” Emily Maloy of Ferris State Housing wrote.

Maloy explained that students staying in Miller Hall are provided with food three

times a day and should bring a five-day supply of bedding, towels, clothing, entertainment and study materials.

Unfortunately, Rider was no longer on campus once this message reached his inbox. It was sent to him nearly 24 hours after he received his positive test results and was instructed to immediately self-isolate away from his dorm.

This experience showed that students who report their illness independently, without a scheduled test from the university, are not offered the same quarantine resources as those who do receive a test through Ferris.

During quarantine, I felt a disparity between my COVID case and that of others. DHD 10 recommended one thing, while Ferris recommended another. My friend was offered an untimely spot in the quarantine dorms, while I was offered nothing. There was no clear path to recovery.

From the duration and location of quarantine to the varying attendance policies set by my professors, there was no consistent answer. My encounter with COVID reflected the lack of one unified pandemic response.

Big hirings in Big Rapids

The pandemic continues to impact employment

Rebecca Witkowski
News Reporter

Despite the end of winter break and the beginning of the spring semester, many places are still looking to fill job vacancies.

Many businesses within Big Rapids have been hiring since the beginning of the school year. Positions are being advertised with increasing wages as time goes on. Despite the lowering unemployment rate of Mecosta County, these positions are still appearing vacant.

“Currently there are 76 postings available on the [Ferris] Student Employment website,” Melanie Mulder, the assistant director of Financial Aid for Ferris State University said. “Twenty-three of those postings are for ‘work study’ only, so only students awarded work-study funding are able to view these postings. A few of the postings are seeking multiple student employees to fill positions, like Dining and Custodial.”

Aldi, Advanced Auto Parts, Wendy’s, Applebee’s and other businesses all have positions posted online in hopes of luring those undertaking an online job search.

However, as of Nov. 2021, Mecosta County had an unemployment rate of 4.8% according to the U.S. Bureau of Labor Statistics. This was 1.1% lower than the state of Michigan as a whole, which had an unemployment rate of 5.9% At the beginning of 2021, the rate for Mecosta County was 8%.

Even with the decline in unemployment, many positions are still listed on employment websites and on business signs. Businesses are looking for employees but may not necessarily be hiring people who apply. According to Mulder, one of the most common

reasons an individual may not receive the position they applied for is scheduling. Hiring departments at Ferris cannot schedule students to work during their scheduled classes.

“Some departments offer a wide range of available hours and schedules because they provide services overnight and for extended hours each day, including weekends,” Mulder explained. “Other offices are open from 8 a.m. to 5 p.m., Monday through Friday, which is generally when students take the majority of their classes.”

Off-campus businesses that say they are hiring are also turning individuals away. Applebee’s has multiple job postings listed on their website, including server, host and dishwasher. However, an employee who helps with hiring, who only gave the name Adam, said that the location was only hiring for two positions. They also mentioned that individuals applying for a server position were being turned away.

Mulder gave some reasons as to why some students may not be interested in or looking for work. The main reason is the COVID-19 pandemic. With cases on the rise and new variations of the virus emerging every few months, many students are nervous to work in an environment where they are around different people.

According to the New York Times COVID-19 tracker, Jan. 19 had 293 new cases reported in Mecosta County. The tracker also suggests that cases are being underreported since the test positivity rate for the county is 30%.

Ferris currently has 1,401 student employees. This is an increase from the fall of 2020, which had 1,229 student employees. Even with the increase in employment, there are still many positions that need to be filled.

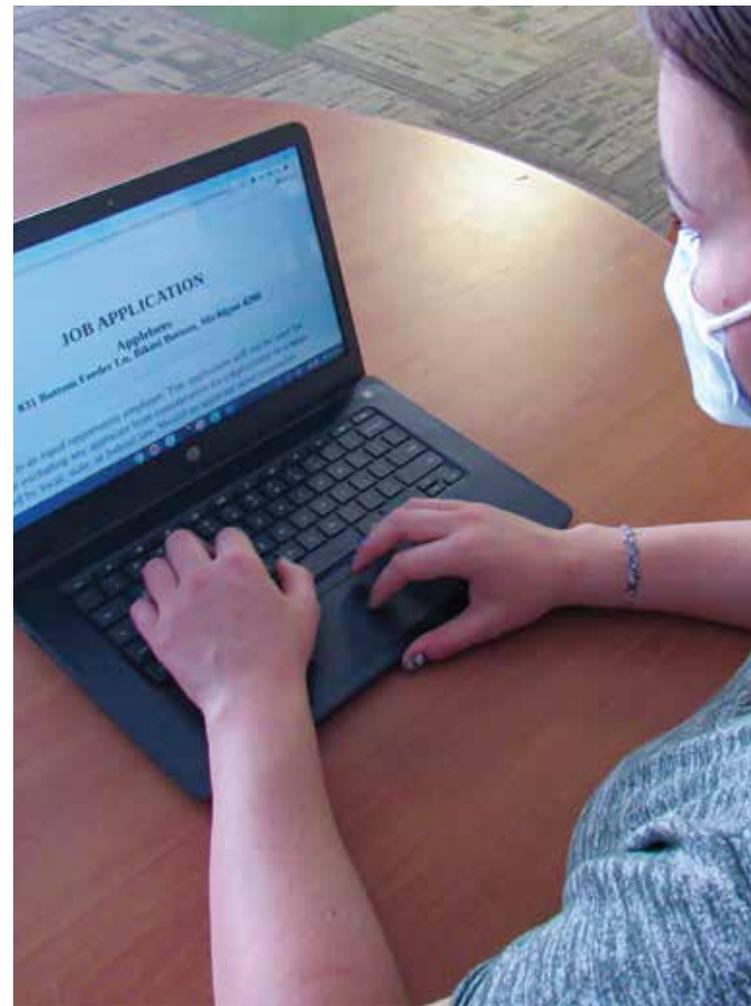


Photo by: Angie Rosenthal | Torch Photographer

Businesses all over Big Rapids are desperate for employees and applications.

- ON THE RECORD -

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

Noah Kurkjian
News Editor

B & E (Breaking and Entering, not bacon & eggs)

Jan. 22nd, 3:31 a.m. - A roommate dispute came to a head in McNerney Hall last week after items started to go missing. The aggressor breached the

locked door between the shared bathroom and the victims room. Police were called and the aggressor was removed and relocated to another Hall. The case has been sent to the Prosecutors office for review.

MICHIGAN NEWS UPDATE

Noah Kurkjian
News Editor

LANSING - Michigan has an unprecedented excess of funds to the tune of \$20 billion.

The state has nearly \$6 million of state revenue and \$15 million in unspent federal stimulus funds that it must spend within the next seven years, state officials confirmed Jan. 21.

A vast majority of the money is “one-time” money. This is likely to be spent on building projects and one-time expenses like renovations in lieu of starting new programs that would require annual funds.

Although, higher than expected income tax revenues and sales tax revenues leave an estimated \$600 million surplus that could be allocated to annual programs according to budget director Christopher said Friday.

LANSING - General Motors is set to announce a major

electric vehicle investment in Michigan later this week.

The plan includes the renovation and upgrade of their existing factory Orion Township at an estimated cost of \$4 billion. GM also plans to construct a \$2.5 billion EV battery factory in Lansing.

These two additions are poised to add an estimated 4,000 jobs to Michigan.

This is a win to Michigan after the loss of three battery factory contracts from Ford that ended up in Tennessee and Kentucky.

“The Ford announcement felt like a punch in the nose,” Quentin Messer Jr., CEO of the Michigan Economic Development Corp. and president and chair of the Michigan Strategic Fund, said last month according to Freep. “Michiganders have always responded to every punch with a more forceful counterpunch.”

No timeframe for construction has been announced.



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The Omicron variant

What you need to know about the fast-spreading disease

Rebecca Vanderkooi
Opinions Editor

In December the CDC reported the first case of the Omicron COVID-19 variant in the United States. Now, two months later experts are hopeful that the variant infection rate will soon peak.

The CDC reports that 99.5% of all current COVID cases in the United States are due to the Omicron variant.

As reported by ABC, American immunologist, Dr. Fauci, who is the head of the U.S. National Institute of Allergy and Infectious disease is hopeful that Omicron will peak by mid-February.

Dr. Michael Klepser, a Ferris pharmacy professor who specializes in infectious diseases and point of care diagnostics was willing to give some insight regarding this

variant and the future of COVID-19 in the United States.

“Omicron appears to be more easily transmitted than previous variants however, it does look like it may produce less severe symptoms. Epidemiologists compare the transmissibility to that of the measles,” Klepser wrote in an email.

While this is certainly good news in some regards, Klepser noted that because of the high transmissibility more people are going to get infected which inevitably means the number of very sick people has gone up even if the proportion of those with severe illness is lower.

Klepser also explained that this variant appears to have changes in its spike proteins. These changes allow it to evade the immune protection that people can have through previous infection or immunization.

He added that those who are vaccinated are better protected against the viral surge than those who are unvaccinated.

“Remember, immunization is not like putting a bubble around yourself. Even if you are vaccinated, if you are exposed to the virus, you may still get infected. However, those who are vaccinated are typically better at clearing the virus,” Klepser wrote.

Klepser highlighted the widespread infection coupled with the variants ability to evade immunity as reasons for there to be a risk of breakthrough infection.

“It is important to note that breakthrough infections among vaccinated individuals are typically less severe than illness among unvaccinated individuals,” Klepser wrote.

According to the New York Times Coronavirus Tracker cases in Mecosta County are still extremely high and currently 41%

of the total population in Mecosta Count is fully vaccinated.

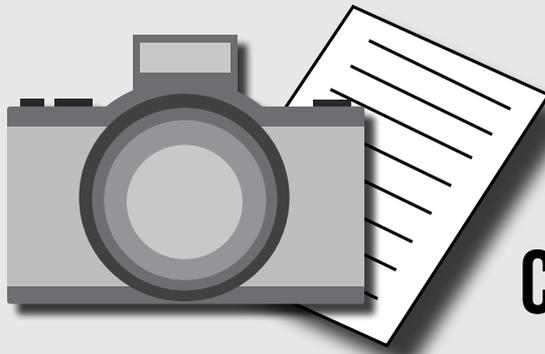
Looking forward, Klepser explained that immunity against SARS-CoV-2 tends to wane over time which will make herd immunity challenging to accomplish.

“What we hope for is that the variants become less virulent as we are seeing with Omicron. We hope that most people will have some immunity and subsequently not get severe symptoms or require hospitalization. Hopefully, SARS-CoV-2 will eventually evolve into a coronavirus similar to those that cause the common cold,” wrote Klepser.

Klepser also added that it is likely that we will need annual COVID booster shots like the yearly Influenza vaccine.

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Ferris State COVID-19 Dashboard

What are the numbers?

► FERRIS DATA

JAN. 24, 2022

24

New

45

Active

1404

Cumulative

Screenshot by: Noah Kurkjian | News Editor

The Ferris case dashboard is updated on a daily basis. Testing is available Mon.-Fri. 8:00 a.m. to 5 p.m., these tests can be accessed by contacting Birkam health.

Jerry Gaytan
News Reporter

Since 2020, Ferris State University and Kendall College of Art and Design have been working closely with local health departments to track confirmed COVID-19 cases.

The university and KCAD report new, active, and cumulative cases each day, excluding weekends and holidays. The data found in the Ferris section only reflects cases within Ferris locations across Michigan except for KCAD's Grand Rapids Campus.

Ferris State's Director of Health Services Lindsay Barber explains the numbers within the dashboard.

“New cases are defined as those reported to campus in last 24 hours or since Friday at 4 p.m., for Monday's numbers,” Barber said. “Active cases are defined as those remaining in isolation.”

As of now, Ferris State has a cumulative of 1380 cases since Aug. 24 of 2020, with currently 62 active cases.

According to Our World in Data and The New York Times, Mecosta County has a total of 7,405 cases with 88 deaths.

Barber stated that since the CDC has shortened isolation to last only five days from the last positive test or the onset of symptoms. The shortened isolation time decreases the window of active case time, which results in new and active case numbers not always lining up.

The CDC states, if one who is not up to date on their vaccines gets exposed to COVID-19 will have to quarantine for at least five days. One who is up to date on their vaccines will not have to quarantine unless they develop symptoms.

For both vaccinated and unvaccinated,

the CDC states that getting tested at least five days after coming in close contact with someone with COVID-19.

Ferris State offers asymptomatic testing for students and faculty; and symptomatic for students only, by appointment at Birkam Health Center, according to Barber.

The testing on campus is offered Monday through Friday. 8:00 a.m. till 5:00 p.m.

Any student in need of accommodation to access testing on campus should contact Birkam Health Center or the Office of Educational Counseling and Disability Services for assistance.

OPINIONS

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The Ferris State Torch is published on 27 Wednesdays throughout the academic year. This student-run newspaper is printed by The Pioneer Group.

OUR LOCATION
Alumni Building 013
410 Oak Street
Ferris State University
Big Rapids, MI 49307
fsutorch.com/letter-to-the-editor/

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EDITOR'S COLUMN: The old heads of college athletics

By Brendan Sanders

Over the winter break, football fans were treated to the yearly tradition of college football bowl games. The most famous New Year six bowl games were alongside 40 other bowl games designed to make money.

This year saw an even more dramatic difference in players opting out, with stars such as Garrett Wilson, Chris Olave, Kenneth Walker, Kenny Pickett and many other star players from the 2021 season not taking part in their bowl games.

To me, the old heads complaining about players skipping bowl games, transferring out of a university, or taking millions of dollars in NIL deals created by a university are so far out of touch that it is laughable.

ESPN College Gameday Co-Host Kirk Herbstreit brought a criticism that drew a reaction out of me. In the college gameday leading up to the Rose Bowl, Herbstreit talk-

ed about how this era of athletes opting out of their bowl games did not love the game.

Out of all the criticism, college athletes receive from old heads in the sport; I find opting out complaints anger me the most. Imagine working for your entire life for one goal, to make it to the pros where you can make millions and provide generational wealth for both you and your family. Then imagine that you are asked to play an optional game that could potentially hurt you and cost you those millions you've worked for.

Why in the world would you take that risk? We have seen many athletes lose out on millions just because they played in their bowl game.

Linebacker Jaylon Smith was a projected top 5 pick in the 2016 NFL draft before he suffered a catastrophic knee injury in the Fiesta Bowl. This injury dropped him to

the second round, and it took him until 2017 to see the field again.

A similar story happened to Michigan Tight End Jake Butt, who tore his ACL in the 2016 Orange Bowl, and it tanked his draft stock and completely derailed his career.

It was ironic that after Herbstreit made his comments later that night, one of the top quarterbacks in the 2022 draft had his ankle rolled up on, knocking him out of the game. Luckily, he avoided a massive injury such as what happened to Butt or Smith, but it proved just how much of a risk these athletes are playing in these exhibition games.

Maybe if there were not 39 bowl games to take part in, athletes would take the special ones seriously. These are not just students anymore. These athletes have spent the majority of their lives playing their respective sports. They deserve to make their business decisions just as you or I would.

STAFF SPOTLIGHT



Photo by: Marissa Russell | Lifestyle Editor

Noah Kurkjian

I happened upon my passion for journalism quite by accident. I needed to fill my third-hour slot in the last trimester of my junior year of high school and randomly selected "writing for print media" not knowing what was in store for me. I ended up learning that I loved delivering the news and sniffing out the story. It captivated me so much that I ended up designing independent studies for myself so I could keep digging deeper and deeper into the craft. I was blessed with a passionate educator who matched my energy and wanted me to succeed.

At Ferris, I have been able to further my journalistic abilities with the Torch. From copy editor to a reporter to special editions editor and now news editor, I have been able to do pretty much everything I could dream of trying

my hand at. Right now, my focus as the news editor is to get my reporters the opportunity to cover not only things, they are passionate about but also once-in-a-career events.

When I'm not wearing my news editor hat, you can likely catch me at home. I'll likely be parked in front of my switch, a book, some adult animation shows or working on some strange tech MacGyver project.

Fast facts about me: I am a coffee connoisseur, yet Starbucks regular, oat milk enthusiast, averse to harsh lighting, kind of an Apple snob, slip-on Vans are the only shoes I wear, I simply refuse to wear any glasses that aren't aviator style and I recently accidentally killed a succulent I had kept alive for three years.

GOT AN OPINION? HOW TO SUBMIT A LETTER TO THE EDITOR:

Deadline for submissions every Friday by 5 p.m.
Brendan Sanders | Editor-in-Chief | Email: Sandeb16@ferris.

1. Think of a topic that you feel strongly about.
2. Write out your thoughts in a coherent and respectful manner.
3. include a headshot and some information about yourself (location, age, etc.).
4. Email your opinion to the editor for a chance to have your work published in our next issue!

College during COVID-19

A recipe for disaster

Amelia Reed
Torch Photographer

With COVID-19's new gang of deadly variants running rampant in the United States including Alpha, Beta, Omicron, and Delta, I have begun to seriously question why I have chosen to prioritize my education over my health and my life for as long as I have. Looking back at my mostly lackluster time here at Ferris I genuinely wonder whether that decision turned out to be a massive mistake.

Like many students who started their freshman year in the fall of 2020, I was greeted by a bare-bones campus. Anything that wasn't already closed when I got there would become closed in a matter of months.

Things were lonely on campus. Never anything to do or any events on campus to attend. Depression became one of the biggest struggles I would face when it comes to life at Ferris. My grades plummeted and I nearly lost financial aid because of it.

All the struggles and stress that I have gone through have affected my body and my health in ways I never could have imagined. Now with COVID-19 looming over us more than ever before and my Asthma becoming more of a risk for my own health.

Everything has piled up against me, debt, regrets, stress, anxiety, and depression. All of this just because I wanted to attend Ferris for a degree program, I realized I no longer was interested in halfway through my first semester.

I will admit that my time at Ferris wasn't all for nothing. I've formed bonds with many people, found love, and learned more about life through the people I have met than I ever could have through the classes I have taken.

None of my experiences here at Ferris was anything like what I thought they would be, and I look forward to leaving Ferris behind to start a new chapter of my life elsewhere. However, I value the lessons I have learned from my peers and the friendships I have made along the way.



Graphic by: Dylan Bowden | Production Editor

By cars, for cars

American cities need to be more walkable

Jess Oakes
Special Editions Editor

Living in the dorms, I can usually only park in my assigned lot. Though annoying in the winter, this is manageable as college campuses are the closest thing Americans get to walkable communities.

When I first toured Ferris, I was told that I would never have to walk more than 15 minutes to get to another spot on campus. Classrooms, offices, dining halls, the Market, and Birkam are always within reach. The same can not be said for the average US city.

To quote an article from Quartz, American cities are designed for cars. Our storefronts are dwarfed by extensive, barren parking lots. Urban sprawl separates neighborhoods from stores and businesses. Our efforts and resources have not been directed towards making walkable environments.

Our natural environment is sacrificed because of this. Fast Company explained that large amounts of land are cleared for nothing more than parking space, including nearly 15% of Los Angeles' total county land. People depend on cars as our environmental clock ticks louder by the day.

Over 90% of the American households have at least one car, because it is nearly impossible to get around without one. The Infrastructure Report Card reports that 45% of Americans have virtually no access to public transit. Walkable cities like Boston, New York, or San Francisco are hardly affordable to live in.

This was not always the case. PBS documentary "Taken for a Ride" explained that only 10% of citizens owned their own vehicle in the 1920s, when most urban roads were designed for streetcar systems. General Motors' Alfred P. Sloan sought out to eliminate the rail system in order to

open up the remaining 90% of the country to car sales.

After gaining control over the largest bus operator, the largest bus producer, and acquiring interest in countless city railways, Sloan and GM were successful. American streets were then designed for the auto industry, by the auto industry.

Now, we have a country of 329 million dependent gas guzzling General Motors. Where is there to go from here?

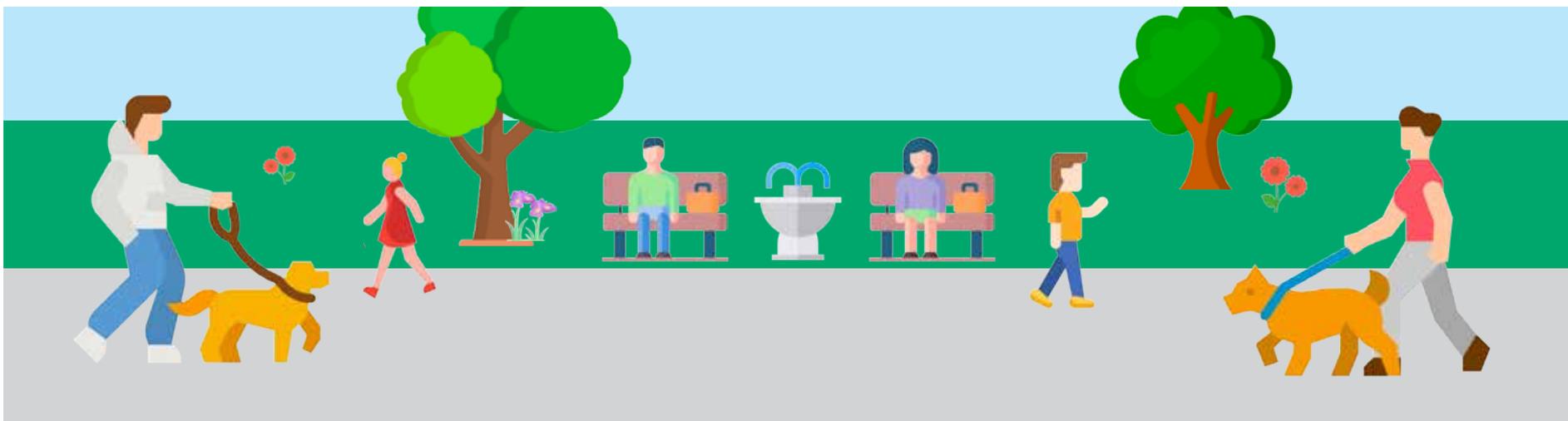
Asking for walkable communities may be asking for an end to suburbia. The idea is to have a variety of buildings all in one block. If residential areas are secluded within their white picket fences, separated from people's stores, health centers, and workplaces, navigation is more difficult.

Putting residential zones closer to the heart of cities is the first step. In some cases, housing is placed directly on top of stores or businesses. Mixed-use devel-

opment, as it is called, may have been phased out of American life as superhighways began to separate living centers from buying centers. Still, this is a staple of Europe's most navigable cities.

To further stave the public off of automobile reliance, our streets themselves need to be redesigned with pedestrians in mind. Placing wide, four lane avenues next to minuscule, cracking sidewalks shows people which form of transportation is more valued by the city.

A country that is walkable is a country with community. People are not so removed from the heart and soul of their city. There is less reliance on expensive, harmful, fossil fuels. Our cities could be much more peaceful without the noise, smog, and danger of sharing our space with the automobile.



Graphic by: Dylan Bowden | Production Editor



Winter Wellness



The Winter Blues

The Winter blues, known best as SAD, and how to handle it

Meghan Hartley
Lifestyles Reporter

Cold months turn moods sad, individuals begin to sense a loss of interest and start to have feelings of hopelessness.

During the winter season in Michigan, which can typically last for three months, individuals start feeling depressed, and their moods don't begin to get better until the spring.

These feelings of depression, which only occur during the cold seasons, are known as Seasonal Affective Disorder (SAD).

According to the American Psychological Association SAD is a type of depression that lasts for a season and goes away throughout the rest of the year.

Dr. Mark VanLent, the University Counselor, is familiar with the symptoms of SAD as he sees many students come down with them during the winter months on campus.

"Seasonal affective disorder is most commonly seen as depression which arises in the late fall and winter months," VanLent said. "Symptoms include feelings of depression, sadness, reduced energy, loss of interest in activities, and feelings of helplessness and hopelessness."

VanLent says the exact cause of SAD is unknown, but there are some factors that can greatly influence the condition such as

reduced levels of sunshine and reduced levels of the brain chemical serotonin, vitamin D insufficiency, and an imbalance of the chemical melatonin.

VanLent also said college students are most susceptible to SAD, as they begin to stay in their rooms more, decreasing their activities and social interactions, and decreasing energy as the winter months get closer.

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

Symptoms of SAD are the same as symptoms of depression, varying in severity and interfering with everyday life. However, a person may suffer from SAD much shorter than those with depression.

Freshman Santana Luetzgen has dealt with SAD before in short periods of time. Since studying psychology she has learned that being mindful with her actions and those around her can make a big difference when dealing with SAD, along with other mindful tricks.

"Essentially just being mindful is really important," Luetzgen said. "Also, I did hear from a combination of my psychology class

and my music and film class that a change of genre in music could be beneficial. It's important for the brain to register things during these different times, even if it's not too bright."

SAD can be difficult to deal with no matter how long or short a person may have it. If you think you might be feeling the winter blues, here are a few suggestions from The American Psychological Association (APA), VanLent, and Luetzgen.

1. Eat healthily - It's important to keep a good and healthy diet during these mentally tough times. Food enriched with vitamin D such as fish can help, VanLent says berries and oatmeal can help as well because of the richness in folic acid.

2. Stay active - An easy way to help stay out of SAD is to stay active by working out, going ice skating, or doing other physical activities to keep your body moving. The APA suggests being proactive in planning out a schedule in advance to keep active.

3. Social engagement - Staying in contact with family and seeing friends on a regular basis can help relieve the feeling of loneliness. Being able to talk about how the winter season is affecting you and doing fun

activities with friends, according to The APA, can help.

4. Daylight - Although Michigan does not receive a lot of sunlight throughout winter, all individuals should make the effort to soak in as much of it as possible when it does come out. Luetzgen said for her it made all the difference when she was able to get a little bit of natural vitamin D in her body and encourages others to do the same.

5. Professional help - If things progressively become worse, it is suggested that individuals seek professional help in dealing with their mental health.

"If you find you are in need of more professional help," VanLent said. "Please reach out to the counseling center to talk about what is going on and to help look for solutions which may be helpful for you. Medication might also be an option in more severe cases."

The winter blues can be difficult to handle in the long, cold, and dreary months of winter. However, with the right guidance and helpful tips, the blues don't have to bring you all the way down.

What's inside

Maintaining your physical wellbeing during cold and flu season.

pg. 2

Drinks and dinners in the winter!

pg. 3

Winter beauty at Ferris

pg. 4

Staying Physically Healthy

Advice on staying fit and lively in the winter months



Photo via Torch Archives

A student utilizes workout resources at the Rec Center.

Rebecca Vanderkooi

Opinions Editor

College students are often known for neglecting their health by pulling all-nighters studying, eating junk food, neglecting exercising among other things. In Michigan winters are notorious for being snowy and cold, and this can make it harder than ever for students to maintain healthy habits. Here are five simple ways to take control of your health:

Go to the Ferris Recreation Center

The Ferris Recreation Center is free for students to use and is open Monday-Thursday from 6 am – 11 pm and Friday from 6 am – 9 pm and new this semester they are open 12 pm – 7 pm Saturday and Sunday. The recreation center has numerous amenities for students that include a climbing wall, a racquet and fitness center, a fitness center, and a weight room. New this semester the rec center is offering fitness and wellness coaching.

“The goal behind this program is to introduce students to the different cardio and weightlifting machines inside the Student Recreation Center, teach students proper

technique for various lifts, create a customized fitness program based on student needs, and to improve students’ overall health and well-being,” the Recreation Center website says.

Use a fitness app

If you would rather work out in the comfort and safety of your own home, there are numerous apps that provide on demand at home workouts. The list of apps is endless but here are two popular ones:

Apple Fitness+

This one is for the diehard Apple fans. This service is offered through the Apple Watch and connects to the fitness app on the iPhone, iPad and Apple TV. The program includes 11 different workout types and there are 30 new workouts and meditations added each week, so it’s virtually impossible to get bored or run out of possibilities. What’s also convenient is that the audio is guided directly through the watch so there is no need to utilize your phone or other electronic device as well. The cost for the service is \$9.99 a month or \$79.99 a year.

Nike Training Club

This app is free to download on both iOS and android devices. There used to be a free and a premium version but amidst the COVID-19 pandemic all Nike Training Club services are free. As of now, it looks like they are planning to keep the service free forever. The service offers on-demand class style workouts as well as tips from experts and trainers.

Wash your hands

While hand washing may seem simple or like a no-brainer during cold and flu season it’s key to avoid getting sick. With the ongoing COVID-19 pandemic it’s even more reason to be cautious in avoiding catching illnesses. The CDC has explained that hand washing with soap removes germs from hands which can help prevent infections. An article by News Medial Life Sciences highlighting the results of testing hand washing on COVID-19 pathogens. They found that washing hands with soap and water, “Soap and water induce inactivation of the microbial cell wall and eventual death of most pathogens, including enveloped viruses like the SARS-CoV-2 (COVID-19).”

Drink lots of water

Drinking water is another health tip that many people know about, but less people know specifically why drinking water is important. The CDC has outlined numerous reasons why drinking water directly benefits your health. They explained that water helps keep the body a normal temperature, it also lubricates and cushions joints, it protects the spinal cord and sensitive tissues, and it gets rid of wastes through perspiration and bowel movements.

Calm App

The calm app is used for sleep, meditation, and relaxation. The sleep foundation explained that sleep is essential because it allows the body and mind to recharge, and proper sleep also helps to avoid getting sick. Calm app provides calming exercises, helpful breathing techniques and sleep stories often narrated by celebrities such as Harry Styles and Bob Ross. The service offers a 7-day free trial with access to all its services. After the free trial ends, access to the full library is \$14.99 per month or \$69.99 per year.





Winter Recipes



Snacks from the Torch Staff

Feeling Mugnificent

Cassie's Spiked Hot Chocolate

Keep the winter spirit alive with this spirited cocoa.

Serves 1

1 cup brewed coffee

1 oz Bailey's Irish Cream

1 oz Rurple Minze peppermint schnapps

Whipped cream

Candy cane chunks

Pour one cup of brewed coffee into a glass cup, with one inch of space remaining.

Combine 1 oz of Bailey's and 1 oz of Rurple Minze.

Top drink with whipped cream and a candy cane chunk garnish.



Whiskey Business

Cassie's Hot Toddy

This drink is perfect for warming up in the cold, or with a cold.

Serves 1

.75 cup water

1.5 oz whiskey

honey to taste

lemon to taste

1 slice of lemon

1 cinnamon stick

Simmer water in a kettle or saucepot, and pour water into your favorite mug.

Combine whiskey, honey, and lemon juice.

Add lemon slice and cinnamon stick garnish.



Rock Out With Your Crock Out

Noah's Tortellini

This soup is amazing because it's 6 base ingredients and then whatever spices you fancy and it's simple to size up or down for your specific needs or crock pot size. This recipe is also great because it stands up well to dietary substitution items. If you have a crock pot to fit it, I highly recommend doubling it.

Serves 4

Cook time: 4-6 hours

Prep time: 10 minutes

1 19oz bag of frozen tortellini

1 6oz bag fresh spinach

2 14.5 oz cans of Italian style diced tomatoes

1 32oz box of vegetable broth

1 8oz block of cream cheese

1 tbsp corn starch



Add the tortellini, tomatoes, broth, and the cream cheese, chunked to the crock pot. Cook on low for 4 hours stirring occasionally.

After 4 hours, make a slurry with the corn starch by mixing it with 3 tbsps of water. Then add it to the crock pot along with your chopped spinach. Continue to cook on low for 1-2 hours or until desired consistency is reached and the tortellini is heated through.

If you like a thin, brothy soup, skip the corn starch slurry. If you'd like to make it heartier, adding some pre-cooked, chopped chicken is a great way to elevate the dish.

Snow Day Sandwich

Giuliana's Cheese Steak

I like this recipe because it is easy and fun to make. It is a great dinner for a relaxing winter night at home

Serves 1

Cook time: 30 minutes

1 lb sandwich steak

1 loaf of french bread

1 red pepper

1 yellow onion

2 tbsp onion powder

2 tbsp garlic powder

2 tbsp oregano

1 tbsp brown sugar

1 tbsp salt



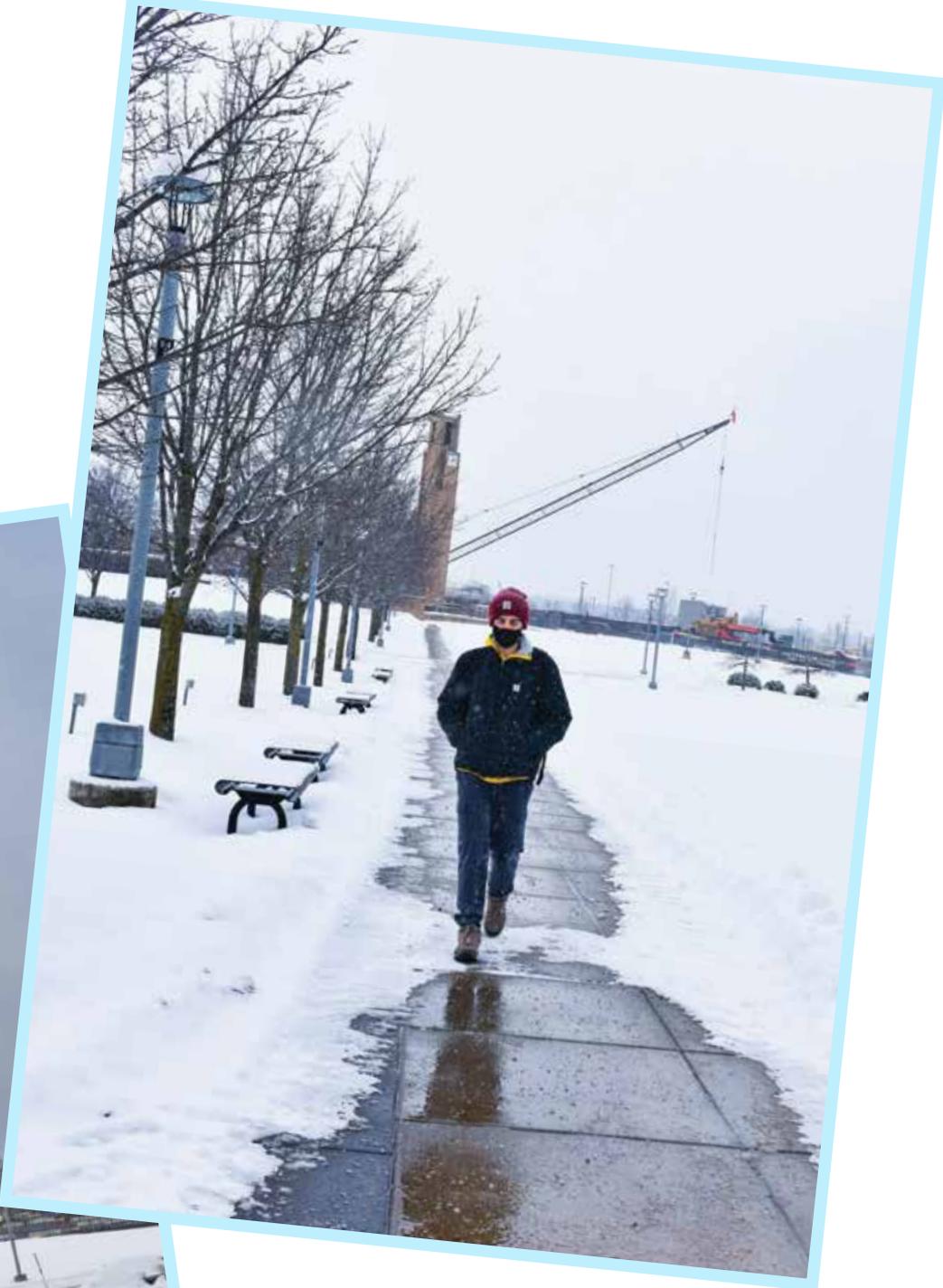
Cut sandwich steak into strips, and combine all seasonings into one bowl. Apply seasonings to meat as olive oil heats on stovetop.

Add seasoned meat to the pan, along with one diced yellow onion and red pepper. Spread mayo onto toasted bread, and add meat and veggies as desired.



Best winter wishes,

xoxo the torch



LIFESTYLES

Marissa Russell | Lifestyles Editor | russem22@ferris.edu

Burnout according to nursing students

“Is burnout really ever really worth it?”

Giuliana Denicolo
Freelance Reporter

In the midst of the ongoing pandemic, Ferris nursing students work endlessly to maintain both their grades and mental health.

Savannah Pratte is a senior in the nursing program at FSU with a minor in military leadership. Pratte always knew she wanted to fulfill a career in medicine but could never figure out which specific path she wanted to take.

Nursing is a broad field and there is the opportunity to try out any area that seems interesting. To Pratte, that was part of what sold her on choosing this major.

“You never get bored doing your job and I think that’s the benefit of being a nurse,” Pratte said.

Becca Welsh is also a senior in the nursing program and is certified in gerontology. Her mom was a nursing major at Ferris which played into why she wanted to go here.

Welsh chose this major because she believed she would have an easier time finding a job in the future.

“I always wanted [to work in] healthcare and the flexibility of the degree for nursing is just awesome,” Welsh said.

Pratte and Welsh discussed the challenges that come with being in the nursing program based on their experience.

“I think going [into] nursing school, on top of also being in the pandemic is a lot harder,” Pratte said. “The nursing program expects you to still fulfill the duties as a student if a pandemic weren’t happening.”

Pratte describes it as being held to the same standard even though they are learning hands-on material by reading a textbook.

According to Pratte and Welsh, learning the material is hard enough, but when it is taught online and students have to stay home due to any sickness, it becomes a lot more difficult.

“We have COVID surveys that we had to fill out every morning before clinical and if you have something slight as a runny nose, you’re flagged as not being allowed to attend,” Welsh said.

The course consists of clinicals where the students will go to Spectrum Health Hospital and take care of actual patients. They have labs where they practice procedures and techniques on life-like mannequins.

“A lot of people didn’t really realize nursing school is physically, emotionally, and mentally exhausting,” Pratte said.

Pratte is one of many that have failed out of the program. Her first semester of nursing school was right at the beginning of the pandemic which played into her struggle.



Photo by: Brad Moore | Torch Photographer

Professor Shannon Love teaches her nursing class.

been exposed.

The state gave students a certain number of online hours that would make up for a clinical if they were to miss. Now that the guidelines have softened a lot since it has made it harder for nursing students.

“We had a girl that missed two days last semester of clinical and she was put on academic probation because we can’t miss any days,” Welsh said. “The state is getting stricter again, so there’s no room for missing, if one of us got COVID, I don’t know what would happen.”

As nursing students, they are told to be flexible even aside from their classes, homework, and clinical dates.

“We have to do [a] clinical this weekend with a five-day notice,” Pratte said. “It’s like, well, this wasn’t originally my assigned day, my assigned dates not for three weeks. What you told me to be prepped for is in three weeks, not five days.”

They both struggle with finding a balance between their work, school, and personal life.

“My roommates make sure that I eat because I constantly study, write papers, do V-Sims,” Pratte said. “I won’t wash my hair for days because I feel like taking a 30-minute shower is like 30 minutes I could write on a paper or do research.”

According to Pratte, it only gets worse towards the end of the semester when their time is only dedicated to studying, reading, and straight focus for their final exams.

“I wake up at six o’clock in the morning, and then I don’t go to bed till one or two,” Pratte said. “So, I get four hours of sleep just so I can get all this stuff done because there’s so much to do.”

On the first day of classes, professors tell their students that they are going to want to quit or drop out a million times because of the amount of work.

Pratte and Welsh think about dropping out every day and brainstorm different career paths.

They start to compare their college experiences with other programs, where they find people outside of the medical field going out on the weekends and enjoying their time.

“Then you see all the pharmacy, optometry, nursing, radiology, ultrasound, dental hygiene, all of them crammed into our studies so much that we feel like

we can get a right to go to the bar or have some type of freedom,” Pratte said.

They are so exhausted from constantly being on the go that during their free time, all they really want to do is be home and sleep. Even when allotted that time to relax, they are not fully able to without worrying about school and homework.

“I get kind of anxious over break now because I feel like I have to be doing something or I have something due or else I’ll fall behind,” Welsh said.

Thankfully for these students, some professors understand that they need time away from the textbooks and the labs. They encourage their students to take a night off.

Doctor Mariah Lab, assistant professor of nursing, is one of the professors that believes students get to have breaks.

She tries to reach out to all her students and check up on them, especially if they are struggling in her class. As well as this, she tries to make some weeks lighter than others in order for them to reflect on their wellbeing and progress.

Lab makes sure her students find a balance between the program and their lives outside of it because she knows exactly how it feels.

“I once had a nursing instructor tell me when I first started my program that nursing school had to be number one, and everything else in your life had to like pretty much go on standby,” Lab said.

Over the past few years, the program started doing mindfulness which gives the students a chance to step back and reflect as a form of self-care.

“Is burnout ever really worth it for any profession?” Lab said. “No, but the goal is to not get burn out, so maybe recognize something a little bit before burnout actually happened, and could we have done something to prevent that?”

The efforts of these students are acknowledged and appreciated by their professors.

“We’re very passionate about the success of our students,” Lab said. “So not only do we care about how they do in our classes, but we really do care about how they’re doing in the future.”

“I won’t wash my hair for days because I feel like taking a 30-minute shower is like 30 minutes I could write on a paper or do research.”

-Savannah Pratt

Spring semester of 2021, there were seven students that failed out of the program. Last semester, one student failed out.

“I just don’t think a lot of people are prepared,” Pratte said. “We sacrifice a lot of time because we all [have to] work.”

When Ferris had stricter COVID regulations, the nursing majors would switch from in-person to online when someone would start experiencing symptoms or had

Horoscopes

Marissa Russell
Lifestyles Editor



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



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



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



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



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



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



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



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



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



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



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



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



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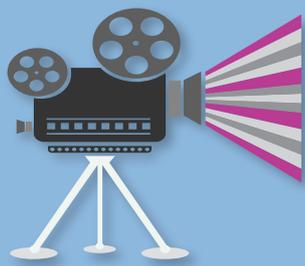
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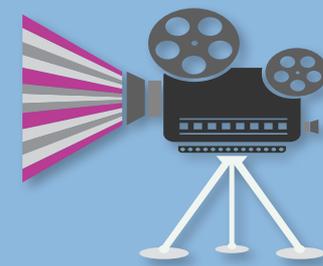


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Media Minute



No product mo' greed

Noah Kurkjian
News Editor

The video game industry is heading in a dangerous direction and fast. I like to call this the Rockstar paradox. The developer struck it rich with a game and is now holding off on the production of new content as their current offerings are still highly grossing.

The most common example of this phenomenon is Rockstar Games with the Grand Theft Auto franchise. Up until the most recent entries in the franchise, Grand Theft Auto IV and Grand Theft Auto V, Rockstar consistently released entries on a near-yearly basis. While some of the delays can be attributed to the new graphic style, showcasing the playable environment in a much more realistic manner, adding a significant amount of time to develop, but eight years?

Rockstar released Grand Theft Auto V to critical acclaim on September 17th, 2013, with the online component, Grand Theft Auto Online, releasing one week later.

Grand Theft Auto Online is an on-

line, open-world game that can be described as everything that the main story of GTA V was not. Players can assume any identity they want and become the head of their criminal empire. The problem with this game is how much you need to bankroll your illicit journey.

Players play into the digital economy by buying houses, cars, weapons, base stations, etc., but these items are costing more and more virtual funds as time goes on.

Rockstar so graciously has a solution to this issue, Shark Cards. Players who don't want to grind for their virtual cash can spend their very real money purchasing more in-game currency.

The issue arises when it comes time to do the math. If a player wanted to purchase the cheapest car released in the latest update, the Enus Jubilee, for a minimum of \$1.23M, with no funds in their in-game account, you'd have to purchase the Great White Shark Card, which retails for \$20.

This is in stark comparison to vehicles they released towards the begin-

ning of the game's life. For example, a similarly appointed Enus Huntley S costs a far more budget-friendly \$195,000. With no in-game currency, a player would need to purchase a Tiger Shark Card for \$5.

While it's understood that development costs money, a 75% increase for incredibly similar content is disheartening to see as a player.

Aside from the monetary aspect, there is just general boredom now. In eight years, every corner of the map has been explored, all the events likely played through multiple times with updated content coming intermittently, and at such significant cost, a lot of players have just quit playing altogether.

According to Steam player data, in the last year, Grand Theft Auto Online only saw an average of 84,000 monthly players, down over 20,000 average monthly players from the previous year.

But Rockstar isn't the only offender. On the other end of the spectrum, you have developers like Nintendo that are just porting games with minimal or no improvements to various

distribution methods for the Switch.

Take, for instance, Mario Kart 8. Nintendo originally developed the game for the Wii U back in 2014. They then ported it to the Nintendo Switch in April of 2017 with minor improvements, an expanded battle mode, and all content that used to be DLC in the new base Switch version.

While it is still a brand-new game to many Switch owners, it's simply not. As it approaches its eighth birthday, Nintendo is in no hurry to replace it as it was still their highest-grossing game for the platform in the 2021 holiday season, according to NintendoLife.

This is just one of the issues plaguing the gaming community. There's controversy surrounding advanced DRMs, anti-cheating software that is allegedly too sensitive, season/event passes, and game collection subscriptions, but discussing those right now would be like putting the cart before the horse. There must be new, modern games coming out, so the other issues are allowed the opportunity to show themselves and be resolved.

New year, New goals

Ferris students set goals for themselves for 2022

Charlie Buckel
Freelance Reporter

New Year's resolutions are made each January by people who want to change something for the upcoming year, and each year people both succeed and fail in their goals. Students at Ferris are no different.

Ferris Student Oceanna Mull made a resolution to "make a healthier lifestyle change as well as do things that make me happier."

She isn't the only student to make resolutions either. Junior Andrew Bueche has also made resolutions. In fact, he made a whole file of resolutions.

"The file is goals for 2022," Bueche said. "One goal I have is begin attending open mic nights, experimenting with stand-up comedy experience, and testing out my skills, starting with five to 10-minute shows with a couple of goofy stories."

With those aspirations for the new year, there need to be ways to keep up with them.

"I actually have a friend who has experience with stand-up comedy since he was 17 years old," Bueche said, "so I met with him and we had like, comedy discussion pretty much and he showed me like his jokes and stuff and I showed him mine and then our next move is looking for an open mic night."

He has also contacted Crankers in Big Rapids hoping for a response.

Mull said that she has been able to keep to her resolutions for the most part, but there have been a few slip-ups.



Graphic by: Sienna Parmelee | Production Assistant

The fact that both Mull and Bueche are students also affects how they can keep up with their resolutions.

Bueche thinks that school gets in the way of his resolution, saying it would be easier to pursue it.

"I would definitely have a lot more time on my hands to pursue these and I would be forced to do, kind of because I have nothing else to do," Bueche said.

For Mull School is both good and bad

when it comes to keeping her resolutions. In the past, when the pandemic shut the university down, she was able to focus on herself more.

"It was nice to just focus on myself and school because my housing was paid for and I didn't work due to William's Auditorium shutting down with the school, so I saved all my unemployment money to go back towards things I needed for school," Mull said.

However, according to Mull, being in school also helps her.

"I wouldn't even have the resolution if I wasn't in school. When the pandemic first started, I was alone from March 2020 until August 2020 with just my roommate on campus," Mull said, "it was hard on me not having a job, doing classes online, and not being around my sorority sisters because at the time, that was my support system when I started to slip up and struggle mentally."

While both Mull and Bueche have made their own resolutions, they also think that resolutions are becoming less popular with people.

"This is honestly the first year I've officially made one because ironically the opposite happens. I feel like if I say I am going to do something then I am already setting myself up for failure basically," Mull said.

Meanwhile, when Bueche was with his friends over the winter break, he said he was the only one who had made any resolutions.

"I was like, 'Hey, what's your 2022 goals?' And most of them said they didn't have any so I would say it's probably less popular to actually take initiative and write some goals down," Bueche said.

While it may be possible that resolutions are becoming less popular with time, there are obviously still people willing to try and keep up with them. What becomes of those resolutions is something that only time will tell.

SPORTS

Brody Keiser | Sports Editor | keiserb1@ferris.edu

The biggest stage



Photo courtesy of Pat Nagle.

Pat Nagle played for Ferris from 2007 - 2011 and now plays for the Lehigh Valley Phantoms, an affiliate of the Philadelphia Flyers.

Ferris alum set to represent U.S. hockey in Beijing

Dylan Rider
Sports Reporter

Once again, a Ferris State alumni will be represented in the Winter Olympics.

Former Bulldog Pat Nagle will join Jason Blake and Chad Billins previously represented Team USA in the Olympics, and Bob Nardella (Italy), Norm Krumpschmid (Austria) and Chris Kunitz (Canada) as the only other Bulldogs to compete for an Olympic hockey team.

Nagle also makes this the third straight Winter Olympic Games where the Bulldogs are represented by an alum on an Olympic team.

"It's awesome," Nagle said. "Obviously it's a bit of a surprise at times, a little surreal if you will. It was pretty exciting times. I don't know if it necessarily sets in right away. Even just having my name brought up in the beginning was pretty neat. You don't really think much of it. And then as it came

down to crunch-time, and I received more phone calls and talked to more people and they talked to the Flyers staff and our staff at Lehigh and everything, it all started coming to fruition. I think I really realized it once I made that first phone call to my parents to let them know. Just seeing their excitement really made it real."

Nagle came to Ferris for the 2007 - 08 season and appeared in 16 games his freshman year. His playing time would only increase from there as he ended his Ferris career with 37 starts in the 2010 - 11 season.

He put together his best season as a senior at Ferris, earning CCHA Goaltender of the Week and Inside College Hockey.com First-Half All-CCHA Team accolades.

At Ferris, Nagle held a 45-42-11 record and a career .916 save percentage. That mark tied the all-time record at Ferris.

Nagle was thankful for his playing time at Ferris. Out of college, he went undrafted

but signed with the Tampa Bay Lightning. Nagle began his professional career playing for Tampa Bay's ECHL team, the Florida Everblades.

He had a successful career in the ECHL, registering 191 wins, good for fifth all-time at the level. He has played for Florida, Idaho, Fort Wayne, Toledo and Reading in the ECHL.

Nagle has also spent significant time in the AHL. He made stops with the Grand Rapids Griffins, Utica Comets, Rochester Americans, Syracuse Crunch and the Lehigh Valley Phantoms, accruing 1130 saves.

This year, Nagle has played for the Phantoms (AHL) and the Reading Royals (ECHL), both affiliate teams for the Philadelphia Flyers.

Nagle discussed the adversity he faced in his career and what his thought process was during it.

"I've had NHL teams tell me I wasn't

good enough, AHL teams [tell me I] wasn't good enough, I mean, probably ECHL teams at a certain point in time as well," Nagle said. "You just need to battle and find a way to win hockey games wherever you're at."

Nagle believes that he was able to "re-urrect" his career while in Detroit's system, where he split time between the Walleye and the Griffins.

Ferris head hockey coach Bob Daniels was happy Nagle could add an Olympic team to his resume.

"I'm really pleased for him," Daniels said. "He's continued to prove his game year after year in the pros and continues to get better. I'm thrilled he's now gotten recognition to be on the U.S. Olympic team."

Nagle's Team USA will begin Olympic play on Thursday, Feb. 10 against China in the preliminary round.

WEEKEND SCORECARD

Hockey

Jan. 21 - Ferris 2, Bemidji State 1

Jan. 22 - Ferris 5, Bemidji State 2

Men's Basketball

Jan. 20 - Ferris 95, Lake Superior State 80

Women's Basketball

Jan. 20 - Ferris 90, Lake Superior State 38

Women's basketball wins big



Photo by Amelia Reed | Torch Photographer

Samantha Krauss pulls up for a shot in Ferris's blowout victory over Lake Superior State University.

Bulldogs beat Lakers for 13th season victory

Brandon Wirth
Sports Reporter

The Bulldogs dominated from start to finish on Thursday, collecting a 90-38 win over Lake Superior State University. The victory moves Ferris State to 13-4 on the season and 7-2 overall in GLIAC play.

"It's great we were able to stay focused for all 40 minutes," head coach Kurt Westendorp said. "I feel like sometimes we haven't put together full games, but this was about as close to a full performance as we've put together."

The Bulldogs came into the game averaging 12.2 first quarter points over their last five contests. In a chance to change it around, Ferris sprinted out to an early 11-3 lead after making five of their first nine shots.

Westendorp's crew took advantage of offensive rebounds and putbacks to extend the lead to 29-13 at the first quarter break. When Kady Blanchard and her teammates saw the scoreboard, the team seemed to become even more locked in.

"It made us want to broaden the score even more," Blanchard said. "I think it made us more motivated to stay focused."

After a slower start in the second quarter, the Bulldogs started to find their rhythm from long range. Ferris made four of their last five three-point shots of the half with Blanchard, who has shot over 44% from three-point range this season, contributing her second three-pointer of the night.

"I have worked a lot in the offseason," Blanchard said on her improving three-point shot. "I was in the gym lifting and shooting all spring."

Ferris continued its hot scoring into the second half and padded their 27-point half-time advantage. After two quick Adrienne Anderson jump shots, the Bulldogs then began to slow down over the next three minutes.

Following a Lake Superior tip-in, the Bulldogs responded with a tough bucket by Mya Hiram. On the ensuing Laker possession, Hiram swiped the ball and scored off Anderson's miss to give the Bulldogs the momentum back with a 63-30 lead. Hiram

would add four more points in the third before being subbed out with Ferris leading 72-35 at the quarter pause.

"My team needed me to step up and play a big role," Hiram said regarding her confidence over the past few games. "I took that as an opportunity to show them what I got."

Ferris finished the game on an 18-3 fourth quarter run to finish out the 90-38 win. Anderson led the Bulldogs with 16 points, followed by Hiram and Samantha Krauss each with 15. Zoe Anderson collected six rebounds and Mallory McCartney tallied 10 assists.

Ferris shot 51.5% from the field, including a 54.5% effort from 3-point range. Offensively, Ferris finished with their second highest scoring total on the season. They also got 45 points off the bench. Westendorp felt his bench did more than just score.

"Tonight was great for us getting some confidence back," Westendorp said. "We really got some great contributions not just offensively, but defensively as well."

With the victory, Ferris have won their last two home games and three of their

last four overall. Despite having players like Adrienne Anderson and Chloe Itoni missing time due to various health issues, the team has continued their success thanks in large part to young talent stepping up.

"Having players unavailable dealing with injuries is never enjoyable, but that allows more people to step up," Hiram said. "When you are a part of a great program with amazing coaches and teammates, all you want to do is play for them."

The Bulldogs will begin their second round of GLIAC matchups Thursday with a road test against Saginaw Valley State. In spite of having beaten the Cardinals in their home bout, Hiram says the team is focused on keeping their championship mindset.

Thursday's game will tip off from James E. O'Neill Jr. Arena at 6 p.m. To listen into the action, tune into Sunny 97.3 FM during game time to hear Rob Bentley and Sandy Gholston on the call. For more statistics and game information, visit the "Women's Basketball" tab at www.ferrisstatebulldogs.com.

UPCOMING SCHEDULE

Hockey

Jan. 28 - Bowling Green State University - 7:07 p.m.
Jan. 29 - Bowling Green State University - 6:07 p.m.

Men's Basketball

Jan. 27 - at Saginaw Valley State University - 8:00 p.m.
Jan. 29 - at Wayne State University - 3:00 p.m.

Women's Basketball

Jan. 27 - at Saginaw Valley State University - 6:00 p.m.
Jan. 29 - at Wayne State University - 1:00 p.m.

Returning home



Photo by Amelia Reed | Torch Photographer

Jimmy Scholler takes a three-point shot in Ferris's victory over Lake Superior State.

Ferris sinks Lake Superior State with a strong second half effort

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Joe Nagy
Sports Reporter

For the first time in 10 days, the Bulldogs played a game on their home court and rewarded fans with a victory.

The men's basketball team returned home to break up a four-game road stretch by hosting Lake Superior State University. After an uncharacteristically slow first half, Ferris heated up offensively in the second half. Their effort was enough to remain unbeaten in the GLIAC thanks to a 95-80 victory over the Lakers.

Ferris dominated on both sides of the court, shooting just under 50% (12-25) from beyond the arc. Senior Walt Kelser and freshman Ethan Erickson led the team with three three-pointers each, and senior Lee Higgins was right behind them with a pair of his own.

Six Bulldog players recorded 10 or more points in what was a balanced scoring effort. Every player who saw the floor also scored.

"We tried to share the basketball, we tried to move it around," head coach Andy Bronkema said. "We came out a little flat, and it's hard to meet Lake State's energy."

Ferris led 43-39 going into the second half. Redshirt sophomore Ben Davidson energized the crowd and his team before half-time by blocking a fade away shot, then pulling up from three on the fast break to beat the buzzer.

Kelser led the team in scoring with 15, but he was followed closely by the senior trio of Davidson, Dorian Aluyi, and Higgins each with 13. Logan Ryan had 11, and freshman Mykel Bingham was perfect from the field coming

off the bench with 11 as well.

As a team, Ferris finished 50% from the field (35-70) including an efficient 12-25 (48%) from three-point range. They also shot 13-19 (68.4%) from the free throw line.

When the shots weren't falling, senior forwards Ryan and Aluyi got to work on the glass. The two combined for 25 rebounds, with seven of them being offensive rebounds.

"We rebounded well, and we played good," Bronkema said. "I mean that's a good team."

The Lakers, however, only had three players break the threshold of 10 points. Week 7 GLIAC player of the week Malek Adams led their scoring with 19 points, followed by 16 from senior guard David Wren, and 13 from senior Justin Fischer.

With this being their fourth win in a row, the Bulldogs broke back into the nation's top 25, reaching 24th overall just behind Bentley University. The Bulldogs move to 13-3 overall, and 8-0 in the GLIAC as the second half of the season starts up next week.

Bronkema feels the upcoming week of games will be a valued test for the middle of the season.

"It's going to be a tough stretch, but at the same time it's going to be a fun stretch," Bronkema said. "But we're going to look at it the other way, saying 'Hey, we're going to have fun with it.'"

The Bulldogs will visit Saginaw Valley State on Thursday, Jan. 27 at 8 p.m. and take on Wayne State this Saturday, Jan. 29 at 3:00 p.m.