

All in on Red Out

Ferris students raise \$3,400 during annual Red Out event



Photo credit: Nate Mathewson | News Reporter

The Dawg Pound was packed with students supporting the annual Red Out event at Saturday nights hockey game.

Nate Mathewson
News Reporter

February is American Heart Month and the Ferris community celebrates by raising funds and spreading awareness.

The annual Red Out event, run by Ferris students and sponsored by the Sports Careers registered student organization, successfully carried its fundraising momentum from a strong 2023 campaign into 2024.

Saturday marked the 12th year of the event's history at Ferris. This year's Red Out was held in the Ewigleben Sports Arena alongside Ferris basketball and hockey games.

The collaboration between the Sports Careers RSO, sports communication classes and Ferris Athletics raised \$3,400 for the Big Rapids Corewell Health cardiac unit, nearly matching last year's

monumental total of \$3,727.

Sports Careers president and business administration sophomore Korbyn Kahl spoke about the importance of the event.

"I've had family members that have had heart issues and heart cancer," Kahl said. "[Red Out] is just a really cool thing to be a part of for the community and for a good cause."

According to Kahl, Sports Careers is supposed to help run things and help out the sports communication classes.

Kahl spoke to the tight-knit group that puts on Red Out.

"The comradery between everyone involved, I could not imagine doing this event with anybody else but this crew," Kahl said. "I've always known that this is a big staple of the community and the RSO. I wouldn't trade it for anything."

Events like miracle minute and silent auctions offered opportu-

nities for patrons in the packed bleachers and concourse to show their support in a variety of ways throughout the day.

A Sports Careers social media coordinator and sports communication senior Claire Bressler outlined the impact Red Out has on the community.

"It directly affects the hospital and the patients there," Bressler said. "It's not accounted for in their budget, so it allows for something extra to support. There are plenty of people that don't know the statistics on our boards, or maybe don't know about the resources that are available at Corewell."

Bressler also explained the mutual respect and support between collaborators that has grown over the years.

Red Out is overseen yearly by Ferris professor and sports careers faculty advisor Dr. Sandra Alspach.

"[Red Out] became an annual part of the [sports communication] course," Alspach said. "The community was getting used to doing it annually, and athletics started to look forward to it."

This year's sports communication class had under a month to put on the event, as Feb. 3 is the earliest Red Out in its 12-year run. This year's fundraising total is thanks to the growing relationships surrounding Red Out.

"It's one thing to get a Starbucks gift card, it's another thing to get a season ticket package or a Tullymore foursome package," Alspach said. "Those [sponsorship items] are values that have grown with the reputation of the program and our relationships with individuals."

"What I loved seeing this year was the athletics program pushes on the annual Red Out," Alspach said. "We are now embedded, this is a tradition after 10-plus years,

they like what we're doing, it's a win-win for them."

With retirement looming in the near future, Alspach reflects on Red Out.

"As I get ready to retire, I hope that tradition is carried on by my successor," Alspach said. "My hope is that the person that comes in and takes my position appreciates the value of the brand that's already established, but takes it to the next level."

Alspach has plans to ensure a smooth transition to her successor, working side-by-side with the successor of her role on Red Out next February.

The future of Red Out hopes to be one of sustained growth, getting bigger and better with each passing year.

News

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

New SGA members Q&A

Get to know the newest executive members of SGA



Photo courtesy of Pedro Saltini

Director of philanthropy Pedro Saltini



Photo Courtesy of Okedi Matseka

Consigliere Okedi Matseka

Kourtney Fairchild
News Reporter

Amidst a change in the Student Government Association, the group introduced three new executive members at last week's meeting.

Pedro Saltini

Q: What is your year and major?

A: I'm a sophomore in the finance and economics major.

Q: What is your position and what are your responsibilities?

A: I'm currently the director of philanthropy. I do all that comes with events like for example, donations or any type of financial contributions or gathering to promote an organization to help them stay alive is included in my position.

Q: What made you want to join SGA?

A: I joined SGA last year and resigned from my position because my whole point of view was not aligned with the former president. After the president resigned, I decided to rejoin the student govern-

ment to try and make things better again in a different position this time. Now I'm in a position that I think will be more impactful.

Q: What is something that you want to accomplish while in SGA?

A: The main objective, no matter what position I'm in, is to actually help the community and bring back a sense of pride to be a Bulldog.

Okedi Matseka

Q: What is your year and major?

A: I'm a sophomore and I'm majoring in computer information systems.

Q: What is your position and what are your responsibilities?

A: I am the consigliere. I assist in developing strategies to achieve the organization's short-term goals and long-term vision.

Q: What made you want to join SGA?

A: The opportunity to be a part of the Bulldog community and help it grow.

Q: What is something that you want to accomplish while in SGA?

A: I want to be able to represent the board in external meetings and negotiations and help the image of the school grow as a result.

The third member who was announced was Daniyal Anwar, who will be SGA's new press secretary. Anwar was not able to be reached at the time of this article.

The Torch will continue to have coverage on SGA, as SGA has announced plans for a presidential election to take place shortly.

Scholarship Universe

What to expect with Ferris' new scholarship portal

Ember St. Amour
News Editor

General Information

Students currently attending Ferris or those accepted for the fall 2024 semester can access the scholarship portal. The link is available on Ferris' website. There

is also an app that students can download if they would prefer. Due to the need-based scholarships, the portal will launch in two phases. This is due to the FAFSA information not being released until later.

The application has students fill out a variety of information, including their background, ma-

ior, interests and extracurriculars to determine which scholarships students meet the criteria for.

If a student chooses to apply for an external scholarship, they will be taken to a separate website to complete the scholarship application.

Phase One

Currently available External scholarships

Phase Two

Will be released when FAFSA's are accessible to Ferris Donor based scholarships

Updates

Students can see updates on the Scholarship Universe page on the Ferris website. In addition, students will receive updates through their Ferris email and posted updates on Ferris' social media pages. Phase two's launch will be announced when FAFSA access is given to Ferris.

WANTED

EDITOR-IN-CHIEF

Ferris State Torch

DUE: Wednesday, March 6, 2024

2024 - 2025 SCHOOL YEAR:

We are seeking an organized student (enrolled in at least six credit hours) for the Editor-in-Chief position during the 2024 - 25 school year. Candidates must write well, possess excellent leadership skills and be prepared to work the entire school year. Candidates should be familiar with basic journalistic principles, as well as printed and digital publishing techniques. Qualified students can receive competitive wages for up to 20 hours per week. Ability to work and train in April and August of 2024 is necessary. Prior journalism experience or training required.

The Torch offers a chance to work in a professional "real world" environment and adds excellent credentials to your resume

APPLICANTS NEED TO SUBMIT:

- Resume
- One-page (typed) essay answering the following:
 - >> Why do I want to be Editor-in-Chief?
 - >> What should be the goals of a student-run newspaper?
 - >> How will I, as Editor-in-Chief, ensure that the newspaper reaches its goals?
- Copies of articles or other written work
- At least two references (recommendation letters not required)

The Lazy Suzan takes over The Backroom

Local band performs downtown



Photo credit: Isabelle Marks | News Reporter

Brayden Sandstedt, Jackson Lee and Rick Coates perform.

Isabelle Marks
News Reporter

On Jan. 31, the Big Rapids band, The Lazy Suzan, took the stage at The Backroom alongside several individual artists.

Approximately 30 people attended the show, to watch band members Jackson Lee, Rick Coates and Brayden Sandstedt. The band described their music as rock, alternative, indie and grunge.

Band member Coates explained his hope for how people perceive the band.

“I think that people are really

going to like how it sounds because we’ve worked really hard on it,” Coates said. “The results are definitely going to speak for themselves.”

The Lazy Suzan has performed at places all around Big Rapids, starting at apartments and expanding beyond.

“I think we are all in agreement that we’re now at the point where we feel comfortable and we have the ability, and the material, to play longer sets, whereas earlier it was more so kind of like a party vibe, and now it’s like, okay we can actually play at bars,” Coates said.

Getting their own practice space has been beneficial to the band. Going from playing out of an apartment to having their own house to practice in has helped them grow as artists greatly.

One thing The Lazy Suzan wants everyone to know is that they are available.

“We are prepared to set up wherever the space can accommodate. If there’s electricity in the space, we can play anywhere, anytime. Any opportunity, we will jump on it, and we will rock, for sure,” Coates said.

The Lazy Suzan also noted that the Ferris music entertainment business program has been a great help to them. They help them accomplish performances and make connections. The group also expressed that they would like to play at The Backrooms as many times as they can, and the relationship is there. The Lazy Suzan appreciates all the support they get.

“For what it’s worth, even the Instagram follow, the likes, the reshares, it means a lot, and you know, it’s definitely helping us accomplish our goals,” Coates said.

Music and entertainment business sophomore ToShiro Johnson was one of the featured artists. Reflecting on his program choice, Johnson shared that meeting the program director solidified his

decision to pursue this particular course.

“It really made me feel like I could achieve my dreams that felt like just a passion, but also have some weight behind it with a degree, with connections,” said Johnson.

Identifying himself as a neo-soul rapper, Johnson explained that compared to regular rap, neo-soul rap is “a lot smoother.”

He also revealed that one of his favorite artists, who inspires him, is Kendrick Lamar. Johnson credits his family as the driving force behind his musical journey. He elaborated on the diverse musical influences within his family.

“It was all different parts of my family, my grandma with Earth, Wind, and Fire, always playing the best hits,” Johnson said. “My mom with all her Mary J. Blige in the house, singing all day; my dad with Jay-Z; my nieces and nephews playing whatever was trending at the time. So, I always got the full view of everything that was going on.”

Looking ahead, Johnson aspires that his degree will eventually lead him to a label or even enable him to start his own. He hopes to “change the scope of music” and anticipates becoming “the next star that can hold weight across generations.” Regarding previous shows, Johnson mentioned having performed in Big Rapids, both on

and off-campus. He expressed a keen interest in the prospect of being invited back to The Backrooms.

The Backrooms and Toppings owner Shawna Conley shared her thoughts about the event.

“I think it’s awesome, and I’m really glad that we are able to bring students into town and into the community, and the turnout has been really great the few times that we have had this event,” Conley said.

Conley also noted that she would love to do more events with Ferris and have more shows like this one.

In addition to hoping to return to The Backrooms, Coates reflected on the upcoming release of their debut album.

“We’re really excited to release music for the first time, and we’ve written a lot of different songs,” Coates said. “We’ve played a lot of our songs live in our sets, and we kind of tend to do a lot of covers, a lot of originals. But now for the first time, we’re actually going to have professionally recorded originals that people can listen to on all streaming platforms. I think that’s the first step to kind of leveling up.”

Look out for their upcoming album release and follow their journey as a band on Instagram, @thelazysuzan.

2024-25 FAFSA

New version of FAFSA form is available for students and families

FAFSA Scholarship Info

Normal Stats about Aid (College Board)

Average aid for fulltime students (2023):

\$15,480/Undergraduate

\$28,300/Graduate

Fed Grants

Total for Pell Grants \$27.2 billion

State Grants (2022):

Undergraduate \$1,060

Graphic by: Harmony Goodman | Production Manager

Tate Zellman
News Reporter

The 2024-25 version of the Free Application for Federal Student Aid form opened on Thursday, Feb. 1,

and is available for students to submit.

By the last week of 2020, Congress passed the Consolidated Appropriations Act. With the law passed, a redesign of the pro-

cesses and systems was awarded to Federal Student Aid to help make the FAFSA form more feasible for students and their families to complete. In addition, the law can allow expansive access to fed-

eral student aid to students and families who choose to complete the form.

The changes to FAFSA are as listed:

The maximum number of questions has been reduced from 108 to 46 – the FAFSA on the web is dynamic, making the streamlined format a more simplified application process.

Applications will be required to use the IRS Direct Data Exchange – previously users had the option to use the IRS Data Retrieval Tool or enter their tax information manually.

All “contributors” must provide financial information – parent, stepparent, spouse or anyone being introduced on the 2024-25 FAFSA.

The Student Aid Index (SAI) is replacing Expected Family Contribution (EFC) to more accurately describe the number used to determine aid eligibility.

The number in college will not be used to calculate SAI – the application will ask how many household members are in college, but won’t be calculated into the Student Aid Index.

Some students will automatically be rewarded with a Pell

Grant – which will be guaranteed to students from households in the range of below 275% and 400% of the federal poverty level, depending on household structure.

The parent responsible for submitting FAFSA information has changed in cases of divorce or separation – the financial information on the new FAFSA will be required from the parent(s) who provides the most financial support to the student.

Incomplete FAFSA applications will expire – the original application will be deleted if not completed or submitted within 45 days.

Family farms and small businesses must be reported as “assets.”

Melanie Mulder, the assistant director of Financial Aid, has high hopes that the new changes will help make FAFSA easier and more user-friendly for students and families to complete.

“More than 86% of Ferris State University students rely on financial aid to assist with their educational expenses,” Mulder said. “The FAFSA is the key to that assistance. We want to assist students and their families in any way that we can to help them complete this important task.”

WHERE TO WATCH THE SUPERBOWL IN BIG RAPIDS

Cranker's Restaurant and Brewery	Applebee's
Gypsy Nickel Lounge	Sawmill Saloon
Buffalo Wild Wings	Resident Halls

Graphic by: Harmony Goodman | Production Manager

MICHIGAN NEWS UPDATE

Ember St. Amour
News Editor

Grand Rapids: The Corewell Health Helen DeVos Children's Hospital has plans to open a pediatric medical psychiatric unit.

The unit plans to open in the spring, according to The Detroit News. According to Corewell Health, this unit would be the first of its kind in Michigan.

The unit will house 12 beds and cost \$17 million. The cost will be paid by Corewell Health, the state, and through community donations. The unit is designed for children 10 and up with the thought in mind that things can change if necessary.

Corewell Health behavioral health department chief at Chief and Vice President Dr. Subodh Jain stated how the new unit will be beneficial.

"There is a critical need for behavioral health services nationwide, and we're thrilled to be able to offer this exceptional service to the pediatric patients in Michigan," said Jain in a press release. "In addition to enhancing collaboration with our community partners, this new unit will provide a better experience for both patients and team members."

Jain also explained that the unit can help children with specific diagnoses, such as dialysis.

The unit will include specialists including psychologists, psychiatrists, medical physicians, child life specialists, social workers, pharmacists, chaplains and nurses according to WZZM 13.

Corewell Health Helen DeVos Children's Hospital President Robert Fitzgerald added how the new unit will help.

"The medical psychiatric unit will be pivotal in how we care for kids and we're grateful for the support in this endeavor," said Fitzgerald.

The unit is expected to be operational and include areas for art and group therapy. The hospital is also hiring staff for the unit.

Corewell also announced plans to partner with a pediatric center at Pine Rest Christian Mental Health Services in Cutlerville. The project is expected to cost \$86 million.

GLOBAL NEWS UPDATE

Ember St. Amour
News Editor

London: Greta Thunberg was found not guilty on charges from last October.

Thunberg is an activist who is known for her protests against climate change. Thunberg began protesting against climate change when she was 15.

The charges were made after they refused to follow police instructions at a climate change protest according to BBC News. The charges were dropped by Judge John Law who stated that there were no signs of evidence that a crime had been committed.

One of the items that Law listed that posed a question of a crime committed included that there were no witness statements taken.

"It is quite striking to me that there were no witness statements taken from anyone in the hotel, approximately 1,000 people, or from anyone trying to get in," Law said.

Law also expressed concern that there were no signs that there were any lives at risk through the protest as well as there were no vehicles destroyed.

Law also stated that if people are protesting peacefully. Thunberg's lawyer, Raj Chada, spoke about the judge's decision to drop the charges against his client. "They were unlawful because they disproportionately interfered with our client's right to free speech," Chada said.

In addition to dropped charges against Thunberg, they were also dropped against four others who were arrested at the same time.



Culture

Giuliana Denicolo | Culture Editor | denicog@ferris.edu

The struggles of an international student

Ferris lacks scholarships for international students



Photo Credits: Jack Starkey | Freelance Photographer

Financial support is often absent for international students.

Kendall Phillips
Culture Reporter

While Ferris' International Student Program is continuously growing, the students have few options for scholarships provided to them.

The only available Ferris scholarships for international students are the Woodbridge N. Ferris Scholarship and the International Transfer Scholarship.

Originally from Brazil, finance and economics sophomore Pedro Saltini started financially preparing himself at a young age so he was able to attend college in the U.S.

"There are a lot of financial requirements you need to meet," Saltini said. "I started working at the age of 13 and saved a lot of money, got a lot of professional experience and then at the age of 16, I opened my own IT business. I did not want my parents to use their retirement funds to pay for my schooling, so I decided that I was going to take on the responsibility."

According to Saltini, it's unfortunate that there are no more scholarships available to international students.

"I would really love to see scholarships dedicated to progress and recognition of international students," Saltini said. "This past year, I got awarded one of the 10 best economic students in the country, and Ferris did not help me financially at all that year."

Saltini explained how he was awarded alongside Harvard students, John Hopkins students and Massachusetts Institute of Technology students, which brought a lot of recognition to Ferris. However, Saltini still struggled to afford schooling here.

Nonetheless, Saltini is very grateful for the education he has gotten from Ferris and is motivated to continue to provide and produce for this university.

Animation and game design sophomore Nhi Tran explained that the first year for international students can be a struggle due to everything they have to buy from Ferris.

"As international students, we have to stay in the dorm the first year," Tran said. "When we stay in the dorms, we have to get a meal plan, and both of them are very expensive. After I moved off campus, the money that I had to pay

for Ferris dropped a lot."

Tran also agrees that the lack of scholarships for international students is unfair.

"We try a lot to get scholarships, but scholarships stopped at \$10,000," Tran said. "We can do better, and we may have higher GPAs or some higher achievements, so I feel like some of us who try more, deserve more than that. But due to the limited scholarships that we have, we had no other options."

Executive Director of International Education Tara Braun explained that this problem is something that the International Office is working to improve.

"This is an area that we need more support in," Braun said. "We are looking for other pathways for international students to be able to afford to come to Ferris."

Braun believes that we need to recognize that the international student population will continue to grow here at Ferris, and a commitment needs to be made to provide assistance and different pathways for them.

More than a donut

How the iconic Polish pączki lives on in Big Rapids

Brook Blausey
Culture Reporter

A warm, mouth-watering pastry that is filled to the brim with jam and covered in powdered sugar is the ultimate Fat Tuesday cuisine to indulge in before Lent. The pączki.

The pączki dates back to the 16th century when it was more of a savory treat. Back then, they were made with bacon or pork fat and baked with a harder, more firm dough. It later became a sweet, softer pastry eaten as a dessert.

Fat Tuesday is more often celebrated in the United States while in Poland, they celebrate Fat Thursday. Pączkis are and can be eaten on both days. Both lead up to Ash Wednesday, the beginning of the Catholic Lent.

This year, Fat Thursday is on Feb. 8, Fat Tuesday is on Feb. 13 and Ash Wednesday is on Feb. 14.

Big Rapids resident Mary Kilmek shares her time as a kid cooking pączki in the kitchen with her mom.

"My mom made pączki from a recipe that her mother used," Kilmek said. "Both [of them] were fantastic cooks, a gift I didn't receive. I remember her making them many times throughout my childhood and I was able to help when I finally was old enough. My favorite part about it was getting

to coat the pączki which my mom pronounced poonch-key."

Nancy Sanchez is of Polish descent and enjoys spending her time in the kitchen making Polish recipes.

"My sister and I traveled to Poland this past summer to really embrace our roots," Sanchez said. "With our parents and grandparents gone, we want to make sure our children and grandchildren know about their heritage."

Lent is a 40-day period of fasting that prepares Christians for Easter. In Poland, the most common religion practiced is Catholicism, which is why Fat Thursday before Lent is so important. During Fat Thursday, there is typically a feast of food, and this is when the pączkis are made.

Big Rapids local Jeff Kingfish shares memories of his grandmother, whom he calls Busia, making homemade pączkis. In his family, making pączki was a labor of love.

"I remember her mixing the dough with no mixers," Kingfish said. "She would make a large batch for my aunts and uncles too. Even though I was young, only seven or eight, it seemed like a lot of work to me."

Traditionally, the inside of the pączki would be filled with prune jam. Today, there are many differ-

ent types of toppings and fillings inside a pączki. Many people of Polish descent say these are just doughnuts. However, pączkis are typically twice the size of a normal donut.

"I would only eat the outside of the pączki because they were

only prune filling which my Busia also made herself," Kingfish said. "They were always very light and delicious."

While they may not be authentically Polish, Wesco, located on Perry St., is a well-known spot for Big Rapids pączki enjoyers. Their

flavors go beyond prune filling in 2024.

CONT. ON PG. 6



Photo Credits: Brook Blausey | Culture Reporter

Pączkis can be found with various fillings and toppings, such as apple filled with glaze or sugar.

The power of laughter and hypnosis

Friends and Family Weekend wrap up with comedy and hypnotist show



Photo Credit: Kendall Phillips | Culture Reporter

Kendall Phillips
Culture Reporter

The David L. Eisler Center ballrooms were echoing with laughter when National College Entertainer of the Year Tom DeLuca used hypnosis on over a dozen Ferris students.

Over 100 people gathered in the ballrooms during friends and family weekend to watch DeLuca's incredible work. DeLuca has been coming to Ferris for years but hasn't been back since 2019.

According to DeLuca, he was very excited to return this year and would describe the environment as very warm and friendly.

"It seems to me that the students and parents really wanted to be here," DeLuca said. "I like coming here. I've always felt like people really want to see a show."

DeLuca also explained that he greatly enjoyed the volunteers he had and that they made the show even better.

"I had some really fun people," DeLuca said. "The kid who became a banana surgeon, he was a great subject. The woman who picked up the sponge at the end is a great subject. Sometimes you

have to take it slow with some, it takes them longer than others, but you never know what you are going to get."

The Center for Student Involvement orchestrated the show. CSI activities coordinator Ben Avery said that the center wanted to fill friends and family weekend with something that wasn't necessarily athletics.

"We had done a movie yesterday, and we decided that a live performance of some sort would be kind of perfect," Avery said. "Tom has a really long tenure coming here and has a great connection with the university. It's just been a few years since he has been here so we were really excited for the opportunity to bring him back."

According to Avery, the Center was thrilled with the outcome of the show. Avery felt grateful for the people who volunteered.

"It exceeded our expectations in both the turnout, but also the quality of the show," Avery said. "We know the quality is always there, but even talking to Tom, it depends on who volunteers, and the right volunteers, volunteered."

One of these volunteers,

pre-pharmacy sophomore Brooklyn Tanner, stepped out of her comfort zone to participate in the activities.

"I decided I wanted to participate because normally I am not the person to voluntarily do these kinds of things," Tanner said. "So I wanted to push myself outside of the box, I would 100% do it again."

According to Tanner, her favorite part about this experience was watching everyone's reaction to the funny things she was asked to do. Tanner also encourages all students to participate and get involved.

"I think it is really good for students to get out and try these kinds of things," Tanner said. "Because not many people get to do these things very often because of school and everything they may have going on."

DeLuca's show wrapped up this year's Friends and Family Weekend activities with a hypnotic twist.

Students participate in the hypnosis show.

MORE THAN A DONUT CONT.

- Cherry glazed
- Raspberry with white frosting
- Blueberry glazed with blue drizzle
- Strawberry glazed with red drizzle
- Lemon with yellow frosting
- Apple rolled in cinnamon and sugar
- Peanut butter with Reese's
- Horchata
- Bavarian cream
- White Holland crème
- Caramel cream
- Cookies and cream

These can be pre-ordered on <https://www.gowesco.com/paczki.html> and can be picked up in stores on Tuesday, Feb. 13.

Willow Price, a resident of Big Rapids, describes how making

these delicious treats is a way to use up ingredients in the house that are typically given up during Lent.

"When making them, they'd take everything sweet in the house and put it into [paczki] because it had to be gone before the fast," Price said. "It is not a jelly bun, what we have these days are over-sensationalized jelly buns."

Paczki are often made with eggs, fat, sugar, butter and fruits. These ingredients, alongside meat, are typically given up during the 40-day fasting period of Lent.

The unique dessert can be found in many bakeries around the community such as Bernie's Place, Jack's Italian Bakery and Wesco. Or try cooking it from home, with this recipe that was passed down through generations in Mary Kilmek's family.

Kilmek's Family Paczki Recipe:

- Boil 1 ¼ cups of milk, add 1 cup flour and make a paste. Add ¾ cups sugar, ¼ pound of butter and 1 teaspoon salt.
- Dissolve 2 packages of yeast in warm water (about ½ cup).
- Beat 4 eggs then add 6 cups of flour. Work it with another 1 cup warm milk, 1 teaspoon vanilla, and one shot of whiskey.
- Knead slightly and let it raise. Then make small balls and let them rise. Fry in deep fat until nice and brown.
- Place mix on brown paper (i.e. paper grocery bags) to absorb some of the grease.
- Place sugar in a lunch bag and drop in one or two pieces at a time, giving it a few gentle shakes.
- Remove and place on a cooling rack.



Graphic by: Harmony Goodman | Production Manager



Graphic by: Hailey Nye | Production Assistant

Media Minute

“Fourth Wing”

Harmony Goodman
Production Manager

Disclaimer: this article contains spoilers about the book series “Fourth Wing.”

“Fourth Wing” first hit the bookshelves back in May 2023. Since its release, it has become a best seller with more than two million copies sold worldwide, spending three months as the number one bestseller according to the New York Times. With the second book released at the end of 2023 and news of author Rebecca Yarros starting on the third book, more excitement is buzzing all over “BookTok,” the book fans side of the popular social media app TikTok.

“Fourth Wing” is an adult fantasy novel where readers follow the story of Violet Sorrengail, daughter of a high-ranked general in the Navarre’s army. Sorrengail’s family, besides her father, have all gone to Basgiath War College to become a dragon rider. Violet, on the other hand, does not wish to follow in her family’s footsteps. Instead, she has been training to become

a scribe like her father.

Despite Violet’s wishes, after her father’s death, her mother becomes more inclined that Violet will become a rider. Even after Violet’s sister, Mira, argues with her mother about her decision, Violet is sent to take the entrance exam where cadets must climb 250 steps to reach what is known as the parapet. The parapet is a stone slab that is around 200 feet in the air and only 18 inches wide.

With stormy weather conditions, cadets are sure to fall to their demise if they take one wrong step. Even though Violet never wanted to be a rider, she is determined to not die.

After she goes across the parapet and joins the rider’s quadrant, her only hope of staying is not dying from other cadets like Xaden Riorson. He is a third-year who hates her family and half the other cadets think that Violet’s weak stature only means she will become a liability. Even with this, her main concern is to be chosen to become a rider. Since dragons have a mind of their own, it is likely that about a fourth of cadets will die trying to bond with a dragon

and another fourth will not be even chosen to become a rider.

At this moment, Violet sees little hope of bonding with a dragon because she doesn’t see herself as strong enough to become a rider.

However, right before the selection, the class finds a young dragon is participating. She quickly finds out that some of her classmates are plans to kill off this dragon. To me, it’s a moment of true character for Violet. She can’t save herself from failure, but she is determined to save this dragon.

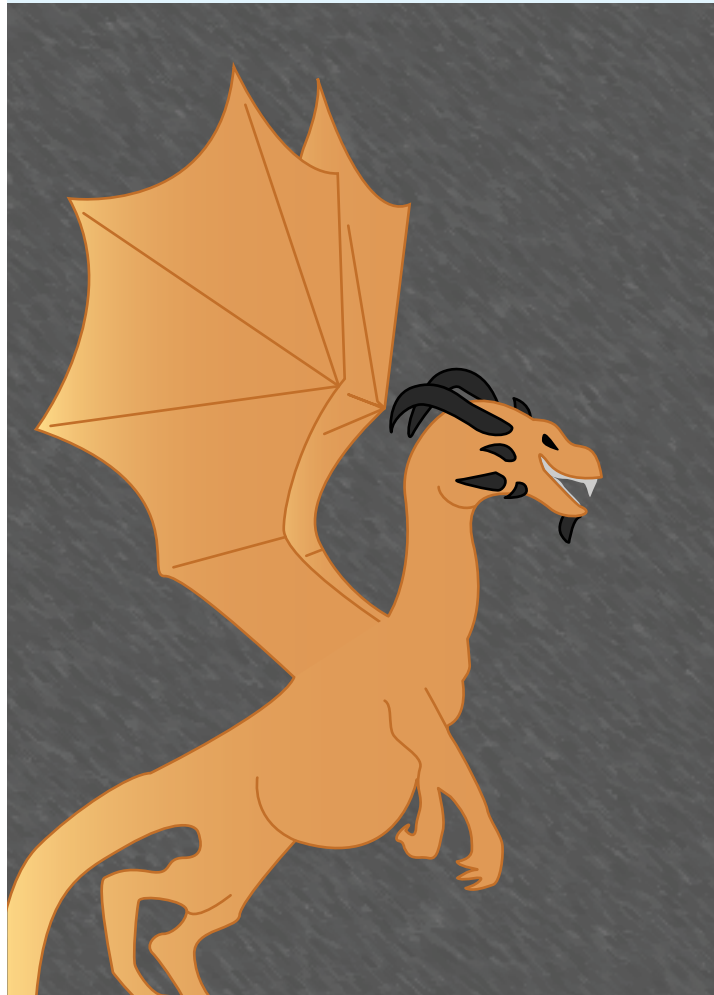
She follows her classmates into the woods and attempts to stand up to them which, to her surprise, scares them off completely. However, it was not her, it was the well-known dragon Tairn standing behind her who was also here to

protect the young dragon. At this moment, Tairn decides that Violet is the exact kind of rider he is looking for and we find out at the end of the selection, that both Tairn and the young dragon, Andarna, have chosen to bond with Violet. This is the first time something like this has ever happened.

With the quick turn of events, Violet can find more confidence in herself and is on the road to becoming one of the greatest riders of all time. However, Tairn is a mated dragon with Sgaeyl, who happens to be Xaden’s dragon. With this new connection, readers watch the enemies-to-lovers trope unfold. But war is tough and Violet is watching her friends die in combat and training. With a five-book series and the death

of a beloved character Liam in the second book, readers are worried about the deaths soon to come after Yarros herself has stated that war means not everyone can make it, especially not with a battlefield full of magic and fire breathing dragons.

I found this series through “BookTok” and though it might be bold I personally give this series a 10/10. It has what I think most fantasy books lack, which is the ability to build a fictional world that readers can understand. I am excited and nervous about where this five-book series will go. After all, there is nothing scarier than a writer who’s willing to kill off a well-loved character.



Graphic by: Harmony Goodman | Production Manager



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Jackie Moglia | Opinions Editor | mogliaj@ferris.edu

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EDITOR'S COLUMN:

Victim complex

Believing the world is against you only makes life worse



Graphic by: Hailey Nye | Production Assistant

Jessica Oakes Editor-In-Chief

In Michigan, we know that if you never find joy in snow, you'll have less of a joyous life but the same amount of snow.

I recently finished reading the book "Man's Search for Meaning" by psychiatrist and Holocaust survivor Viktor E. Frankl. Some of the wisdom he shared aligned well with my worldview, but with much more expertise and life experience.

"The last of the human freedoms [is to] choose one's attitude in any given set of circumstances, to choose one's own way," Frankl wrote.

It feels absurd to believe that someone enduring something even a fraction as traumatic as what Frankl survived would have

any control over their well-being. How insensitive would it be to remind a person experiencing extreme pain or loss that it is their choice to keep a positive attitude?

Still, Frankl observed the lives of those around him as a prisoner in World War II.

The men who kept hope and found meaning in their suffering not only lived better, he argued that it helped them live longer. Even during regular outbreaks of typhus, Frankl connected one's mortality to his ability to find something to live for.

It is not only possible for us to resist the tempting belief that we are victims of our circumstances, it is physically necessary.

I see people every day who act as if their lives happen to them, and they are nothing but passive casualties of their external prob-

lems. They have lost gratitude, self-awareness, responsibility and often kindness. My mom and I call this as the "only me" mentality. If we ever hear someone endlessly pitying themselves, or if we catch one another doing it, we will loudly over-exaggerate the words "Only me!" It is cathartic and funny because it is never true.

You are not the only person going through trials and tribulations. They come with life. By singling yourself out as the world's main character, you still have the same number of problems and fewer people to empathize with.

It strikes me when I meet people who are living lives objectively more difficult than mine and still find ways to bring joy to others. I have been gifted at the Torch with several people who have every right to dwell on terrible things in

their lives, genuinely through no fault of their own. Instead, they do the opposite. They are some of the kindest and most gracious people I have ever met. They take it upon themselves to enjoy what they do have instead of mourning what they lack. They inspire me every time we speak.

Frankl was influenced by philosopher Friedrich Nietzsche, who said, "He who has a why to live for can survive almost any how." I was influenced by author and divorce lawyer James Sexton, who said, "Alright, we all have an equal right to be f***ing miserable, don't we?"

It is pointless to count deductions in life. Life isn't gymnastics where you start at a perfect 10 and count down for every mistake. Everything we do have is a bonus and we should all count those up.

The epidemic of flavored air

Clearing the air: The dangers of vaping for teens



Graphic by: Hailey Nye | Production Assistant

Kendall Phillips
Culture Reporter

With flavors such as Tutti-Frutti, Skittles, Bomb Pop, piña colada and many more, the marketers of vapes have succeeded in gaining a young adult and teenage audience.

One in five Americans ages 18 to 29 vape, which is not surprising if you think about the advertisements for e-cigarettes.

These marketers have taken something extremely dangerous and addictive and found a way to sell it to our youth without warning them of the dangers it can cause.

For as long as I can remember, vaping has been everywhere. Whenever I would go to the bathroom in my high school, I would walk into the cloud of artificial flavorings, but I have always wondered if these teens are fully aware of the chemicals they are inhaling.

According to the American Lung Association, vapes have many dangerous chemicals in them, including but not limited to acetaldehyde, acrolein and formaldehyde, which can lead to both lung and heart diseases.

One of these chemicals, acrole-

in, is regularly used as an herbicide to kill weeds. A chemical that is used to kill weeds is also repeatedly inhaled by millions of teens.

One of the most concerning things about vapes, in my opinion, is the fact that we don't truly know what the long-term effects of these chemicals can be. The amount of damage vapes can do to your lungs is unknown, but some of it may be irreversible.

When e-cigarettes first started to grow, people saw them as a "safer" alternative to cigarettes, but in reality, they are still extremely dangerous and addictive.

The worst part about vapes is the addiction. Nicotine is the main addictive chemical in vapes and is what has gotten millions of people to continuously use them. This is what makes the cycle of vaping never-ending.

All it takes is one hit. One hit of a friend or family member vaping can suck you into this epidemic. Countless of my friends say to me "I want to quit," but they find themselves going through huge withdrawals from the nicotine once they try.

Another factor of vaping that many do not take into consideration is the accidental ingestion

of those around you. Secondhand smoke doesn't just apply to cigarettes but to vapes as well. Secondhand smoke can be just as dangerous and can cause things like lung problems, high blood pressure and according to the CDC, disease and premature death. This is extremely dangerous, especially for children.

This goes back to the marketing and packaging of vapes. If a vape was left unattended and a child was to walk up to it and saw a pink and blue swirled design that said cotton candy on it, they would not hesitate to pick it up and investigate.

There are no benefits to vaping. I fear the risks that we have yet to find out about. If you are considering quitting, don't feel like you have to do it alone. There are many resources available to assist those who are struggling with withdrawals.

SAMHSA National Helpline
Confidential free help, from public health agencies, to find substance use treatment and information:

1-800-662-4357

Michigan mood swings

Football fans left in tears after championship wins and playoff appearances

Brook Blausey
Culture Reporter

For as long as I can remember, the Detroit Lions always disappointed their fans. This year was a different year for Michigan football. This was "our year." Not for basketball, but it's better to focus on how far our other sports have come.

With the Lions playing the best we have seen them play in years and the University of Michigan football winning a national championship, life was well, unless you are like me and cheer for the Ohio State Buckeyes.

Michigan football had a bumpy season. In the first three games, head coach Jim Harbaugh was suspended from coaching the team on the sidelines for recruitment allegations. Yet the team remained undefeated and Harbaugh returned to his team where they continued the season. This motivated the team to remain undefeated and make it to the playoffs.

With all the hardships that they had faced this season, they wanted to prove everyone wrong and they did just that by making it to the championship game. They not only won the championship game for the first time since 1997 but finished the season defeated.

Lion's football, however, had a season that shocked the state of Michigan but shocked the country. Growing up in a football family, we would have the NFL every Sunday.

It was nothing new to sit down on the couch and watch the Lions game with my dad. It was never surprising to me to watch them blow the lead they had or see them trailing by a lot. The Lions were never known to be great at football yet we were still die-hard fans of them.

When I asked my dad why we were still Lions fans, he would always tell me, "One year, it's going to be our year. We're going to be good and make it all the way and don't you want to say that you have been rooting for them even when they were terrible?"

And so that was that.

This year was different. You could feel it in the preseason. The regular season started and it felt like I was watching a new team. These were not the Lions I had been watching since I was a little girl. They were winning games. A whole new sense of pride erupted in Detroit fans.

I was beyond shocked to find out that not only were we going to be playing in the playoffs, but we were going to be hosting the playoffs at home at Ford Field. With a record of 12-5, we were favored to win over the Los Angeles Rams. Playing former Lions quarterback Matthew Stafford would be no easy battle.

I won't lie, I was a little skeptical if we were going to be able to pull off the winning. They managed to snake the win from Stafford, winning their first playoff game for the



Graphic by: Hailey Nye | Production Assistant

first time since 1991, and continued their journey to the Super Bowl.

One playoff win down, two more to go and we were there.

Then the following week we secured the win against the Tampa Bay Buccaneers at home once again. For the first time in a while, the fans of the Lions had gotten the day they had been waiting for. One more playoff win and the Lions would be going to the Super Bowl. This was going to be our

year.

And just like that it was over.

All it took was one game. Fans everywhere were devastated and some even cried, I know I did. I think the most upsetting fact about the game was that we were winning and that we blew the lead we had at halftime. For me, it would have been easier if it was just a blowout.

Despite the loss, many fans have hope for the next season of Lions football. I believe they will

have another shot at the Super Bowl next year.

Until then, Michiganders get to sit in the glory that not only our college team won a national championship but that our NFL team made history for the first time. We had a good year of football. We should keep our focus on that instead of the history that the Detroit Pistons are making.

Sports

Dylan Rider | Sports Editor | riderd1@ferris.edu

Bulldogs bowled over

Ferris State swept by Bowling Green Falcons in home series



Photo Credits: Ciara Brooks | Torch Photographer

Forward Jason Brancheau makes a pass on the ice as the Dawg Pound behind cheers the team on.

Connor Grypma
Sports Reporter

The Bulldogs lost both games against the rival Bowling Green Falcons this week at home on Friday, Feb. 2 and Saturday, Feb. 3.

Ferris State (10-18-1, 6-13 in CCHA) had lost their previous series against the Falcons (10-16, 8-8 in CCHA) earlier this season and saw their four-game win streak fade with a 4-3 loss on Friday and a 3-1 loss Saturday.

Head coach Bob Daniels did not extend much positivity outside of Ferris' first-period play.

"I thought we had a good start to the game and that's where I'd leave it in terms of our good play," Daniels said. "We jumped out to a two-goal lead, we were playing pretty well. I thought the last seven minutes of the first, we weren't playing as well. I was disappointed,

we had some turnovers there, but we got through the period though [...] when we extended our lead to 3-1 going into the third period, I still didn't feel we were playing great. I thought we had a very poor third period."

The Bulldogs started Friday's contest with a goal from January CCHA player of the month, freshman forward Luigi Benincasa. Junior forward Zach Faremouth extended the lead shortly after scoring his first of three goals on the weekend and gave Ferris a 2-0 lead after the first period.

Bowling Green got on the board midway through the second period but was matched by Faremouth's second tally of the night to make the score 3-1 heading into the third. The Bulldogs went scoreless in the final period and Bowling Green scored three unanswered goals to go ahead by one with six

minutes remaining. Ferris did not answer and lost 4-3.

Freshman defenseman Jack Mesic commented on how the defense could improve.

"We went over a gameplan before," Mesic said. "They like to come up with speed so we should try to jump up in the rush and move pucks if we can. We just have to make sure we're coming back quick enough otherwise."

Following the Bulldogs' blown 3-1 lead, which led to Friday's 4-3 loss, Ferris fell to the Falcons again. The loss marks a season sweep of the Bulldogs by Bowling Green, as Ferris dropped two games at Bowling Green earlier this season.

Daniels had mixed feelings for the series following the loss on Saturday.

"We played so poorly in those final two periods Friday, I felt sor-

ry for myself," Daniels said. "Last night was not Bulldog hockey, but [Saturday] the guys made adjustments we asked them to make and played well, we just couldn't get shots past their goal. I don't remember the last time we held a team to 21 shots on net in a game. I really feel like the guys deserved a different fate than what they got tonight."

The Falcons struck early on Saturday with two unanswered goals in the first period to go up 2-0 early. Faremouth scored his third goal of the weekend midway through the second to put the Bulldogs on the board and make the score 2-1. The remainder of the game became a defensive battle and both teams failed to score until the Falcons got an empty-net tally late in the third to make the final score 3-1.

Senior defenseman Nick Hale

spoke on the team's expectations for the rest of the season.

"We're starting to get to a point where every game is going to be like playoff hockey," Hale said. "Most of these games are going to be close and everything matters so we have to be focused and follow details down the stretch."

The Bulldogs remain in last place in the CCHA standings but still have an opportunity to move up in the standings with five more conference matchups left in the season.

The Bulldogs are off this upcoming weekend before resuming conference play next week against the Bemidji State Beavers on Thursday, Feb. 15 and Friday, Feb. 16. Puck drop is set for 8:07 p.m. on both matchups.

Hockey Score Card

Friday:

1P: Ferris State goal, Luigi Benincasa 1:46 1-0
2P: Bowling Green goal 7:25 2-1
 Ferris State goal, Zach Faremouth 3:27 2-0
 Ferris goal, Zach Faremouth (2) 15:43 3-1

3P: Bowling Green goal 8:04 3-2
 Bowling Green goal 10:56 3-3
 Bowling Green goal 13:40 4-3

Saturday:

1P: Bowling Green goal 14:19 1-0
 Bowling Green goal 12:26 2-0
2P: Ferris State goal, Zach Faremouth 12:26 2-1
3P: Bowling Green empty-net goal 19:45 3-1

Women's basketball wins nine straight

Ferris comes back against Northern Michigan, scrapes by Michigan Tech



Junior Guard Kadyn Blanchard prepares to pass the ball to a teammate during the home game played against Northern Michigan.

Photo Credits: Ciara Brooks | Torch Photographer

Jael Snowden
Sports Reporter

In a pair of home games at Jim Wink Arena over the weekend, the No. 7 nationally ranked Ferris State women's basketball team increased their win streak to nine games by sneaking by the Northern Michigan Wildcats on Thursday, Feb. 1 and the Michigan Tech Huskies on Saturday, Feb. 3.

The Bulldogs (16-2, 10-1 in GLIAC) remain perfect when playing at home, as they sport a 7-0 record in the Jim Wink Arena following their 71-66 victory over the Wildcats (13-7, 7-4 in GLIAC) and a 63-54 win over the Huskies (10-9, 6-5 in GLIAC).

The Wildcats dominated Ferris State in the first half, putting up almost 20 points in the second quarter alone compared to the

Bulldogs' nine. The score at half-time was 40-26 in favor of Northern Michigan.

Despite going into the third quarter down 14, head coach Kurt Westendorp did not waver.

"We talked in the locker room about how we couldn't wait until there's like five minutes to go in the game to have our comeback," Westendorp said. "We talked about those first five minutes. To win the third quarter 30-8 and to get a lead by then. I was thinking it might take a little longer to kind of overcome it, but we overcame it right away with just tons of great energy."

An aggressive second-half start led to the 30-8 run in the third quarter by Ferris, where they denied the Wildcats chances to score for the first five minutes of the quarter.

One of the players who stepped up in the second half was junior guard Kadyn Blanchard, who was scoreless in the first two periods. Blanchard scored a total of 15 points in the third and fourth quarters. This type of scoring eruption was expected after she crossed the 1,000 career points milestone last week.

"To be able to do it in three years and to be able to do it with this team just means so much," Blanchard said. "I think God has everything and does everything for a reason because I hit it in Saginaw Valley. I'm from the Saginaw area so all of my family and friends were there too."

Blanchard missed the majority of last season with an injury. Alongside her 15 points, she finished the game with four rebounds and four assists.

Ferris continued their winning weekend with a victory over the Michigan Tech Huskies on Saturday.

The contest featured two teams trading the lead until the fourth quarter when the Bulldogs finally pulled away. The lead changed hands 14 times, and the score was tied eight times throughout the contest.

In the fourth quarter, there was a team effort on defense and rebounding the ball. Senior forward Chloe Idoni had another huge game, scoring 21 points. It marked her second game in a row surpassing 20 points.

Westendorp was all praise for the opposing Huskies and the resolve that his team kept to win the game.

"They didn't panic. We weren't perfect in everything that we were

doing, but we shored things up at the moment that it counted the most," Westendorp said. "I want to keep giving credit to Michigan Tech because they're just a really hard basketball team to guard the way they really stepped out here. It's like they just do such a good job and I want to really credit them because they do such an awesome job of moving the basketball posting up everybody. You know, it took a lot of effort on our kids on the defensive end."

The Bulldogs hold the best record within the GLIAC (10-1) and have seven games left in the regular season. Ferris State's next game will be back on the road against the Lake Superior State Lakers on Saturday, Feb. 10. Ferris will return home against Saginaw Valley on Thursday, Feb. 15.

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Zach Faremouth
Ferris State University

He scored three total goals during the weekend against Bowling Green.



Chloe Idoni
Ferris State University

She had 25 points and seven rebounds against Northern Michigan and 21 points and 15 rebounds vs. Michigan Tech.

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Men's basketball splits the home series

The nationally ranked No. 20 Ferris State responds to tough loss to Northern Michigan with win over Michigan Tech



Junior Deng Reng goes in for a layup against rivals Northern Michigan.

Photo Credits: Jack Starkey | Freelance Photographer

Jeffery Walker
Sports Reporter

The nationally No. 20 Ferris State men's basketball team returned home this past weekend and split their contests against GLIAC rivals Northern Michigan and Michigan Tech.

After the games this weekend the Bulldogs (17-5, 7-4 in conference) remain three games back from first in the GLIAC standings. With seven games remaining in the regular season and all of those games being conference games, the team will look to finish strong and create momentum going into the GLIAC tournament.

In the first game of the home series, the Bulldogs took on the No. 1 seed in the GLIAC standings Northern Michigan, which they would end up falling short of winning in an 83-80 loss that came

down to the final seconds.

Head coach Andy Bronkema thought the team struggled to make the plays they needed to make throughout the game.

"The story of this game was, there were just plays to be made that we didn't make," Bronkema said. "I mean layups or our hands were on the basketball or wide-open shots, we were 1-10 from three in the second half. If you want to win a big game you got to go 5-10, 4-10 and we weren't able to do it and you know let's do it the next time."

In the first half, Ferris had a rough time at the free throw line, shooting 5-for-9 (55.6%) that left points off the board. The team shot 44.4% from field goal range and 40% from three-point range. At the half, the Bulldogs trailed by 10 points.

In the second half, the team

shot better from field goal range at 56.3% and from the free throw line at 83.3%. But the team struggled from three-point range as they shot only 10% going 1-for-10. The team missed six free throws that would come back to haunt them as they fell short of the comeback by just three points.

Following the close loss to Northern Michigan, Ferris responded with a 79-63 win against Michigan Tech to finish the home series.

Senior guard Ben Davidson described the loss to the Wildcats while remembering the type of play that Michigan Tech brings to the match.

"Thursday was such a big game number one. Number two, we lost and it was a heartbreaking loss," Davidson said. "We fought hard; we didn't make enough big plays at the end of the day. We just had to come out and prove ourselves

today. The last time we played Tech, it took us a buzzer-beater to win that game. We knew that it was going to be a dogfight tonight and it was, they play hard. They play scrappy and we ended up getting a win, which is awesome."

In the win against Michigan Tech, the Bulldogs played much better defensively, holding their opponent to 40% shooting from field goal range and 25.9% from the three-point line. The team also shared the ball collecting 25 assists to their opponents 16 assists, and outrebounded their opponent 36 to 27.

Offensively, Ferris struggled from three-point range shooting 15.4% on 2-for-13. But the team shot 59.3% from field goal range and scored 52 points in the paint. The team also had a big contribution from the bench as the bench scored 30 points.

The Bulldogs' wealth of scoring was recognized by Bronkema in their win over the Huskies.

"A lot of people contributed today, which is nice," Bronkema said. "You never know when your number is getting called. We say that and tonight some guys stepped up and made plays."

Eleven players scored for Ferris, including Davidson, who led the team with 20 points. Senior forward Desean Munson and senior forward Dolapo Olayinka followed Davidson, both having 13 points.

The Bulldogs will now hit the road for a one-game week as they prepare to take on the No. 3 seed Lake Superior State Lakers in another big game. Gametime is set for 7:30 p.m. on Saturday, Feb. 10.

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