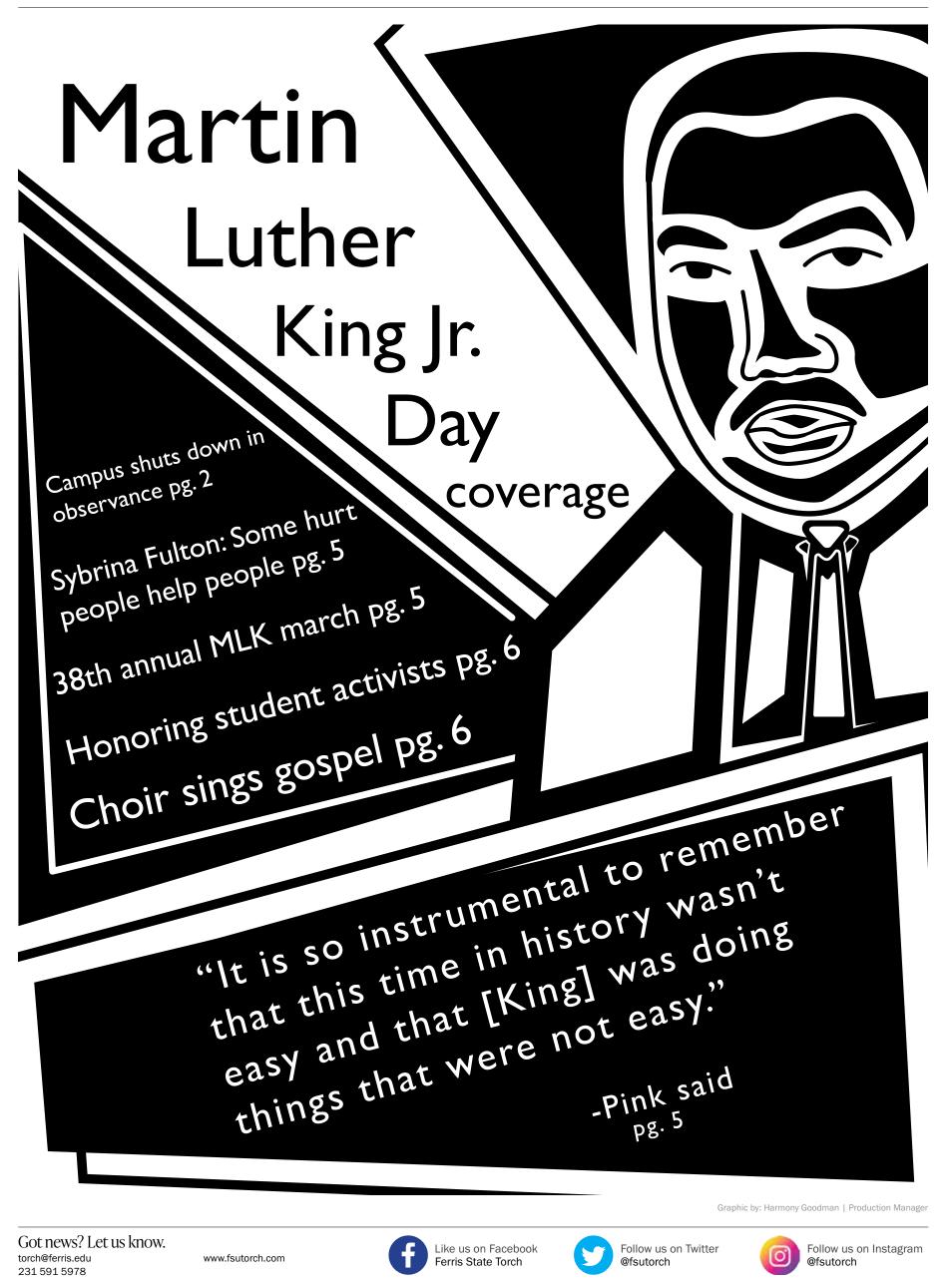
The Ferris State Torch

92 YEARS OF ILLUMINATING THE TRUTH

Big Rapids, Michigan

Week of Jan. 24 - Jan. 31

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News

Ferris State Torch

INCOMPANY Ember St. Amour | News Editor | stamoue@ferris.edu

Campus shuts down in observance

Students and faculty get a day of reflection

Tate Zellman News Reporter

For the first time, Ferris canceled all in-person and online classes on Monday, Jan. 15, giving everyone the opportunity to celebrate Martin Luther King Jr. Day.

While the Martin Luther King Jr. Day celebration has been a part of the university for decades, with events held such as an annual march, this year the university decided to do things differently.

Instead of the tradition of doing events on the holiday to celebrate, they were spread out throughout the week, so students could reflect on the importance of the holiday, without being interrupted.

University president Dr. Bill Pink spoke on what Martin Luther King Jr. Day meant to him as a person of color.

"MLK Day reminds me that there are people throughout history who have stood up for others in the midst of adversity and opposition," Pink said. "I have to believe that our founder Woodbridge Ferris and his wife Helen did this in the late 1800s, when it wasn't a popular message of education for everyone regardless of skin color, gender etc. Dr King's message was strong, and eventually cost him his life. What an incredible example!" In addition to telling why the holiday is a significant day to him, Pink also gave his personal preference as to why it's important for the university to be taking the day off.

"The life of Dr. Martin Luther King Jr. and his impact to our country are recognized by taking a pause every January to remember and celebrate," Pink said. "I am honored to be the president of Ferris State during the time period when the institution moved toward this new level of recognition."

Despite most colleges and universities taking off the day, there are still some across the country that don't. Maggie Walcott, the administrative assistant of the president's office, gave her input on why universities that don't take off Martin Luther King Jr. Day should take it into consideration.

"I would love to see a subtle shift in the focus of this day," Walcott said. "Yes – we absolutely need to use it to talk about Dr. King's history and civil rights, but I think we also need to remember to use it to uplift local communities with a 'Day On' of service, versus just a day off."

Public relations junior Braden Gebbink gave his intake on what Martin Luther King Jr. Day meant to him from a student perspective since he took a family trip to see Dr. King's motel room in Memphis and visited the area where he was shot and killed, making him feel more connected to the holiday.

"He's a man who put in a lot of hard work and time to make sure people are treated kindly and with fairness," Gebbink said. "A day to appreciate and be thankful for everyone who stands up for what's right and makes the world a better place."

Throughout the week a few events were held on campus to celebrate. On Tuesday, a student-led choir performance took place at David L. Eisler Center 202B/C. On Wednesday, the university had its Annual MLK March, and Sybrina Fulton, mother of Trayvon Martin, a 17-year-old African American teenager who was shot in 2012, came to the university and gave powerful messages of activism. And finally, on Thursday the Diversity, Inclusion and Strategic Initiatives organized a Black History Month Trivia Night at DEC 202C to recognize Martin Luther King Jr., Black History, Ferris Activism and Social Justice.

Ferris State University will continue to celebrate Martin Luther King Jr. Day by having all in-person and online classes cancelled for Monday, Jan. 20, 2025.



President Bill Pink, who made the decision to close for the holiday.

Several positions in SGA open up



Ember St. Amour News Editor

The Student Government Association announced that they are having their third change in presidency since last January.

The announcement came on Jan. 16 from Interim President of SGA and information security and intelligence senior Cale Herzenstiel. He held the position as consigliere, what put him third in line for president. With neither the president, nor vice president at the meeting, Herzenstiel stepped up to the plate. "Moving into new business, first thing I mentioned is that we will be working on a presidential election," Herzenstiel said. "We don't have the details just yet. But we're going to be possibly putting that out there. Maybe a month, or a couple of weeks. We will work out the details, acquire more information, next meeting, but at least want to let everyone know just so you're aware, so that we want to think about it or just put it out."

an email explaining the current situation of SGA.

"A few days ago, we received resignation letters from President Andrews and Director of Philanthropy Lagreca," Herzenstiel wrote. "These two positions need to be filled along with other notable open positions within SGA such as press secretary and consigliere."

Economics and finance sophomore Pedro Saltini was previously when the election is finalized.

"[What] I plan on doing is working in more partnership with Ferris if I'm elected as a president," Saltini said. "Today, I don't feel that student government attend the demands for all the groups on campus. I want to make it clear that you student government welcomes everybody on campus to collaborate for a better environment inside our community. And

Photo credit: Brianna Wichman I Freelance Photographer

From Left: Niko Lagreca, Sara Young, Cale Herzenstiel listening to the public.

On Friday, Herzenstiel sent out

on SGA at the beginning of the academic year as press secretary before deciding to step down the position after being there for three months.

"I think student government is going through a lot of different moments," Saltini said. "And different perspectives. I mean, it's different, having a president resigning position. So more than ever, I think the students should get together and make the best decision that is going to make our campus move forward. I think it's time for us to expect something better from our student government."

Saltini explained that he wants to run for the position of president

I think we don't we don't have this today."

Herzenstiel further explained that while the president is voted on by the student body, the other positions are filled by who the president appoints. Anyone who is interested in these positions, however, can reach out to Herzenstiel.

SGA meets every Tuesday in the Founders room located in the David L. Eisler Center at 6:30 p.m. The meetings are open to anyone who would like to attend.

The former President, Dylan Andrews, was unable to be reached by the Torch at the time of this article. News Ferris State Torch

A tale of two winters

Digging into the scientific explanation for an everchanging winter



A snowy car mirror on a drive in downtown Big Rapids.

Nate Mathewson News Reporter

Ferris State University students saw their campus transform from gray to white in an instant thanks to exceptional weather events.

Big Rapids was hit with the biggest storm of the winter this past week, but it comes on the heels of an otherwise decidedly gray season. The cause of the weather patterns witnessed this winter can be explained by an intense interaction in our atmosphere.

Previous to the winter storm which began on Jan. 9, Big Rapids had accumulated very little snow. According to the National Weather Service, Big Rapids only saw 6.3 inches of snow, much less than the average 22.4 inches of snowfall to that point in the year.

"I felt like I didn't see a snowflake the whole month of December," cybersecurity master's student Nick Panoff said. "It didn't feel like a normal Michigan winter until now."

Big Rapids was on pace to set a record low for snowfall this winter prior to Jan. 9. As of now, our snowfall accumulation has been brought five inches over the annual average for this time of year.

"El Nino tangos with the polar vortex."

The reason for this seemingly erratic atmospheric behavior has its origin thousands of miles away, a phenomenon called El Nino.

Professor of geography, Dr. Jennifer Johnson explains that El Niño is an event in which the equatorial trade winds blow warm water towards the western coast of South America.

"When it gets to be a really strong event, [warm water] can spread all the way up the coast of Central America and really all the way up the coast of the US," Johnson said. "[This year] is actually a pretty intense El Nino.

This warm surface water heats the atmosphere in turn, meaning the western United States experiences a warmer and wetter winter than usual. This weather extends to us by virtue of the jet stream. This is an easterly wind that blows along the border of cold polar air and warm southern air across North America.

Conversely, a mass of cold air is constantly kept in check by a westerly wind called the polar vortex. "[Polar vortex winds] are strongest when you have the greatest contrast in temperature between the arctic and the warmer tropical oceans," Johnson said. "That boundary is where all of our winter storms form. They are formed by a collision between warm and cold air."

What Big Rapids experienced on

Jan. 9 was that boundary shifting south. Ferris State was caught in the crossfire of warmer than usual air colliding with the polar vortex to produce 25.5 inches of accumulated snowfall over a six-day span from Jan. 9 to Jan. 14.

The reason for our lack of snow at the beginning of the winter, Johnson explains, is that "El Nino was influencing the Jet Stream in a way that was keeping us stormfree."

"El Nino tangos with the polar vortex." Johnson said. That is the short answer to the question of an odd winter for Big Rapids.

Climate change also influences these storms and contributes to some of the extreme weather.

"The problem under climate change is that the arctic is warming ... One of the things that can happen when the arctic is warmer than it should be, is that the temperature difference isn't as big as it should be," Johnson said, "This

.

makes the polar vortex weaker and more likely to let arctic air invade the US."

Johnson further explained that if there's an increase in polar vortex events, there's colder winters.

Staying current with weather and climate predictions can make preparing for winters like this one a bit easier. With the upward trajectory of global warming, consulting a trusted source like the National Weather Service for information on polar vortex events may prove useful.

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ON THE RECORD

Ember St. Amour News Editor

Unknown texter

Jan. 14, 2:00 p.m. - Officers responded to a call about someone recieving texts from an unknown male. The texts were inappropriate and made the complaintant uncomfortable. The case was closed due to lack of leads.

Weed phantom of Cramer Hall

Jan. 16, 7:30 p.m. - Officers responded to Cramer Hall after receiving reports of a marijuana odor. While the general area was known, the case was closed due to lack of leads.

Fight club

Jan. 18, 7:00 p.m. - Officers were called to McNerney Hall after receiving a report of roommates not getting along. Their friends were then involved in the argument, which escalated into a fight. The person who initiated the fight was arrested. Their court date is pending.

Sick and twisted

Jan. 18, 10:50 p.m. - Officers were handling a different case in North Hall when a student walked past them with a box under their hoodie. Officers saw the box, and after investigating, discovered that the box was filled with Twisted Teas. The student was underage. The case went to the Office of Student Conduct.

How much is too much?

Big Rapids dispensaries continue to open and close



Photo credit: Jordan Wilson | Multimedia Editor

Kourtney Fairchild News Reporter

In 2023, five dispensaries in Big Rapids closed and two more opened for a total of 15 in the 4.5mile city.

Big Rapids currently does not have a cap on how many active dispensary licenses are available in the city.

Dispensaries, also known as provisioning centers, are defined as storefronts that sell cannabis products. What products they sell depends on the location, but they generally sell flower, vapes, concentrates and edibles or drinkables.

Justin Vance, 46, of Hersey frequents many of the dispensaries in Big Rapids.

Vance has been to many of the dispensaries that have closed in the area and says prices are a big reason why he thinks they've closed.

"They weren't competitive enough," Vance said, "I think everything is so cutthroat and the margins are so thin that there's no room for mistakes."

When choosing a dispensary, Vance said there are many things he looks for. These include prices, available brands and the environment.

Vance mainly uses these products for medicinal purposes and has a medical marijuana card. Many of the dispensaries in Big Rapids and surrounding areas have stopped selling medicinal cannabis products and only offer recreational products and prices.

Timber Cannabis Co. opened in December of 2021 and is one of the longest lasting dispensaries in the area.

Chivonne Rush, 43, has been the marketing manager for all Timber locations since before the storefront in Big Rapids opened.

Rush thinks there are many factors that have contributed to Timber's success in Big Rapids which include giving back to their community, knowledgeable budtenders and their loyalty program.

"We're always striving to provide the community with the highest quality products at a fair price," Rush said.

According to Rush, the business has continued to grow since their opening and they currently get about 50 customers per day.

Economics professor Tyler Watts said the number of dispensaries opening and closing in the area is typical for newer industries.

"Ultimately you're going to see the companies that have the lowest cost and the best marketing grow," Watts said, "Competitors will either get bought and merge into those larger, more successful companies or they'll just fail and that's very normal."

Watts thinks the overall economic impact of legalizing marijuana and the large number of dispensaries in small areas will be negative.

"The taxes and jobs and all the upsides are easy to see, but the downsides are significant and harder to see," Watts said.

From cannabis sales in 2022, Big Rapids and Mecosta County each received almost \$900,000 in tax revenue. This number is projected to be even higher for 2023.

MICHIGAN NEWS UPDATE

Timber Cannabis, located across the street from Ferris' main entrance.

Ember St. Amour News Editor

Michigan: The US Department of Defense announced Friday that they plan to install two groundwater treatments at a former US Military

The US Department of Defense announced back in August that they planned on installing two treatments, which brings the total planned for the base up to four.

U.S. Rep. Elissa Slotkin's commented on the plans.

NEWS UPDATE

Ember St. Amour News Editor

Cameroon: The first routine vaccine program against malaria was given in Cameroon on Monday.

The vaccine is free to children



base.

The plans come as the department hopes to prevent the spread of perfluoroalkyl and polyfluoroalkyl chemicals from the water at the base, according to the Detroit News. These chemicals don't break down and are known as forever chemicals.

The treatments would stop the spread of these chemicals to Clark's Marsh Wildlife Area and the Au Sable River. Due to the risk of these chemicals, members of these communities were warned not to eat any wildlife in the area and to avoid contact with surface water, including shoreline foam.

This announcement is a mile-

stone moment for Oscoda and its surrounding communities," Slotkin said in a news release. "I will continue to urge the Pentagon to swiftly implement these measures and to address other instances of PFAS contaminations at installations in Michigan and across the country." In addition to the chemicals near

the Michigan base, the pentagon has documented at least 385 bases that are contaminated. The cause is mainly from foam firefighters use during their training.

up to six months according to BBC News. There are around 600,000 tection deaths a year from malaria in Africa, with children making up 80% of those deaths. Those in 42 of the high-risk places for mortality rates will have the option to vaccinate their children who are six months old with the four doses happening between now and when they turn two

The vaccine has a total of four doses and will be given out at the same time of other vaccines. Those who get the vaccine are also encouraged to continue to use mosquito nets and use malaria tablets, as a study estimated that using all three can give children a 90%

rate. "We have a capacity to considerably reduce the number of cases and deaths from malaria and accelerate the elimination of the disease," Dr. Shalom Ndoula said in a statement. While the demand for the vaccine is high, there are a limited amount that can be given out this year. This

amount is roughly 18 million. There

is a second jab that is anticipated to

come out and increase the number

of doses that can be used.

Ferris State Torch

Culture

Giuliana Denicolo | Culture Editor | denicog@ferris.edu

Sybrina Fulton: Some hurt people help people

Trayvon Martin's mother speaks on turning pain into activism

Jessica Oakes Editor in Chief

Single-digit temperatures weren't enough to keep a diverse crowd of the Ferris community from BUS-111, where activist Sybrina Fulton came to share her story and wisdom.

Fulton's life changed in 2012 when her 17-year-old son, Trayvon Martin, was shot and killed by neighborhood watch volunteer George Zimmerman. Martin was unarmed. One year later, a jury found Zimmerman not guilty.

Martin's murder and Zimmerman's acquittal sparked the Black Lives Matter movement and sent Fulton into a life dedicated to racial equality and gun reform.

"When my son got shot down, I stood up," Fulton said.

She's still her

Students, staff and alumni gathered to hear Fulton last Wednesday. The room was quick to ask the Miami resident how Michigan winter was treating her.

"Do you really want to know?" Fulton responded.

The crowd laughed together. This began a night of community, learning and respect for one another.

"We have gotten to a country now that everybody is being cancelled," Fulton said. "Everybody is being hated on. We have to change that. We have to get back

another. I believe that's the only reform. That's the only amendment... Police officers need to respect young people. Young people need to respect police officers. The teachers need to respect the presidents and presidents need to respect the young people."

to the old school, respecting one

One student had the chance to interview Fulton before the event opened to questions. This was forensic psychology senior and proud member of Delta Sigma Theta Inc. Imari Carl. Carl was both excited and nervous to interview her fellow soror.

"[Fulton] was really nice about it before the interview," Carl said. "She told me [to] just be calm. She's a regular person. Yes, she has status, but she's still her."

This was the environment that Fulton helped create last week. While she is a published author. non-profit organization co-founder and human being who has endured undeniable personal trauma, yet she still works to connect with people whose lives look different than hers.

Several audience members thanked Fulton for speaking and remarked that they, too, are parents of sons. They saw Martin in their own children.

Fulton also encouraged the audience to connect with one another, having everyone in attendance greet those they were sitting by. To her, creating a more just world starts locally. It starts with those right next to us.

"When my son got shot down, I stood up."

A painful narrative

"It's very important to heal from certain traumatic experiences in your life," Fulton said. "People always say, 'hurt people hurt people,' but some hurt people help people. So, we have to change the narrative."

When asked by the Torch how she knows if someone from the media wants to tell her and her son's story in an honest and respectful way, Fulton said that nobody truly can. She believes that nobody besides herself can tell her own story because they lack her experience. She is now working on writing the book on Martin's life herself.

Fulton lives a busy life between writing, speaking and working with groups like her own Circle of Mothers, a place for women who lost their children to gun violence. She still keeps space in her life to step away and focus on her personal well-being.

"I try to balance my life by making sure when I come out and speak, I look at it as work," Fulton said. "When I go home, that's my time to unwind. That's my time to



Photo by: Jordan Wilson | Multimedia Editor

Student Imari Carl interviews guest speaker Sybrina Fulton.

go to the spa, to go shopping, to go eat seafood and whatever I enjoy doing."

Fulton is deeply familiar with balance. She is a person who endured extreme trauma at the hands of one man as well as the American justice system. Still, she remembers all of the good things she has been provided with in life.

"I really don't focus on the negative, and that's a lot of times what people do," Fulton said. "When I first created my social media page, I said on my page, count your blessings and not your problems... A lot of times we overlook the things that we should be grateful for. I just look at things in a different manner. I have not always looked at things differently, but I look at things differently now."

Fulton's resilience resonated with the crowd. One audience member felt particularly moved, encouraging the young people in the room to look to Fulton for inspiration. Business professor and co-owner of the local Fatty C's restaurant Kasey Thompson stood up during audience questions to express a rallying sentiment.

"This is the champion. This is the standard," Thompson said. "You want to aspire to what you all are looking at right now."

CONT. ON PG. 6

38th annual MLK march "We're going to march today in peace," Bill Pink said



Brook Blausey Culture Reporter

Students, faculty and alumni braced below-freezing temperatures to participate in Ferris' annual Martin Luther King Jr. Day march around campus.

The Office of Multicultural Student Services has planned the march every year for over 30 years. This year's march had over 50 participants and picked up participants along the route. The march took place on Tuesday, Jan. 17 at 4 p.m. at the Interdisciplinarv Resource Center. President Bill Pink participated in his first MLK march this year. He believes that the purpose of the week of marching is to "remember" and show "appreciation" for what has been overcome.

ing obscenities at us. That, to me, is why we have to do these kinds of events."

This year was Ferris State's first time recognizing Martin Luther King Jr. Day as a holiday and was also the first time that the university dedicated the week to MLK events rather than just one day.

"These MLK events mean a lot from the university standpoint to make sure that we are commemorating and remembering the life and legacy and the period of Dr. King," Pink said. "It is so instrumental to remember that this time in history wasn't easy and that he was doing things that were not easy."

of the bigger picture, the bigger movement.'

Health administration and public health senior Autumne Peoples is a student manager at the OMSS, and this was her fourth time participating in the march. Peoples was expecting fewer people to participate because of the weather, she was happy to see the turnout.

"We had a great turnout for both

Photo by: Jordan Wilson | Multimedia Editor

Students and staff walk in this year's freedom march.

"We're going to march today in peace," Pink said. "We are going to be able to march without dogs coming at us, without them barking at us, biting at us. We are going to be able to march without people spraying water at us, without yell-

Similarly to Pink, OMSS director Michael Hopson also participated in his first MLK march this year. He believes that marching allows students to connect and get a feel of what it was like to be a part of the civil rights movement.

"We saw a really strong turnout," Hopson said. "The march is offering opportunities for people to be activists and to be a part

the march and the speaker," Peoples said. "To see so many of my peers brace the cold for the march was great."

Criminal justice freshman Kiera Brown participated in the march for the first time. Despite the weather conditions, she believes it was important to participate because of the history behind it.

Hopson believes that the march radiates the power of togetherness that reinstates the community. For him, marching for MLK and celebrating the holiday helps him feel connected to the past.

SYBRINA FULTON CONT.

Thompson's comments were met with laughter, cheers of agreement and enthusiastic applause.

"I am pleading to you," Thompson said. "I am not saying, 'Don't go and listen to Drake tonight.' I love Nicki Minaj too, don't get it twisted. But I also keep her in her place and her purpose. When you all are looking for true aspirational queens, as we say, [the] true aspirational goal is the ability to make

a difference."

Education is essential

Fulton is a strong proponent of higher education. After receiving a bachelor's degree from Florida Memorial University, she told her own children that they would have to go even further to earn themselves graduate degrees.

"Higher education is important because that's something that, once you earn it, can not be taken away from you," Fulton said. "I'm not going to say you're smarter, but you're more disciplined in that subject. And it's important to be able to market yourself so you'll be able to take care of yourself when you when you need to."

Living in Florida, Fulton sees firsthand how education is targeted by those who wish to control the narrative of Black history.

"I believe that African Studies and Black American Black history is a part of this country's fabric. You can not take this out, because we have been here. We are here now and we're not going anywhere," Fulton said.

This sentiment is echoed by Ferris' own vice president for diversity, equity and inclusion. In a time when DEI programs are a topic of debate, Dr. David Pilgrim wants the university to be a place for national figures to come, speak and lead difficult conversations.

"In this country we like happy history, history that makes us feel good," Pilgrim said. "That makes us feel exceptional... But if we are to be that city upon a hill, we have to have a critical and honest look at who we were as a nation and

Culture

Ferris State Torch

To learn more about Fulton's work, visit trayvonmartinfoundation.org and read her first book, "Rest in Power: The Enduring Life of Trayvon Martin."

who we hope to be as a nation."

Honoring student activists The movement lives on

Kendall Phillips Culture Reporter

The ballrooms of the David L. Eisler Center were filled with joy and laughter on Thursday, Jan. 18, as 40 students and faculty members joined to conclude the week of Martin Luther King Jr. celebra-

tions with student recognitions.

Ten students who have exemplified practicing social justice in their everyday lives were honored and acknowledged during this event while they also got to learn more about MLK.

Vice President of Diversity Inclusion and Strategic Initiatives Dr. David Pilgrim was at the forefront of this event. According to Pilgrim, the committee wanted to do something educational and fun. "The first group [of students],

we asked the Ferris community to nominate students who have demonstrated some levels of activism," Pilgrim said. "The other group are the students who have worked to keep the Office of Multicultural Student Services going and thriving."

English and creative writing senior Massiel Calderon was one of the recipients of this award. She has been heavily involved in the Hispanic/Latino Cultural Center as their special project assistant.

Calderon was very excited about receiving this award because social justice is a passion of hers.

"I love literature and poetry, but I am also very heavy on social justice," Calderon said. "Being an advocate comes easy to me because I am not scared of people. It's really important that our allies look different than us and I try to lead with that philosophy at the Center because even though it sounds like it is catered to Latinos, it's really not. It is a place of community."

Calderon was nominated by the director of HLCC, Sonia Treviño. Calderon describes Treviño as the wind beneath her wings.

"I want to be so thankful to Sonia," Calderon said. "If I say to her, 'Hey, I have this bizarre idea,' she's just like 'Sure, go for it.' She just always gives me the avenue to execute everything that I do here at Ferris. Nothing's too small or too big."

Another recipient of this award, social work junior Melanie Perrault, was very appreciative of the faculty and experiences she's had at Ferris.

"Without coming to Ferris and getting involved in social work and building these crucial relationships, I definitely wouldn't have had the opportunities that I have had," Perrault said. "I don't think I could have gotten those experiences anywhere else."

Perrault was nominated by a College of Arts and Sciences advisor, Dave Schrock. Perrault is a former advisee of Schrock. According to him, Perrault just stood out to him.

"Every student has ups and downs, but there were some really meaningful and good conversations with her," Schrock said. "She is so good at understanding the body of knowledge that other people who've gone before us have figured out. She is so good at applying that and following through and making sure things happen."

This event concluded with a celebration of the Trivia winner and a thank you speech from Dr. Pilgrim, where he wrapped up the Martin Luther King Jr. celebrations.

Photo courtesy of OMSS

Choir sings gospel "One cannot recognize the Civil Rights Movement without recognizing gospel and music," Brooks said

Nick Case Culture Reporter

The room filled with harmony and aromas of chili when the newly constructed Ferris State University Gospel Choir let it shine.

Since 1987, the Office of Multicultural Student Services has coordinated celebrations campus-wide to spread awareness of King's messages. The genre of gospel was brought to Ferris' campus for the first time in celebration of MarBrooks stated that the freedom fighters and Black musical artists had helped fund King's efforts. He explained that music was utilized as a communication to convey a deep message throughout decades of civil unrest.

"Music is a language that shatters barriers, gospel music was the soundtrack and the heart-pulse of the movement," Brooks said.

Integrative studies senior Taylor Spidell is the founder and president of the FSU Gospel Choir. She is hopeful that the creation of a student choir will promote strength and community. As the first gospel choir on campus, she aims to create another space outside the norm for students. Being the daughter of a preacher, she naturally gravitated towards spiritual tones and used singing as a vessel. While Spidell claims she accidentally created the choir by request from Vice President for Diversity, Inclusion and Strategic Initiatives Dr. David Pilgrim, she's still glad it occurred and is working towards making it a registered student organization.

Spidell approached Pilgrim and inquired about adding a gospel choir performance to Martin Luther King Jr. Day celebrations. When she was informed that plans to bring in a professional choir fell through, Spidell and her group members stepped up to the challenge and booked the FSU Gospel Choir. her voice contributing towards King's legacy. Pilgrim presented the award to Spidell because of her role in constructing the choir.

"We give this award to folks who exemplify some aspect of Dr. King," Pilgrim said. "An individual who displays characteristics resembling King's activism. [Spidell] definitely holds those qualities."

Brooks thanked OMSS student workers and leaders who contributed to the celebrations this week, including student leaders such as Spidell. He's looking forward to excelling inclusivity to bring everyone together and build on the MLK legacy. Similarly to Brooks, the expansion of the national holiday has Pink eager to see student involvement and interest in King's legacy increase.

With the warm embrace of harmony, the event concluded with an encore of "This Little Light of Mine" led by Pilgrim, reinforced by the choir and echoed by the audience.

Example 1

Ferris students are recognized for their work in advocacy.

tin Luther King Jr. Day.

During his opening speech, President Bill Pink stated that Ferris would have a week of events honoring the holiday as he believes it deserves more than a "one and done" celebration. The choir performance was only one of the several events that celebrated the civil rights movement.

OMSS assistant director Byron Brooks spoke before the choir's performance on the importance of music during the Civil Rights Movement.

"One cannot recognize the Civil Rights Movement without also recognizing gospel and music," Brooks said in his opening speech. "Bringing people out of their shells by promoting teamwork and togetherness through music will help participation and awareness in the community," Spidell said. "Hearing songs, seeing personalities and singing words can help to bring down those social stereotypes." According to Spidell, the sense of community in music is what has led her to perpetuate the choir into performing during the MLK celebration week.

Along with the choir performance, Pilgrim presented the Dr. Martin Luther King Jr. Social Justice Award to Spidell on behalf of OMSS. This award is given to those who show an advanced role in activism localized to the university. Spidell was able to lead Tuesday's MLK celebration with a newly formed cultural group, displaying



Photo by: Brianna Wichman | Freelance Photographe

Student-led gospel choir performs at the D.E.C.

Culture

- O African Student Union: Fridays @ 5 p.m. in the IRC 122
- Asian Student Organization: @ 7 p.m. in the IRC 109
- O Hispanic/Latino Cultural Center: 9 a.m. - 6 p.m.
- O Black Greek Council: Tuesdays @ 11 a.m. at FLITE

НоБру

O American Welding Society: @11 a.m in Swan 229

- Student Nurses Association: Thursdays @ 5 p.m. in the VFS 328
- Pre-Veterinary Club: first Tuesday of every month @ 11 a.m. in SCI 111
- American College of Clinical Pharmacy: last Tuesday of every
- Business Professionals of America: every other Thursday @11 a.m. in BUS 220 🔥
- O Baja Racing Club: Wednesdays @ 4:30 p.m. in the Automotive Center 112
- Amateur Golf Club: Wednesdays @ 5 p.m. outside the David L. Eisler Center
- O Botany Club: Every other Wednesday @ 5 p.m. in FLITE 135

This RSO Graphic is inspired by the RSO fair on Jan. 17, 2024.

Graphic by: Harmony Goodman | Production Manager

Elle Irwin

Ferris State University

Amaka Unobagha

Ferris State University

She scored 13 points to help the Bulldogs in a

66-54 win over Michigan

Tech, finishing 3-of-6 behind the 3-point line.



Dolapo Olayinka Ferris State University

He had 13 points for the Bulldogs in a 75-71 loss to Northern Michigan University.



He set a new school against Kuyper, knocking down 11 three-point field goals en route to 36 points.



Travis Shoudy Ferris State University

He scored against Michigan State University in the Great Lakes Invitational.

FERRIS STATE UNIVERSITY



Congratulations to our Nominated Athletes!

She had a big day with 12 points and six rebounds to go with four blocks and two steals vs. Lake Superior.

> Mya Hiram Ferris State University

Kayla Blanchard Ferris State University

She had five key rebounds in an upset over No. 1-ranked Ashland.









Noah Giesbrecht Ferris State University



He had 38 saves in Ferris' 3-2 overtime win at Lake Superior State.

sponsored by





She scored 31 points against Davenport and 26 against Grand Valley in two Ferris wins.

SCAN THE QR CODE TO SEE THE OTHER NOMINATED ATHLETES BEFORE VOTING.





Jackie Moglia | Opinions Editor | mogliaj@ferris.edu

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EDITOR'S COLUMN: Find your cause On specializing your care



Photo courtesy of Hannah Crouch

Jessica Oakes (center) promotes Ferris' FMLA with secretery Jennifer O'Connor (left) and President Samara Tyus (right).

Jessica Oakes Editor in Chief

I do not need to be a passionate expert on every topic, and it is ego-

one is expected state their claim on new topics the day they arise.

Back when I used the platform formerly known as Twitter, it felt as if I couldn't even take the time Not to mention the fact that, even if given ample time to study a wide range of topics, nobody will ever have the skill or personal experience to lead every movement. fundraising. I know that my main cause is to identify and resist all forms of sexism as I see them. I've said, partially jokingly, that I turn all of my college classes into

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tistical to think I ever could.

that I now cannot find.

During my sophomore year at Ferris, as I drowned in the waves of information and tragedy that only seemed to grow, I heard one quote that may have set me free. "I don't need to care about everything. That's kind of a selfish thought. That's what other people are for," YouTuber and author Hank Green once said in a video

One of the most harmful things that social media has done to our world is the rebrand of genuine activism into something that only requires speed and anger. There's no time for productive discourse and thorough study when everyto read a full book on one topic. The expectation is to learn about 10 different topics in 30 second intervals. You can't specialize on one thing without maliciously ignoring another.

I reject this idea as a journalist, a student of history and a person who should not be given the responsibility to fix all the world's problems.

True understanding takes effort, especially we expect any action to come from it. It is with good intentions we ask people to participate in politics and activism. But if we do not allow them the time to educate themselves, they can do much more harm than help. Just because I see someone who is sick or injured, that doesn't mean I have the expertise needed to treat them.

One important term I hear in activism is "get with it or get out of the way." By specializing on one clear cause, I feel much more comfortable getting out of the way in other aspects, allowing true experts to lead.

I am a founding member of Ferris' Feminist Majority Leadership Alliance. Our chapter was born out of strong emotions evoked by the reversal of Roe v. Wade in 2022. By participating in this group, I've been able to learn with other women and even help people through gender studies classes through discussion and my chosen research topics. I can't resist seeing the material through feminist interpretation. In learning history, you may never find women's history unless you intentionally look for it. When learning about a war, we need some people to study the environmental impacts, some to interpret the political implications and some to monitor trends in gender disparity.

All this to say that selecting one cause that resonates with you does not exclude you from other topics. Rather, it gives you a specialized lens through which you can learn and try to help.

Technology has changed the way we study



Graphic by: Hailey Nye | Production Assistant

Due to the nature of this story, the Production Team has decided to use Adobe Illustrators Vector Graphic feature to create the AI Robot.

Kendall Phillips

Culture Reporter

Cheating in school has always been around, but with rapid technological growth in the last few years and the effects of COVID, students now care more about the points than the learning.

According to a study done by the International Center for Academic Integrity, more than 60% of college students have admitted to cheating in some form.

I did not start to think about this concept until I was sitting in my first class of this semester and my professor said to us, "I know you are going to use Chat GPT or Al."

This was interesting to me because it has come to the point where professors may even acknowledge the fact that students can and will cheat using AI.

I was only a freshman in high school when COVID started, but I feel like the online learning that happened during this time was the

start of the cheating trend.

I would find myself lying in bed just trying to get the assignments done as quickly as possible. I didn't care about what I was learning. In my opinion, this was the start of the laziness that has continued to grow as students still participate in online learning.

Many of my friends or even classmates I don't talk to very often have expressed to me that they would prefer an online class because it is easier to cheat. We have now grown to only search for points and no longer take the time to learn.

With programs such as Chat GPT and AI, it is now as easy as copy and paste to finish an assignment, write an essay or even take your test. Technology has made it accessible to us, but the real problem is that many students no longer believe in academic integrity.

We tend to look at it as "I finished the assignment" rather than "I learned something from doing

this assignment." It is no longer about memorization or knowledge, it is about all of the ways I can finish my assignment without actually having to do anything.

Week of Jan. 24 - Jan. 31

9

I am not saying that every student cheats all of the time and on every assignment, but the technology that is now accessible has made it much easier for students.

If this phenomenon of cheating and laziness continues, I worry about what may happen to the future of students and the careers they may end up in.

Some of these students are going to go on to be doctors, lawyers, politicians, etc. and may be missing out on crucial knowledge by taking the easy way out of their assignments.

It is important that we as students bring back our integrity, and aspire to learn not just receive points. Our grades no longer reflect our abilities, but they now reflect how well we can cheat.

Jackie Moglia **Opinions Editor**

After nearly a month of the new

year, my list of resolutions has already dwindled down to two: eat a little healthier and breathe less.

As strange as it sounds, it's a technique that helps me manage anxiety and I fully believe everyone should try it. As a disclaimer, those who are pregnant or epileptic shouldn't practice these, and those with cardiovascular or other serious health issues should talk to a doctor before listening to a sophomore psychology student.

As someone who has dealt with anxiety for the better half of their life, I've heard the phrase "just breathe" more times than I can count when faced with chest tightening, stressful situations, and I hated it.

Obviously, I was trying to breathe. I didn't need a reminder that I just needed to breathe. After putting in more work into managing my anxiety, I've come to realize the actual importance of breathing, but it is so much more than meets the eye.

This breathing technique lowers your breathing rate to roughly four and a half to six breaths a minute, much slower than the average twelve to twenty breaths a minute for the average adult. Again, this lower rate of breathing lowers stress, blood pressure and improves mood.

Breathing like this takes my mind off of everything because all I can focus on is properly breathing. Listening to the counts silences the rest of the racing thoughts in my brain. I need the video to still properly breathe like this, otherwise my mind wanders on each count and suddenly I've been inhaling for twelve seconds and my lungs feel like they are going to explode.

I'm not going to lie, I was extremely skeptical. I hated being told to "just breathe" and also hated most breathing exercises I've tried in the past. Usually, they only make my anxiety worse as the sudden attention to how I am breathing freaks me out and makes me feel as though I'm not getting enough oxygen.

I decided to look into the meth-

lead to positive changes in HRV and an increase in the parasympathetic nervous system. I've noticed some changes after doing about 10 minutes a day for two weeks.

Since starting this method of breathing, I've noticed that my breathing in everyday situations has started to mimic the same six seconds in, six seconds out pattern. It is important to say that doing this breathing exercise once won't "cure" your anxiety, it merely can calm you down in that given moment and lower overall stress levels.

Once you find a video and technique you like and start doing these exercises consistently for weeks, that's when the effects will really show.

Scan the QR code to

try coherent breathing

for yourself.

Graphic by: Hailey Nye | Production Assistant

LET ME WORK FOR YOU....



"Just breathe"

Stomach breathing is a technique for deep breathing that is shown to reduce blood pressure, stress and anxiety according to the Cleveland Clinic. Deep breathing exercises, or DBE, are surprisingly effective at managing anxiety in most situations.

The method I've been working on is called heart rate variance (HRV, the measure of the variation between heartbeats) coherent breathing.

It consists of breathing in for six seconds and breathing out for six seconds. You repeat this cycle for three minutes, then hold your breath for 30 seconds, then repeat the entire cycle one more time.

od a bit further, doing a deep dive into the National Institutes of Health for articles pertaining to these types of techniques that would allegedly help my anxiety levels. I found "Effect of Resonance Breathing on Heart Rate Variability and Cognitive Functions in Young Adults: A Randomised Controlled Study," an article about heart rate variability and resonance breathing that showed a statistically significant decrease in the reported stress scores in the participants who were actively using the breathing techniques.

The study showed that doing the breathing technique for 20 minutes a day for four weeks may





Ferris hockey beaches the Lakers

Bulldogs win back-to-back games against the Lake Superior State Lakers



Junior forward Kaleb Ergang skates in on the Laker goaltender in the Bulldogs' 5-3 victory over Lake Superior State University on Friday.

Photo credits: Jordan Wilson | Multimedia Editor

Connor Grypma Sports Reporter

Ferris State hockey swept the Lake Superior State Lakers in a home-and-home series on Friday, Jan. 19 at Ewigleben Arena and Saturday, Jan. 20 at Taffy Abel

score through the first period. That changed early in the second frame when sophomore defenseman Travis Shoudy and freshman forward Luigi Benincasa scored within two minutes of one another to make the score 2-0. The Bulldogs fell into a shorthanded situation late in the second and the Lakers took advantage by scoring two goals in less than a minute to even the score 2-2 heading into the final period. After a goal was overturned, the Bulldogs quickly combated and cashed in again two minutes later after a power-play goal by junior forward Nick Nardecchia to go up 3-2.

teams a lot more after some breakdowns last week. The guys are buying in, so I think it'll be a good result."

Ferris held onto the lead for the rest of the period and scored again with freshman forward Emerson Goode getting the empty netter. With less than a minute remaining, junior forward Kaleb Ergang scored. The Lakers managed ro senak in a last-second goal as a measure of revenge to make the final score 5-3. The Bulldogs completed their sweep with their victory on the road. Daniels felt the game was one of their best games defensively while being pleased with the direction the team is heading. "[I felt] that was probably our most complete game of the year, certainly from a defensive standpoint. [Noah Giesbrecht] played well with a .950 save percentage. I don't think we gave them many grade-A chances. We gave both goalies a chance to get their save

percentages up by being more stingy defensively. I thought we were better defensively in Saturday's game than Friday's. I felt like we did a good job, particularly being on the road. I'm kind of happy with where we're at. I'm happy to see the guys starting to get some to continue the trend of scoring.

"It felt amazing," Doell said. "It took a little bit longer than I would have liked. [Austin McCarthy] made a really good pass and I was just lucky enough to find the back of the net. Hopefully get a couple more before the end of the year."

Arena.

The Bulldogs had lost to the Lakers (11-13-1, 8-7-1 in CCHA) previously this season, but got revenge by collecting their first sweep of the season with a strong 5-3 win on Friday and an overtime win 3-2 on Saturday.

Head coach Bob Daniels had high praise for the defense and special teams unit after the win.

"For the most part we're playing better defensively," Daniels said. "We're stingier. We've got some areas to clean up but at one point we had to kill the five-minute major, and I thought the guys did a super good job in that."

The match up on Friday started as a defensive battle with no Before their series against the Lakers, Nardecchia spoke on the team's focus heading into their games against the Lakers after a disappointing series against Minnesota State the previous weekend.

"Us forwards had a good meeting in practice," Nardecchia said. "We've been working on special

results for their games."

After another scoreless first period, freshman forward Holden Doell gave Ferris the 1-0 lead early in the second. The Lakers evened up the score early in the third, but Ergang scored his second goal of the weekend to put the Bulldogs up 2-1 with seven minutes to play. Yet with just over a minute left, the Lakers brought in the extra attacker to tie the score at 2-2 and force overtime. The overtime period didn't last long, however, Shoudy scored in less than a minute to finish off the 3-2 win.

Doell's tally marked his first goal of the season and the first of his collegiate career. The rookie's goal means a lot to him and he hopes With this series of wins, the Bulldogs move within a game of passing the Bowling Green Falcons (8-16, 6-8 in CCHA) and the Northern Michigan Wildcats (8-12-2, 6-8 in CCHA) in the CCHA standings. Ferris has a series against both of these teams next month in hopes to move up out of last place in the conference.

The Bulldogs will travel to South Dakota this upcoming weekend for their first-ever matchups against the soon-to-be interconference rival Augustana Vikings on Friday, Jan. 26 and Saturday, Jan. 27. Puck drop is set for 8:07 p.m. on Friday, and 7:07 p.m. on Saturday.

Week of Jan. 24 - Jan Work of Jan. 24 - Jan Week of Jan. 24 - Jan

Ferris state conquers both Davenport and the No. 1 ranked Grand Valley

Jael Snowden Sports Reporter

Bulldog women's basketball pushed their win streak to five games with a blowout victory over the Davenport Panthers on Thursday, Jan. 18 and a pivotal win over the No. 1 ranked Grand Valley State Lakers on Saturday, Jan. 20.

The Bulldogs (12-2, 6-1 in GLI-AC) collected their second 40+ point margin of victory this season with a 92-52 trouncing of the Panthers (3-13, 1-5 in GLIAC).

With the match against their rival looming, head coach Kurt Westendorp wanted the team to focus on what was at hand, rather than what would come next.

"We talked about trying to win every moment," Westendorp said. "Moment' is our keyword that we're talking about this year. In the locker room, we talked about 'how many possessions are there gonna be? How many moments are gonna be in those possessions?' Times [that by] five players on the court. You gotta try to win each of those. That's what makes good teams good."

After a tight first quarter, the Bulldogs came out leading 15-12. Ferris accelerated their offense, scoring 30 second-quarter points while holding Davenport to nine. Junior guard Kadyn Blanchard came out of the first half of play with 21 total points. The Bulldogs ran away with the lead, putting up 28 points in the third and 19 in the fourth. Blanchard continued her scoring in the second half, as she added 10 more points for a total of 31 in the game. Davenport's offense could neither match nor surpass Ferris' in any instance of the game, which led to them being outscored in every quarter.

According to Westendorp, winning the turnover battle was an important measure of the Bulldogs' win on Thursday.

"We forced 27 turnovers in the game," Westendorp said. "That was a big key for us, trying to speed them up a little bit. We did a great job of not letting the ball go inside. Their post players are really effective and we fronted them well. It led to some easy offensive opportunities in transition."

The Bulldogs were able to capitalize off of Panther mistakes, as Davenport had the ball stolen 25 times in the contest. Senior guard Mallory McCartney and sophomore Mya Hiram led the team in steals with five each.

Ferris State continued its weekend homestay with a much closer win over its arch-rival with a 71-65 victory over the top-seeded and top-ranked Grand Valley State Lakers (15-2, 6-1 in GLIAC).

Blanchard and McCartney picked up where they left off from Thursday's game, combining for nearly 50 points and nine total assists.

The Freeland Mich. native Blanchard believes that anyone can step into the number one option role.

"I do not think there is any pressure at all," Blanchard said. "Anyone on our team can go off at any time. It all depends on who gets open shots that night"

Blanchard led the team in scoring with 26 points against Grand Valley.

McCartney, who was right be-

BAKER

hind Blanchard in scoring, found her rhythm in the second period. Entering the second half, she showed no signs of slowing down, as she scored 13 points in the half. McCartney knew it was gonna be a good shooting night when her first shot went in.

"I knew it felt good because it was a bank," McCartney said. "If I can hit the first shot I knew it was gonna be a fun night."

The Bulldogs will meet Grand Valley one more time during the regular season in late February in Allendale.

Westendorp is already thinking about the next contest between the two top GLIAC programs and is excited to have another coaching battle between himself and Grand Valley head coach Mike Williams.

"As coaches, we are really gonna enjoy this," Westendorp said. "It's the first game of two, maybe three or four games we meet this season. It's gonna be a little bit of a chess match between now and hopefully later during the NCAA Tournament time. We will just have to keep getting better and better as it goes... It's a great day to be a Bulldog."

Ferris State will ride this fivegame win streak on the road into a match with No. 5 ranked Wayne State on Thursday, Jan. 25 and another contest on the road against the Saginaw Valley State Cardinals on Saturday, Jan. 27. The Bulldogs will return home to the Jim Wink Arena on Thursday, Feb. 1 to face the Northern Michigan Wildcats at 5:30 p.m. and then play the Michigan Tech Huskies on Saturday, Feb. 3 at 1 p.m.



Photo credits: Sam Mulder | Torch Photographe

Junior guard Kadyn Blanchard dribbles past a Panther defender.

GLIAC Women's Basketball Standings

GP	W-L	PCT
17	15-2	0.882
14	12-2	0.857
17	12-5	0.706
15	10-5	0.667
16	11-5	0.688
16	8-8	0.500
17	7-10	0.412
16	4-12	0.250
16	3-13	0.188
16	1-15	0.063
	17 14 17 15 16 16 17 16 16	17 15-2 14 12-2 17 12-5 15 10-5 16 11-5 16 8-8 17 7-10 16 4-12 16 3-13

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12 Sports Week of Jan. 24 - Jan. 31 Ferris State Torch Men's basketball dominate homestand

Ferris takes care of business at home with wins over Davenport and Grand Valley



Senior Ben Davidson blows past a defender in the Bulldogs' 86-73 win over Grand Valley.



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Jeffery Walker Sports Reporter

The No. 14 ranked Ferris men's basketball swept the home stand with interconference wins over the Davenport Panthers and their arch-rival Grand Valley State Lakers to climb the standings in the GLIAC.

Currently sitting as the number two seed, the Bulldogs (15-3, 5-2 in conference) are three games back from the top seed. With 11 games remaining in conference, the Bulldogs are still in a position to capture the GLIAC regular season championship and claim the first seed in the GLIAC tournament.

In the first game of the weekend slate, the Bulldogs faced Davenport, which they would win with a final score of 90-61. It was defense, rebounding and assists that helped the team pull away and win by a big margin.

The game was chippy for the Bulldogs, as this game had a few stoppages due to some scuffles on the court. Head coach Andy Bronkema believes GLIAC basketball drives competitiveness.

"I thought it was a hard-fought game," Bronkema said. "Two teams really competing and giving it everything they have on the floor, so when you're in the GLIAC, that's your expectation."

The Bulldogs shot 49.3% from the field, 30.8% from three-point range, and 87.5% from the free throw line. They were able to out-rebound the Panthers 47-27. They also had more assists with 29 to Davenport's 16 while the Bulldogs won the turnover battle forcing 17 turnovers that created 24 points.

There were 13 different players that scored for the team, led by junior Ethan Erickson with 15 points, with 10 players playing over 10 minutes in the game. The Bulldogs had contributions from 14 players who logged minutes in this game. Bronkema admires how selfless his team is and the talent of those who come into the game late.

"I'm just proud that they all bought in and they're playing for each other," Bronkema said. "It's a lot of guys to try to get in, you can even see at the end when we put a few guys in haven't really made the 10-11-man rotation and their talent, how close they are and so not everybody's into that, they play hard and our guys are sold. They want to put winning before any self-interest."

Following the win over Davenport, the Bulldogs quickly shifted their focus to their rival Grand Valley, in which the Bulldogs walked away with a tough 86-73 victory.

The first half saw the Bulldogs lead by one point after being down by 10 points at the 15-minute mark. In the second half, the team had a much better defensive performance that helped them pull away with a big victory.

The defense forced four steals, eight blocks and 19 defensive rebounds that had the Jim Wink Arena crowd up and on their feet for the Bulldogs. The team's depth was put to the test in this game due to some injuries to junior Reece Hazelton and senior Amari Lee. The Bulldog bench scored 51 points and was led by Erickson with 18 points and DeSean Munson, who saw extended minutes finished with 17 points while shooting 80% from the field. Munson is a full believer in the "next man up" mentality.

"It's never a good thing when your teammates get injured or anything," Munson said. "Team sports are the next person is up when that happens. I was the next person up off the bench and I did what I did, I played ball. We see it every day in practice, it's what we work on.'

As the season continues to push forward with a lot more tough GLIAC matchups, the team will be looking to keep this success going as they make a run for the GLIAC regular season championship. Munson thinks the team must remain cohesive if they want to make a deep run.

"I think if we continue to gel together, stay together, stick together, hold each other accountable, bring each other up, keep each other up, I think we can have a great run," Munson said.

The Bulldogs will look to keep that run going as they hit the road to take on Wayne State on Jan. 25 with game time set for 7:30 p.m. and then they travel to Saginaw Valley State on Jan. 27 with game time set for 3:00 p.m.

GLIAC Men's Basketball Standings



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School	GP	W-L	PCT
Northern Mich.	20	15-5	0.750
Ferris State	18	15-3	0.833
Lake Superior St.	17	12-5	0.706
Grand Valley St.	17	7-10	0.412
Purdue Northwest	17	9-8	0.529
Parkside	17	8-9	0.471
Michigan Tech	17	6-11	0.353
Saginaw Valley	15	9-6	0.600
Wayne St. (Mich.)	16	8-8	0.500

Graphics by: Harmony Goodman | Production Manage