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Big Rapids, Michigan

August 28, 2024

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Photos by Jordan Wilson and Thomas Maxwell

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News

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

Program's 50th anniversary

Program professor speaks out about the programs time at Ferris

Ember St. Amour
News Editor

This year marks the 50th anniversary of the nuclear medicine technology program at Ferris.

Students start out at Ferris taking elective classes before going to the Grand Rapids campus to finish their bachelor's degree. Students also take classes during the summer to help ensure that they graduate on time.

Professor Tim Vander Laan is a program coordinator for the nuclear medicine technology program. He has noticed that some students commute from campus while other's stay in Grand Rapids, as they begin the clinical portion of their internship.

"Usually, it's two to three days a week, so I try to make it scheduled easier for commuting," Vander Laan said. "Students decide to move down Grand Rapids down here. And there's options to make it doable for those that want to stay on the main campus but still complete the program. It's certainly still an option for students. And every year I have students that do that, they stay down there and take the bus."

Vander Laan has also seen the equipment change to stay up to date over the years.

"To keep up to date with the changes that are going on in the field, to stay current with the education and to prepare our graduates to be successful in the field," Vander Laan said. "We've had to modify the program. We kind of update our technology with the different equipment that we use to train with our students. So we're always looking at what's next, and how can we better equip our students to prepare them for successful careers in the field. So just kind of staying updated, mostly with technology and teaching techniques and what's changing, [and] getting updated in video."

Vander Laan also explained that the program is looking to do something special with the Alumni Association in honor of the program's 50th anniversary, however no immediate plans have been put together at the time of this article.

Other professors and alumni were contacted but did not respond before this article's publication.



Photo Courtesy of Tim VanderLaan

Nuclear medicine and technology student Alexis Wang operates a scanner, while her peer Amanda Topham acts as the patient.

MICHIGAN NEWS UPDATE

Ember St. Amour
News Editor

Michigan - It was ruled that Cornel West and his running mate Melina Abdullah must appear on Michigan voting ballots on Saturday.

The choice was decided by Judge James Robert Redford, who made the decision after West was kicked off the ballot due to a technical issue according to Fox News.

The technical issue was "defects of notarization" of affidavit of identity according to The Michigan Bureau of Elections director who notified West earlier this month.

Campaign spokesman Edwin DeJesus told the Michigan Public Radio Network that the notification was unjust.

"We are confident that these accusations will be seen for what they are—frivolous and unfounded attempts to stifle

opposition and debate," DeJesus said.

Redford ruled that if West had enough signatures, then he would be allowed to be on the election ballot. West celebrated being allowed on the ballot, according to The Hill.

"This ruling is not just a legal victory—it is a moral victory for everyone who believes in the sanctity of the democratic process," West said. "Our campaign submitted over 26,000 signatures, significantly more than required, which the court recognized as a legitimate expression of the people's will."

Several other states, including Maine, have also ruled that West will be on their voting ballots.

GLOBAL NEWS UPDATE

Ember St. Amour
News Editor

Gaza - Parts of the water on Gaza's Mediterranean coastline have begun to turn brown due to open sewage.

According to BBC News, the camps have begun to send their waste directly to the water. Head of the Deir al-Balah emergency committee, Abu Yazan Ismael Sarsour explained how this was happening.

"It is because of the increase in the number of displaced people and many are connecting their own pipes to the rainwater drainage system," Sarsour said.

Gaza's waste water management infrastructure has collapsed due to Israel invading according to a report done by the UN.

The charity Oxfam Lama Abdul Samad said that a quarter of the population had diseases due to

the health hazards,

"The sanitation infrastructure has been damaged severely to the point that it is flooding the streets and the neighbourhoods, and people are basically living adjacent to puddles of sewage,"

Satellites have been tracking the contaminated water, to try and determine if the pollution is still growing.



WEDNESDAY, AUGUST 28	THURSDAY, AUGUST 29	TUESDAY, SEPTEMBER 3
<p>FERRIS 140th ANNIVERSARY FILM SCREENING: LEGACY OF OPPORTUNITY</p> <p>📍 7:00 p.m. – 8:30 p.m.</p> <p>📍 David L. Eisler Center Ballrooms B & C</p>	<p>TIME OF CHANGE OPENING REMARKS</p> <p>📍 10:00 a.m. – 10:30 a.m.</p> <p>📍 FSU Fine Art Gallery</p>	<p>PRICKLY PICK-ME-UP! DECORATE A POT AND PLANT A SUCCULENT</p> <p>📍 11:00 a.m. – 2:00 p.m.</p> <p>📍 David L. Eisler Center</p>
<p>FIRST YEAR SOCIAL</p> <p>📍 6:00 p.m. – 8:00 p.m.</p> <p>📍 Robinson Quad</p>	<p>PRESIDENT'S FOUNDERS DAY ADDRESS</p> <p>📍 11:00 a.m. – 12:00 p.m.</p> <p>📍 David L. Eisler Center Ballrooms</p>	<p>LEARN MORE ABOUT CAMPUS EVENTS</p>  <p>ferris.edu/calendar</p>
<p>ON CAMPUS STUDENT JOB FAIR</p> <p>📍 10:00 a.m. – 1:00 p.m.</p> <p>📍 David L. Eisler Center Room 202</p>	<p>FOUNDERS' DAY EXTRAVAGANZA</p> <p>📍 3:00 p.m. – 6:00 p.m.</p> <p>📍 Robinson Quad</p>	
	<p>FOUNDERS' DAY ICE CREAM SOCIAL</p> <p>📍 3:00 p.m. – 6:00 p.m.</p> <p>📍 Robinson Quad</p>	

Graphic by: Hailey Nye | Production Assistant



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Rite Aid closure

Pharmacy closes all across Michigan

Kate Babel
News Reporter

Big Rapids will bid farewell to its Rite Aid out of stores all across the state, beginning with their closing down sales before their permanent closures.

The Big Rapids Rite Aid closed its doors on August 25, 2024. As it hosted an “everything must go” sale in stores, marking everything down from 80% off to 90% off in-store products, customers pulled up to take advantage of the sweet deals on pharmacies, groceries, beauty and health items.

Social work junior Jakayla Day was an employee at the Big Rapids Rite Aid, she gave insights on who frequented Rite Aid and the closure will affect prescriptions.

“[The prescriptions] automatically all got switched over to Walgreens and from Walgreens, if they want to transfer them they can,” Day said. “I would say a good amount of people come to Rite Aid, I feel like adults, the college students really just about everybody.”

In mid-October of 2023, Rite Aid filed for Chapter 11 bankruptcy due to opioid-related lawsuits and declining sales. According to an MLive.com article., the US Department of Justice filed a complaint in March alleging that they “knowingly filled at least hundreds of thousands of unlawful prescriptions.” The Department of Justice reportedly agreed to a “brief pause” of its lawsuit after Rite Aid

went bankrupt. Since the lawsuits, they have begun closing all stores in Michigan, as well as some in Ohio. In 2022, Rite Aid agreed to a \$30 million settlement to resolve lawsuits that accused the pharmacy of contributing to the opioid crisis.

Since last fall, Rite Aid has listed 232 total Michigan stores for closure in bankruptcy filings. As the company deals with its losses, it began to close any underperforming stores, especially laying off 191 workers when it permanently closed its distribution center in Waterford on Aug.16.

Rite Aid has been a source of pharmaceutical needs, health, beauty and groceries. For some people, however, others simply came for the closing deals

Service technician and Ferris State alumni Ausha Gum does not frequent Rite Aid normally. She is one of the many people that came during Rite Aid’s closing sale.

“We’re in town and they have a huge discount right now, so cheap stuff,” Gum said. “It doesn’t matter, there’s plenty of different pharmacies so it’s not huge.”

People who depend on Rite Aid for their prescriptions can choose from other pharmacies in Big Rapids, such as Walgreens, Meijer and Walmart, among other places. It is currently unknown what will move into the Rite Aid building.



Photo by: Jordan Wilson | Multimedia Editor

Store closing signs have been appearing throughout Big Rapids since the announcement of Rite Aid’s closure.

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Culture

Blase Gapinski | Culture Editor | gapinsb@ferris.edu

Summer festivities

Big Rapids hosts Summerfest before the fall semester starts



Photo by: Jordan Wilson | Multimedia Editor

Ferris State University students and Big Rapids community members peruse the items for sale at the community sale during Summerfest in downtown Big Rapids.

Ni'Jah Rankin
Culture Reporter

This year's annual Summerfest in downtown Big Rapids gathered the community for a chance to come together and enjoy themselves.

On August 23, the Big Rapids community hosted the summer festival, which included many activities for everyone to enjoy, including free food, face painting and much more. Many people, including parents, children, seniors and Ferris students were in attendance.

The summer fest holds many aspects for anyone to experience. As people walked down the street, they were able to enjoy free lemonade, face paintings and snow cones. Students could

also enjoy looking at cars throughout the day with the car show.

Students got the chance to look through the parking lot nearby to find many different booths selling an array of items from everyday home supplies and clothes to homemade fudge and jams.

Environmental biology junior Janelle Lekies attended the previous two Summerfests and said she enjoys coming to the festival to hang out with friends, along with the free stands and being able to buy goods for an affordable price.

"I like the vendors and I enjoy thrifting," Lekies said. "There are a bunch of other free things and good deals on stuff like TVs and kitchenware with the vendors."

Students can find many low-cost items for their resident hall or apartments, including dishware sets, appliances like mini-fridges, microwaves, air fryers and assorted pots and pans.

Ferris students got the opportunity to have fun with their friends before school started while exploring downtown Big Rapids.

First-year pharmacy student Stella Clark was invited to the summer fest to catch up with her friends before classes started.

"I was looking forward to spending time with friends again after a long summer," Clark said. "They do a lot of community events that everyone is invited to, and I find that cool."

The summer festival was

supported by multiple vendors in the neighborhood to make this event successful. The organization in charge of planning Summerfest is VocaLyrica, the women's chorus in Big Rapids. This group made up of the women's community chorus, used the festival to fundraise enough money to help pay for children in Big Rapids to get singing lessons and scholarships for local children to go to music camps.

One of the group members of VocaLyrica, Carol Hillman, is a former Ferris graduate. Hillman thinks that Summerfest and events like it are an opportunity to be able to donate and connect with the community while also being able to find cheap dorm and apartment needs.

"I love it when Ferris students come through here because they're looking for pots, pans and a mini fridge," Hillman said. "It's great fun when they come through."

Summerfest brought in multiple businesses around Big Rapids to one place to advertise their business by having their name get out there and being able to connect with the local and student community.

One of the businesses that came to the summer fest was the Yellow Window, a restaurant that brought out its food truck to sell a variety of brisket and pulled pork dishes. The restaurant's owner Tammy Springs worked at Ferris State in food service.

Springs thought the sum-

mer fest was a fantastic opportunity for Ferris students and the people of Big Rapids to connect and become closer as an overall community.

"You've got to bring the community together with everything going on in the world," Spring said. "It's just nice to intermingle, especially with all the Ferris students coming back."

There will also be an event similar to Summerfest during Labor Day weekend, which includes a car show, arts and crafts and more. This event will happen in downtown Big Rapids from 10 a.m. to 4 p.m.

Friday farmers market

The go-to place for all your fresh produce needs and much more



Photo by: Blase Gapinski | Culture Editor

Rick Torres hands out sample of his supermex salsa to shoppers of the Big Rapids farmers market.

Blase Gapinski
Culture Editor

The Big Rapids Farmers Market is a vibrant environment for students and locals, offering fresh produce, homemade goods and a taste of community spirit.

The market's location has changed from previous seasons and is now located at 225 N. Michigan Ave. The market is open on Fridays from 8:00 a.m. to 2:00 p.m. and offers fresh and homemade goods like soaps, cheeses, fish, jewelry and even freezer-dried candy. Big Rapids Farmers Market offers students and members of the community a reliable source of fresh and organic fruits and vegetables that are locally grown.

Rick Torres of Ranger Rick's SuperMex Salsa is in his second year as a vendor. He is one of the many vendors who is regularly set up throughout the market's season. Torres has been making salsa since he was 10 and is very passionate about his craft. He sells his famous crunchy salsa, which comes in varying heats from low, medium, hot and extra hot.

"The consensus I get with all my customers and people who sample my salsa is that there isn't just heat," Torres said. "But there is a nice flavor that leads you to it."

Torres and his wife travel between Big Rapids and Tra-

verse City, selling their products. The Big Rapids community is a crucial reason why they continue to set up in this market.

"The people that come here know they're supporting someone from the area and know the products they receive are going to be fresh," Torres said. "This community has shown their love to our business and they continue to come back each week. It really is like a family which is why we always look forward to seeing our regulars and new customers."

Austin Richards of Austin's Fudge is another vendor, who has become a community favorite throughout the market space. Richards is in his second year as a vendor and appreciates how welcoming the community and other vendors have been.

"This market really brings people together," Richards said. "Everyone takes care of each other and watches each other's backs."

Richards has been making gourmet fudge ever since his grandmother taught him how. Due to a peanut allergy, Richards could never eat fudge when visiting Mackinac Island, as it is made in a kitchen that contains nuts. Knowing what it's like to deal with peanut allergies of his own, Richards ensures his fudge is peanut-free by keeping his kitchen clean of all nuts.

One of his favorite things

about the market is being able to interact with the members of the community.

"Seeing all of the kind people that show up is great," Richards said. "Here and there I see some familiar faces so it's nice when they stop and say hello."

John Monahan of Happy Jack's Kettle Corn has been a vendor at the Big Rapids Farmers Market for the last seven years. They sell multiple flavors of kettle corn, including cheddar, white cheddar, jalapeno cheddar, garlic parmesan and many more. As someone with seasons of experience, he understands why the community appreciates the farmers market.

"People like to get good quality for their dollar, everything here is fresh, and right off of the farm for the most part," Monahan said. "We cook all of our popcorn right in front of everyone, so you can see it's fresh for yourself."

Monahan and his wife Laura are both alumni of the university and are also Emeriti. They have been involved at the university for over thirty years and have been operating Happy Jack's Kettle Corn since 2017. They can donate and volunteer with some of the sports teams on campus and help out when fundraising comes around.

"We get some students that show up but we don't get as many as we would



Photo by: Blase Gapinski | Culture Editor

John and Laura Monahan of Happy Jack's Kettlecorn finish their last order of the day.

like," Monahan said. "This time of year and late spring we usually get more students and we try to do a lot of things in the student area like Rec Fest. Our house is three miles from where we stand so we try to give back to our community and Ferris as best we can, which is always a nice thing."

Monahan's former job on campus involved being around many different peo-

ple all day long, which he enjoyed. Running the stand at the market allowed him to talk with and meet new people each week. He is hopeful that the number of community members and students continue to grow as the end of the season nears.

"It is invigorating for me that I have so many people that I get to see and talk to," Monahan said. "Some of them you get so used to

seeing week after week, and when they don't show up, you get worried because they've become a friend."

Big Rapids Farmers Market will remain open each Friday from 8:00 a.m. to 2:00 p.m., rain or shine, until Oct. 25. To stay up to date with scheduled vendors and additional activities, check out @Big Rapids Farmers Market on Facebook. Rapids Farmers Market on Facebook.

Media Minute

A look at Logic's album seven years in the making



Album cover rights to BobbyBoy Records, Three Oh One and BMG

Blase Gapinski
Culture Editor

Rapper, writer and producer Logic released his ninth studio album "Ultra 85," and it is a bold dive into the next chapter of his career.

This album is special for longtime Logic fans, as it was announced in May of 2017, and it is the sequel and conclusion to his second album, "The Incredible True Story." Similarly to that record, Logic uses many skits throughout "Ultra 85," which adds a cinematic element to the listening experience.

This is how he conveys his storytelling throughout the project, and it is fun the first time while listening to the album, but they are full of cliches and cheesy moments.

Logic's ability to write and record smooth and entertaining songs shines during the entire hour and 20 minutes. The first track on the album, "Paul Rodriguez," is around nine minutes, and Logic's flow doesn't slow down until the outro of the track. It

starts the album out on a high note and introduces the listener to the cast followed throughout the story.

The transition from the skit to "Mission Control" is a blast of nostalgia with a familiar beat from the Atlanta trap artist Gucci Mane. The "Lemonade" sound has been sampled many times since its initial debut by other artists and is often stale and not too different from the original. Logic did a rendition of this beat by adding his touch while still paying homage to

Gucci.

Records like "Deja Vu" do a great job of keeping this momentum going while he raps about topics that are more valuable to him than money and fame, like his family. He is taking jabs at the rappers that he considers clones of one another who try to follow whatever is popular to ride a wave of fame. The DJ Drama feature is another element that helps make this track one of the best on the album. The transition into the outro saxophone solo is a beautiful

touch as well.

The production across the album remains typical of what most would expect from Logic. It is full of soft jazz beats accompany his rapping and singing very well. There are even a couple of dance-centric tracks that transition into softer records like "Fear," which surprised me. I wish he sang on this album more as his vocals sound great during the chorus and outro.

"Favela" is my personal favorite from this album. This particular record is a bit sadder in tone as Logic reflects on the abuse and trauma from adolescence. In his youth, music was an escape from reality, his work is always passion-driven rather than trying to check off certain boxes. The title of this track is tied to "Call of Duty: Modern Warfare 2." Logic recalls fond memories of playing this game, especially the map Favela as the title would suggest. The piano loop and flute combination reminds me heavily of something that would be produced by the likes of Lupe Fiasco.

However, some tracks start to steer away from the traits that make the album so good towards the backend of the album like "44ever." This, to me, sounds like something that would have been released earlier in Logic's catalog, where he consistently did the same thing on every track and didn't experiment. This shows that he is making music he's happy with and isn't trying to please anyone.

Another surprise from this record is tracks like "LOVE ME," which has similar dance-centric vibes seen earlier in the record. There isn't

much depth to this record and sounded like something from at a club. Truly, this one is just a head bopper, and there is not as much emotion as the little may imply.

"Once Upon a Time in Hollywood" does a great job of explaining where Logic got a lot of his taste in music. He talks about the film Kill Bill and states it's his favorite of all of Quentin Tarantino's films and how the soundtrack inspired his taste in music.

The album closes with "Thank You for Believing in Me," where more of Logic's singing comes out in full effect. It is a bit melodramatic and over the top, with layered vocal crescendos and electric guitar riffs. It is the finale to this chapter of Logic's career, so I can understand and appreciate why this would be the closing track on this record.

Overall, this has been one of my favorite listening experiences throughout the Logic lineup. Logic has been an artist that many people have written off over the years because his sound has been very repetitive. It takes all of the tropes that give Logic's albums an identity and turns them into something new and nice on the ears. "Ultra 85" is the best album from his catalog, and I believe has the potential to become his fourth platinum-certified record or even hip-hop album of the year.

9/10

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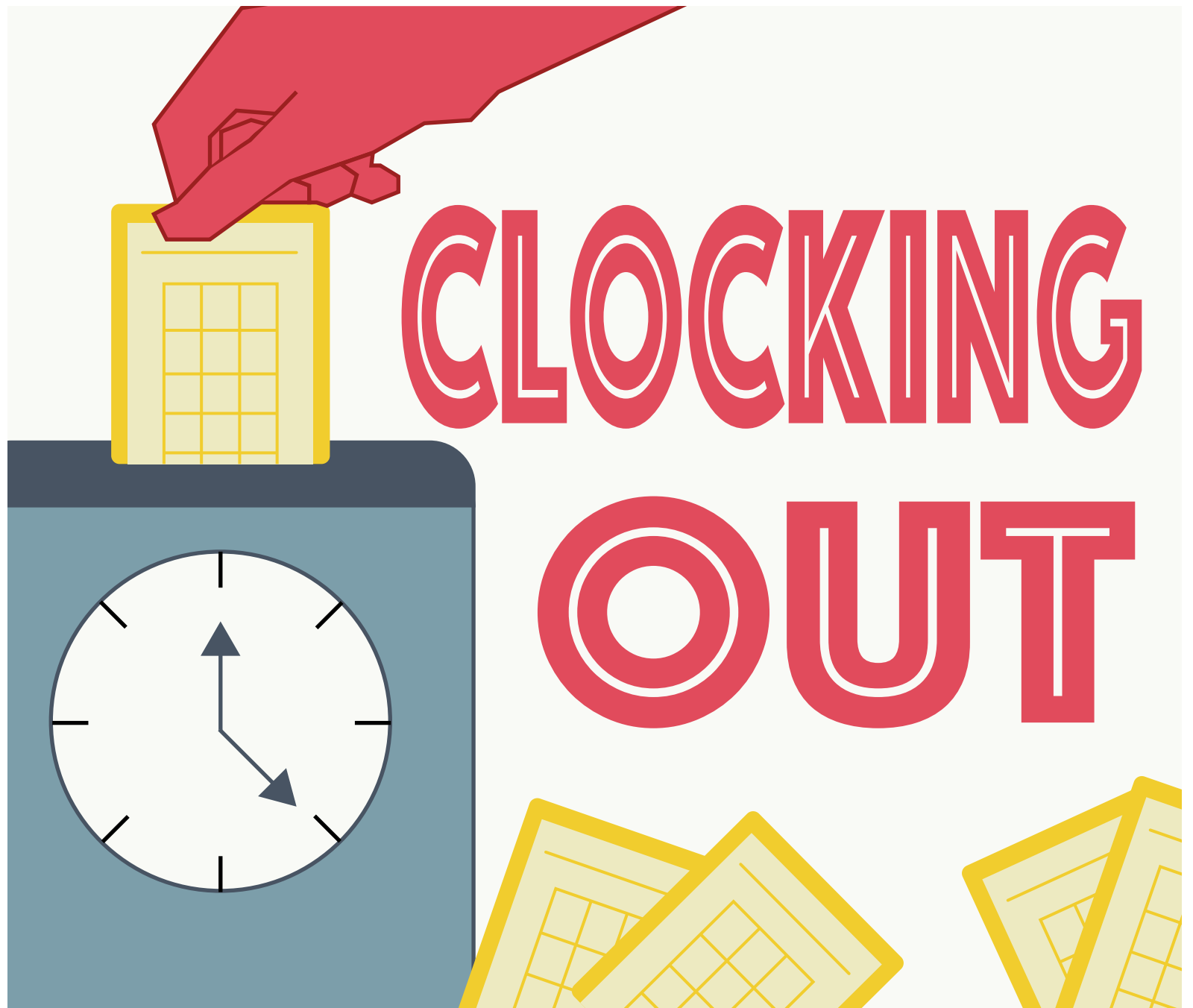
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EDITOR'S COLUMN:

A farewell to the summer job

Reflecting on my (hopefully) last seasonal employment



Graphic by: Harmony Goodman | Production Manager

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Dylan Rider Editor in Chief

With my last "real" summer behind me, that also means that the summer jobs that come with the season are over, too.

Now, this column isn't going to be some deep-thinking piece about how summer jobs are secretly the best thing ever or how you'll make so many memories at them. In reality, some of them are awful and incredibly forgettable.

I won't miss the summer jobs of my past. Namely, my summer stints at Walmart and Planet Fitness proved tedious on a good day and downright awful on the worst. Employees face multiple trials and tribulations

daily. Some of these include corporate sleazebags, nightmarish customers or godawful bosses.

These are certainly things that everyday employees face on all levels of employment, no matter what the season. However, for me and you, it's the summer job where we've most recently seen it.

So why, dear reader, do we subject ourselves to such annoying times over what's supposed to be our summer break? It's all about the money, duh. Summer, to me, has been the season of "replenishing the bank account." There's nothing healthier for your money reserves than living at home and working all the time. That's what the past three summers have entailed for me. Obviously,

I don't think I'm alone here. The National Recreation and Park Association found that "89.2 percent of students indicated they worked, with 40.5 percent working one job totaling 32 to 40 hours per week, 35.8 percent working a part-time job, and 12.9 percent working two or more part-time jobs."

The funds acquired in our three month absence from Ferris are often the lifeblood of the school year. Be it tuition, rent, groceries or anything else needed, that's what the money's there for.

But is that it? Is there anything else to take from our summer servitude? There has to be more than just the money, right?

I'd argue that there is. In fact, I'm willing to contest

that even while we're away from school, we're still picking up and learning some solid lessons. This revelation came during the inevitable complaining that arose from the aforementioned trials and tribulations. My parents' response usually followed the lines of "you'll experience [insert issue] anywhere you go."

Upon the initial conversation, I'd brush that off. That won't happen when I find a job. I'll like what I do and like the people I'm around. Much to my chagrin, they're more than likely going to be right.

That's the learning experience. Facing the issues that will inevitably plague our future careers allows us to know and learn what to expect and how to handle it. It's a baby step into what

comes next.

I suppose the training wheels of young employment and summer jobs hold its perks. Sharing the burden of an awful shift with some of my closest friends got me through them. Those days where it felt like the world was falling apart could be glued together by the listening ear of a caring regular.

So, to Ethan and Randy, I'll miss working those seemingly never-ending shifts with you. To Wendy, Alex and Grace, thanks for keeping a college student dreaming of his two-week notice sane. And to all the college students fresh out of their summer jobs, here's to you. Maybe there's more to it than the money after all.

Shopping rehab

Dealing with shopping addictions in college

Harmony Goodman
Production Manager

Hello, my name is Harmony Goodman, and I am a victim of my own shopping tendencies.

Have you ever found yourself buying stuff you don't need, but making the purchase made your day or week better? This realization may be a shopping addiction.

Chances are you've experienced the same thing I've been struggling to deal with myself. Welcome to my shopping addiction rehab article.

Shopping addictions aren't something we take seriously at all. Most people forget they exist. Thanks to my discovery of Lana Saint Clair on TikTok, I have become more aware of my bad habits.

Shopping can be fun, and we don't always have to steer away from purchases that present themselves as a want rather than a need. I am a firm believer that the little things in life keep us happy and make us unique.

However, now that the fall semester is here, it may be time for an intervention. In

other words, I'm calling myself out.

If you're anything like me, you likely experience a surge in emotion after a purchase that usually ranges from excitement to buyer's remorse. Shopping is one of those joys in life for me, and I like buying new clothes, books and jewelry. Unfortunately, I have been purchasing things I don't need, such as a new shirt, to bring happiness. This is all fine and dandy until the buyer's remorse sets in. I realize that I don't need another sweater, and I could've saved that money or used it for something else.

If that last paragraph felt a little too close to home, I would like to present to you my tips to reduce my shopping expenditures.

Budgeting: Create a budget for yourself. I know you've heard this so many times before, but that's because it works. You don't have to deny yourself from the things you enjoy, like a new mascara that just came out. The budget will help you become more self-aware and will reduce your spending.

Anything but shopping: Find other things to bring you that sense of excitement. Go to the library and loan out a book to read this month, get back into that old hobby you stopped doing last year, hang out with friends or family or play a game. Just do the things that make you happy.

Online "shop": Go online "shopping", and by that I mean add whatever you want into your cart and then just never buy any of it. This is something I do often, just like on Pinterest sometimes I want the ability to save something without making the financial decision to buy something.

Dig up the grave: Sometimes we don't need something new off the rack to find happiness. Dig through your sock drawer and find those really fun socks with cats wearing cowboy hats that you forgot you had. It may not be a new pair of socks, but it's new to your memory. Now you can wear them and be happy to show off your cool funky socks, all without buying a new pair.

Good old reliable donat-



Graphic by: Hailey Nye | Production Assistant

ing: Maybe it is time to part with that dress you bought after telling yourself you will wear it eventually. Sometimes cleaning out your collections is a lot more fun and more rewarding than hitting the

add to cart button. Spring cleaning doesn't just have to happen in spring, you know.

I know it is hard. I am not saying that we have to stop purchasing things we don't necessarily need. Some-

times, we should all take a brief moment to consider that were college students, and as we all say, we are kind of broke.

A little adventure

Getting out of the safety of the comfort zone



Photo by: Jackie Moglia | Opinions Editor

When entering Texas by road, visitors are met with a welcome sign encouraging friendliness.

Jackie Moglia
Opinions Editor

Moving to Texas for a summer internship may not have been the best idea for a fair-weather type of person, but it certainly was the best idea for getting outside of my comfort zone and gaining confidence.

For the internship required for my major, I ended up going to a law office in Texas. As my moving date approached, I was terrified. I was scared mainly of two things, Texas

roads (and drivers) and living so far away from home. While I was going to live with my older brother, I was still going to be a thousand miles away from the home I knew. I made my choice, knowing that a little adventure would be good for me.

I have never been one to step out of my comfort zone. I prefer the safety of routines and what I know instead of new adventures, yet I found myself dreading another summer in Michigan, in a small town where I don't know

anybody except my parents. When my brother suggested that I do an internship down in Texas and live with him and his amazing wife, I was pretty much sold.

The drive down to Texas wasn't too bad with two drivers, but since I had about a week and a half from when I got there to when my internship started, I was at home a lot. I was too scared to drive anywhere to entertain myself.

When I did have some interviews for jobs, I still required a safety line: calling my mom

if I crashed while trying to get over five lanes of traffic while about fifty feet in the air.

After about a month of Texas driving and avoiding highways as much as I could, I finally began to gain confidence. It wasn't just in my driving, it was in my confidence overall. For my internship, I had to call courts pretty much all day, and as someone who hates phone calls, I certainly got used to it quickly.

Gaining confidence at my internship helped me grow so much as a person. When I started, I was terrified of doing anything wrong. I was there to learn, but I hated not knowing everything right off the bat. By the end, that fear of failure was replaced with an eagerness to learn more, something I wished I had started with.

I've always hated the talks at school about how important a growth mindset is. I hated being lectured that my anxiety and fixed mindset would likely never get me anywhere. Unfortunately, they may have had a slight point.

I realized that I can force myself to do so many of the things I'm scared of. Whether it was making the drive somewhere on the highways

or driving hours down to another big city like Houston or Austin, I had to make myself. The result? Memories I'll never forget.

I never would have gotten to experience so many new things, even something as trivial as trying sushi for the first time, if I hadn't forced myself to make the drive or try a bite. I wouldn't have gotten to experience downtown Austin, the caves we stopped at on the way or found new passions. Even on campus here, if we don't push ourselves to do things, memories will never be made.

Sure, it wasn't like I flipped a switch and, magically, all my anxiety went away, but I realized that I was the one holding myself back. Being away from most of my family and friends meant I needed to prove myself as a capable adult. I needed to be able to make those drives because no one else could do that for me. No one else made me visit the places that I wanted to go, and only I would regret not doing it.

The moments that stand out so clearly to me are also the moments where I failed. There was a bike meet that I desperately wanted to go to, but the idea of being some-

where with so many people I didn't know was just too daunting. Luckily, my boyfriend drove to surprise me, and it wasn't difficult to get him to go with me. While we were there, all I could think about was how I didn't 'fit in'.

Looking back, I'm not sure why I felt so strongly about wanting to fit in with a diverse group of people I didn't know. I refused to force myself to socialize the whole time, and now I regret it.

Dwelling on the past is never productive, but acknowledging it certainly has helped me continue to grow. Looking back on the failures I had has helped me push through now when I'm anxious about pretty much anything. Letting fear hold me back is frustrating, but I know I have the ability, even if I wish I didn't, to push through.

While back at Ferris, I fully intend to remember everything being away has taught me. While college is a place for learning, it is also where memories are made. I know this first week back is going to be the biggest test of my newfound ability to get out of my comfort zone, but I fully intend to continue to work on it, and for everyone else, I recommend you do.

Sports

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Back in the saddle

Tony Annese and his Bulldogs return to the gridiron



Photo Courtesy of Ferris Athletics

Football head coach Tony Annese won back-to-back NCAA DII national championships with the Bulldogs in 2021 and 2022.

Dylan Rider
Editor in Chief

For the first time in nine months, Ferris football head coach Tony Annese and his team are back to compete for another championship.

Annese's return comes a game after his team, as the Bulldogs were without him due to a one-game suspension in their 21-14 loss to Grand Valley in the first round of the NCAA DII playoffs.

The suspension hung over the 2023-24 season with the NCAA ruling of a one-game suspension in the 2023-24 playoffs being announced

on March 23, 2023. With the suspension come and gone, Annese reflected on his one-game absence last November.

"That was one of the worst feelings of my life," Annese said. "At the end of the day, it's just football, right? But from my professional experience, obviously, you have personal issues that are different, but [for a] professional issue that was one of the biggest challenges I faced. It was heartbreaking. It's past us, thank God."

Annese later added that the ruling "emotionally wore him down" and he now feels "mentally free" entering the

season with nothing hanging over the team.

The Bulldog head coach's absence, although not a reason for the loss, stayed on the players' minds during the game. One player sported an undershirt that read "Free TA" during the contest against Grand Valley. Annese was allowed to coach practices the week of the playoff game but was not allowed to be present at Lubbers Stadium for the game.

Assistant head coach Brian Rock, who filled in as head coach for the playoff game, knows how important Annese is to the team.

"Tony's the emotional

leader of this football team," Rock said. "His presence is incredibly important."

Rock also stated that anytime a season ends in a loss, it's natural to "live with a little chip on your shoulder and that you have something to prove."

For returning senior wide receiver Tyrese Hunt-Thompson, the chip is on his shoulder but there's a lot more to handle before avenging last season's loss.

"It's definitely in the back of my mind," Hunt-Thompson said. "It's definitely probably in the back of my teammates' minds. But as of now, we're not really focused on it.

We'll focus on that when that gets there."

Hunt-Thompson spoke positively about Annese's suspension being in the past, believing that "it'll be better" having him with the team.

The Bulldogs now enter the 2024-25 campaign unburdened by any lingering punishments. With the Bulldogs chosen to be frontrunners for the GLIAC title and a top-5 ranking, the expectation for Ferris is to return to championship contention.

In order to right the Bulldogs' ship, Annese knows what must be emphasized.

"We just got to control the

controllable," Annese said. "[We need to] make sure we just stay locked in. Positive energy is critically important. I'm going to really kind of talk about that and really have positive leadership. I think those are things that'll help us to be really good this year."

Annese will coach his first game in 294 days when the no. 3 ranked Bulldogs enter a top-10 clash against the no. 6 ranked Pittsburg State Gorillas at Carnie Smith Stadium in Pittsburg, Kan. on August 31 at 8 p.m.

Volleyball looks to build off of GLIAC championship

Caden Hofmann
Special Editions Editor

The Ferris State volleyball team is coming off of a season where they held a record of 27-8 and claimed their third consecutive GLIAC tournament championship.

The Bulldogs made it to the DII Midwest regional championship where their season ended at the hands of the University of Missouri - St. Louis Tritons.

This year Ferris comes into the season with high expectations and expects to compete at a high level once again.

In the 2024 GLIAC pre-season coaches poll, the Bulldogs were chosen to win the conference and were voted as the no. 1 team in the GLIAC.

Ferris is returning a large amount of production from their 2023 GLIAC championship team, including five all-conference players, setter Kaylee Maat, outside hitter Olivia Henneman-Dallape, outside hitter Claire Nowicki, libero Leah Bylut and middle hitter Syann Fairfield.

Head coach Tia Brandel-Wilhelm, who is entering

her 29th season as the Bulldogs' head coach acknowledges the importance of having this many returning players.

"It makes it a little bit different, we aren't starting necessarily from the basics," Brandel-Wilhelm said. "We are able to start a little bit longer in the process but every year is its own puzzle, this year part of our puzzle is we have a lot of returners, and we need to figure out that solution."

One of the key philosophies for the Ferris State volleyball team is to get better every day, and that is something that Brandel-Wilhelm pushes to her group.

"One percent better means we do not have to learn everything in one day, we just want to get a little bit better," Brandel-Wilhelm said. "It is also an accountability that every day you have to get a little bit better, some days one percent is really hard and you have to work for that."

Ferris is bringing in a strong recruiting class to pair along with a long list of returners, adding four new faces that Brandel-Wilhelm

speaks highly of.

"This is just a fabulous group, I think they will be the kind of group you can build a program around," Brandel-Wilhelm said.

Ferris starts their season on Thursday, September 5, with an extremely tough matchup against DII national championship runner-up West Texas A&M at the West Texas A&M University invitation in Canyon, Texas.

The schedule does not get any easier on the Bulldogs as the GLIAC is full of talent everywhere in the sport, Brandel-Wilhelm acknowledges this, but the team is staying in the moment.

"We are one day at a time, what is this moment like right now, we will worry about tomorrow moments tomorrow," Brandel-Wilhelm said. "We know our conference is going to be really strong this year, but that's later."

By time of publishing, the Bulldogs will have opened their season with an exhibition game at home against DI opponent Central Michigan on Saturday, August 24.



Photo by: Sam Mulder | Torch Photographer

Senior Claire Nowicki jumps to spike the ball during a match against Central

Biggest upcoming matchups



Photo from Torch Archives

The Bulldogs reignites their rivalry against the Grand Valley State Lakers each year during the Anchor-Bone Classic.

Nolan Matthews
Sports Reporter

With our Bulldogs back in classes and the school year underway, the athletic season is ramping up for another great season of Bulldogs sports. This upcoming fall season will feature many great matchups across many different sports. Here are some matchups to watch for these next few months.

Ferris State Bulldogs at Pittsburg State Gorillas, August 31

For the season opener for Bulldogs football, we see the Bulldogs travel to Pittsburg, Kan. to play the Gorillas in what will be a faceoff against the no. 4 nationally ranked Bulldogs against the no. 3 ranked Gorillas. The last time the Bulldogs faced off against the Gorillas was in round two of the 2022 playoffs in which the Bulldogs won a close game by a score of 17-14 en route to the Bulldog's second consecutive national championship. Last season, the Gorillas made it to round two of the playoffs, where they fell to Grand Valley by a score of 24-21. This game will give the Bulldogs a tough matchup in the season opener and give them a shot to hit the ground running for this season.

Ferris State Bulldogs at

Grand Valley State Lakers, October 26

Once again, the Bulldogs will face off against the Lakers in Allendale for the Anchor-Bone Trophy, the Bulldogs as of now sit atop the GLIAC preseason rankings by a vote of the league's coaches. The Lakers sit at no. 7 in the preseason national rankings and defeated the Bulldogs twice last season. Once in the regular season by a score of 49-28, and once again in the first round playoffs by a score of 21-14. This matchup could be the best game of the season, two high-ranking explosive teams facing off in what could determine who takes the lead in the GLIAC.

Ferris State Bulldogs at Wisconsin Badgers, December 28

The Bulldog hockey team will head to Milwaukee to face off against the Wisconsin Badgers for the Kwik Trip Holiday Face-Off Tournament on December 28. The Badgers are coming off an excellent season where they went 26-12-2, made the playoffs, and placed no. 11 in the end-of-season rankings. However, Wisconsin fell to Quinnipiac in the first round of the playoffs.

CONT ON PG. 12

**UPCOMING MATCHUPS
CONT.**

The Bulldogs hope to rebound from last season's record of 10-24-2 and a first-round loss in the CCHA Playoffs to Bemidji State. They'll have to face off against the Badgers after an offseason where they lost several seniors and top performers like forward Antonio Venuto and goaltender Logan Stein.

Ferris State Bulldogs at Grand Valley State Lakers, September 20

The Bulldogs volleyball team heads to Allendale to face off against the Lakers for a heated rivalry matchup on September 20. The Bulldogs are coming off an excellent season in which they had a 27-8 record and a 15-3 record in conference with a GLIAC championship

win. The team also made it to the NCAA Midwest Regional Final, in which they fell to Missouri-St Louis by a score of 3-1. The Lakers are coming off a season in which they placed second in the GLIAC with a 27-5 record going 16-2 in conference play. The Lakers made it to the NCAA Midwest Regional Semifinals but ended up losing to Missouri-St Louis as well by a score of 3-1. This matchup will be a faceoff against two GLIAC powerhouses, as the Bulldogs were voted by GLIAC coaches to win the GLIAC by seven votes, and the Lakers placed second in first-place votes.

Ferris State Bulldogs at Northern Michigan Wildcats, October 4

The Bulldogs women's soccer team will face off against the Northern Mich-

igan Wildcats in Marquette, Michigan for a game against a Wildcats team that won the GLIAC last season as well as going 16-2-4 but lost to Maryville University in the NCAA Regional Quarterfinal by a score of 2-1. The Bulldogs are coming off a season that saw them go 7-9-4, making it to the GLIAC Tournament Semifinals but fell to the Wildcats. The Bulldogs have a tough game this season against the Wildcats, in which last season they lost all three games against the Wildcats but hope to rebound and beat them at home which the Bulldogs have not done since 2021 when they defeated the Wildcats 3-2.



Photo Courtesy of Ferris Athletics

The Bulldogs faced Bemidji State in the first round of the CCHA playoffs last year.









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