

## Heart to heart health



Photo by: Brendan Sanders | Editor-in-Chief

Renee Johnson (left) watches as spectators bid on items such as signed hockey sticks and gift baskets from Kilwin's and White Birch Massage.

## Ferris Sports Communication hosts annual Red Out for women's heart health

**Jerry Gaytan**  
News Reporter

Valentine's Day kicked off the start of Red Out, an annual event hosted by Ferris' sports communication students that raises awareness about women's heart health.

Red Out was created to support women's heart health by raising money and encouraging fans to wear red to the games and events. Raising a total of \$1,415 over the course of three days, students in the Comm 389 and Comm 489 classes ran multiple fundraising events throughout both the men's and women's basketball games and two men's hockey games. The students, led by communications professor Sandra Alspach, raised money for Spectrum Health's cardiopulmonary unit in Big Rapids.

According to Go Red for Women, cardiovascular disease is the number one killer of women,

leading to 1 in 3 deaths each year.

"[Heart attacks for women present] differently from men's heart attacks," Alspach said. "And women don't know that men don't know that even male doctors don't often catch [them]."

Women can develop symptoms that are less noticeable or detectable, which doctors don't often catch, especially if they are looking for the "usual" symptoms, according to John Hopkins Medicine.

On Monday, Feb. 14, fans who attended both the women's and men's basketball games had the opportunity to bid on multiple silent auction items, such as two basketballs signed by the men's and women's basketball teams, a gift basket donated from Kilwin's and a gift donated by Big Rapids Nutrition. The students also did an in-game activity called "Miracle Minute," where

all the students dressed in red would run up into the stands to take donations.

The games on Monday alone raised a total of \$376.74. This surpassed the amount raised in 2016, the event's first year, which raised \$300.

In past years, this was a one-day event, with Ferris having men's and women's home basketball games, along with a home hockey game. The goal this year was to beat the \$1,100 raised in 2020, since this event did not take place in 2021, due to COVID-19.

Taking advantage of the extra days and extra games, students ran a second silent auction on Friday, giving away two signed hockey sticks, another Kilwin's gift basket, a football signed by the national championship-winning football team and a gift basket from White Birch Massage.

**Heart** | see page 4

## Minus 8 gains meatless meat alternatives



Photo by: Angie Rosenthal | Torch Photographer

Tossed in Teriyaki and nestled on a bed of mixed vegetables and bamboo is just one of the many ways to enjoy the new plant-based shrimp available at The Rock.

## Dining services hopes to increase dining options for students with food allergies and dietary restrictions

**Rebecca Witkowski**  
News Reporter

Students now have the option to enjoy vegetarian meat options at the Minus 8 station within the Rock Café.

The station is offering vegetarian shrimp and ground meat to be used in a stir fry at Minus 8, or cooked by itself and used at other stations in the Rock. This addition comes after the Minus 8 station had been closed during the Fall 2021 semester.

"The addition of plant-based meats opens up the protein selections for students with allergies and vegetarian/plant-based diets," Camille Lang, the dietary nutritionist at Ferris, said. "The meatless shrimp is specifically a great way to bring 'seafood' to the station without introducing the shellfish allergen."

The vegetarian shrimp is made primarily with mung bean protein. One ounce of plant-based shrimp contains 30 calories and 1.9 grams of protein. It's also made with sunflower oil, modified potato starch and hydrogenated vegetable oil. For comparison, one ounce of regular shrimp contains 28 calories and 6.8 grams of protein, according to the U.S. Department of Agriculture.

The vegetarian ground meat is made from pea protein. Pea protein has been used in vegan meat options, such as the Beyond Burger, in recent years. The ground meat did not have nutritional information available on the Dining Services' website.

According to Lang, students and staff who have tried the vegetarian meat options have enjoyed both the flavor and texture of the "meats."

"We have received positive feedback from students and staff alike that they are generally satisfied and excited to see Dining Services offering more plant-based options," Lang explained. "They are a great addition to any stir fry at Minus 8 and can even be cooked by themselves and used at another station, such as the pasta, salad, taco and deli stations, to create a variety of vegetarian and vegan friendly meals from other stations as well."

Both the Rock and the Quad Café are interested in expanding their plant-based options to provide more selections for students with food allergies and those who are vegan or vegetarian. Ferris' Dining Services encourages students with feedback to reach out and provide suggestions for new menu items they would like to see.

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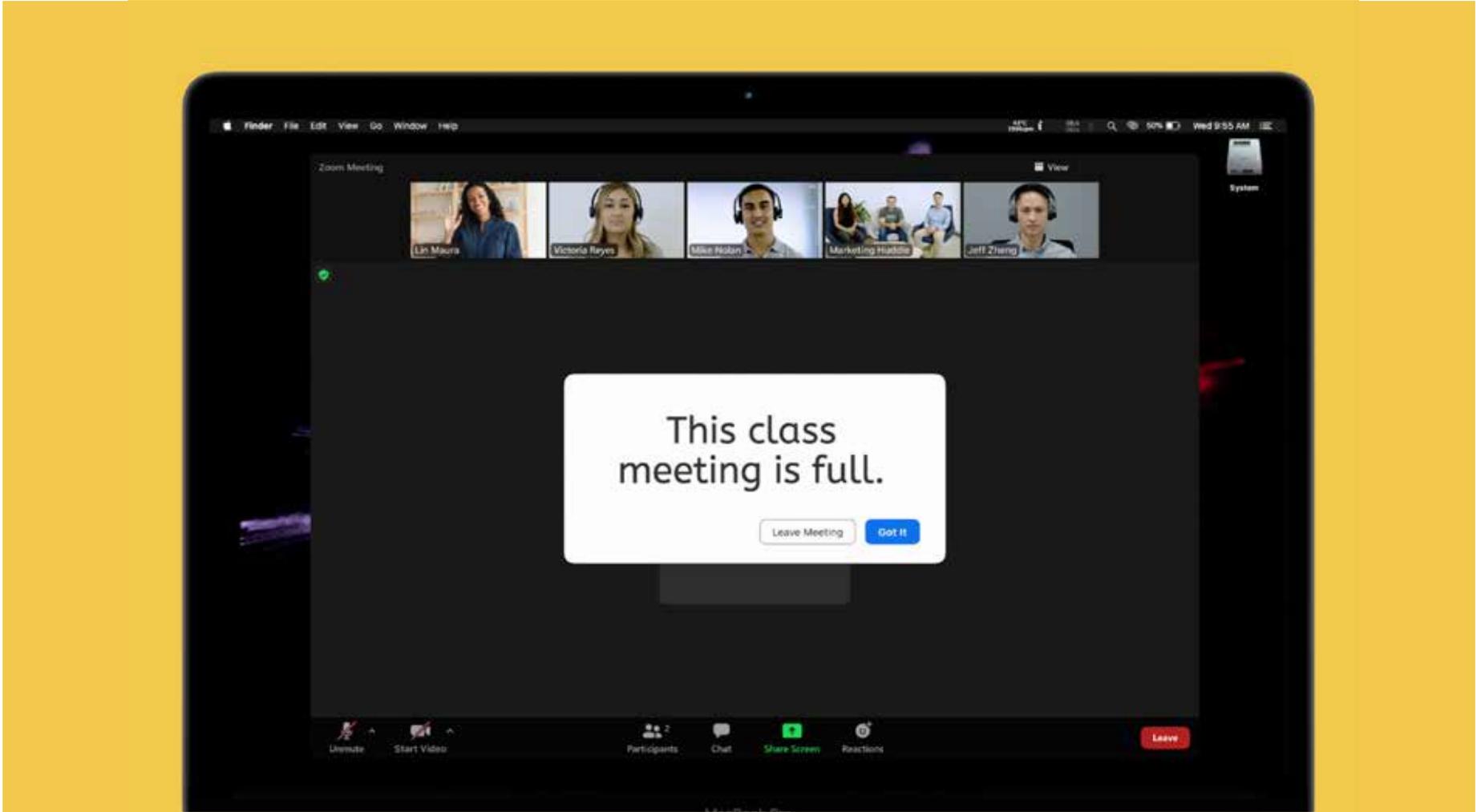
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## NEWS

Noah Kurkjian | News Editor | kurkjin@ferris.edu

# Professors stand against administration after a raise in course capacity



Graphic by: Dylan Bowden | Production Manager

## “The provost has appointed himself ‘King Bobby’”

**Jessica Oakes**  
Special Editions Editor

Members of the Ferris Faculty Association filed numerous individual grievances, and one association grievance, following an unexpected increase in virtual class sizes.

On Jan. 6, faculty members were notified that all course sizes would be capped at the university standard, regardless of whether they have virtual or face-to-face delivery.

The change in course capacity raised online class sizes without faculty consent only four days before the spring semester.

“Absolutely, I was stumped by this, by this change. Not just because of the way it would impact my teaching and impact students, but also because of how the university implemented it,” English professor Nate Garrelts said.

The Association of Departments for Foreign Languages recommends that entry level linguistic proficiency classes be capped at 18 students. Garrelts’ course capacity for his virtual writing class increased from 15 to 23.

Garrelts’ grievance resolution involves resetting the course caps and receiving financial compensation for additional workload. Even if this resolution is reached, he still sees this as a reflection of the administration’s hesitancy to work “in the spirit of collaboration” with faculty.

“I’m an optimistic person,” Garrelts said. “I’m a hopeful person, but Ferris has a long history of these types of problems. And so, I am hopeful that we hire a new president

with a clear vision for our future. Someone who wants to work collaboratively with faculty.”

Garrelts estimates that this change in class size will add three hours of grading work per major paper for the spring semester. As he will instruct three writing courses and one literature course in the fall, he worries about how the workload will affect him.

“I was impacted this semester, but I’m very concerned about how I will be impacted in future semesters... I don’t think we’ve seen all the implications of this change yet,” Garrelts said.

Having 60 students was an academic “sweet spot” for Garrelts. This is expected to increase by 32 in the fall, for a total of 92 online students.

“I’ll never shortchange students by saying, ‘all right, well, I’m just going to do a worse job grading.’ I would never do that,” Garrelts said. “And so, the first place that comes from [this would be] my eyes are a little bit more strained, or my back is a little bit more sore or I have less personal time. It starts to cut into other things.”

Writing and literature professor Katherine Harris submitted a similar grievance, as her four asynchronous sections of English 321 now demand more work than she initially planned for.

“In concrete terms, I will have an additional 300 pages of finished writing, not including drafts, that I will need to respond to, proofread and edit, and grade, as well as the extra email and discussion board posts, individual student conferences, etc.,

that require my attention,” Harris said.

Harris explained that by making this decision without consulting faculty members, the administration bypassed uniform policies and procedures.

“When those policies and procedures are bypassed, it can create disorder and misunderstanding and that always risks undermining the university’s leadership,” Harris said.

All FFA grievances regarding course capacity run through FFA Vice President and English professor John Caserta. Despite the majority of these grievances being directed to Dean Randy Cagle of the College of Arts, Sciences and Education, Caserta sees Provost Bobby Fleischman as the main decision maker.

“This arbitrary decision was made by Fleischman,” Caserta said. “The deans were told to share a communication with the faculty that it was their decision, but that’s not true... I filed more grievances under Fleischman than I have in last three provosts.”

Both Cagle and Fleischman declined the offer to comment on the progression of the grievances. According to Caserta, the FFA also struggles to hear from the provost.

“The provost has appointed himself ‘King Bobby,’ and there’s no trustworthy communication between the provost and the faculty,” Caserta said. “He’s autocratic.”

Caserta is skeptical of the administration’s statement that class sizes must be increased to avoid laying off professors as enrollment declines. He believes that Fleis-

chman’s “autocracy” is not properly attracting students to Ferris, and that there is a better way to remedy the issue.

“Students come here for faculty in the classroom,” Caserta said. “They don’t come here for overpaid administrators. There’s administrative bloat here at Ferris. Many of these administrators make more than market value, and if they are so worried about money, they should take a cut in pay.”

While faculty may request course cap modifications, Caserta and FFA president Charles Bacon see this as a “bait and switch.”

“First, could the submission of a course cap change request, expedited or otherwise, be interpreted as acceptance of the current imposed cap? Answer: Yes. The imposed course caps are illegitimate,” Bacon wrote to fellow union members.

Caserta resents the idea of requesting course cap modifications and justifying the previously set course capacity that had extensive historical precedence.

“The course caps, for the last 20 years, have been where they are,” Caserta said. “Four other provosts did not change course caps for online courses because they realized the pedagogy is very important. You can’t give a student quality education if you put too many students in an online course.”

Caserta and his fellow FFA members now await grievance approval from Cagle. If no resolution is reached, they will be passed along to the provost.

*Dylan Rider contributed to the reporting of this story.*

# MICHIGAN NEWS UPDATE

**Noah Kurkjian**  
News Editor

**LANSING** - Michigan health department leaders have dropped their recommendations for masks in schools and other public settings.

This guidance, or rather lack thereof, went into immediate effect after the announcement on Wednesday, Feb. 16. This move comes as COVID-19 numbers improve in the state.

“While Michigan hasn’t had statewide mask policies since last June, this updated guidance will underscore that we are getting back to normal,” Gov. Gretchen Whitmer said in a news release.

This policy adjustment does not nullify any existing mask mandates put in place on a local level.

State health officials still recommend wearing face coverings in long-term care facilities, hospitals, prisons and similar locations.

Michigan has seen a 76% reduction in new COVID-19 cases over the last 14 days, according to data made available by the New York Times.

Critics of the mask mandates were happy to see the recommendation lifted, however, some Michigan Republicans saw the move as disingenuous, suggesting that Whitmer did it because she’s up for re-election this fall.

“After repeatedly breaking her own rules and recommendations, Whitmer has finally dropped the nonsensical mask guidance, yet thousands of students across the state are still under the rule of forced masking,” Tori Sachs, the executive director of the Michigan Freedom Fund, a conservative advocacy group, said in a statement.

“Shame on Governor Whitmer for waiting this long and prioritizing politics over our kids’ mental health and future,” Sachs said.

# GLOBAL NEWS UPDATE

**Noah Kurkjian**  
News Editor

**AUSTRALIA** - Australia reopened its international borders on Monday, Feb. 21. This is the first time the country’s borders have been open in nearly two years, due to the COVID-19 pandemic.

Australia imposed some of the strictest lockdowns starting back in March 2020. They only loosened late last year to allow Australians and some others in, but the country was still not allowing foreign travel.

Those who have received both doses of the vaccine are free to enter without a quarantine.

More than 50 flights were expected to land in all states of Australia, except for Western Australia, which will reopen on March 3. Individuals who wish to enter will be required to have all three vaccine doses.

“What wonderful, wonderful news for our tourism industry and the 660,000 people employed in it,” Dan Tehan, Minister for Trade, Tourism and Investment, said to BBC.

Australia faced heavy criticism for its strict pandemic policies, howev-

er, the country has only had 4,900 reported COVID-19 deaths, according to BBC.

**RUSSIA** - Russian President Vladimir Putin gave an address Monday night, stating that he was recognizing Lukansk and Donetsk, two Ukrainian breakaway republics, as independent.

“I condemn Russia’s decision to extend recognition to the self-proclaimed ‘Donetsk People’s Republic’ and ‘Luhansk People’s Republic,’” NATO Secretary-General Jens Stoltenberg said.

“This further undermines Ukraine’s sovereignty and territorial integrity, erodes efforts towards a resolution of the conflict and violates the Minsk Agreements, to which Russia is a party.”



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# Deliberative dialogue: mental health matters



Photo by: Brendan Sanders | Editor-in-Chief

Students Ronald Mack, Jake Vhale and Morgan Wedra discuss strategies to improve their mental health with the rest of their table.

## A discussion on college student's mental health

**Rebecca Vanderkooi**  
Opinions Editor

On Tuesday, students led a mental health deliberative dialogue session to brainstorm recommendations for how to make mental health more accessible to students at Ferris.

The event, which took place in the University Center from 5:30 - 7:00 p.m., had 15 individuals in attendance.

Typically, there are six to eight dialogues per semester, with at least one per month. This month's topic was mental health.

"[Deliberative dialogue is] centered on thinking, listening and talking together about difficult topics. This initiative is student-centered and student-led. Each month, students will moderate deliberative dialogues on campus," the event pamphlet

said.

Associate professor Kristen Conley has helped to run the discussions alongside the student leaders since the "Let's Start Listening" initiative for deliberative dialogue began last year.

"We have a lot of difficult issues that we don't want to debate about. We want to figure out how to find common ground together, and it's finding that common ground that's important..." Conley said.

Social Work junior Madison Wetter was one of the leaders for the Tuesday event. She explained that, to her, mental health was one of the most important topics to cover.

"A lot of college students suffer with mental health [issues] like depression, or anxiety or test anxiety," Wetter said.

During the discussion, Wetter shared

the importance of self-care, even if it's just something small, because taking the time to care for yourself can be incredibly valuable.

Another student leader is Ronald Mack III, a junior in laboratory science. He noted that mental health is something that affects most people, and it doesn't discriminate, which makes it a great topic for discussion.

As the discussion wrapped up, a few key takeaways were shared with the whole group. One was that there are too few resources for mental health at Ferris and in the U.S. There was also a discussion about the value of individualized and empathetic care. Another discussion point was the difference between how men and women are treated in regards to their mental health, and the stigma surrounding men who reach out for help.

Before the participants left, Conley encouraged everyone to write down what they think the university could do better in terms of mental health services. Many of the individuals in attendance wrote that Ferris needs to have more therapists available for students at Birkam.

There will be three more deliberative dialogue sessions this year about economic security, social justice: food insecurities and social justice: immigration and refugees.

"More people should come to the dialogue, even if they don't think it's interesting, because you never know, you might have a connection with somebody else," Mack said.



Photo courtesy of: Brendan Sanders | Editor-in-Chief

Dr. Alspach and 20 students stand beside their table Friday night, where they would raise \$720 over the course of the evening.

### Heart

Continued from front page

Alongside this, students also ran an event called "Chuck-a-Puck," in which they sold hockey pucks that would then be thrown out onto the ice between the 2nd and 3rd periods of the hockey game. The individual whose puck landed closest to the cone set on center ice would win a \$25 gift card to Buffalo Wild Wings.

They also did the "Miracle Minute" event on both Friday and Saturday, and fans could also donate through a QR code that was placed throughout the arena concourse.

As a result of these events, the classes raised \$1038 over the course of Friday and Saturday. This brought that total to \$1415, which was presented to Spectrum Health during the game on Saturday in the form of a giant check.

Sports communications junior Kai Ser-

viss talked about how it was important for them to raise awareness for women's heart health.

"Anything related to physical health is an important topic, especially for a woman, and we're just trying to raise awareness for that." Serviss said.

The event was a graded requirement for all students in sports communication courses. In total, when you include the members of the sports career RSO who

were also present, the event was run by 40 students.

"Every year we do it, it makes me more convinced that getting into the sports industry is a great, great way for students to show off their communication skills [through] so much of the work that goes on." Alspach said.

For more information on Red Out and women's heart health, go to [www.goredforwomen.org](http://www.goredforwomen.org).

# 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  
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410 Oak Street  
Ferris State University  
Big Rapids, MI 49307  
fsutorch.com/letter-to-the-editor/

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## EDITOR'S COLUMN: The curse of the BS

By Brendan Sanders

As Ferris hockey wrapped up its final homestand, I was in the building for the second time this season. Running Red Out, I was tasked with running a few events, one of which being that I present a giant check on the ice.

Throughout much of the night, I sat outside the arena running the table and making sure everything was running smoothly. I kept an eye out on the television, which broadcasted the game. We were up 4-2 in the 3rd period, so I was confident that this would be the night that broke the curse.

The Curse of the BS.

We had to present the giant check to Spectrum in the 3rd period with about ten minutes left. The moment I stepped into the arena getting ready to present this check, Ferris not only allowed one goal, but they also allowed the game to be tied. In the two minutes that I was near the ice, the team imploded.

Quickly, after presenting the check on the ice, I left the building. I wanted the team to experience a victory on senior night. But, it was too late. The Bulldogs would end up losing in a shootout to Michigan Tech (though it goes into the records as a tie).

Now, I will be honest. I am superstitious. When the Cleveland Cavaliers won the NBA championship in 2016, I did not watch more than the final four minutes of game seven. Why? Because the Cavs would play terribly when I watched. If I did not pay attention,

they would have a chance at beating Golden State. Which they did.

Or this season with my sports betting approach. I had calculated that teams had a 30% win percentage on teams that I bet on. Naturally, I needed to get my Pittsburgh Steelers to the playoffs, and my best bet was through spending money. Going by the odds, I put \$40 on the Indianapolis Colts beating the Jacksonville Jaguars, and \$10 on the Baltimore Ravens beating the Steelers. Name another person who was actively betting against their favorite team.

The best part? It worked. The Colts lost to the 3-14 Jaguars team, and the Steelers beat the Ravens to sneak into the playoffs. I used my curse to get my Steelers into the playoffs.

The Curse of the Bambino was a superstitious sports curse in the MLB derived from the 86-year championship drought of the Boston Red Sox between 1918 and 2004. The superstition was named after Babe Ruth, colloquially known as "The Bambino," who played for the Red Sox until he was sold to the New York Yankees in 1920.

According to a survey of 2,400 American's commissioned by Tipico Sportsbook found that people who regularly watch or attend sporting events finds that 62 percent have blamed themselves for their team's loss. A lot of that has to do with not wearing the right shirt or moving from their usual spot on the couch during the game. These supersti-

tions go beyond respondents themselves: 38 percent feel someone in their family is "bad luck." Of those fans, 84 percent have asked an unlucky individual to leave the room when the game is on.

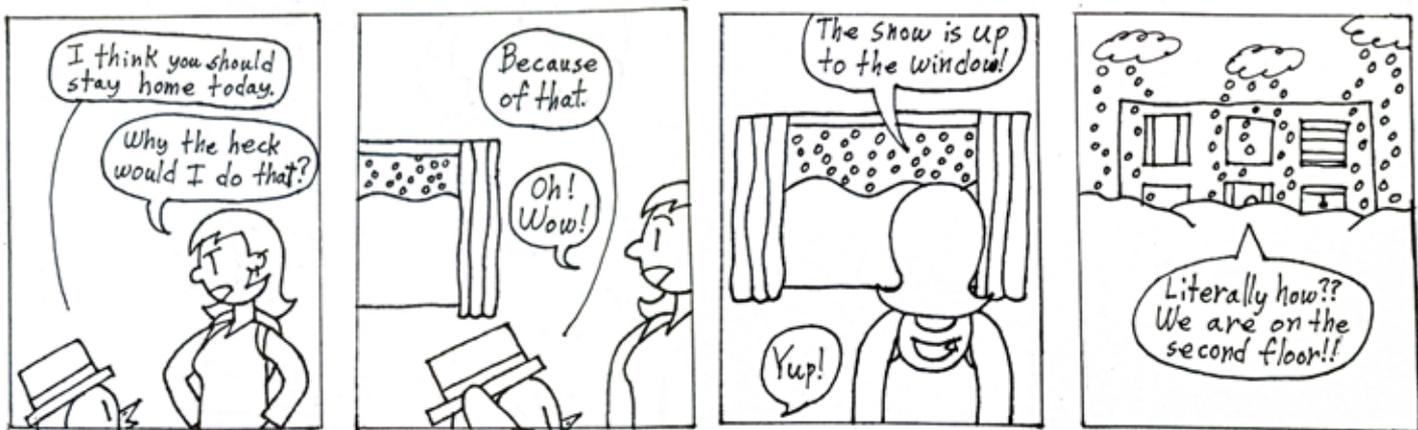
I am not saying I'm Babe Ruth, or that I consistently make my mom leave the room when the Pittsburgh Steelers are on, but since Ferris hockey is 0 - 15 when I have been in the building, I see a pattern that should get me banned from the Jim Wink Arena.

I saw this trend last year and even joked about it. I knew that I hadn't covered a victory in my sophomore year, naturally I thought it was just an off-year. In my junior year, I split time covering hockey with Brody Keiser. Still, we consistently lost. Brody was able to cover the lone victory of the year.

But this year, I promised myself that, out of respect for coach Bob Daniels and the hockey team, I would not attend a Ferris hockey game. Until I had to run this event, I did not attend a single game. Ferris has now earned their best record since I have come to Ferris, going 10-21-1 with two games left to be played.

Naturally, in the two games that I came to, the Bulldog hockey team lost. Increasing my impressive record to rival that of the 2007 Detroit Lions.

Since I am a senior, brighter days may be ahead for Bulldog hockey. Just imagine, if I do not step foot on campus next year, how good we might be!



# The NFL's diversity issue resurfaces

The lack of minority head coaches is under scrutiny after Flores allegations

**Dylan Rider**

*Sports Reporter*

On Feb. 1, former Dolphins head coach Brian Flores sued the NFL and three teams over allegations of racism in their hiring protocols.

The three teams being sued by Flores are the Denver Broncos, the New York Giants and the Miami Dolphins. Flores accused the Broncos and Giants of not truly considering him as a coaching candidate and proceeding to hire white coaches.

Flores' allegations bring forth the commonly resurfaced topic of the lack of diversity found in NFL coaching today. In a league with 32 teams, only five teams have minority head coaches. Two of these minority coaches were hired this month, after Flores' allegations came forth.

Of the 18 teams not in the playoffs this year, nine teams had head coaching vacancies. Of the nine, only two minority coaches were hired: Lovie Smith for the Houston Texans and Mike McDaniels for the Miami Dolphins.

There's a clear issue when it comes to the hiring process because teams only feel the need to fill the weak Rooney Rule. The Rooney Rule, established in 2003, requires teams to interview candidates that are ethnic-minorities.

This rule is flimsy at best. In Flores' case, all a team needs to do is interview an ethnic-minority candidate, but they don't have to actually give them any consideration.

Flores believes this to be the case, as the head coach of the New England Patriots, Bill Belichick, congratulated him for getting the Giant's head coaching job. The problem is that Flores had not even interviewed for the Giant's coaching job yet. Belichick meant to congratulate Brian Daboll, who had gotten the Giants coaching job.

The Giants seemingly decided on Daboll before even interviewing Flores. This supplies evidence to the diversity problem and indicates that teams could possibly be discriminating against minority coaches.

This issue isn't isolated to Flores. Along with him, top coaching candidates from the past few sea-

sons were Los Angeles Rams defensive coordinator Raheem Morris, Kansas City Chiefs offensive coordinator Eric Bienemy and Buffalo Bills defensive coordinator Leslie Frazier. Like Flores, all these coaches were interviewed in the past few seasons and none were hired.

The argument made against these claims is that the coaches interviewed were simply not fit for the role. When you consider the prestige of some of the aforementioned coaches, this doesn't make any sense.

Two of the top coaching candidates mentioned have won Super Bowls in the past few years; Bienemy won with Kansas City in 2019, while Morris just won one on Feb. 13. Although not a Super Bowl winner, Frazier's Bill's defense have made deep playoff runs in consecutive years.

An interesting comparison can be made to the NBA because the numbers show stark differences. Fifty-three percent of coaches in the NBA are ethnic minorities, while 16% of coaches in the NFL are ethnic minorities. The NBA has two less teams than the NFL as well, making this discrepancy even more concerning.

To bring this back to the lawsuit, the issues brought against Flores' old team brings about concerns of wrongful termination. Flores alleges that Dolphins owner Stephen Ross was angered when the team began to win in the 2019-20 season, as he wanted to vie for a better draft position to possibly select a franchise quarterback. Ross also allegedly offered Flores \$100,000 for each loss.

Flores was fired by the Dolphins on Jan. 10, 2022, after back-to-back winning seasons. On Saturday, Feb. 19, the Pittsburgh Steelers announced that they hired Flores as a senior defensive assistant and linebackers coach. A position that Flores seems vastly overqualified for.

After this lawsuit and many other examples of diversity issues, it is clear that the NFL has many, many issues to work through when it comes to diversity in their coaching.



Photo by: | Adrian Kraus/AP

## An Olympic level failure

We need to work on how we cover the Olympics in the future

**Charlie Buckel**

*Lifestyle Reporter*

Like many other Americans, I enjoy watching the Olympic Games when they come around. This time was no different, at least at the beginning. Now, the enjoyment of the games is still there, but it's being impeded by one thing: how the games are being covered.

In America, broadcasting rights for the Olympics are in the hands of NBC Universal, which chose to air the majority of the coverage of the games on the channels NBC and USA Network, with some coverage being pushed to CNBC. They also had streams of the games on Peacock, NBC's streaming service.

At the beginning of the games, NBC did well in their coverage. During the opening ceremony, they acknowledged the concerns many had about the Olympics, including the alleged imprisonment of Uyghur Muslims in China, the host nation, and the fact that athletes from Russia were competing under the Russian Olympic Committee, instead of their country's flag.

When it came to the coverage of the games themselves, things began to deteriorate. On Feb. 9, U.S. skier Mikaela Shiffrin failed to complete her run in the slalom event. Instead of moving on and showing the rest of the event, NBC kept the cameras on Shiffrin as she sat on the side of the course, seemingly in shock. For 20 minutes all viewers saw was a woman sitting dejectedly on the side of a mountain. And what did the commentators do in this moment? They talked about how much of a disappointment her run was. This did not go over well.

Viewers took to social media to express their frustrations with NBC and the commentators, causing the topic to trend on Twitter. Things only got worse when it was decided that the best time for an interview was when Shiffrin was still emotional and trying to fight off tears. During the interview, Shiffrin said that she was second-guessing her entire skiing career.

Things got so bad for the network that Molly Solomon, the executive producer of Olympic coverage, made a statement in an interview with the Associated Press that the network was obligated to cover that

moment, instead of continuing with the games themselves. A hard statement to understand when the people who want to watch the coverage seemingly disagreed, myself included.

The situation brought up comparisons to the Summer Olympics in August, when the topic of the athletes' mental health under the lens became a huge point after gymnast Simone Biles pulled out of events due to her own mental health, among other issues. NBC was accused of not caring about Shiffrin's mental health after championing Biles' decision and making it a talking point.

Then came the biggest controversy in the Olympics, Russian figure skater Kamila Valieva testing positive for a banned substance, yet she was still allowed to compete. While outrage was prevalent online from fans and former skaters, NBC commentators and former Olympians Tara Lipinski and Johnny Weir were noticeably silent for days after it was announced that Valieva would still skate. When they finally spoke up on social media, their responses were seen as shallow, especially after they

gave her excessive praise before this news came out.

If the online reactions aren't enough to prove that NBC's Olympic coverage is doing a sub-par job, the ratings also display the lack of desire people have to tune in. Only 7.25 million Americans watched the first night's primetime coverage, a record low for the Olympics, according to the Nielsen score. The scores haven't been much better since.

Coverage of the Olympics only reached above 20 million this year, in part because of the coverage that aired after the Super Bowl, when many people were already tuned in to NBC for the game.

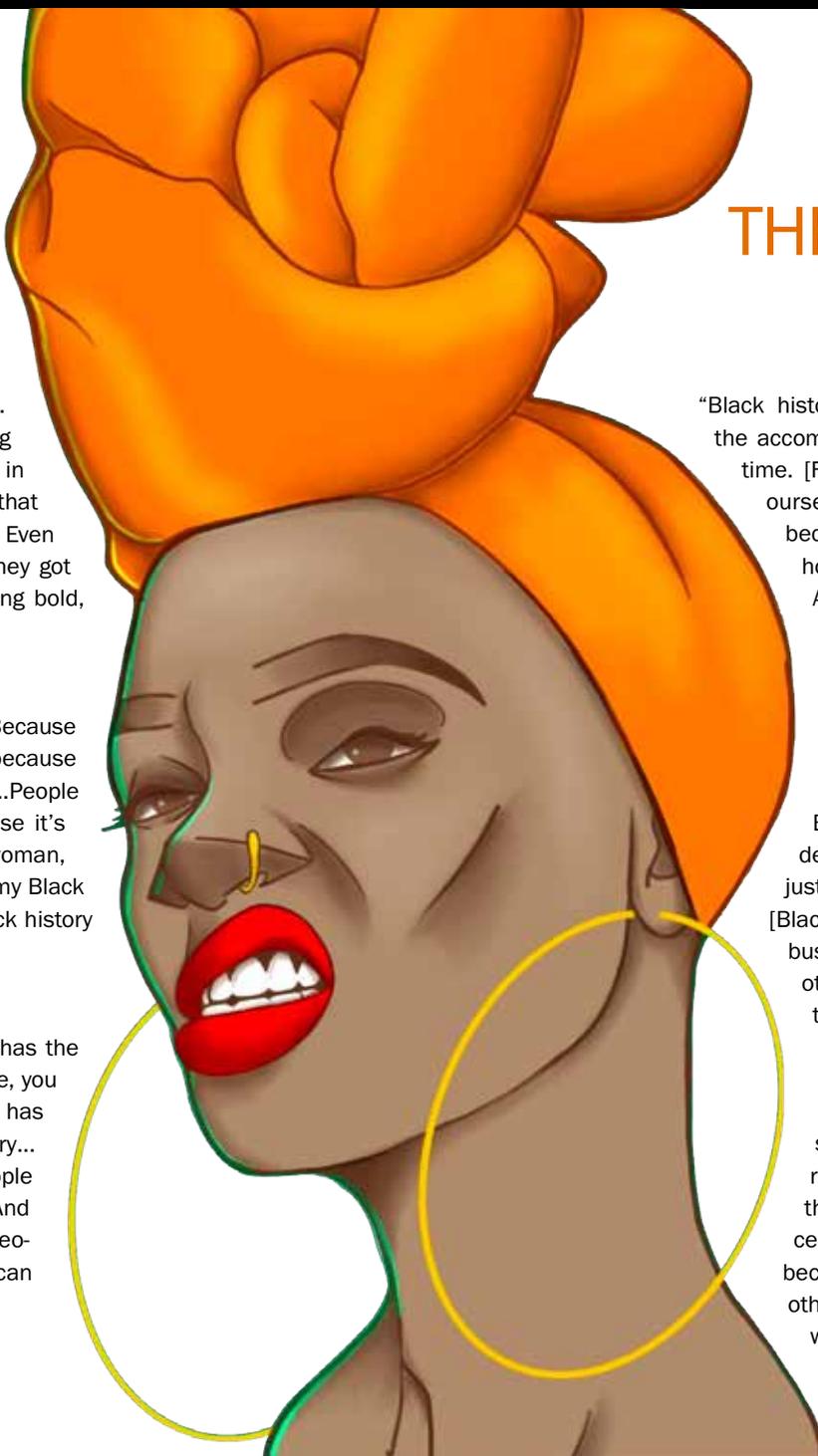
NBC is responsible for the Olympic's coverage in the U.S. through 2032, but if they want people to continue watching, they need to do better when it comes to handling their coverage. NBC needs to stick to covering the games as they happen, have some empathy during coverage and in interviews and know what people actually care about, because no one wanted to see someone cry on the side of a mountain for 20 minutes.

CELEBRATING

# BLACK HISTORY MONTH

## STUDENT QUOTES

## FERRIS STUDENTS SHARE THE VALUE OF BLACK HISTORY MONTH



“To me, [Black History Month] means a few things.

The most important is recognizing and appreciating the other leaders that paved the way for us back in the day. Like the MLKs and the Rosa Parks and all that made it possible for us to be where we are today. Even though we still have a long way to go, you know, they got further than we could ever imagine...We’re just being bold, not being scared to take a stand.”

- Accounting junior Kessey Kwakye

“For me, it’s important to help educate people. Because for a long time, there was stuff that I didn’t know because I wasn’t taught it in school. I had to learn it myself...People shouldn’t miss out on American history just because it’s Black history. And then also, as a mixed-race Black woman, I feel like it’s important for me to stay in touch with my Black American culture. Helping to educate people on Black history is kind of the way that I do that.”

- Social Work freshman Samara Tyus

“I just feel like the more knowledge that anyone has the better. Right? That’s really what I think. I just feel like, you know, every culture has had a struggle. Every race has had a struggle somewhere down the line of history... So, I just feel like we all should understand why people are how they are, why the world is how it is today. And I feel like Black History Month is a good month for people to understand why, you know, the Black or African American culture in America is how it is today.”

- Education junior Adé Kilpatrick

“Black history is something to celebrate my culture, like all the accomplishments that we have done over the years and time. [February] is a month where we can, like, embrace ourselves, things of that sort. It’s important to me because we’re not very celebrated. It’s not very many holidays that revolved around Black people or African Americans. It’s nice to see like, oh yeah, we can have a chance to celebrate.”

- Nuclear Medicine sophomore Brooklyn Bonner

“As someone who went to three predominantly white high schools, Black history didn’t really get talked about much. [My schools] acknowledged Black History Month, but they didn’t really teach students about what happened in the past. They would just talk about it today. And then, if there was ever like a [Black] history book, they would read and beat around the bush a little bit. So, I think it’s important that you, and other people who are seeing this, actually take this time to talk to people and show how important it is.”

- Journalism freshman Kyiah Robinson

“We were given a month to celebrate us. Not to say that we don’t care about other races, but other races haven’t been through what Black people went through back in the day. So, I feel like it’s important to celebrate and analyze Black people and Black history because of things that happened in the past...This gives other people an opportunity to learn about culture and what we do.”

- Nuclear Medicine Sophomore Kiara King

Graphic by: Jaylen Woods | Guest Contributor

# The history behind Black History Month

## How February became the month we celebrate Black history

Jessica Oakes  
Special Editions Editor

Black History Month is a time to honor important Black figures and their impact on American society. However, the celebration was originally inspired by the lack of portrayal of African American achievements.

Historian Carter G. Woodson and minister Jesse E. Moorland created the precursor to Black History Month in the early 1900s, as explained on history.com

In 1915, Woodson and Moorland founded the Association for the Study of African American Life and History. The organization encouraged students to study the achievements of African Americans.

“Negro History Week” was first observed in 1926. The ASALH selected the second week in February to coincide with Abraham Lincoln and Frederick Douglass’ birthdays.

Over time, “Negro History Week” became popular, with mayors across the United States recognizing it. By the end of the 1960s, driven by the force of the civil rights movement, “Negro History week” had developed into Black History Month on college campuses.

In 1976, President Gerald Ford first recognized Black History Month at a federal level. He asked the public to “seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history.”

“As a result of the activism in the 1950s and 60s in particular, I think it started to become more apparent that Black history should not only have its own month, but should be more incorporated into regular history coursework,” history professor Gary Huey said. “Not to be kind of an adjunct to it, or an add on, but an integral part of the telling of the story of America.”

Huey believes that Ferris does a respectable job of diversifying the history that is taught to students.

“We have a very important job to protect [Black history’s] legacy to make sure that the full history of our country, and not just a full history of our country, but the full history of the world is going to be there for students to recognize and understand,” Huey said.

According to Huey, this “full history” is often sacrificed in order to hold the spotlight on those from more privileged backgrounds.

“I think for too long we have really centered our history telling on the great figures of history. Which, in this country, have often been focused on white males,” Huey said.

Huey believes that people should not shy away from learning about America’s extensive history of racial discrimination and oppression, even if it is troubling.

“If you come out of a history course and all you’re doing is smiling and congratulating

yourself on what a great country you’re in, then you’re really not learning history,” Huey said. “And again, that goes not just for this country, but it goes for any country in the world.”

In 2022, Huey worries that Black history is “under attack.” As reported by News One and the Guardian, public schools in Indiana and Utah allowed students’ families to opt-out of Black History Month lessons.

“You wonder what kind of country it is where we can’t tell the story of our history, both good and bad,” Huey said. “I mean, how are you going to avoid some of the mistakes that we’ve made in the past if you don’t know what those mistakes are?”

*D’Andre Head contributed to the reporting in this article.*

# Celebrating those in sports media

Highlighting Black men in sports media from collegiate to professional levels

**D'Andre Head**

Guest Contributor

Sports media has been a big industry, revolutionizing digital media and a plethora of jobs. As a result, there are more opportunities than ever for journalists vying to work in this desired field.

As a person who is starting in sports media, it is both thrilling and petrifying at the same time because it reminds me that sports media remains a predominantly white system.

I covered numerous games and events at Ferris as a journalist, ranging from every sport, from GLIAC runs to the opening night of basketball seasons.

Before I was a journalist at Ferris, I worked as a videographer for high school games.

Each area I walked into was filled with fans and full of vigor, and I was happy this was the career I was choosing. But, when I made my way to the press box or field, I realized the slow truth of working in sports media.

**“I welcomed opportunities to build bridges and break down barriers through diverse representation.”**

**-Sandy Gholston**

I noticed how many people were there, and then I realized how few looked like me, a person of color.

Many of the jobs in sports media are held by white males. While this is the reality of sports media, Ferris' social media manager and award-winning reporter Sandy Gholston found opportunities despite this.

“There was a bit of a both-ways period of adjustment, [while] covering sports in communities with little to no diversity.”

Gholston said. “Being different from what people were probably accustomed to, I welcomed opportunities to build bridges and break down barriers through diverse representation. As a result, I had some great conversations.”

Gholston started his journalism career with the Pioneer. He won multiple awards for his reporting on FSU Athletics, and he won an Associated Press award for his coverage on the heart-rending death of a Ferris State football student-athlete in 2002.

“I have had multiple opportunities to work in different aspects of sports media, including [as] a columnist, writer and editor at the Torch as a sportswriter. In addition, I have always sought to explore my interests to develop new talents, such as photography. The journey has had its challenges along the way, of course, but any journey that's worth it usually does,” Gholston said.

Gholston currently works as a News Services and Social Media Manager for Ferris. He also works on the radio as an on-air analyst/announcer for basketball in his free time. He is also the founder and CEO of SG3 Communications, which specializes in social media.

“Along the way, I made lifelong friends and maybe changed some hearts and minds. Black men and other aspiring minority media figures should understand that they may have an extra burden of proof to earn the same opportunities and rewards.” Gholston said. “I believe that it's wise to have this understanding going into it to channel the emotions that could be felt into positive motivation that drives you to self-improvement and a relentless pursuit of excellence. Don't duck the challenge. Sometimes opportunity is disguised as a challenge.”

Just like how Gholston has adjusted along with his successful career, Black individuals across America learn ways to adapt. Sports communications senior Travis Hicks is one of those individuals learning to adjust and transition towards his long-term career.



Photo provided by: Travis Hicks

Travis Hicks wraps up a game with an interview.



Photo provided by: Sandy Gholston

Sandy Gholston proudly displays the NCAA trophy.

“Ever since I was younger, I had many role models in sports media, especially Black journalists that inspired me towards sports media,” Hicks said. “Within my experience in sports media, it has been good with so many opportunities I have come across, but also different from being the one or a handful of individuals who are from a different background.”

Hicks currently works as a sports reporter for Ferris State Athletics and for the Royal Oak Leprechauns, a minor league baseball team. He has also had the opportunity to conduct ESPN interviews.

“It has been a blessing to get multiple opportunities at Ferris, Royal Oak and many different occasions through the start of my career. I always wanted to beat the stereotype aimed towards Black people in sports. So I worked harder than most to become a better sports reporter, and with the help of many people, I got to make that a reality.”

Although there may not be many Black individuals within sports media around the globe, there are people who are leaving a strong mark in sports media, no matter the circumstances.

## THE CASE OF LAUREN SMITH-FIELDS

A look into confirmatory bias in policing



**Rebecca Vanderkooi**

Opinions Editor

Lauren Smith-Fields, 23, was found dead in her Connecticut apartment on Dec. 12, after a Bumble date, however, a criminal investigation wasn't opened until over a month later.

The handling of this case has been called into question, as well as concerns regarding racial bias of the detectives on the case.

Smith-Fields' mother didn't find out about her passing until she showed up at Smith-Fields' apartment over 24 hours after her death, concerned after not hearing from her.

Captain Gary Green of Ferris' DPS provided insight into the typical police procedure surrounding cases such as this.

“We have a standard procedure when it comes to the notification of the next of kin. This is done in person as much as humanly possible. An officer will go to the next of kin and notify the family of their loved

one's passing,” Green wrote in an email to the Torch.

The New York Times reports that once Ms. Fields was aware of her daughter's passing, she had to beg the detectives to collect evidence from the apartment. One detective told Ms. Fields that the Bumble date was “a really nice guy.”

Green explained that delays with evidence collection can affect the quality of evidence collected, therefore death scenes unattended by a physician are always treated as a homicide until it's investigated.

“Police departments should treat each death investigation as if it were a homicide investigation from the beginning. That means that I would want to secure the scene, get a search warrant and collect anything that may be relevant to how someone may have died. [This includes] bedsheets, clothing, drinking glasses, condoms, etc.,” Green wrote.

**Smith-Fields** | See next page

# Staying in my lane

## Management professor's secret sauce to success

**Kasey Thompson**  
Guest Contributor

As a guest faculty contributor for The Torch, an editor asked me to consider writing about how I navigated the waters of corporate America, rising to the position of Director of Global Menu Strategy for one of the world's largest, most profitable corporations.

More specifically, to expound on how I maneuvered through these ranks as a Black woman. I get asked that question often, and my answer is now consistent and direct, "After much trial and error, and many lessons in survival as a business leader, I ultimately learned how to stay in my lane." I wrote about this philosophy in greater detail in my book "Fall Down, Gritty Up: The Unconventional Mental Map for Becoming Your Own Hero," and I want to share an excerpt on that concept in this article as well.

When most people hear the phrase "stay in your lane," they think of it in a negative, restrictive, constrictive way. "You don't belong over here, so stay in your lane over there"—that's what we tell people who seem to be overstepping their bounds. From this standpoint, staying in your lane takes on a negative connotation. That's why embracing the concept seems strange at first—it runs against the current of modern thinking.

In my opinion, however, staying in your lane is one of the most freeing, empowering aspects of living—one of the most liberating things you can do. Staying in your lane means knowing who you are and what you stand for. It offers freedom, and all it takes to accomplish that freedom is understanding what your lane is, what it looks and feels like, what your lane allows and doesn't allow.

What do you like or dislike?

What are your passions and goals?

What will you accept—and what will you refuse to accept? How do you want to be treated?



Photo provided by: Kasey Thompson

Kasey Thompson worked throughout her life to succeed in the business world.

Identifying the answers to these questions helps define the parameters of your lane—and frees you to find all the success you deserve.

Staying in my lane allows me to gather and understand the guiding principles that steer my life. Staying in my lane, therefore, becomes my guide, my path, my True North. It allows me to steer clear of a lot of the minutia—all the trivial things, the garbage. It keeps me from becoming distracted by

someone else's lane, from swerving into what other people may want or expect from me. Knowing my lane grounds me, keeps me real and reduces the allure to be fake. It leads me down the pathway to staying true to my core values, my purpose and myself.

These guidelines help keep me out of harm's way. These guidelines keep me from veering off into the ditch. These guidelines help me live courageously, without fear.

I believe that living outside of our lane is a great way to smother one's true self. Leaving your lane for prolonged periods is like driving into dense smog—you can't see the road ahead clearly, and the air becomes suffocating. Meanwhile, the path of your own lane is crystal clear. There's less traffic, fewer obstructions in your path, and less trash and junk cluttering the roadside. In your own lane, you can move freely, keeping a firm grip on the wheel, and you can stay in greater balance.

Driving in somebody else's lane throws off our equilibrium. We wonder why we're stressed or unhappy. Veering out of our lane into someone else's feels gross, because their lane does not align with who we are. It's dangerous territory for us, and that accounts for why we keep stumbling, tripping up, and running into unseen obstacles that are not natural in our familiar habitat.

Our bodies, our minds, our values, our ideals, our guiding principles weren't designed to thrive in the wrong environment. Veering into the wrong lane might lead us on a collision course or a path of destruction; we might run out of gas or end up at a dead end.

Our own well-defined lane, on the other hand, is our path to strength and freedom. It gives us value-driven boundaries, and these boundaries create safety. Without them, chaos reigns.

When you understand your core values, staying in your lane lets you steer away from the detours that can derail your life. In essence, it becomes a liberating and monumental act that frees your spirit in an invigorating, magical way.

So again, my nugget of wisdom to anyone willing to learn from my successes (and stumbles), is when you know your lane, keeping both your hands firmly on the wheel will keep you where you need to be—on the road to your success.

Excerpts From *Fall Down, Gritty Up*  
Dr. Kasey Lynn  
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### JUMP

Continued from previous page

The New York Times reported that the Connecticut Office of the Chief Medical Examiner released Smith-Fields' cause of death as an overdose of fentanyl combined with prescription medication and alcohol. They ruled her death an accident.

However, the next day the Bridgeport Police Department opened a criminal investigation into her death.

"We thought from the beginning that there was foul play here," Darnell Crosland, the Smith-Fields family lawyer said.

Julius Moses is a criminal justice instructor and academic advisor for the off-campus criminal justice program at Ferris. Before coming to Ferris, he worked as a detective with the Detroit police department.

Moses provided more insight into this case, specifically surrounding potential confirmatory bias. He explained that confirmatory bias is when criminal justice professionals go into a case with an assumption and ignore evidence that may speak to the contrary of their assumptions.

"I believe that the decision-making processes of those detectives were based on

that bias of race, and they treated that death scene immediately not as a homicide investigation," Moses said.

Smith-Fields' case isn't the first time these detectives have been accused of mishandling the death scene of a Black woman. ABC News reported that on Dec. 12, 53-year-old Brenda Lee Rawls was found dead alone in her home.

In both Smith-Fields and Rawls' cases, the families were not notified of their family member's death, but rather had to find out from others what had happened. Both cases are still under investigation, and the detectives on the cases have been placed on administrative leave.

"This kind of supports the foundation of some sort of implicit bias," Moses said regarding the similarities between the handling of the two cases.

Moses noted that there are policies and procedures in place when handling cases such as the Smith-Fields and Rawls cases, but it appears the policies weren't followed in these cases.

"It's an individual issue, not an organizational issue, with that police department. It's up to the individual professional

to make those right decisions based on policy and procedure," Moses said.

At Ferris, one way they are working to combat bias in criminal justice is through the ethical issues and criminal justice course

Moses explained that this class discusses many of the bad things criminal justice professionals have done, with the goal of helping students learn from others' mistakes so that they don't make the same mistakes as well.

"Within ethics, it discusses each individual person's morals and values and our decision-making process... There are people that have personal biases, but they still make decisions based on policy, procedures, and the ethics of their profession, and not their personal moral and values," Moses said.

Moses also mentioned that the ways in which the media broadcasts stories with Black victims are different than that of white victims. He explained that he had to go out of his way to research the Smith-Fields case, but a similar case this summer with Gabby Petito, a white woman, was news that captivated the country.

As The New York Times reported, this case has sparked discussion regarding

"Missing White Woman Syndrome," a phrase coined by PBS anchor Gwen Ifill. The phrase refers to the attention paid to white women in dangerous and fatal situations, while Black women in similar situations are often ignored.

As reported by Forbes, Zach Sommers, a Northwestern University sociologist, cross-referenced several news outlets' coverage of missing person's cases with the FBI's national database of missing persons.

"Sommers found that cases of missing white women were much more likely to receive news coverage than women of color. Despite white women making up about a third of the national population, about half of the articles that Sommers analyzed were about white women," Forbes said.

While these two cases don't refer to missing women, discussion surrounding unequal media coverage and unequal policing is still being brought up.

# All we have

## Black women cultivate safe spaces on campus, despite obstacles

**Alyssa Myers**

*Managing Copy Editor*

*Myers is a member of YBBW*

There were girls everywhere, squeezed together on the couches, perched upon the footrests, lounging in the office chairs. When had the Office of Multicultural Student Services ever been this full?

When social work senior Laila Duncan and criminal justice senior Nia Goins officially brought Sistah Circle, an initiative within the OMSS that strives to create a supportive, safe space for women of color, while facilitating communication and development, to Ferris with their kickoff event last November, they brought unprecedented traffic to the OMSS.

Duncan and Goins had their own reasons for bringing this group to Ferris, one they shared was the belief that multicultural women were being underserved on campus.

"In the campus environment, sometimes it was very clear that, while certain demographics would be a focus, multicultural women usually weren't the focus. And it would be in departments, it would be in RSOs, it would be in classes and stuff like that. We wanted to create a space where we were the focus and not the afterthought," Goins said.

The success of Sistah Circle's kickoff meeting can be attributed to the fact that this program brings something that is hardly seen on campus, a place where Black and multicultural women are the focal point.

"We had girls come out just because it was that space. They might not come to all the meetings, but they came out just to show their support for that type of initiative program," Duncan said.

You Beautiful Black Woman, an RSO comprised of women from different backgrounds for the purpose of uniting its members and cultivating friendship, leadership and scholarship, while enhancing the campus environment, shares a similar purpose.

"We are an organization that likes to collab with other organizations and bring together a community, however, we do like to create a safe space for Black woman.



*Photo provided by: Sistah Circle*

Members of the Sistah Circle RSO find friendship and belonging with each other in the OMSS office.

That is our focus," YBBW's Vice President Tiera Gladney said.

The women of YBBW have also noticed that multicultural women don't receive the same amount of attention on campus compared to their white peers.

"You can see [the difference] in the support... It's hard for our events to actually get that publicity and get out there [because] people don't even know what we're doing. It is not because we're not putting it out there, we just don't get the same support as other organizations, unless it's February," Gladney said.

Take the Torch for example. When you look at all the editions released this school year, the only time Black students have been featured is when they excel at sports. There have been no stories written about any of the other accomplishments or activities of Ferris' Black students, even though they are active on campus every day.

"[Ferris] promotes white fraternities, sororities or organizations more than they would a Black fraternity, sorority or organization. So, our [information] doesn't get out

much to the Black women, or [Black] people in general, on the campus," Kylah Robinson, a member of YBBW, said.

Since Black safe spaces such as YBBW and Sistah Circle go against the norm by prioritizing marginalized individuals and their representation and accommodation, many white individuals have spoken against these spaces because they make them uncomfortable.

In an article written for The Atlantic, Emily DeRuy writes, "While many see the creation of safe spaces for Black students, LGBT students and other minorities as a positive step toward helping them navigate campus, others see it as resegregation and a step backward."

What Goins wants white individuals to understand is that the goal of these spaces is not "intentional exclusion."

"It's not supposed to offend you. If anything, I would hope that more people want to help to support it because of the fact that it is spotlighting experiences that maybe aren't spotlighted usually. I would hope that

you would use your privilege to help that, [instead of trying] to break that," Goins said.

Despite these complications, the leaders of Sistah Circle and YBBW continue to host events and provide for multicultural students, and they are rewarded for their efforts every time they see personal improvements within the members of their respective programs.

"They build connections with each other, you know. I see them a lot on campus, and they say hi every time they see me, which they probably wouldn't have done before, and it's just really nice," Duncan said. "I think it's really opening up because a lot of the new incoming students are really antisocial with being online for so long. So, it's nice to see them finally coming out of their shell and making connections with other people."

They have also seen progress within themselves.

"I think [being in YBBW and attending a PWI] has helped me grow, and, honestly, since we're being real here, I'm a Black woman... I feel like constantly being reminded that you're Black [when] going through certain situations has helped me... understand what I'm going to face in the real world... You might get accepted in some places, and some places you might not, but that doesn't mean that I'm going to stop. I'm just gonna keep working hard, and I'm going to go get what I want," YBBW's President Ne'Asia Cooper-Harris said.

Because not every student is able to commit the time or money required to become an official member of a student organization, the OMSS is also a safe space that is open to all students, and it has the resources required to meet the individual needs of multicultural and marginalized students.

"Come out to the OMSS in general. It has kind of been a little bit more difficult since COVID to get more traffic into the office, but the office is a safe space for you too... We have movies playing, we have music playing, come in here and do homework," Goins said.

Sistah Circle has monthly meetings on Tuesdays at 11 a.m. in FLITE 304. Stop at the OMSS's front desk to pick up a detailed schedule with the discussion topics. Soon, YBBW will be welcoming new girls for their



*Photo by: Brad Moore | Torch Photographer*

Tiera Gladney (left) gathers notes from Kylah Robinson (right) and other YBBW RSO member as they write down ideas for improving the organization.



# LIFESTYLES

Marissa Russell | Lifestyles Editor | russem22@ferris.edu

## Finding their own direction



Photo by: Marianna Searl | Freelance Photographer

(From left to right) President Shannon Gamel, Jaylin Love and Janiayah Moore create fun event ideas at the first-gen RSO meeting.

## How first-generation students make their own path in life with the help of the university

**Meghan Hartley**  
Lifestyles Reporter

The university experience, for most, consists of studying, making connections and earning a degree. For first-generation students, it's about changing direction.

According to the first-generation student support welcome site, first-generation students are defined as students who “come from families where neither of their parents completed a bachelor’s degree and/or students who identify as having minimal prior exposure to, or knowledge of, the university experience.”

According to David McCall, an assistant professor within the Retention and Student Success Deans office, first-generation students come to school with a lot of excitement and anxiety due to their

lack of previous experience with higher education.

“They are the generation of trailblazers,” McCall said. “They are trying to make a change and a difference, not just for themselves but for their families. To change that direction, a lot of feelings, from excitement to anxiety, occur to be the first person to graduate in their family.”

Ferris’ faculty does their best to provide support and a community for first-generation students. They are able to do this through the First-Gen RSO and workshop. The RSO was designed to help students make connections with other first-gen students and to let them know they are not on this journey alone. The workshop was designed to help students navigate life at Ferris and connect better with faculty and allies.

“The workshop is made up of faculty who meet to learn how we can support the students,” McCall said. “Faculty volunteers, they are first-gen allies, and if students have questions on anything, they can get answers. They try to explain things as easily as possible and not send them on a ferris wheel. We try to help get them to the right person as soon as possible.”

The goal of the first-gen workshop is to eliminate difficult educational jargon and get things straightforward, so students can focus on their studies with as few worries as possible.

“We want the ability for students to support students, to ask questions and gain information,” Cindy Smith, an educational and career counselor and advisor to the first-gen RSO, said.

Smith says the organization is a safe

space for first-gen students to come and interact with fun events.

“I think it’s the interest and passion of students working [that] make it a success,” Smith said. “[It offers] the ability to build connections and community around first-gen students [and] to let them know they are supported by students and by faculty.”

Both the RSO and the workshop provides students with information to help them best navigate their college experience and figure out what will lead them to their future careers.

Smith said students looking to join either group can look at their page on Bulldog Connect, Facebook or Instagram to see when their next event is. Any student can participate in their activities and become better connected within the Ferris community.

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# Face the music

## The effects music has on bar life

**Giuliana Denicolo**  
Lifestyles Reporter

Imagine you walk into a bar on a Saturday night, you're with all your closest friends and your favorite song is blasting. You already know you're going to have a great night.

Cece Bouyer, a senior at Ferris, spends most of her weekends going to bars in Big Rapids with her friends. The kind of music she prefers to listen to in the bars she goes to is mainstream hip hop, rap and EDM because it's happy music to her.

"EDM is just something that's really fun, you can just kind of dance around like a goofball and do whatever you want to do," Bouyer said. "It's different [and] it just keeps the energy really high."

When she's getting ready to go out and party, she listens to Megan Thee Stallion and Cardi B to put her in her "bad girl energy mood."

"They're just a bunch of powerful women as rappers, and I feel like their lyrics really hit home and make you feel very empowered," Bouyer said.

To Bouyer, music is important because it sets the tone and mood for everything.

"Music has a lot to do with how people act when we're about and out at bars and clubs," Bouyer said.

Country isn't Bouyer's first choice to listen to when she is at a bar, but she understands how others can enjoy it and dance to it.

"I'm just being biased because I don't prefer country, but I do see the way certain songs make people act," Bouyer said. "They start dancing [in] the little line dances, and it's a really good environment."

Different genres bring out different moods in Bouyer, and she acts according to what kind of music is playing. If the DJ plays a song she doesn't like, she takes that time to go get another drink at the bar. If they begin to play the kind of music that puts her in the party mood, she will make her way to the dance floor.

"If they're playing a really promiscuous, feisty song, I'm definitely more prone to approach a man, or if someone approaches me, I'm really quick with my words," Bouyer said.

According to Bouyer, music is important, but at a certain point in the night, it sometimes just becomes background noise to her.

"When you're with your friends, [the



Photo by: Cassie Jessup | Multimedia Editor

Bartender Ann-Marie Hicks serves patrons (Jerilyn Taylor and John Datema) a shot at Gypsy Nickel Lounge.

music] kind of drowns out, and you're more in tune with what [they] are saying to you," Bouyer said.

The different variations and genres of music also keeps the energy up.

"[Shooters has] a really good DJ on weekends. He does a good job of mashing up, like, the mainstream music [and] all the things to really keep everybody up and going," Bouyer said.

Music volume also contributes to the environment of the bar. Usually, the music is played at a decent volume, which allows you to have conversations, but the busier it gets, the louder the music gets.

"If the music is really loud, it's frustrating because you can't really talk to [anyone]," Bouyer said. "But, I will say, I feel like because the music is loud, you do less talking and you do more dancing."

McKenzie Feldpausch, a senior at Ferris, goes out to bars with her friends on occasion.

She likes when the bars play pop and rhythm and blues music from the 2000s because it keeps her happy, and, in her opinion, it is the easiest to dance to.

"[Music] brings people together be-

cause it's something you can talk about," Feldpausch said. "It brings you into a better mood, so you'll be more apt to talk to somebody and bring on more conversation."

The kind of music that plays is important when it comes down to dancing. Some music is hard to dance to, and it gets harder when you don't know or like the song.

"When you don't really know a song, or it's a slow song, it's kind of hard [to dance to], and a lot of people will just stand there awkwardly," Feldpausch said.

Feldpausch does not like when sad and slow songs play at the bar because they're hard to dance to and they kill the mood.

"If you play a sad song, people are obviously going to get sad," Feldpausch said. "And when you're out and about, you don't want to be sad, especially when you're drunk."

At a bar, sometimes dancing is the only thing to do, and, in that case, if the music playing is not something Feldpausch wants to listen to, she will just leave.

"If there was music [playing] and pool, or other things to do, then I'd stay," Feldpausch said.

Feldpausch would rather listen to a DJ instead of live music because of the versatility and originality that DJs have.

"[DJs] can play songs that I like and know..., whereas live music isn't going to be exactly the same as what the actual songs are," Feldpausch said.

It is a scientific fact that music has a huge effect on a person's whole body, including their mood.

According to the North Shore University Healthcare System, "[Music] elevates mood. Music can boost the brain's production of the hormone dopamine. This increased dopamine production helps relieve feelings of anxiety and depression. Music is processed directly by the amygdala, which is the part of the brain involved in mood and emotions."

The genre of music and the atmosphere of where you are is important because they are both tied to how you're feeling.

Discover your own music style by going to Shooters or Paz in Big Rapids.

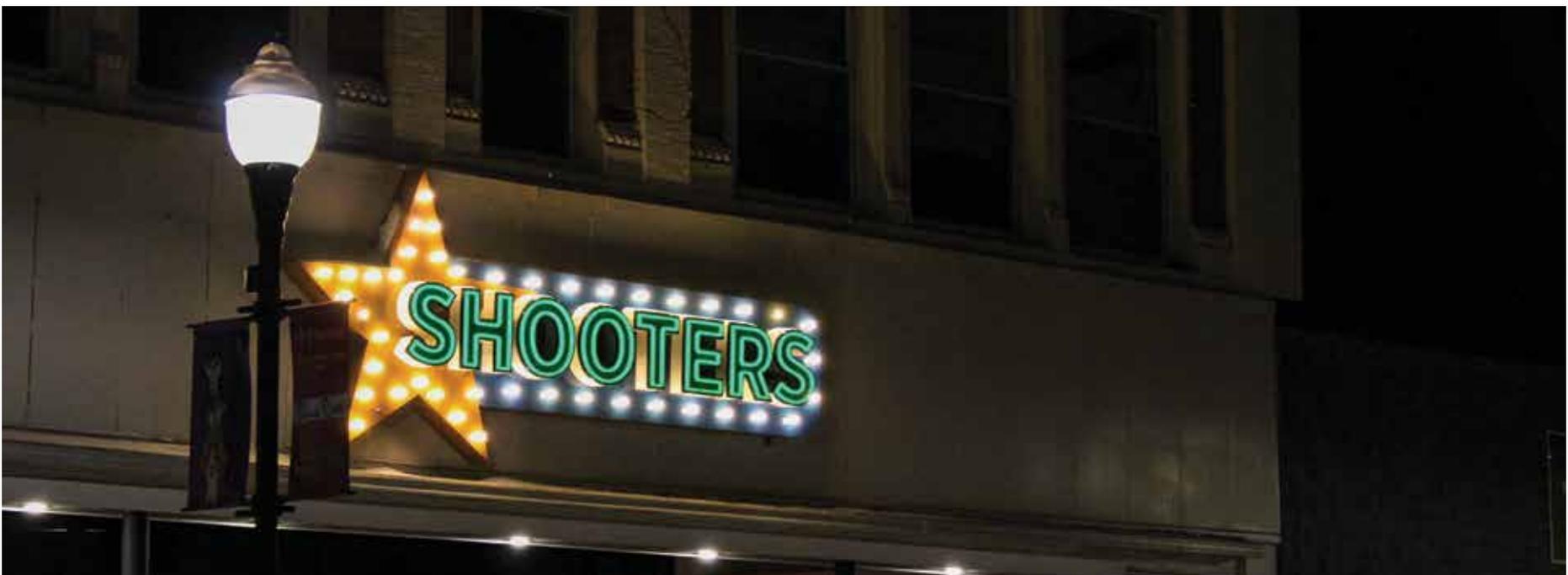


Photo by: Marianna Searl | Freelance Photographer

Shooters is located downtown in Big Rapids and is one of the major college bars.

# Horoscopes

Marissa Russell  
Lifestyles Editor



**Aquarius: Jan. 20-Feb. 18**

This month you should have advancements in your professional life.



**Pisces: Feb. 19-March 20**

Life and the universe always favors you. Share your luck with others by doing nice for the people around you.



**Aries: March 21-April 19**

Your efforts on the front have paid off. Try taking a step out of your comfort zone and make into something new.



**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 what 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 they should be allowed to mess up every once in a while.



## Students talk about the impact the most recent grant has had on their financial lives



Jeremy Wolfe  
Freelance Reporter

For the last two semesters, Ferris has offered the HEERF COVID-19 relief fund to students in an attempt to help lessen the financial burden of COVID-19 and get people's affairs sorted without the extra stress.

This is a \$1,000 grant that does not need to be paid back, and it can be received as early as the Friday of the week it was applied for. The only catch is that potential recipients need to be full-time students with at least 12 credit hours in a semester to apply. The grant has been open for the entire school year, and students can apply for it twice, once per semester. For some, it can be a major source of relief for their education.

"College is expensive and COVID has messed up my college plans," digital animation and game design senior Kieran Starr said. "The extra money has helped to cover some college expenses."

Starr has been going to school remotely, due to the spread of COVID-19, but tuition has still been a burden for him. After hearing about the grant from friends, he found it to be accessible and helpful in dealing with said issues.

For him, the grant is a good opportunity for everyone, regardless of their status.

"It's no secret that COVID has absolutely screwed a lot of people over, and at this point, I think the more help people can get in these trying times, the better," Starr said. "Sure, the grant isn't a lot of money, but every little bit helps."

However, it isn't just tuition that needs to be paid while going to school. Housing is another major financial burden, and, in many cases, the more expensive of the two. Given that Ferris is returning to in-person classes, many who were experiencing a lighter cost of education in the past year have suddenly had to deal with an extra \$5,000-\$6,000 needing to be paid again.

Ivan Flores, a junior at Ferris, was originally living off-campus for the majority of the second semester of his sophomore year because of his online schedule. He lives in Illinois, making the commute impossible, and the ability to work without paying for housing was too good to ignore.

With this return to campus, he feels that many will need to utilize the grant in order to get some relief as things return to some form of normal.

The grant's accessibility was something important for him, and it pushed him into applying.

"For me, I used around \$800 of the \$1000 to help towards housing costs," Flores said. "Anything else went to family costs."

This focus on housing is important, given Ferris' tendency to have housing be the majority of the fee for attending. With needing a place to stay, the grant seems to be covering people on this front in some capacity, potentially paying up to around a fifth of the overall cost of living in a dorm or campus suite and giving peace of mind.

"There wasn't a lengthy application process, and it seemed as if there were very little prerequisites," Flores said. "I think the grant will help many students if it stays for the rest of the pandemic."

However, not all the grant money has been used for specifically college. Some students, like sophomore Jacob Roth, have mostly gotten it for the purposes of having extra money in the bank to use in case of emergencies, or for other items like groceries and necessities.

\$1,000 can cover a lot of ground in this area, and he feels that it makes sense, given his financial situation.

"I did apply last year because my friends kind of just told me I should," Roth said. "I didn't really encounter any difficulties."

For Roth, he expects many students to use it for mostly educational purposes, though he can see why others would use it for different reasons, like himself. The open-ended nature of the money leaves it to be used in many situations. Given how easy he found it to sign up, he thinks it will be efficient for those that either need or just want the money.

"I do think the grant will help students with their financial situations, due to being out of a job," Roth said. "It could also help families who have more serious symptoms of COVID pay for treatment if they need to."

# SPORTS

Brody Keiser | Sports Editor | keiserb1@ferris.edu

## Both tennis teams sweep weekend



Photo by Brandon Wirth | Sports Reporter

Josh McDermott capped off a 10-5 victory for Ferris against Walsh on Feb. 18.

**Joe Nagy**  
Sports Reporter

The men and women's tennis teams both picked up two match victories over the weekend.

The men's team won 5-2 against Walsh and then 5-0 against Hillsdale. The women's team won 4-3 against Walsh and 5-2 against Hillsdale.

### Men's Friday, Feb. 18 vs. Walsh

The men's team bested Walsh University in the opening match on their home courts this season.

Ferris had a great start to the weekend on Friday, with convincing performances across the board. Starting with a clean sweep in the doubles competitions, the success carried over to the singles competitions.

Mathis Guerre and Jan Koupil battled from start to finish against a seasoned Walsh pairing. They struggled with some returns late in the set, but a well-placed serve by Guerre sealed the deal at 7-6.

"All teams that Mathis and I have played during the beginning of season have been very good," Koupil said. "Playing one set of doubles goes by very fast, and a couple of key points can decide the outcome of the match."

Finishing right before them was junior Yannic Alexander Mader and senior Ayush Deswal. With a final of 6-4, this pairing maintained a strong offensive attack, which forced several out of bounds returns.

Senior Josh McDermott and sophomore Benjamin Lortie rounded out the final pairings. Their 6-0 performance gave the team a great start to open season play at home.

"I was very impressed with the start we got in doubles," Head Coach Mark Doren said. "Our pairings moved together very well on the court."

In singles action, Guerre took to court one and fell short 7-5 and 6-3 to Jakob Riegowski.

On court two, Mader went the distance with Luis Hernandez. He would ultimately fall 7-5 in the third set.

He took Saturday as a chance to learn and improve from his mistakes.

"I wasn't too happy with my return on Friday, so I went through different positions and approaches for the return," Mader

said. "I also noticed that I was a little slower on my feet during rallies, therefore I was trying to keep my feet active and be ready for the next ball, rather than wait for it."

Koupil got the Bulldogs back on track by mustering up two decisive set wins, 6-2 and 6-0. Koupil controlled the game by keeping the Walsh defender on his toes after the serves.

Lortie spear headed the bottom three for the Bulldogs in Friday's regional match. He beat his opponent 6-1 and 6-2, picking up a crucial point to help the team.

Alessandro Santangelo came out swinging in his first six sets. But despite his decisive first half, Pedro Campos of Walsh made Santangelo work a little harder for the second one, with a 6-4 win.

McDermott sealed the deal for the men's squad after flipping the first two sets. The senior capped off the matches with a 10-5 victory.

"They all know their success contributes to the team's success, and that was very true with the bottom of our lineup playing very strong," Doren said.

### Men's Sunday, Feb. 20 vs. Hillsdale

On Sunday, the Bulldogs stayed perfect on the season.

Due to a diminished Hillsdale squad, some Bulldogs weren't able to see any action.

Once again, Guerre and Koupil secured a point for the Bulldogs, defeating the Charger duo 6-3.

Out of the last two double's pairs, only one saw action. McDermott and Lortie took to court two. They finished their opening match with a convincing 6-2 score. Mader and Deswal fell victim to the depleted Hillsdale roster, not seeing any action in doubles.

In singles play, Hillsdale only had five players. McDermott won by default, since he faced no opponent, and Santangelo's match went unfinished.

For the Bulldogs that did see action, Guerre started the singles action with an impressive pair of 6-2 and 6-0 wins.

Mader couldn't finish his match because Ferris clinched the match mid set, thanks to Lortie. Lortie won in two sets, finishing 6-1 and 6-0.

Despite not finishing his match, Mader was pleased with his improvements.

"Another goal of mine was to keep my return rate high as well," Mader said. "I struggled with returns on Friday and gave a lot of free points to the opponent, which I did not want to repeat on Sunday."

"Hillsdale was down a couple players due to injury, but that didn't keep Ferris from staying focused on the plan and executing extremely well," Doren said.

The Bulldogs will stay in Big Rapids for one more weekend, as they host Grace College on Sunday, Feb. 27, at 10 a.m. Then they will prepare to travel to Orlando, Florida.

### Women's Friday, Feb. 18 vs. Walsh

It was a hard-fought victory for the Bulldogs on Friday night against Walsh, as they came out with the win 4-3 in the regional matchup.

The Bulldogs got off to a rough start in doubles competition, as they dropped two out of three games. Parker Nolan and Agata Klak won their doubles matchup in the Bulldog's sole win in doubles competition with a 6-2 victory.

It was a very good day in singles competition for the Bulldogs, with four wins to secure the victory. Sophie Daavettilla and Nolan both won their matches in two sets. Klak and Patricia Gomez both had hard fought victories in three sets.

A great performance by Gomez led to the win for the Bulldogs, as she won her match to seal the victory.

"I feel amazing," Gomez said in regard to her game winning match. "It was a great feeling [to win] the last point for the team. I could not have done it without the support of my team, of course."

After a tough week-end of back-to back losses, the Bulldog's win on Friday gave them the momentum and confidence to move forward. This is especially important because GLIAC play begins March 19.

"It was big to get a win over a regional opponent," Doren said. "Overall, its huge just for the confidence going forward. We schedule these just for regional rankings, but really it's just practice to get ready for the GLIACs that start in a month in a half, and that's what's going to be most important."

### Women's Sunday, Feb. 20 vs. Hillsdale

After a day of rest, the Bulldogs took to the court again on Sunday for a dual match

against the Hillsdale Chargers. Ferris rode the momentum and picked up their second win of the weekend by a final of 5-2.

Ferris began the day with two crucial victories in doubles play to take the match's first point. The opening match consisted of a 6-4 win for Daavettilla & Sam Stephenson, followed by a 6-2 setback in the battle of twos. The deciding third matchup resulted in a 10-point shootout, which ultimately fell in Ferris' favor for Gomez and Brittany Lavenant.

"Friday was our first time losing the doubles point in 18 consecutive matches," Klak said. "Going into Sunday, we knew it was important keeping the energy high and having a short-term memory when mistakes were made."

In the following singles matches, the Bulldogs rode the doubles momentum into a pair of two set victories for Daavettilla (6-1, 6-2) and Klak (6-3, 6-4). The next four matches would require three sets to settle the scores.

While the Chargers would take the third matchup, Lavenant sealed the Bulldog victory in game four with a 4-6, 6-3 and 6-1 comeback win. Gomez would later add an insurance victory in three sets, giving the Bulldogs their third victory on the season.

"It feels great," Doren said on the weekend victories. "I think following last week-end's losses against other GMAC teams, we thought it was pretty imperative for regional rankings in the future to get two wins against different GMAC opponents."

Ferris has started off the season hot inside the Racquet Center, winning their first three home matches of the 2022 campaign. While the Bulldogs have started slow on the road, Doren believes the team's upcoming trip to Orlando and the outdoor play will bring a helpful experience.

"Outdoor tennis is a lot slower," Doren said. "We're used to faster courts and faster points [indoors]. We are going down there to play some of the best teams in the country and get some outdoor matches in."

Ferris tennis will return home in 24 days to take on rival Grand Valley State in the March 19 conference opener. To follow the Bulldogs, visit the "Women's Tennis" tab at [www.ferrisstatebulldogs.com](http://www.ferrisstatebulldogs.com).

Sports reporters Brandon Wirth and Jeffery Walker contributed to this article.

# Bulldogs winless vs Michigan Tech

Dylan Rider  
Sports Reporter

Despite playing back-to-back overtime games, Ferris came away winless from their series against Michigan Tech on Friday, Feb. 18, and Saturday, Feb. 19.

The weekend began with a 3 - 2 loss in overtime against the #14th nationally ranked Huskies.

"I thought the score was very indicative of the game," head coach Bob Daniels said. "It was a very tightly fought, very close game. There was never more than a one goal differential. I was really proud though."

Sophomore goaltender Logan Stein started in goals for the Bulldogs. The Huskies started the scoring 14 minutes into the first period. Just under 30 seconds later, junior defenseman Blake Evennou answered with a Bulldog goal, tying the game at 1-1.

In the second period, the Huskies scored to take a one goal lead under two minutes in.

Seven minutes into the third period, senior forward Marshall Moise threw the puck in front of the net, where it ricocheted off of a Michigan Tech goaltender's skate and slid in, tying the game at two. Moise's goal forced an overtime period.

The Huskies dominated overtime and ended it with a shot past Stein, downing the Bulldogs at 3 - 2.

### Final stats from the game:

**Blake Evennou, 3rd goal of the season**  
**Marshall Moise, 10th goal of the season**  
**Logan Stein's save percentage: 92.3%**  
**(36/39 saved)**  
**Shots: Michigan Tech 39, Ferris 28**  
**Power Play: 0 - 4**  
**Penalty kill: 5 - 5**

"I thought we were better in the defensive zone than we've been in a while," Daniels said. "Michigan Tech has a lot of good offensive players. I thought we did a fairly good job of not giving up too many point-blank shots. Scoring chances probably on the night were pretty even. Where they're really dangerous, and I think we have to see some improvement, is on our forecheck and on the line rushes against. I thought we got fortunate. Some of their best chances came off line rushes for them."

The Bulldogs looked to split the series against Michigan Tech the next night on senior night. Again, the game went into overtime before ending in a 5 - 5 tie following the shootout.

Daniels opted to give Stein a rest after he faced a bout of the flu the week before. Instead, he started freshman goaltender Noah Giesbrecht. Daniels added that he believed the team got all they could get out of Stein in the first game and had concerns about starting him in back-to-back games after being that sick.

Freshman forward Bradley Marek tipped a shot past the Huskie's goaltender to open the scoring for the Bulldogs on a 5-on-3 power play.

Three minutes after the Bulldog goal, Michigan Tech answered back to tie the game at one. A few minutes after the Huskies' goal, penalties on both teams led to some 4-on-4 hockey. The Huskies picked up another goal and took the lead, 2 - 1.

With six minutes left in the period, the Bulldogs went to work. A scramble in front of the net led to freshman defenseman Zach Faremouth chipping a puck past the Huskies goaltender to tie the game. A minute later, sophomore forward Jacob Dirks slid the puck to the front of the net, where it bounced off the goaltender's skate for a

Bulldog lead.

The Bulldogs extended their lead eight minutes into the second period. A shot from sophomore forward Mitch Deelstra inched behind the Huskie's goaltender and freshman forward Kaleb Ergang finished the job by tapping it in for a 4 - 2 lead.

Halfway into the third, the puck sailed into the air and fell behind Giesbrecht for a goal. Ferris took a penalty on the play, and their kill came up short 30 seconds later. The Huskies converted on the power play to tie the game at four.

Five minutes later, the Bulldogs went on the penalty kill again. Faremouth swatted at a blocked shot and potted a shorthanded goal for his second goal of the night. On the same power play, the Huskies took advantage of the time they had left and scored to tie the game at 5 - 5, forcing overtime.

Neither team scored in overtime and the game progressed to a shootout. The only Bulldog to score in the shootout was sophomore forward Stepan Pokorny. Pokorny tied the shootout in the second round and forced sudden death.

No Bulldog scored in the sudden death shootout, which was decided by a single Michigan Tech goal. Although Ferris lost in the shootout, the game was recorded as a tie.

Daniels appreciated that 2,495 fans showed support in their final home game.

"The fans mean a great deal," Daniels said. "It's a far cry from where we were at this time [last] year, where we had limited capacity. It's such a difference."

### Final stats from the game:

**Bradley Marek, 7th of the season**  
**Zach Faremouth, 2nd and 3rd of the season.**  
**Jacob Dirks, 3rd of the season**



Photo by Dylan Rider | Sports Reporter

Liam MacDougall skates for a puck during Ferris's tie against Michigan Tech Feb. 19.

**Kaleb Ergang, 3rd of the season**  
**Noah Giesbrecht's save percentage: 87.5% (35/40 saved)**  
**Shots: Michigan Tech 40, Ferris 30**  
**Power play: 1 - 3**  
**Penalty kill: 3 - 5**

The Bulldogs will be on the road next weekend against the Northern Michigan Wildcats in their final regular season series.

# Mardi Gras Skate

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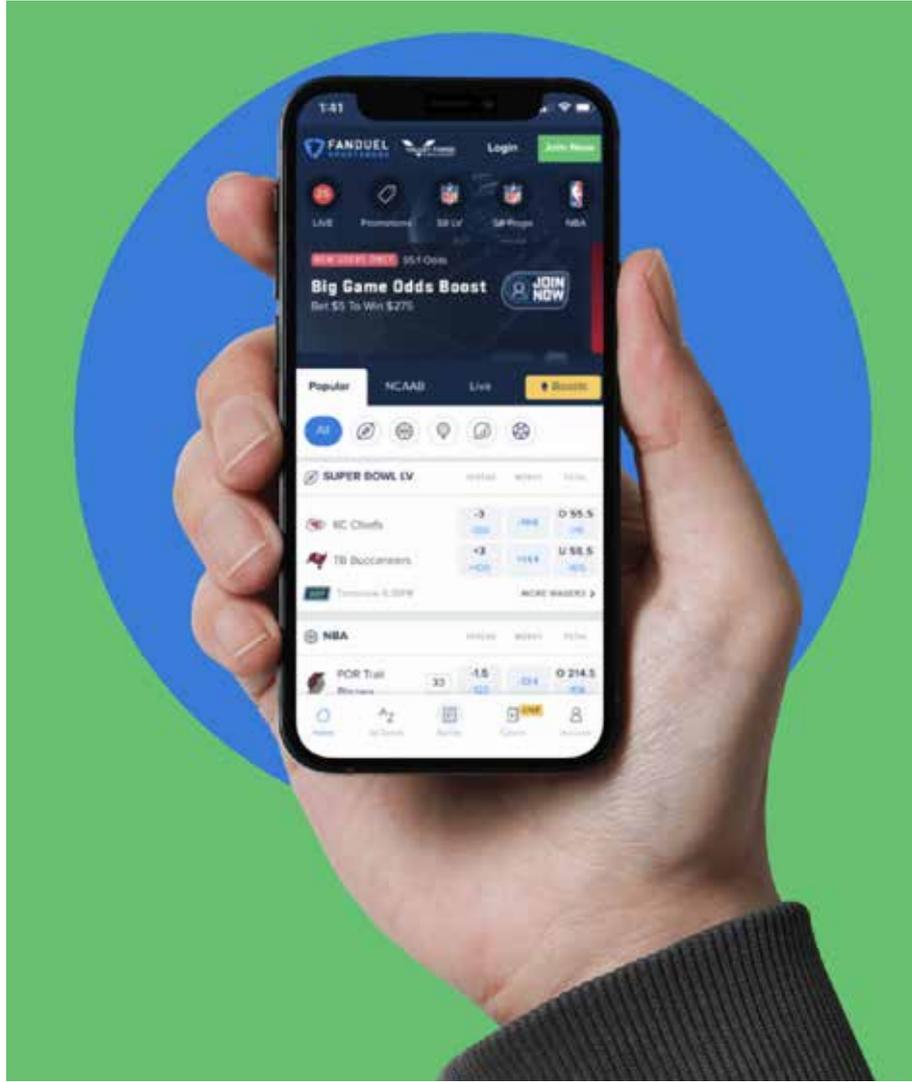


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# Ferris students betting on sports

## Students using sports betting for extra cash



**Jeffery Walker**  
Sports Reporter

Sports betting has become increasingly popular over the past few years with the emergence of online betting. There are multiple websites for betting, with MGM, Fanduel and Draftkings being some of the biggest Sportsbooks today. Sports betting can also be done in-person in casinos.

"It's not fun when eight people are yelling about a bet and you're just sitting there," Joseph Stout, junior, said. "It just makes the game itself more fun. Even if it's a game you don't care about you have something to like root for."

Some sports betting sites require you to be 21 years of age, but there are also sites there that allow people to bet if they are 18 and over.

"I am under 21," Darron Trevino, a student at Ferris, said. "I have to use a site called Prize Picks because the bigger sites require you to be 21, and I still want to bet because I enjoy betting on my favorite teams."

Sports betting offers different options for betting across many sports. There are straight bets, which involve betting on one game at a time. Parlays involve betting on multiple games at a time in one single bet. In parlays, all games in the parlay must be correct in order to win the bet.

"I usually build my own parlays," Trevino said. "Parlays give me the freedom to choose multiple games or multiple players' stats, and I can win more money off parlays,

so that's what I choose to play."

Bets can also be placed on individual players and the stats they might get in the game in a straight bet or bet on multiple players' stats in a parlay. There are options to bet on what you think will happen in a game as well.

"If there's a really good parlay out there, I will do a parlay but I really think I like to do player betting because I think it's a tad bit easier to predict which players are going to do better depending on what defenses they're going against," Noah Bathrick, a senior studying Sports Communication, said.

In sports betting, the odds play a huge part because it indicates what games, players or stats to bet on. The higher the odds of a bet, the more money that can be made if the bet is won, but higher odds also decrease the likelihood of winning the bet. The lower the odds, the more likely the bet will win, but at a smaller payout.

Bathrick said he participates in betting "just to make more money."

There are a wide range of sports to choose from when deciding where to place one's bets, which gives betters multiple ways to bet and win.

"Parlays all the way. Go big or go home. It usually depends on if there's a large event going on, like the Super Bowl or the NBA All Star game." Stout said about what he bets on.

With sports betting continuing to grow and gain more popularity, more people may be more inclined to start participating in sports betting to win some extra cash.

Graphic by Sienna Parmelee.



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