

The Ferris State Torch

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Big Rapids, Michigan

August 22, 2025

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News

Emma Walters | News Editor | waltere8@ferris.edu

Michigan

Emma Walters
News Editor

Federal authorities announced on August 14th that four medical professionals were charged with conspiring to illegally distribute prescription opioids. According to the U.S. District Court Records in Detroit, the four individuals were indicted on August 6th.

The indictment alleged that the four individuals provided thousands of opioid prescriptions to people without medical needs from November 2023 up to June 2025. They were accused of issuing more than 400,000 dosage units with a value of over \$7 million.

The case was investigated by the FBI and U.S. Department of Health and Human Services. Assistant U.S. attorneys Andrew J. Lievense and Darrin Crawford are responsible for prosecution.

National

Emma Walters
News Editor

The DC Attorney General filed a lawsuit against the Trump Administration on August 15th following the federal takeover of D.C. and the deployment of national guard troops across the city. The lawsuit claims that the executive order issued by the administration infringed on the rights of self-governance of the District and put the safety of residents at risk.

The executive order was issued on August 11th and ordered the deployment of National Guards troops into the City, while taking federal control of D.C.'s police force. The order has come after the Trump administration raised concerns over the crime rate within the city, describing it as "one of the most dangerous cities anywhere in the world."

In the filing, D.C. Attorney General Brian Schwab requested the court block the order and provide emergency relief with a temporary restraining order. The case was assigned to U.S. District Judge Ana Reyes, who will preside over the lawsuit over the next few weeks.

Global

Emma Walters
News Editor

Firefighters in Europe are attending to numerous wildfires across Europe following extreme temperatures. Spain, Portugal and Greece are among the countries currently affected.

National weather agency AEMET warned of extreme fire risk across most of Spain, where temperatures reached a high of 104 degrees Fahrenheit several times over the last month. According to the European Union's European Forest Fire Information System the fires in Spain have burned 610 square miles of land.

In Western Greece, a series of large wildfires had the Fire Service on high alert as fires across the island called for overnight evacuations. Aerial firefighters flew over the island to assist in extinguishing the flames.

Bulldog Pantry partnership

Ferris food pantry offering farmers' market coupons to students

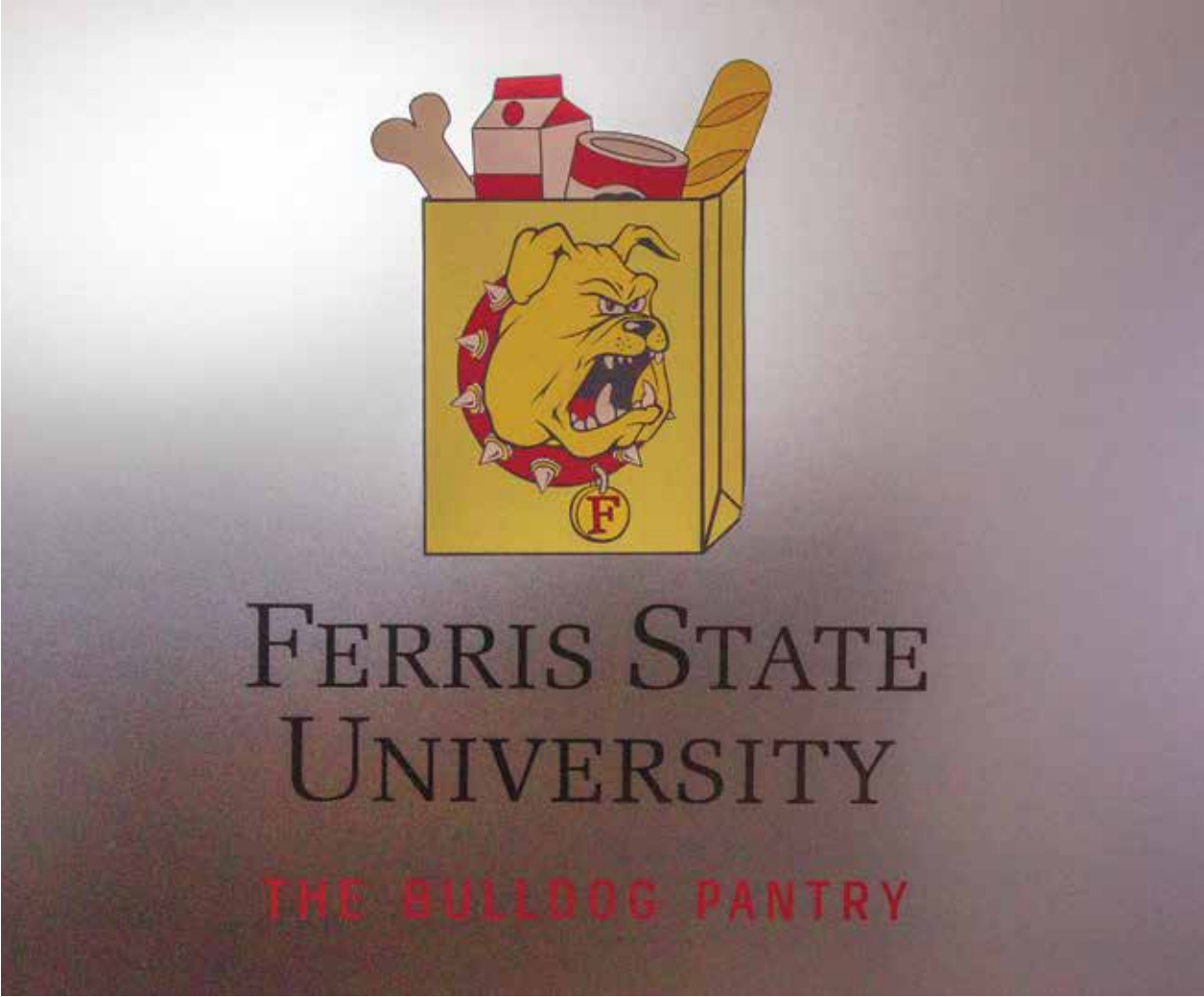


Photo by: Abe Kraus | Multimedia Editor

The Bulldog Pantry offers services for all students, not just those in need.

Davaria pharr
News Reporter

Ferris State University has expanded its food pantry to provide students with greater access to healthy and affordable food.

The Bulldog Pantry, located in room 115 of the David L. Eisler Center, has partnered with the Big Rapids Farmers' Market to offer free food vouchers to students.

The vouchers are offered in a ten-dollar bundle, made up of one-dollar and five-dollar vouchers. Students automatically qualify for the vouchers by visiting the food pantry.

The market vouchers are designated for the purchase of fresh produce, dairy products, eggs and baked goods at the local market, with the intention to supplement what students are given at the pantry.

Students are expected to purchase items using the vouchers as they would with any other form of payment.

Information on which vendors accept the vouchers has been made available on the market's Facebook and Instagram pages.

The pantry was developed

through a collaboration between the Dean of Student Life Office, the President's Office, Student Government and several other campus partners.

Student Life Specialist Josh Olszewski stated that the pantry is meant to assist students with necessities.

"The food pantry at Ferris State University provides a variety of essential items to currently enrolled students," Olszewski said.

Olszewski further emphasized that the pantry is open to all currently enrolled students, whether they are in need of support weekly or once a semester.

The pantry is also intended to offer a sense of security and community for students in need, which influenced the decision to partner with the local farmers' market.

Ferris Housing initially began a small pantry at the West Campus Community Center several years ago. With additional support from university offices and student leaders, the pantry moved and expanded operations to the Eisler Center in August 2024.

Since then, the pantry has

recorded more than 3,600 visits and served more than 850 students in need.

The pantry distributes a wide range of items, including canned vegetables, fresh produce, frozen meat, bakery goods and condiments. Students can also acquire non-food necessities such as shampoo, body wash and toothpaste from the pantry.

For radiography junior Ni'Jah Rankin, the pantry has become a critical part of staying in school while managing expenses.

"It's a lot easier to get the food that I need without having a car," Rankin said. "It's really hard to get what I need without spending large amounts of my money, which affects my overall livelihood."

Rankin further stated that the pantry's fresh produce, frozen meat and farmers' market vouchers have been among the most helpful resources the pantry provides.

She further expressed appreciation for the accessibility of the pantry.

Beyond supporting students, the farmers' market vouchers opened the opportunity to support the community.

Lindsey Bridgewater, a vendor who accepts Ferris vouchers at the market, expressed the importance of providing students with support like the market vouchers.

"They're the future of the community," Bridgewater said. "I think that it's a great way to encourage them to buy locally and eat healthier stuff."

Bridgewater also stated that while she does not know what the future holds for her small business, she is grateful to build a relationship with students in the area.

The Big Rapids Farmers' Market is open on Fridays from 8 a.m. to 2 p.m., located in the parking lot next to Bernie's Place.

The market also offers a Saturday market through the end of August, open from 9 a.m. to 1 p.m.

The Bulldog Pantry's fall semester hours are scheduled to begin Monday, Aug. 25. It will be open Monday and Tuesday, 1 p.m. to 6 p.m. and Wednesday and Thursday from 2 p.m. to 7 p.m.

Ni'Jah Rankin was previously employed by the Ferris State Torch.

Cheer and STUNT team debuts at Ferris

After 25 years, athletics introduces new varsity team

Emma Walters
News Editor

Ferris State Athletics has introduced a new varsity sport for the first time in 25 years.

The Ferris State University Cheer and STUNT team is set to make its debut this fall on the sidelines of FSU home football games.

This team will serve as the 18th fully funded varsity sport Ferris offers within its athletic ventures. It is the ninth women's sport currently offered on the FSU roster.

STUNT is a women's sport that breaks down the components of cheer, with a greater focus on technical and athletic skills.

The sport is a head-to-head competition, meaning that competing teams receive the same material to learn and compete with.

Athletes have trained in chants and stunts remotely over the summer, with the athletic camp set to begin as the semester begins.

Beyond the football season, the team will take on several competitive games as affiliates of the Great Lakes Valley Conference, with their season beginning in February 2026.

There are 21 games before the postseason, with an additional four added with competition in the conference.

Athletes will have the opportunity to compete at nationals if they do well at the games within the conference.

The team has 39 athletes, ten of whom are current FSU

students.

Athletes are recruited for the team based on skill clinics and GPA requirements.

Cheer and STUNT coach Perrmella Harris stated that the team will engage in more than competition.

"They have to do 20 hours of community service, so you will see our program definitely out and about in the community," said Harris. "Giving back to the community is really important for them to realize, and that we definitely want the support of the community, because this is something new."

Harris further explained that Ferris is not yet qualified to offer a GLIAC STUNT program, but the opportunity may arise in the future.

Among the community outreach events planned are opportunities for elementary students in the area to learn and practice with the team, as well as volunteer work at local senior living centers.

Harris was designated as coach in September 2024 when the program launched. She owned and operated her studio in Livonia for 25 years, followed by further experience at the high school and collegiate level.

Dental Hygiene junior Amaya Fairley expressed appreciation for the sport empowering young women.

"It's very empowering, being a woman especially, and it's a women's sport, so that's awesome for us," Fairley said. "STUNT is also generally a new sport and the fact that Ferris was able to jump on

that bandwagon is empowering for sure."

Fairley also emphasized that an official varsity Cheer and STUNT team will help the student body understand that Cheer is a real sport with technical skills acquired through extensive practice.

Several of the athletes on the team have extensive backgrounds in cheer, STUNT, or gymnastics, with the team now providing an opportunity to compete and show off their skills.

"It's going to be nice to compete again," Fairley said. "It is a different competition, but to be able to compete and showcase your skills and be ranked for yourself and not your football team, that is so nice."

Ferris is the newest college in Michigan to offer a varsity cheer and STUNT team, joining Davenport University, Purdue Northwest, Michigan State University and Central Michigan University.

Nursing junior Carmen Kaltenbach expressed hope that students will begin to see cheer for the sport it truly is.

"It's not just curled hair and bows all the time," Kaltenbach said. "It is blood, sweat, and tears, just like any other sport. Once they see how well we are performing, they'll understand how hard we have to practice."

The team will host skill clinics in the fall, winter and spring to fill needed positions before the competition season.



Photo courtesy of Ferris Athletics

Cheer and STUNT will be debuting on August 28th during the home opener.



Monday 8:00 AM - 5:30 PM	Tuesday 8:00 AM - 5:30 PM	Wednesday CLOSED	Thursday 8:00 AM - 5:30 PM	Friday 8:00 AM - 5:30 PM	Saturday 8:00 AM - 1:00 PM	Sunday CLOSED
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ON CAMPUS RESOURCES AVAILABLE TO STUDENTS

WRITING CENTER

Academic Literacies Center in FLITE, Room 120

The Writing Center offers writing consultations to students seeking assistance. Students can receive help with beginning writing assignments, identifying the purpose of writing, vocabulary, style and genre. Online consultations are also offered for students who cannot meet in person. Students can make an appointment for a consultation online via the Writing Center webpage on the Ferris website.

LGBTQ+ RESOURCE CENTER

David L. Eisler Center, Room 121

Provides a safe, inclusive, and supportive environment for all students while affirming LGBTQ+ people and communities. The LGBTQ+ Resource Center offers several services for students including a lending library, gender exploration closet and lavender graduation. Currently, an LGBTQ+ Greek Life group is in the works through the center.

DISABILITY AND ACCESSIBILITY RESOURCE CENTER

Arts, Sciences, and Educations Commons, Room 1017

DARC works to provide students with disabilities support to help them succeed in the academic community. DARC also engages in the promotion of accessibility, inclusion, and cultural understanding of disability awareness. DARC provides students with resources such as academic counseling, testing accommodations, career counseling, scholarships and residence hall accommodations.

PERSONAL COUNSELING CENTER

Birkham Health Center, upper floor

The PCC provides services with licensed counselors to address a wide range of concerns, including adjustments to college life, relationship issues, stress, anxiety, or depression, identity concerns and other issues. The PCC is open Monday through Friday from 8 a.m. to 5 p.m.

Graphic by: Hailey Nye | Production Assistant

ON THE RECORD

Emma Walters
News Editor

Act right or exit left

Aug. 13, 9:30 a.m. - Officers responded to a call of a 'disorderly subject' not acting right inside the lobby of Isabella Bank. Contact was made with the individual, and they were requested to leave. Officers advised the individual not to return to the location as the bank requested the individual be 'trespassed'.

Sobering stop

Aug. 8, 10:00 p.m. - Officers stopped a vehicle on South State Street for speeding and lacking a license plate. Officers reported an open container of alcohol inside the vehicle. The driver was arrested for operating while intoxicated, and the passenger was arrested for unrelated charges. The vehicle was towed for lack of registration and insurance.

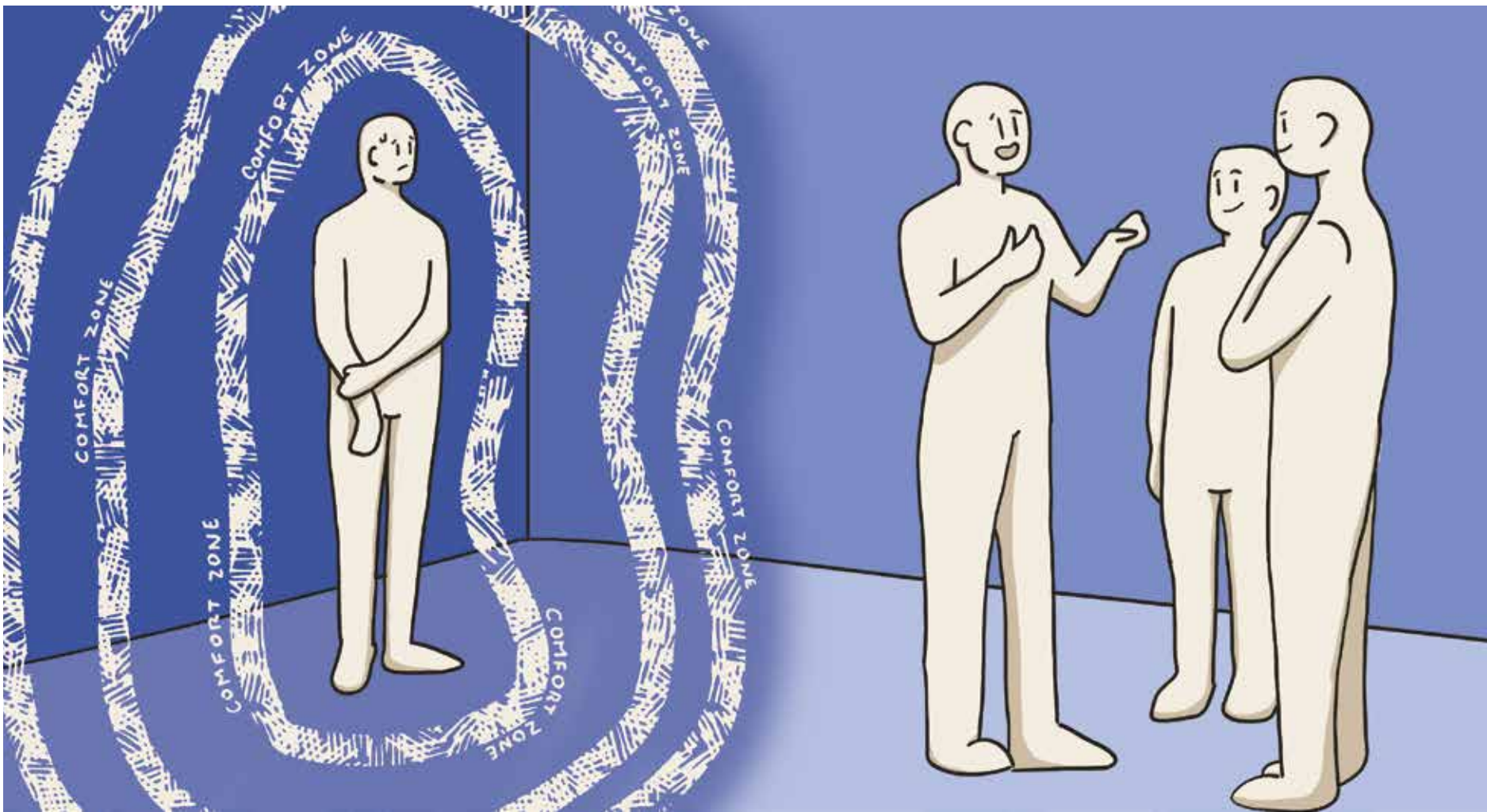
Graphic by: Harmony Goodman | Production Manager

Culture

Grace Heethuis | Culture Editor | turnek29@ferris.edu

Freshman's guide to success

Experts at Ferris share tips on navigating college



Graphic by: Hailey Nye | Production Assistant

Grace Heethuis
Culture Editor

Every year, hundreds of freshmen come to Ferris with all kinds of different expectations for their college careers.

Some come in intending to focus solely on their education. Others come expecting college to be a time of making memories and having fun. Most are somewhere in between.

It is the start of a new adventure and an exciting, yet daunting time in the lives of so many young people each year.

Students are thrown into an environment that's often vastly different from what they've ever known, which can be anxiety-inducing for many.

Kavaris Sims, associate dean of student life, shared his thoughts on what it's like leaving home and arriving as a freshman at a place so unfamiliar.

"I think it's very difficult for young adults to realize that the world is much bigger than they understood it to be," Sims said. "You've been in this box and you get here and realize that people have different ways of life, and people handle situations differently."

Because so many stu-

dents are so nervous about being somewhere new, it's common to keep to themselves and avoid being involved in life on campus.

Ferris President Bill Pink explained the correlation between student involvement in organizations and activities and being successful in college.

"We find that when students are involved in more than just class and have other things that they are engaged in while in college, they tend to be more successful because they don't get so bogged down in just the work," Pink said.

Pink stressed the importance of getting involved on campus in activities, RSOs and campus jobs as well.

Similarly, Deirdre Fagan, assistant department chair, creative writing and literature in-person coordinator and professor expresses her belief in getting involved.

"Freshmen should prioritize getting to know other students, the campus, their professors and the resources that are available to help them succeed," Fagan said. "Being part of a community and having support will provide a sense of belonging that will help you to achieve your goals."

Several faculty members have spoken on the impor-

tance of utilizing the resources Ferris has to offer, ranging from help from professors to mental health resources.

Faculty members also try to express encouragement for freshmen students who are feeling unsure or afraid of what their first year of college is going to look like.

"Be open to new experiences. Discover new people and places. Say hello. Turn and talk to the person next to you. Be yourself," Fagan said. "College is a place to find your people. Those people will help you become more and more of who you are or want to be."

Many of the professors and other faculty at Ferris have an abundance of advice to share in hopes of helping ease the worry that new students so often feel.

Sims offered additional words of encouragement to share with incoming freshmen.

"You don't have to know everything. College is a very new and challenging environment and asking for help is part of the program," Sims said. "You're smarter and more prepared than you think you are, and it's important just to know that you belong here."

College is a time when many students find themselves facing discomfort for

various reasons. Leaving home can be scary for a lot of students, especially if they've never done it before.

Additionally, many people struggle with learning how to navigate a new environment filled with people, ideas and beliefs that they have not encountered before.

Lina Blair, dean of student life, discussed how places out of a person's comfort zone can propel them to discover who they are.

"My biggest piece of advice is for students to try things that take them out of their comfort zone, hopefully with the goal of being their most authentic, true selves," Blair said.

Much like other faculty members, Blair also suggested that it is crucial for students to know the resources available to them.

"A mistake I see a lot of freshmen make is not asking for help when they need it because they don't want to disrupt someone like a staff member," Blair said. "They think other students might need the help more, or they're too embarrassed or shy."

Pink's final words of encouragement focus on the necessity of building a schedule that works for each person's needs.

"Freshmen should really

prioritize getting acclimated to college," Pink said. "Figure out what times you're going to study, what times you're going to get out and

Counseling Center, Birkham Health Center, Disability Services and many student organizations that help students build community.

"You're smarter and more prepared than you think you are, and it's important just to know that you belong here."

do something fun and make sure to develop what the routine looks like. That's going to help them be successful."

Ferris is filled with resources such as the Personal

While college is an intimidating endeavor for many students, there are many resources and people ready to help ensure success.



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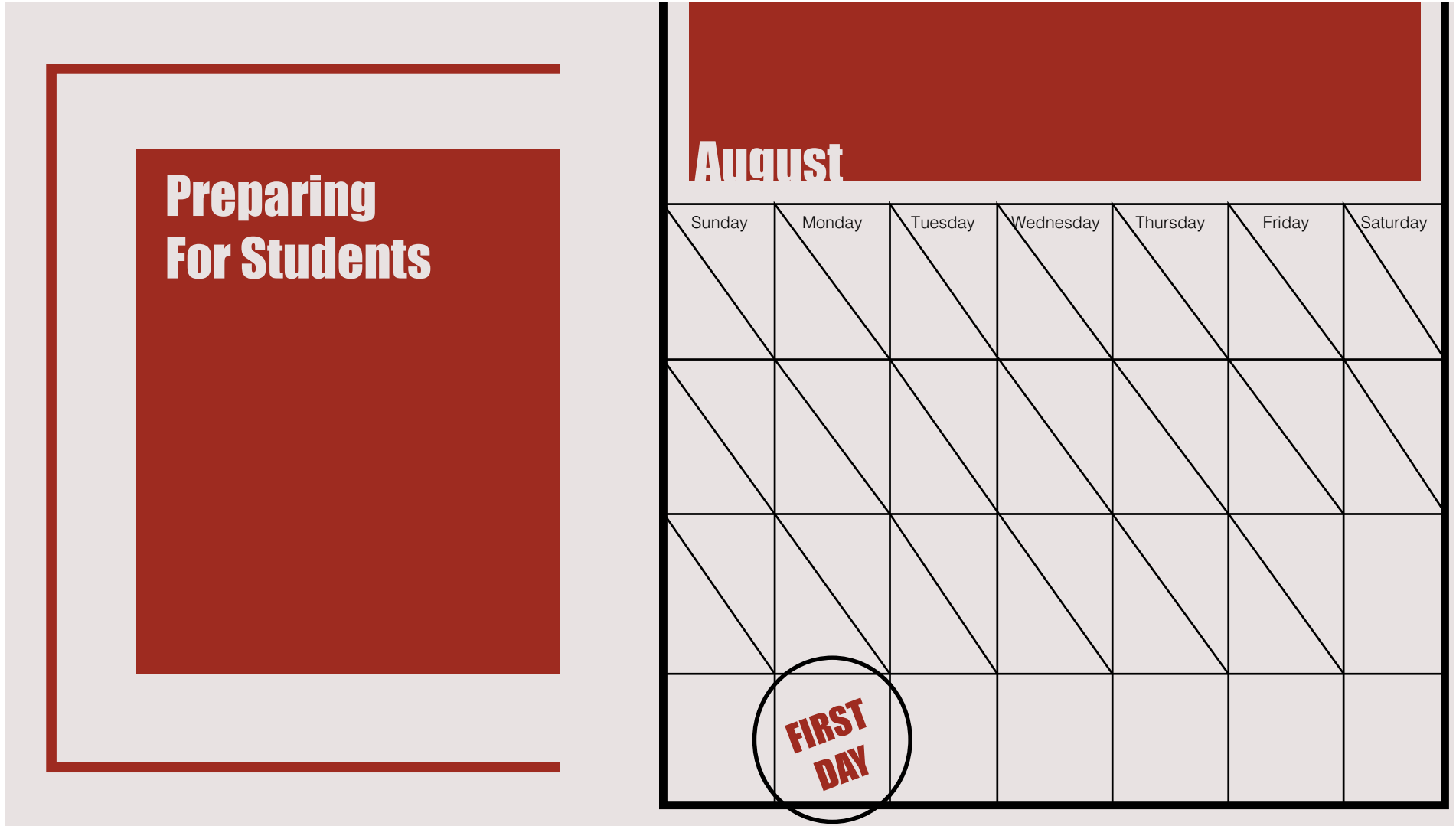
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Starting off strong

Strategies to overcome post-summer struggles



Graphic by: Harmony Goodman | Production Manager

Tate Zellman
Freelance Reporter

Summer break is coming to an end and getting back into the swing of things isn't easy for everyone.

The transition from summer break to fall semester occurs so quickly that many students struggle to get back into the routine of attending class and completing assignments. With this in mind, the professors at the university prepare themselves and their students for the upcoming semester.

There are many ways that professors can help their students start the semester strong, which includes recognizing previous students' successes along with addressing their struggles.

Heide James, a professor in the school of education, has taught various classes ranging from entry level courses to more advanced. She has implemented a teaching method to ensure that students are having more success in the classroom by basing her curriculum around their needs and goals.

"I do my best to model practices that I want my class to use when they are working with students in the field," James said. "For example, I use rubrics and explain assignments multiple times, provide timely, specific feedback about student work and regularly welcome questions

face-to-face. Also, using Pear Deck provides students the opportunity to ask questions anonymously."

Giving the students the opportunity to answer questions anonymously helps them stay engaged while learning. Students often are afraid to answer questions in front of a class filled with their peers. The anonymous option gives students the opportunity to answer questions without the pressure of the whole class knowing whose response they're reading.

All departments at the university have their differences in showing student successes in the classroom. Michele Harvey, an associate professor in the automotive management program, has seen that students succeed in the classroom when they use their previous experiences and knowledge and can apply it to class projects.

"Students tend to succeed most when they can apply their existing technical expertise to management problems," Harvey said. "For example, someone with service experience can easily relate to discussions about shop efficiency or warranty processes and then connect those to budgeting, scheduling or marketing strategies. Many also see rapid growth in communication skills, writing proposals, delivering presentations and leading meetings because we integrate those skills into nearly

every project."

As capable as students are in finding success in the classroom, there will always be struggles along the way. Harvey has noticed that among the struggles students experience in the classroom is transitioning to the real world, as college is often a drastically different environment from what students are used to at home.

"The main struggle for some students is adjusting to that bigger-picture thinking," Harvey said. "Moving from 'doer' to 'decision-maker' means learning to step back from the hands-on work and focus on planning, delegating and evaluating results. For others, the financial side, understanding pro forma statements, cost analysis and inventory management, pushes them outside their comfort zone."

Harvey also stated that the same areas involving challenges are the ones students end up mastering by graduation, since those areas include skills that open doors across the industry.

Regardless of class subject, each professor has their own unique method to ensure that their students will do well in their classroom academically, as well as feel comfortable receiving the help that they need.

Tina Arduini, an associate professor in the school of English, literature and world languages, teaches English

classes at the 100, 200 and 400 levels. She has a specific method that she has found to be beneficial in helping students start the academic year strong.

"My best method for getting students to invest in

their education and take an active role in their learning is to offer them agency," Arduini said. "Listening to their suggestions and creating space for them to modify course content and assignments."

Students should always

go to their professors if they have questions about anything classroom or college-related. No student should have to suffer from a slow academic start when there is such an abundance of resources surrounding them.

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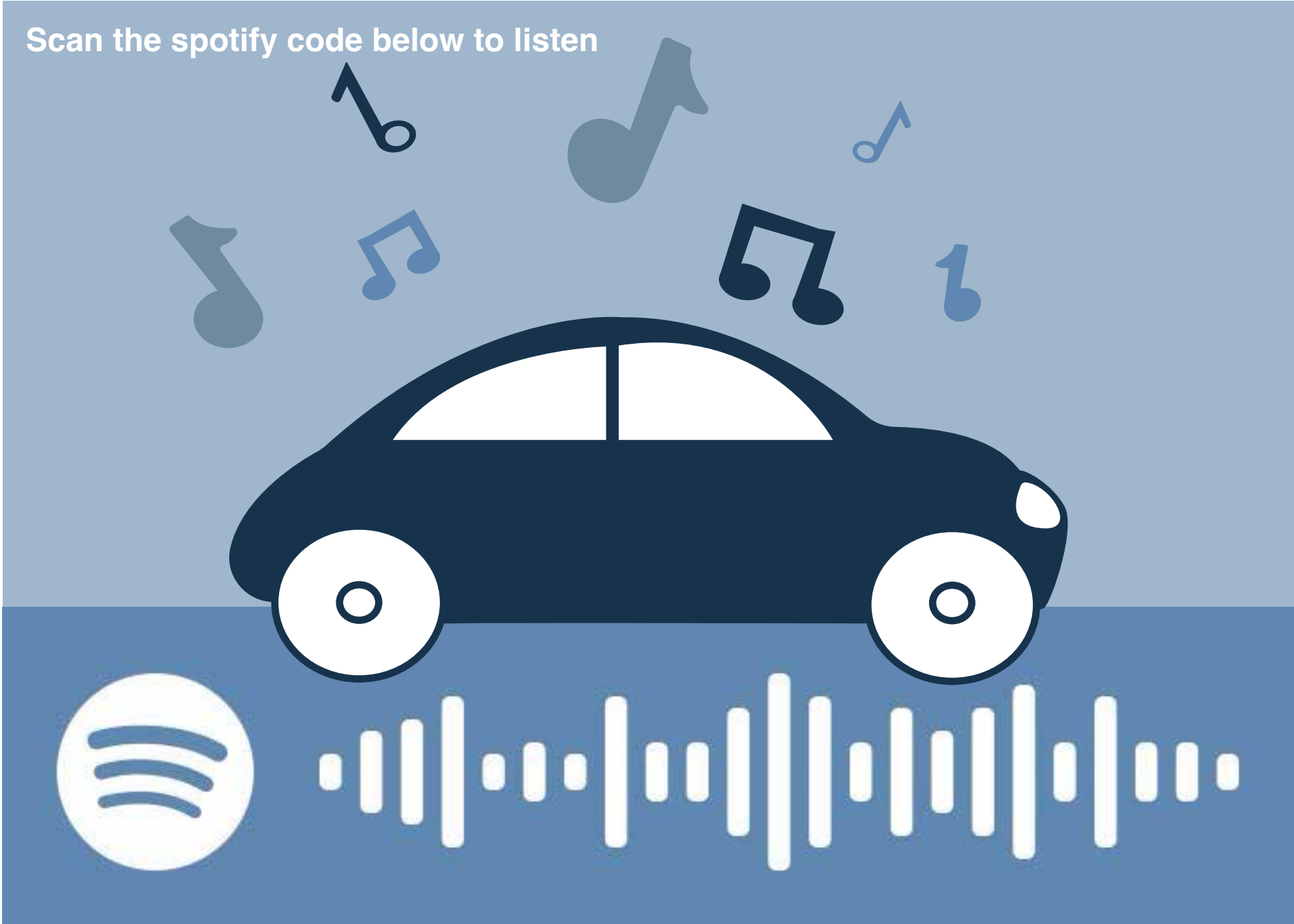


Contact The Torch Editor-in-chief Blase Gapinski for questions and more.

gapinsb@ferris.edu

Torch tunes

Bulldog move in playlist



Graphic by: Harmony Goodman | Production Manager

Harmony Goodman
Production Manager

As the campus slowly comes back to life, students are beginning to prepare for move-in day.

While students are busy planning and packing, the Torch wants to cross one preparation off your list, one that may have slipped your mind. Welcome back to “Torch Tunes”; this move-in day playlist will get you in the right mood to take on all there is to unpack. This feel-good indie pop selection will get you through the busy days ahead.

“**Tough Luck**” – Laufey, One of the singles from Laufey’s newest album, “A Matter of Time.” This song is the perfect mix of a ballad and the style of music that listeners know from Laufey. Even if you’re not going through a breakup, “Tough Luck” is full of drama to keep your mood up and sing along to.

“**Maniac**” – Conan Gray, If you’re looking for an upbeat song to channel your anger through, this song may be

for you. This song is sure to evoke strong emotions while you listen to it, no matter what mood you’re in.

“**passenger side**” – mxmtoon, If you enjoy a song that makes you feel like you’re looking out the car window in a movie, this song is for you. This chill beat is perfect for when you need to put on a background song; it brings spaces to life.

“**Got Weird**” – dodie, If you were chronically online growing up, chances are you’ve heard of dodie. She’s come a long way since the ukulele covers and originals she used to post on YouTube. This song is one of her newer singles that gets you in a dancing mood. Because, while you’re busy unpacking, you should still leave room to have fun and make memories.

“**Want Me**” – Baby Queen, This song has been stuck in my head since “Heartstopper.” If you feel like dancing around your apartment or tiny dorm room, or maybe waking up your mind on your morning commute, this song is for you!

“**Mona Lisa**” – Porter Robinson, **Frost Children**, Hyperpop is a fairly new genre that can be easily misunderstood. This song from the “SMILE! :D” album is a perfect mix of good beats and lyrics. Who knows, you might just discover a new music interest while strolling through campus.

“**Question...?**” – Taylor Swift, This song feels exactly like how the title reads. As someone who has this song on my cleaning playlist, it’s the perfect busy background music for any of your chores, making it perfect for move-in day.

“**Happy Together**” – Gerard Way, Ray Toro, A classic cover that almost speaks for itself. Besides, how could you listen to a song with happy in the title and not feel excited for the adventures to come?

“**FUNERAL GRAY**” – Waterparks, While this song is more punk rock compared to others on this playlist, it’s a great feel-good song. If you enjoy artists such as blackbear, you may find that Waterparks is right up your alley.

“**PRINCESS OF POWER**” –

MARINA, Another great single from a new album. What’s a better way to end this playlist than a catchy pop song? If

you were around for the Tumblr MARINA era, you may find a comfortable nostalgia in this last track. This track fo-

cuses on self-love and healing, which is a great way to start this new semester.

Welcome back, Bulldogs!



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Opinions

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EDITOR'S COLUMN:

Living the cost of college

Summer break or survival mode?



Graphic by: Hailey Nye | Production Assistant

Blase Gapinski
Editor in Chief

While summer is supposed to be when students rest and relax, I found myself worrying about covering rent and other expenses for my final year attending university. Everyone knows college is expensive. During my time attending the public school system, the idea of attending college was always being planted in our minds by teachers, but they never told us how much it would really cost, let alone how we were going to pay for it. Something I never even considered was how much the cost of living would be attending college. According to research published by the College Board, in the 2023-24 year, the average cost of a full-time in-state student at a four-year university was \$11,260. That is just tuition, and that only covers one of four years. The average cost of housing and food

for students during that same year averaged at \$12,770. That brings me to one of the biggest myths about college life: the idea that summer is our time off. In reality, most of us spend it scrambling to earn just enough to make it through the next semester. Now in my fifth year, I would argue that the real cost concern of college isn't just tuition, it's also the rising cost of simply staying alive. For many students, it's the first time we are living on our own, and at times, we feel that financial pressure. Rent, utilities, groceries, a night out with friends, and it all adds up, quite quickly, I may add. Not to mention, some students need internships in order to graduate, which are commonly offered in the summer and can be unpaid depending on the opportunity. This past summer, I spent most of my days working with my uncle, helping him with

scratch and paint repairs on vehicles at various car dealerships around Northern Michigan. The work was physical, repetitive and often meant being out in the heat for hours, moving from lot to lot. On top of that, whenever I had the time, I was helping my parents out as they moved into a new house. That itself was a time-consuming process that added to the physical and mental exhaustion of the summer. Between work and family obligations, the months flew by in a blur of early mornings and sore muscles. Every paycheck I earned, I mentally filed away, knowing it had to stretch from August to May. That pressure to make every dollar count meant I found myself turning down plans with friends, skipping out on things I would normally enjoy, just to save a bit more. It created this constant tension like I couldn't really relax, even when I had the time. There's a mentality

many college students adopt: save, save and save because you don't know what expense is around the corner. But living that way for months, especially during what's supposed to be a break from academic stress, takes a toll. I feel like I am going into the new semester already burnt out, not from school, but from the effort it took just to afford to be there. I know I am not alone. For so many students across the country, the burden of college doesn't stop at tuition. It follows us home, it eats into our summers and it shapes the way we live our lives. Financial stress has become a constant companion for many college students, often impacting our mental health, academic performance and even our ability to enjoy the college experience. I see it firsthand from my circle as well. Friends skipping meals cause they already bought groceries, passing on internships cause they couldn't afford the commute or taking on so many hours at a part-time job that they fall behind in class. What should be a time of learning, growth and exploration often turns into a survival game. And when students are starting their semesters already burned out it's a sign that something is deeply wrong with the way we're expected to afford higher education. College is supposed to be an investment in our future but too often, it feels like we're sacrificing the present just to stay enrolled. When students are working full-time over summer break just to keep a roof over their heads, and still coming up short, something has to give. It's time we expand the conversation around college affordability beyond just tuition and start talking about the full cost of being a student. Until then, summers won't be breaks for us college students. They'll just be another season of survival.

From Michigan to Alaska

An unexpected melting pot



Photo courtesy of Jackie Moglia | Opinions Editor

Moglia and her friends enjoying an Alaskan midnight sun on the 4th of July.

Jackie Moglia
Opinions Editor

Trying to imagine what my summer Alaskan experience would be was futile. I had no idea what to expect going to work there for three months, but I certainly never expected to be surrounded by so many other cultures.

As I write this, still in Alaska, I'm surrounded by people from all over the world. Never did I expect to typically be the

only American when hanging out with my friends here.

I couldn't be more grateful for meeting everyone here. I've gotten to experience not just Alaska, but the tastes of other countries. I now have a bucket list, for the first time in my life, of countries in Europe I need to visit to see my roommates and friends.

My roommates consisted of girls from Bulgaria, Ireland, Slovakia, Malaysia and China. I've tried so many traditional

foods from these countries that I will attempt to poorly recreate them when I'm back in Michigan, such as banitsa (thank you, Maria).

I couldn't help but feel extremely lucky all summer. When I switched jobs from being a dishwasher to a tour guide on a covered wagon, I was terrified. I was quickly reminded that I'd be fine—I'm a native speaker, after all.

When I first told people I was coming to Alaska, ev-

erybody told me how brave I was for going alone. It didn't feel brave then, and it certainly doesn't feel brave now. Sure, I've been thousands of miles away from home all summer, but I'm still in my home country, speaking my native tongue and navigating systems I'm already familiar with.

It's completely shifted my worldview. I've always tried to avoid having an American-centric worldview, but it's

difficult when it's all I know. Even just making an attempt to use Celsius felt strange. I adapted pretty quickly to the constant jokes of "what's that in American?" when other units of measurement were used.

Even when I get a passport and visit all these countries and my friends, it won't be an exact comparison of what coming to Alaska for a summer felt like. Sure, I'll be going to some of these countries with a working knowledge of insults and the worst swear words possible, but other than that, I'll be going in blind.

Just being able to share weird American experiences with all my friends has opened my eyes. How casually we talk about things like healthcare costs, gun violence and more was a bit jarring.

Showing my friends the gun section in the only grocery store in our small little town was incredibly entertaining. On the other hand, explaining the cost of going to my ER visit in Fairbanks, as the clinic in town didn't take insurance, was mildly disheartening.

The worst bit for me was explaining the cost of education. I was surrounded by J1 Visa holders, and comparing our costs of education left me more angry than anything else. Explaining that Ferris isn't that expensive in terms of universities in the

United States and the costs associated with it was usually met with slack jaws and wide eyes.

I had a conversation about holding three jobs while in school with one of the cooks from Bulgaria, and he pointed out that our wages are way higher and things like gas are way less expensive, so what could I possibly be saving up for? I stared at him for a second before remembering the difference. "I go to school in the US" was what ended the conversation.

I've had so many conversations that consist of "what do you mean you have to pay for that?" or "it costs how much to do that?". It starts wearing you down. Being told that I didn't seem American, or simply that I wasn't American anymore was seen as a compliment. I took it as a compliment, anyway.

Doing things like this, being exposed to other cultures and lifestyles, has been one of the most important things that's happened to me this summer. Getting outside of the bubble of Big Rapids and Michigan as a whole has completely reshaped me as a person, and it wouldn't have been possible without the melting pot I lived in for three months.

To all my roommates at Doll House and my unofficial roommates, thank you for making this summer so memorable.

Love is the special ingredient

The missing love language

Emma Walters
News Editor

According to Dr. Gary Chapman's love language theory, people experience and receive love in five different ways: acts of service, quality time, receiving gifts, words of affirmation and physical touch. I would argue that there is a missing sixth love language, and naturally, that is food.

Growing up in a home where family dinner was a must and my sister had to make all her food from scratch, it was only a matter of time before I ended up becoming a foodie. Nothing makes me happier than having a full fridge and eating delicious food.

More importantly, I love cooking. Especially when I am cooking for others. Cooking a delicious and nourishing meal for others brings me immense joy. Nothing makes me happier than sitting at the table with my friends after a

fulfilling meal.

It saddens me that a lot of people my age don't know how to cook or don't have any interest in it. Cooking is a fundamental skill that everyone should have. Don't get me wrong, you by no means need to be a Michelin-starred chef, but being able to feed yourself nourishing food is incredibly important.

When I encourage people that I know to start cooking, I am usually met with one of two responses. The first is that they don't know how to cook. The good news is that you can always learn! TikTok, YouTube, Instagram or even a cookbook. There are plenty of resources available to learn how to make a good meal. It doesn't have to be fancy or complicated in any way.

The second excuse I usually get is that they don't want to cook because their parents aren't good cooks. I've always been confused by this, because you can be a good cook even if your parents are

not. The food you make might be even better than anything you've ever had cooked by someone else.

I also find that people get hung up on family recipes. If you don't have family recipes, or you don't have any you would want to pass along, that does not necessarily mean you cannot create your own loved recipes. If you have a pasta recipe that you love and make it for your friends, and they love it, then they might pass it to their friends. Before you know it you have 10 different people that love a recipe you started.

In my opinion, that's kind of the whole point.

People become unnecessarily afraid of cooking. The truth of it is, you are going to make some disgusting stuff accidentally. I recently attempted to cook my roommates a buttery lemon pasta. Let's just say we ordered something for dinner.

Sometimes recipes online sound delicious. They are not

always as great in person as they sound in the proverbial space of the internet. Sometimes, though, it is delicious beyond comprehension.

This is where my theory of why people hate cooking comes in. Cooking is a gamble. Sometimes it's great, and sometimes it's terrible. There really is no knowing until you try the recipe. The fear of failure, of wasting precious ingredients and even judgment keeps people from getting in the kitchen. The reality is you will never get better if you never try.

All this being said, I encourage everyone to learn how to cook. It is important to feed yourself, and I encourage you to try out cooking for others too. You might just find that you enjoy it! Start out with something simple and go from there. Play around with different flavors, find recipes that you like and take it easy. Don't stress about it being perfect – nothing ever is.



Photo Courtesy of Emma Walters | News Editor
Walters homemade breakfast on a spring morning.

Sports

Nolan Matthews | Sports Editor | matthen4@ferris.edu

Future of Ferris athletics

President Bill Pink announced new athletic complex at Top Taggart Field



Photo by: Blase Gapinski | Editor in chief

Ferris State Athletics has introduced a new varsity sport for the first time in 25 years.

Nolan Matthews
Sports Editor

In a year that saw two new buildings break ground, with the new Jim Crow Museum and the new residence hall, Ferris has announced plans for a brand-new indoor athletics complex for the university.

The proposed \$61.7 million multi-phase complex will sit on the south end of the field. With the complex spanning 134,000 square feet, it will include a new indoor track, cheer and STUNT competition space and an indoor practice field.

During phase two, we will see improvements to Top Taggart Field, including building new locker rooms,

suites, new stadium lighting and east side bleacher replacements.

Ferris has needed an athletic complex, especially as many of their GLIAC rivals, along with Grand Valley, Saginaw Valley and Northern Michigan have their own indoor football complexes, with Wayne State announcing construction of their own in 2022 and set to open in the fall of this year.

But football is not the only sport that will benefit, as almost every sport here at Ferris will be set to benefit from the complex, such as soccer, softball, track and field and the new STUNT team.

Junior forward Katherine Welch believes that the complex will benefit Ferris wom-

en's soccer for a lifetime to come.

"This complex means the world to our soccer team," Welch said. "Being able to have this kind of resource would help the team continue to compete at the highest level possible. As we all know, Michigan weather can be incredibly unpredictable, and having a fall season means that a few of our months have a chance of snow and extremely cold temperatures. This complex would give us a huge advantage to have a second option to play."

The team that this will arguably benefit the most from this complex would be the track and field team. As of right now they are unable

to compete in the indoor track season, as the track wraps around Top Taggart Field.

An indoor track would mean the world to the track and field team, and Junior Chase Carter backs that up, knowing that the harsh Michigan winters prevent the track and field team from competing in the indoor track and field season.

"It's everything for the track team to be able to practice on an indoor track throughout the entire season," Carter said. "We start getting snow before the indoor season, and we have to work around the cold or snowy weather well into the outdoor season. So having an indoor track to run on

during that time will help our team run faster and more consistently."

Top Taggart has been in need of new facilities for awhile, where the latest upgrade to the stadium was in 2015. The biggest need has been on-site locker rooms for the football team, as their locker rooms are situated in Ewigleben Sports Arena, which is almost a mile away and across State Street. So most players either have to walk or drive to the student rec center to dress before practices or games.

Former player and current assistant running backs coach Noah Kindle knows this is a step in the right direction for the future of Ferris athletics.

"This new complex is a huge step for Ferris State athletics," Kindle said. "It's going to give future student-athletes state of the art resources to develop both on and off the field. For recruits, it shows that the university is invested in their success and is committed to staying at the top of Division II football. Even though I know I won't be here when it's finished, I know it's going to help attract top talent and keep building on the legacy we've worked so hard to create."

The university believes that phase one of this project will break ground in 2026 after the new residence hall is completed, with phase two projected to begin in 2028.

Brand new Bulldogs

Bulldog hockey looks forward to new season



Photo by: Able Kraus | Multimedia Editor

Ferris hockey looks forward to beginining a new style of play under leadership of new coach, Brett Riley.

Devin Wardrop
Sports Reporter

With the Bulldog hockey season set to start in early October, the new Ferris State hockey team is looking forward to the upcoming season.

One significant change is the hiring of former Long Island University head coach Brett Riley on March 28, who will take over behind the bench after 33-year head coach Bob Daniels retired following the 2024-25 season.

Last season at LIU, the Sharks posted a 20-12-2 record, with Riley taking home the NCAA's Independent Coach of the Year award.

The coaching change isn't the only new thing with Bulldog hockey. The transfer portal saw 12 new players join the team, five of whom came with Riley from Long Island. Other transfers include Ohio State forward Caden Brown, Colgate defenseman Nic Belpedio, and North Dakota goaltender Hobie Hendquist. Ferris also landed forward Adyn Merrick from the Sioux City Stampede of the USHL (6-5-11).

Riley wants to ensure that the entire team is in sync before the season begins.

"Right now, the top pri-

ority is building one unified team—regardless of whether you're a returner, newcomer, veteran or first-year," Riley said. "Our culture and cohesion come first, and everyone plays a role in setting the standard and buying into what we're building. At this point in the year, team building is more important than anything we do on the ice. The weight room with Colton and his staff will be a huge part of this process. Their impact will help expedite our growth, as we push through hard things together, build trust, and become one team."

One of the newcomers that followed Coach Riley from Long Island to Big Rapids is sophomore forward Carter Rapalje, who led the Sharks in goals and points last season (17-13--30). Rapalje is looking forward to continue playing for Coach Riley at Ferris State in front of the Bulldog faithful.

"I'm very excited for the season and grateful for the opportunity to play for Brett Riley again," Rapalje said. "After I entered the portal and heard from Coach, I jumped at the chance to join the Bulldogs. I can't wait to play in front of the amazing Bulldog fans and the Dawg

Pound. I've heard nothing but great things about the atmosphere of the games at Ewingleben Arena and how great of a community this is to be a part of. I know that this county loves their school, and I can't wait to play in front of them and give it my all."

With a new head coach and a dozen new players, the team is excited for the upcoming season. One of those is returning Bulldog, junior defenseman Trevor Taulien.

"I'm very excited for this year and what we will accomplish," Taulien said. "

We have a great group of guys that have connected very well since we have gotten back to Ferris. We are all working hard and are excited as a group to win a championship."

The new season kicks off Friday, Oct. 4, at 7:07 p.m. and Saturday, Oct. 5, at 6:07

p.m., with away games at Miami (Ohio). Ferris State's home opener will be Friday, October 10, at 7:07 p.m. against the Western Michigan Broncos, following an away game against the Broncos the day before.

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Fall season storylines

Four updates as Ferris' sports season looms

Devin Wardrop
Sports Reporter

With school almost back in session, Bulldogs athletics are returning and there are many storylines to follow in the 2025-2026 season, but here are a select few to watch this fall.

Back-to-back

With the football season starting soon and training camp already underway, the Bulldog football team is looking to win the National Championship and go back-to-back for the second time in five years.

After losing the first game of the season last year to Pittsburg State, the Bulldogs went undefeated the rest of the year on the road to winning the National Championship.

Head coach Tony Annese has expressed his excitement with how the current team is looking in training camp and what they need to do in order to have a successful season.

"Focus on the process of being better every day," Annese said. "You don't have a goal of winning national championships, that's just too far off. You have a goal of just trying to be the best you can be, try to do your job to help the team succeed. All those little things end up being big forces at the end of the year, but obviously, people at Ferris, they want to just talk about the end goal."

The Bulldogs are ranked No. 1 to win the GLIAC according to the preseason Poll, with rival Grand Valley State right behind them, predicted to get second in the conference.

Ferris State will open its season at home against Pittsburg State on Thursday, Aug. 28, at 6 p.m.

Brand new team

Since the season ended in early March with their first-round loss to the St. Thomas Tommies, the hockey team has had a lot of changeover.

A big one was the retirement of longtime head coach Bob Daniels, where former Long Island University head coach Brett Riley is taking over the place behind the bench for the Bulldogs.

There are also 13 new transfers to the team, five of them coming with Riley from Long Island, including sophomore goaltender Noah Rupprecht and the points leader, sophomore forward Carter Rapalje. While also adding forward Adyn Merrick from the Sioux City Stampede of the USHL and forward Nicholas Johnson from the Brandon Wheat Kings of the WHL.

Ferris State's season will start on Oct. 3 and 4, with back-to-back games at Miami of Ohio. The home opener will be on Friday, Oct. 10 at 7:07 p.m. vs the Western Michigan Broncos.

New men's basketball coach

After the men's basketball team lost in the playoffs and head coach Andy Bronkema left for Division 1's Central Michigan University, the Bulldogs hired former Fort Lewis College coach Bobby Pietrack to take over.

Pietrack doesn't believe there will be any hiccups with him being a new coach at Ferris.

"It's very easy for a new coach and his team to be on the same page and have a

clear vision of the standard," Pietrack said. "I have very little doubt that we won't be able to work together. I plan to be very communicative with the guys. I don't look at it as Andy's [Bronkema] guys or my guys, it's just Ferris guys, and we're all just trying to win games for the institution."

Volleyball looks to go back to the playoffs

Women's volleyball looks to continue its powerhouse run after going 34-1 this past season, with the only loss being in the NCAA Elite Eight, which was their first D-II Elite Eight appearance since 2013.

Led by reigning National Coach of the Year Tia Brandel-Wilhelm, the Bulldog volleyball team lost eight seniors from last year, but will be looking to run it back with another playoff run.

Brandel-Wilhelm is looking forward to the upcoming season, even with a new team this year.

"We are a very different team than we have been the past few seasons," Brandel-Wilhelm said. "Obviously, graduating 7 seniors - 4 of whom earned All-American honors - presents challenges. This season will see a different style of play and a new cast of players out on the court. As always, we will do our best to become the best we are capable of becoming."

Ferris State will start its season at the Texas-Tyler Invitational in Tyler, Texas. The home opener is Friday, Sept. 19 at 5 p.m. against the Michigan Tech Huskies.



Photo from Torch archives

Setter, Corrie Wessier returns for her junior season.



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