



## ‘No Kings’ protest hits Big Rapids

Locals and students gather to protest Trump administration



Photo by: Blase Gapinski | Editor in Chief

For three hours, protestors lined up along State Street and Ferris Drive, letting their voices be heard and stance on the Trump administration be known.

**Emma Walters**  
News Editor

Thousands of protests happened across the nation Saturday, Oct. 18, with millions of people joining forces to protest the Trump administration.

The ‘No Kings’ protest did not exclude Big Rapids, with an estimated 547 participants joining between 11 a.m. and 1 p.m. to peacefully protest.

The ‘No Kings’ protest movement began on June 14, 2025, labeled “No Kings Day” by participants.

The inception date of the protests was the same day as President Trump’s 79th birthday and the U.S. Army’s 250th Anniversary Parade.

Students and locals gathered on the corner of

State St. and Perry Avenue with signs, lawn chairs and chants.

The crowd consisted of a diverse number of individuals, from Ferris students to local Big Rapids community members to other individuals from surrounding communities such as White Cloud and Reed City.

While there was no physical representation of a counter protest, onlookers and those driving by made their opinion known.

Throughout the day, drivers rolled down windows to flip off protestors, with some even yelling obscenities at the crowd.

At one point during the protest, a diesel truck pulled up to the curb and released a plume of black exhaust on the protestors.

Several cars driving by expressed their approval, honking as they went past or rolling down their windows to cheer on protestors.

Community member Heather Wesp expressed the importance of using your voice to stand up for what you believe is right.

“I think that it’s always important to see what our democracy looks like and to model those behaviors,” Wesp said. “Just to show them that peaceful protesting is possible and that it’s okay to stand up for the things that you believe in. That’s a basic American right.”

Mike Mumah, who was at the protest with Wesp, seconded this sentiment, explaining that it felt right to be out protesting for what he believes in.

“It feels right. It absolutely feels right [to be here today],” Mumah said. “You have to stand up and say your voice and let people know that what’s going on is not correct, and that we don’t have to count on whatever is being told at us.”

Many protestors in the crowd mirrored this sentiment, expressing gratitude for the ability to peacefully protest and stand up for what they believe is right.

For others, this protest was their first time engaging in the act.

Welding junior Jordan Lov explained that while this was the first protest he had been to, it felt important to be there and support the cause.

“I’ve never come to a protest before, I don’t even have a sign,” Lov said. “I’m just

here to be another body outside. I feel like I’m using time that I would be using to do nothing right now for something that is good. There is not wrong about people out here just walking on the street, and advocating for what it is that they believe in, and I want to see more of that happen.”

Community member Sally McCambridge explained that she feels the peaceful protests are working, as people she has previously had difficult encounters with have now slowly begun approving of her posts on social media.

“I am a firm believer that the more peaceful these protests are, that the more people will be brave enough to come out,” McCambridge said. “I’ve already had reactions from people on Face-

book that actually caused me a lot of problems during Trump’s first administration, who would call me names and what have you, now people are quietly giving me thumbs-ups on my posts and things like that, which to me is heartening.”

McCambridge also emphasized the importance of students getting involved in protests

“I want the kids to know that we are behind them and they’re right,” McCambridge said. “I think it’s very important to show young people that we are behind you. Even as old as we are, we are willing to stand up and say no.”

Protestors could be seen at the conclusion of the event cleaning up the area and picking up trash and debris from the event.

## Sports

The Anchor-Bone Classic is one of the most intense, electrifying, and storied rivalries in all of college football. Learn about the stories of our Bulldog students and how they view the rivalry of the schools just 65 miles away from one another. **PG. 10**





# News

Emma Walters | News Editor | walters8@ferris.edu

## Michigan

Emma Walters  
News Editor

St. Clair, MI – New Baltimore police are investigating an incident after discovering the body of a 27-year-old man in Lake St. Clair on Sunday, Oct. 19.

Authorities responded to a report on Sunday, around 2:48 a.m., that a man fell off a dock into the lake and went underwater.

A patrol boat, along with vessels from the Harrison Township Fire Department, Macomb County Sheriff's Office and the United States Coast Guard, located the man's body underwater.

The man's name has not been released, and further details have not been made public.

## National

Emma Walters  
News Editor

Nationwide, United States – Millions of protestors rallied across the country on Saturday, Oct. 18, to protest the policies set in place by the Trump administration.

This is the second wave of protests organized by the 'No Kings' movement. It was estimated that approximately 2,600 protests were held around the country.

Protestors across the country carried signs and peacefully gathered in demonstrations against immigration detentions and the end of federal education resources, environmental protections and gerrymandering.

## Global

Emma Walters  
News Editor

Paris, France – Thieves using power tools broke into the Louvre on Sunday, Oct. 19, and stole "priceless" jewels from the museum.

Two of the stolen pieces of jewelry were found near the museum, either dropped or abandoned by the suspects as they fled.

A spokesperson from the Louvre described the items stolen as of "inestimable cultural and historical value".

This heist is the largest in a string of recent robberies that have targeted French museums.

## Students question SGA

### Students raise concerns about SGA's progress



Photo by courtesy of Student Government Association

### The 2024-25 Student Government Association's cabinet members, following their meeting.

Davaria Pharr  
News Reporter

As midterms wrap up, the campus has been left with a lack of involvement from the student government association, despite claims from the organization that changes were on the way.

SGA is not a stranger to this issue. Over the years, events have been lacking on campus and even been canceled due to a lack of planning time or participation.

Many students have expressed over the years that they don't know what SGA is, what they do or how to get involved.

According to Ferris State's website, SGA's mission statement is to "represent FSU students' interests in all aspects of campus life."

The mission statement further explains that SGA is meant to be a voice for the students.

Right now, students feel that their voices are silenced and, in some cases, shut down.

Pharmacy sophomore Ava Courtmen explained that SGA does not have a huge impact on her life.

"It doesn't make much ef-

fect on me, but I'm sure they do a lot of things," Courtmen said.

Courtmen explained she does not know anything about what they do, and she could not recall the last time they did anything to affect her directly.

Courtmen isn't alone in this matter.

Amongst other students, this seems to be a common trend.

Business management sophomore Khalil McCoy echoed Courtmen's sentiment, expressing a lack of knowledge regarding SGA.

"I didn't even know we had a student government. Clearly, they're not doing enough," McCoy said.

Business junior Paris McGrigh expressed that during her time at Ferris, she has barely seen any activity from the association.

"I have been on campus for three years and I have never heard of them or seen them do anything," McGrigh said. "If you have a friend in SGA or know someone who is a part of it, you may know about it, but other than that, you probably don't."

McGrigh further explained that SGA has never made an

impact on her campus life, and she is very active on campus.

Despite students raising concerns over the years regarding the lack of air conditioning or heat in the dorms, SGA has not moved to advocate for issues such as these.

Students would like to see real changes being made on campus sooner rather than later.

Nursing major sophomore Jada Dillard expressed that she would like to see changes made on campus put into effect earlier, rather than extended into the future, in addition to her dissatisfaction and frustration associated with campus living conditions.

"I would say not having any heat in the dorms, specifically McNerney Hall [is a big issue]," Diller said. "We are living in an ancient building. The water is breaking my face out. It's messed up and I would like something to be done as soon as possible."

With the weather changing, the dorms could be a breeding ground for sickness, especially with flu season on the rise.

Students have expressed frustration that they are pay-

ing thousands to attend the university, yet nothing is being done.

At the forefront of this issue, students want change and the student government wants to provide that.

Students have curiosity and suggestions on how to get their voices out there.

For many students, this feels like an advertising issue and a simple lack of knowledge at hand.

"I think they should start advertising a little more and doing more events," McGrigh said. "That would make an impact for sure."

McGrigh explained that the protest against Charlie Kirk would have been a good event for the student government to be involved in.

Other students feel that simply reaching out could go a long way.

"They have to get to the students first. Once they get to us, then we can put something together," Diller said.

SGA meets every Tuesday at 6 p.m. in the Founder's Room in the DEC.



# Michigan Supreme Court visits Big Rapids

Local high school and Ferris students sit in on oral arguments



Photo courtesy of Jackie Moglia

Ferris LLAW 160 and BLAW 325 classes can be seen featured with the MI Supreme Cour Justices.

**Jackie Moglia**  
*Opinions Editor*

The 32 Court Community Connections program brought the Michigan Supreme Court to Big Rapids High School on Wednesday, Oct. 15, for the case of *People of MI v Freddie Wilkins, III*. The event began at 9:30 a.m. with students from Ferris State, along with 11 other high schools and middle schools from the area, including Big Rapids High School, hearing the case against Freddie Wilkins, III. in the Big Rapids High School auditorium. This marks the second time that the Michigan Supreme Court has visited Big Rapids as part of the Court Community Connections, founded in 2007, a public education program aimed primarily at high school students. Big Rapids is just one of two cities visited twice, the second being Ann Arbor. After a student briefing by Chief Operating Officer Daniel Brubaker and Chief Commissioner Cheryl Nowak explaining the facts of the case, students were welcomed and heard a performance by the Big Rapids High School band. Chief Justice Megan Cavanagh gave the opening remarks before oral arguments were heard, followed by opportunities for questions and pictures with the justices. Cavanagh says that reaching rural areas is something the Michigan Supreme Court is very conscious of. Reaching students in areas referred to as “legal deserts” is something especially important. “I think programs like this,

you may not be able to get up to Lansing and come into the court, you know in the middle of the day, on a random Wednesday or Thursday. But when we can come to you, and show you what that is and the people here, like our commissioners and the attorneys, spend the time to really sort of show what it’s like to be a real person practicing and doing these jobs. I think it’s really important.” Cavanagh said. This sentiment is shared by business law professor Emily Fransted, who typically takes LLaw 160 students to the Michigan Supreme Court in Lansing. “When we go to Lansing, it takes up almost an entire day. Here, students are able to, many of them using their own transportation, participate in the morning session, participate in a Q & A with the justices afterwards, have photographs with the justices, which is something that we have not been able to do when we travel to the Michigan Supreme Court,” Fransted said. Fransted was presented with a resolution from the Michigan Supreme Court by Cavanagh before the hearing. The opportunity to hear the arguments provided students a lot of insight into what real-world appellate cases are like. For business senior Alexis Whitebread, this was the first opportunity to hear a case. “I’ve never seen any hearing like this, and it was really cool to have my first be the Michigan Supreme Court,” Whitebread said. “It was definitely interesting to see

them, just sitting in folding chairs and folding tables on a stage, but it was still really cool to see.” For many middle school and college students alike, this was an introduction to the legal process, but for criminal justice junior Ayden Hewer, it was confirmation. “I’ve kind of known for a long time that I want to go to law school, but seeing another court case, because I’ve seen a couple, and the way that it’s not like how TV portrays it. That kind of helps my decision,” Hewer said. “I’d say that it probably helped my decision that I want to go

more.” Following the oral arguments, students were able to ask both attorneys questions as the justices deliberated. A reception was held after, giving students an experience that business professor Aaron Madziar described as “once in a lifetime.” “Going to Lansing is great in its own way, it’s very impressive to see the Hall of Justice and to see the formalities of it all, but having the justices here gave students an opportunity to meet them, to talk about career goals, to get advice, to just personalize them,” Madziar said. “I

think this is a great way for students to meet with the justices and meet with people at the highest level of our judicial system and hear advice and insight that helps them make better decisions. It’s pretty incredible to get to talk to these people one on one.” Students were able to mingle with the Michigan Supreme Court justices and the attorneys, along with Mecosta–Osceola County Judges and local attorneys. Students were able to ask further questions about the case, law school and the court process. Students were encouraged to ask about job

shadow opportunities. For Fransted, this time to mingle was vital for students to see the bigger picture. “I want students to walk out of this with an understanding of where this decision on these specific facts has the potential to impact all sorts of traffic stops that are going to happen after this case is decided,” Fransted said. The results of the oral arguments are pending and will likely be released in a few weeks by the Michigan Supreme Court.

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# IMPORTANT DATES FOR THE END OF FALL SEMESTER

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**Thursday, Oct 30**  
Last day for "W" grades

**Wednesday, Nov 26 at noon to Sunday, Nov 30**  
Last day for "W" grades

**Wednesday, Nov 26 at noon to Sunday, Nov 30**  
Thanksgiving recess

**Monday, Dec 1**  
Classes resume

**Monday, Dec 8 to Friday, Dec 12**  
Examination week

**Friday, Dec 12**  
Commencement

**Monday, Dec 15 at 1 p.m.**  
Final grades due

Graphic by: Hailey Nye | Production Assistant

## Ferris State Torch Corrections

In the Oct. 15 edition of the Torch, a photo caption read “The Michigan State Capitol building remains quiet during the shutdown,” implying that the federal government level shutdown had implications on state government functions. The Michigan State Capitol, located in Lansing, has remained open and has yet to be affected by the shutdown.

In the same edition of the Torch, the article “Bulldogs look to continue streak” states that Michigan Tech plays in Marquette. Michigan Tech does not play in Marquette, and they in fact play in Houghton.

Corrections can be submitted through email at [torch@ferris.edu](mailto:torch@ferris.edu)

## ON THE RECORD

Emma Walters  
News Editor

### Assault and Battery

Oct. 14, 6:43 p.m. – Ferris State police officers investigated a reported altercation outside of the David L. Eisler Center between a Michigan Supreme Court Security officer and a student employee. The video showed no assault, and the incident ended with a handshake. The case was forwarded to the prosecutor’s office for review.

### Stolen hoodies

Oct. 13, 1:07 p.m. – Ferris State police officers investigated a report of four highly valued hoodies stolen from a student’s dorm room in Henderson Hall. The student believed the items were taken sometime between noon and 6:30 p.m. on Oct. 9. No forced entry or suspects were identified and the case has been closed.

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# Culture

Grace Heethuis | Culture Editor | turnek29@ferris.edu

## Falling for flavor

Ferris students share their favorite fall treats



Photo courtesy of Wikimedia Commons

Pumpkin pie is a common favorite fall treat, often served around the holidays.

**Emma Walters**  
News Editor

As the days grow shorter and colder, the urge to cuddle up on the couch with a warm drink and a tasty fall treat becomes nearly irresistible.

From cookies to cakes to pies, options are abundant when it comes to satisfying your sweet tooth in the fall season. Not to mention, fall boasts a variety of flavors such as pumpkin, caramel apple and maple that seem to be everywhere throughout the fall months.

With so many options to choose from, it can be difficult to decide what to treat yourself to, and even more difficult to just settle on one.

For many students at Ferris, a sweet treat isn't just a tasty escape from the gloom of the changing weather outside. It is woven into the culture of fall and family traditions that have existed for years, and sometimes even generations.

Nursing sophomore Brianna Boyer explained that her love of the classic pumpkin pie comes from a long-held family tradition.

"Pumpkin pie reminds me of Christmas and gets me

excited for it," Boyer said. "We all make a different pie and bring it for everyone to share."

Other students, like exercise science junior Hope Bortner, enjoy pumpkin pie simply because it is a well-loved classic.

"I'd have to say pumpkin pie is my favorite," Bortner said. "The brand doesn't really matter to me, we just always had it for Thanksgiving. But you have to have whipped cream. I love me some Cool Whip."

There is no shortage of sweet treats available in the Big Rapids area. Local businesses such as Three Girls Bakery, Belle's Coffeehouse and Kilwin's have transitioned into their fall offerings, with the emphasis on pumpkin, cinnamon and apple flavors.

For students on campus looking to get into the fall spirit with a baked good, they can find many options at Quad Cafe in the DEC and the Rock Cafe. Starbucks, located in the DEC, also has several fall options, in both drink and food forms.

Secondary education senior Libby Montgomery explained that her favorite fall treat is another classic— the

Pillsbury Halloween sugar cookies.

"I am a fool for those Pillsbury dough, pre-baked cookies that have the little pumpkins on them," Montgomery said. "I don't bake very well so those are easy and delicious."

Montgomery also explained that caramel apples are another favorite, especially with toppings like peanuts or M&Ms.

"The classic is good but honestly the more toppings the better," Montgomery said.

Social work senior Samantha Spicer expressed a love for the classic cinnamon donuts and apple cider that is commonly served at cider mills throughout the fall season.

"I love cinnamon donuts, they go crazy," Spicer said. "And some apple cider to go with is a must."

While sweets seem to be the go-to for many Ferris students, some students also enjoy the salty and savory classics that are popular in the fall.

Montgomery also shared that her family has a tradition of making salted pumpkin seeds after carving jack-o-lanterns, giving them a

break from the usual sugary, sweet picks.

Spicer shared that her family has a tradition of enjoying danishes made by her grandmother.

"We are all about the sug-

ary, sweet," Spicer said. "My grandma always makes a bunch of different fall treats. In the fall she makes a lot of danishes, like apple and cherry flavored."

Students have not missed

out on any opportunities to enjoy all of the flavors fall has to offer, and seem to be soaking up the sweet and savory flavors while the season lasts.



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# Ditching traditional, embracing unconventional

Nontraditional students share their college experiences



Photo courtesy of Jeri Lyne Holcomb

Jeri Lyne Holcomb shares her journey as a nontraditional student.



Photo courtesy of Charlotte Tetsworth

Charlotte Tetsworth (right) enjoying time with friends.

Grace Heethuis  
Culture Editor

Is the idea of the traditional college student dying? The National Center for Education Statistics (NCES) estimates 73% to 74% of college students are considered nontraditional.

Nontraditional students can be characterized by being older than the 18-22 age range, working part or full-time, having dependents, being financially independent

from parents, having a GED rather than a traditional high-school diploma and even being neurodiverse.

Accounting senior Jeri Lyne Holcomb is a nontraditional student who falls outside the typical age range of college students, has a daughter and works full time.

Holcomb reflected on her experience with other students as a nontraditional student attending Ferris.

"I think being an older student, you are treated dif-

ferently," Holcomb said. "As being a younger person, you tend to look at older people as authority, or the leader or somebody to take charge or control the situation, so I feel like maybe sometimes younger students might be intimidated."

While it is common to hear many people from older generations complain about younger people, especially students, Holcomb has a lot of good to say about the younger people that she has

gotten to experience college with.

"There has been more support than I thought there would be," Holcomb said. "I have to say that the generations that I have worked with have been very supportive, so I'm grateful for that."

Holcomb's story is proof that taking an alternative route when it comes to college can be extremely beneficial, and college isn't a one-size-fits-all experience.

"I got pregnant right in high school, and my father passed away when I was 17," Holcomb said. "Did I make the right choices? Not always. Nobody does. It's just good if you make the wrong decision to learn something from it, grow from it, and do better next time. So I just decided to try, and here I am 12 years later, and I've got one class left."

Integrative studies senior Charlotte Tetsworth is a nontraditional student working on her second bachelor's degree, and considers herself to be a 23rd-year senior.

Tetsworth is attending college once again to pick up several minors, including art history, creative writing, and philosophy. She spoke on her experiences being a nontraditional student for the second time.

"The first time I was a bit of a non-trad in that I was a little bit older. I finished my degree when I was 27, and I had a child at home, mar-

riage, maintaining a household, and working full time," Tetsworth said. "This time feels different. I feel more connected. This generation is very intentional with relationship building, and I found that surprising."

Much like Holcomb, Tetsworth has a lot of good to say about the current generation of students.

"I love that I can connect with this generation of students," Tetsworth said. "I get so much more out of taking classes with the group we have here now than I think I ever had in the past, just because there's such an intentionality with this generation to connect."

Tetsworth also shared why she decided to go back to college when she did.

"I was bored because my daughter had just graduated and moved out of the house," Tetsworth said. "I have to be doing a lot of things. I'm definitely more tired now. I'm definitely feeling older. Last night I went to the deck to study and that was my first midterm in 23 years."

Many nontraditional students have a lot of good to say about their college experiences, serving as an inspiration to other students who haven't or don't plan on following the traditional path.

Social work junior Hunter Kruse shared about what makes her a nontraditional student and her experiences.

"I own my home, I'm mar-

ried and I live 45 minutes from campus with my husband and daughter I'm pregnant with my second child, and I'm also in my late 20s," Kruse said.

Kruse has had mixed experiences as a result of being a nontraditional student.

"My experience has varied. Some students are fascinated by it and ask a lot of questions about it. I had one professor that was not as understanding when it came to not being able to attend campus events, especially ones that took place at night. Other than that, I have had a lot of support from my professors."

The experience of nontraditional students varies greatly, as their lives are often drastically different from one another, and they often have different perspectives than many traditional students.

"I feel like it is harder now due to having to take on multiple roles. Having a strict schedule and balance is absolutely crucial," Kruse said. "Some perspectives I've gained as a nontraditional student would be that colleges are not set up with many nontraditional students in mind."

While being a nontraditional student is growing increasingly common, many nontraditional college students still have exceptionally unique experiences and perspectives to share, inspiring those around them not to fear paving their own paths.



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# Dan and Phil confirm relationship rumors

## Students speak on the importance of queer media representation

Harmony Goodman  
Production Manager

On Oct. 13, 2025, internet-famous YouTubers Dan Howell and Phil Lester posted a video confirming they have been in a relationship since 2009, when the two first met. Dan and Phil first started posting on YouTube in the early 2000s, when Phil first posted in 2006, and Dan followed in 2009. The pair has faced an overwhelming amount of attention from Gen Z. This attention gave way to the two being one of the most popular internet ships. Shipping, as described by USA Today, is the act of fans pairing people, and or characters together in a romantic relationship. However, this shipping, as Dan described in their video, eventually gave way to fans wishing they could be dating in real life. Fans began to try to find evidence that they were dating. They began being stalked and photographed in real life. Even though both Dan and Phil came out in 2019, they never addressed their

relationship. Dan focused his coming out video on the effects of homophobia and bullying he experienced in school, and then, in turn, on the internet, by their own fans. The news isn't that they're dating; it's about the impact Dan and Phil had on Gen Z and the queer community. The "Phan" community, a self-appointed fandom name that combines both Phil and Dan's names, has always found a safe space in their content, even before the two came out as gay. Integrative studies senior Ainsley Miller, who uses they/them pronouns, has been a fan since their middle school years, and has been keeping up on the Dan and Phil news. "They were my [childhood] entertainment," Miller said. "I would come home from school and watch their videos." Miller describes how welcoming the community always felt. For them, it wasn't just about the content, although that played a huge part in the fandom's popu-

larity. "They weren't necessarily openly gay, but they were big allies for the gay community," Miller said. "And so that made me feel a lot safer as a closeted gay." During their "hard launch" as Dan and Phil are calling it, they not only addressed long-time rumors and speculation, but they also were clear to set boundaries to help protect their peace and privacy, while still allowing fans to have fun. Both creators touched on how the constant speculation and invasion of privacy affected them personally. While there were rude comments made towards the speculation of the two being in a relationship, they also recognized that younger fans were getting carried away with the idea of their two favorite YouTubers being in a relationship. Near the end of their forty-minute video, Dan went into depth about how deeply this fan behavior had affected him. After setting boundaries that both let fans show their creative side and excite-

ment over the news, Dan forgave fans for their past toxic behavior. "[Dan] is right, the people who were doing those things were kids. We did not understand our actions at that point. It's not something that's easy to forgive people for, and I felt that was very big of Dan," Miller said. "It is important for the community to see and hear." For some fans of Dan and Phil, it isn't just about queer representation, it's about rediscovering the joys of being unapologetically yourself. Digital television and media junior Kayla Muter also found a safe space within Dan and Phil's content be-

cause they helped shape her into who she is today. "All of the YouTubers I watched in 2016 were just weird in general, not in a bad way; they were just cringe and free. It made me realize that I can say weird stuff and be funny. They would be like me if they went to school, not the popular kids. [Dan and Phil] are silly, but lots of people adore them. Watching them made me want to learn more and lean into media and content creation," Muter said. Muter also stressed the importance of queer representation in the media, especially regarding the current political climate. It can

be easy for many people to get lost and overwhelmed by all the negativity in the media and how this might impact the current younger generation. "It's especially important for younger kids right now who are hearing some horrible things that it's not okay to be who they are," Muter said. "To have people to look up to and watch on the internet to say it's okay." Now that the hard launch is out, Dan and Phil will be continuing to make content that will likely only grow the safe space that is the "phan" community.



Photo courtesy of Ainsley Miller  
Miller (right) attending "Interactive Introverts" 2018 tour with their friends.

**SKELETON SKURRY**

**5k Run/Walk/Roll**

**SATURDAY, OCTOBER 25**  
**8:00 A.M.**

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# Opinions

Jackie Moglia | Opinions Editor | mogliaj@ferris.edu

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**Advisor**  
Scott Kowalewski  
ScottKowalewski@ferris.edu

## EDITOR'S COLUMN: The procrastination spiral

When putting things off puts you over the edge



Photo by: Blase Gapinski | Editor in Chief

Blase can often times be found at his desk in the Torch's office, grinding away the daily tasks at hand.

**Blase Gapinski**  
*Editor in Chief*

I feel like procrastination is something every college student experiences at least once throughout their career, and lately, I feel like it has become a second nature for me.

From projects I am working on for my English classes to articles I am putting together for the paper, it has gotten to the point where it is taking a toll on my mental health.

I have been putting off doing the things that I need to get done and to take care of myself, which only makes how I am feeling worse.

It's not something I am proud of, and I definitely want to become better at managing, but I am not sure where to start.

This isn't something new, either. I have always been pretty good about scheduling when to get my work done, even if it comes close to the deadlines. It has gotten to the point, though, where this simply isn't as manageable as it once was.

Even when I am writing

down my daily tasks, I have either been completely forgetting about certain assignments or commitments I made previously. This is how I can tell the negative effects of procrastination are starting to finally seep through.

Just last week, I completely forgot that I agreed to go on our podcast, "The Fire Pit," during our weekly meeting. I ended up needing to reschedule another meeting, a commitment that I also procrastinated scheduling.

This led me to the question: How does one develop this habit, and how can we fight it when it is so easy to give in?

I started doing research, mainly to help myself figure out a way to break this habit, but also because I had also procrastinated writing this article and needed to find some external sources (sorry, Jackie).

"Stop Putting It Off: A Guide to Understanding Procrastination," from McLean Hospital, was a helpful article for me because of how it re-states the reasons we procrastinate and solutions

to procrastination, even if they may seem painfully obvious. Sometimes we can get so caught up in an unhelpful cycle that we need to hear or read these things over and over to fully understand how to deal with the underlying problem.

We tend to procrastinate due to a variety of reasons. In this article, feeling bored, lack of belief in our abilities, fear and anxiety, perfectionism and distractions are all listed as reasons we procrastinate. I can think of a few of those I have felt in recent months.

There are several ways to tell if procrastination is affecting your life: feeling uneasy about tasks you've completed before, resenting tasks you once were comfortable with or enjoyed and struggling to feel like you are hitting the mark on your daily goal.

Another sentiment brought up in this article is that just because we procrastinate, it doesn't mean we are lazy. It is a behavior that can develop from other underlying issues, such as self-doubt or stress in our lives.

I have been struggling with this a lot lately because I know I am not a lazy person. I know I am capable of getting the work done but sometimes, I feel like I mentally need that time to put off some of my work, just so I can focus on getting the current tasks at hand accomplished.

Because I have let this habit get so out of hand this semester, I am finally at my breaking point and am ready to turn things around. I realize how much of my own time and mental clarity I am wasting by avoiding assignments or tasks.

I constantly feel like I have no time to do the things I love or enjoy, and I wouldn't need to feel that way if I just started planning things out a little bit better. Recognizing that this habit of mine wasn't developed by laziness but rather the amount of stress that has piled up over the last few months, has also just helped me remember I am human too.

It is okay to feel overwhelmed by the struggles or tasks of everyday life. It is

also okay to take all the time you need, especially when your mental health may be on the decline.

One thing that has really helped me is breaking things up into small intervals. I try and tell myself that if I sit down and begin the assignment, job or whatever it is I am working on, it will only take 10 minutes. This helps remind me that everything is manageable and these overwhelming feelings are simply feelings.

From here on out, I am going to do what I can to stop letting these emotions and negative thoughts get in the way of what I need to get done, and I encourage everyone reading to do the same.

Take back your life by stepping in front of the mirror and telling yourself that you can do it. Sure, it sounds cliché but positive affirmations and simply starting whatever it is that you have been putting off are healthy ways to get your life more organized.



# Why rivalries are good for sports

How rivalries add excitement to the game



Photo courtesy of the Torch Archives

The rivalry between Ferris and Grand Valley runs deep, often resulting in a physical, yet entertaining game.

Devin Wardrop  
Sports Reporter

As I grew up watching sports, rivalry games were always my favorite to watch. Sure, I love watching every game, but there's just a little added excitement when two rivals who really don't like each other face off. Every sport, every level, there's a rivalry that each team looks forward to.

Of course, you can't mention the word "rivalry" here without mentioning Michigan vs Ohio State. A rivalry that began over the city of Toledo. A rivalry where two entire states hate the other, and a rivalry that the players in the game circle on their calendars, which the entire year leads up to. Michigan vs Michigan State is big as well, as the entire state of Michigan is divided by

maize and blue or green and white. Another big rivalry in sports is the New York Yankees and the Boston Red Sox in the MLB, a rivalry that is over a century old. These two teams have played so many times over the course of their existence in baseball, but their hatred began in 1919 with the Babe Ruth trade. Rivalries are huge for sports. Every team has a

rival, and Ferris State is no different. I've known about the Ferris vs Grand Valley rivalry since I was little. Back then, however, I liked Grand Valley strictly because my mom used to work there, and I would sometimes be allowed to go in the president's box with her to watch Laker games. It's deep in the archives, but there's an old picture of me with the Grand Valley mascot.

So what changed? My mom got a job at Ferris, and I was a senior in high school, looking at colleges to attend. My mom got me the opportunity to go into the broadcast booth with Rob Bentley and Sandy Gholston for a Ferris football game, and from then on, I was hooked. I attended Ferris and joined the other side of the Ferris State-Grand Valley rivalry. But why are rivalries good?

For starters, the players love them. The athletes want to play their best since their pride is on the line, and it's what they work for the entire season. The fans also love them. While they may hate an opposing fan for being a fan of the rival, there's a level of respect that comes with loyalty to being a fan of a team. Being a fan brings people together, and fans who are rivals come together, even if it's out of hatred for the other side, to watch their respective teams. Rivalries bring in more fans as well. People who may not ordinarily care about the sport may be drawn to watch the game, and rivalry games bring increases in viewership, which can help grow any sport. A lack of rivalries in any sport can reduce some of the "buzz" around the sport. Take Ferris hockey, for example, where we don't have a clear, established rival the way we do in our sports like football. There isn't really a "big game" to look forward to the way we look forward to the Anchor-Bone. You can't artificially create a rivalry, which is why these games are so special. Sure, rivalries can die out, like the Detroit Red Wings and Colorado Avalanche, but it doesn't take away from the excitement those games produced. This year will be my first time being at Anchor-Bone. I've been to basketball games and volleyball games, but never for football, the sport where the rivalry hits the hardest. I'm looking forward to taking part in the rivalry as a fan, as a Bulldog.

## Didn't get the memo



Comic by: Blake Flanery | Cartoonist



# Sports

Nolan Matthews | Sports Editor | matthen4@ferris.edu

# Anchor-Bone Classic



**Nolan Matthews**  
Sports Editor

On September, 23 1972 two small West Michigan schools of under 10,000 students met on the gridiron for the first time. Then, Ferris State College defeated Grand Valley State College by a score of 42-0 in

Big Rapids. Little did the students that attended that game in 1972 know that this game would just be the beginning of one of the biggest rivalries in all of college football.

In 2002, the Anchor-Bone trophy was introduced, and the first official

Anchor-Bone matchup occurred in 2003 with Grand Valley defeating the Bulldogs by a score of 40-10, and Ferris did not win their first until 2012 under new head coach Tony Annese.

For the first time since 2022, the No.18-ranked Lakers will be coming to Top Taggart Field to take on

the nationally top ranked Bulldogs during their run of dominance.

This year marks the first year the 4-2 Lakers have had two losses going into the Anchor-Bone since 2014 when the Lakers had an 0-2 record going into the matchup. The Bulldogs on the other hand are

coming into this game 7-0 and on a run that has seen the Bulldogs outscore its opponents in the last four games 239-10.

This game will still not be easy for the Bulldogs as it is a rivalry game, and anything can happen. The Lakers season relies on this matchup as they will

miss the playoffs with, so the Lakers have a lot to play for.

Every year we see our two communities come together, and that moment is coming upon us, the Anchor-Bone Classic is here.



# Anchor-Bone Classic preview

The rivalry returns to Big Rapids for the first time since 2022



Photo courtesy of the Torch Archives

**Nolan Matthews**  
Sports Editor

Nothing gets the blood flowing like a heated rivalry on a Saturday fall afternoon,

and this Saturday, the storied Anchor-Bone rivalry hits the gridiron at Top Taggart Field. The No. 1-ranked Ferris State Bulldogs (7-0, 3-0 in GLIAC) take on the No.

18-ranked Grand Valley State Lakers (4-2, 2-1 in GLIAC) in what seems to be a down year for the Lakers. Grand Valley was upset last week by Saginaw Valley

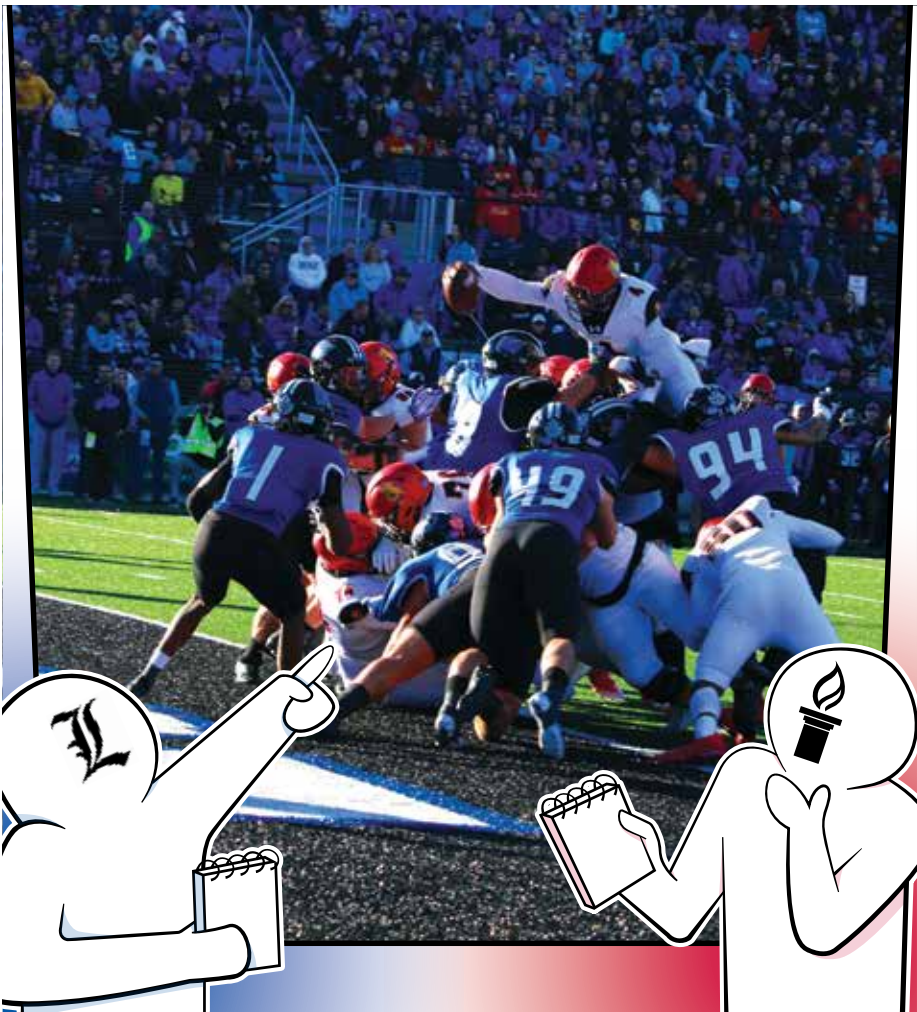
State by a score of 20-19, while also losing earlier in the season to Pittsburg State by a score of 17-14. This rivalry means a lot to the Bulldogs, and junior quarterback Carson Gulker is excited to take on the Lakers. "This is a huge rivalry with a lot on the line," Gulker said. "For us, this game is just a ton of fun, it's always a blast to go up against a great team and just have to play our best to win. We are just focused on being our best." These teams still have elite offenses, with the Bulldogs having the highest scoring offense in DII with 56.5 points per game and 553.7 yards per game. Grand Valley averages 33 points per game and 355.2 yards per game. The Lakers have a pass-heavy offense, led by red-shirt freshman quarterback Andrew Schuster, who has passed for 1,337 yards and 13 touchdowns and four interceptions. Schuster leans heavily on his wide receiver trio of junior Kellen Reed, sophomore Sean Byrd and junior Lynn El-Wyche, all of whom have 200+ receiving yards and two or more touchdowns on the season.

The Bulldogs have a more balanced offense, that offense being run by redshirt freshman quarterback Wyatt Bower, who has 1,322 yards and 15 touchdowns to zero interceptions. While also being Ferris's leading rusher with 545 yards and nine touchdowns on the ground, junior running back Zak Ahern is also a threat running the ball. Ahern has 314 yards, averaging 7.5 yards per carry and adding five touchdowns. While the two teams' offenses may be elite, the defenses are no slouches themselves. Ferris currently sits at third in the nation for the least amount of points per game with 8.5 while allowing 229.8 yards per game. The Bulldogs' defense has 17 interceptions on the year, which is the most in the nation. Three of those come from senior linebacker Isaiah Byars, who also has 26 tackles on the year with three tackles for loss. Senior defensive back Chase Nixon believes this game is going to be a great one, and can't wait for the matchup.

"It's a long-time rivalry," Nixon said. "It is going to be a lot of energy and emotion this Saturday, I just can't wait to play in it." As for the Lakers, their defense averages 16.6 points per game, which is good for 18th in the nation, while they allow 294.8 yards per game. The Lakers' defense is headed by the linebacker duo of senior Anthony Cardamone and junior Jimmy Downs. Cardamone leads the team in tackles with 39, while having three sacks and five tackles for loss. Downs has 38 tackles and has five tackles for loss this season. Senior slot receiver Brady Rose is excited to be back in front of the fans at Top Taggart Field. "We are going to watch a lot of film and put in a good game plan for Saturday," said Rose. "I am excited to have an Anchor-Bone classic at home in front of our fans." The Bulldogs will look to make sure the Anchor-Bone trophy stays in Big Rapids when the Lakers come up to Top Taggart Field on Saturday, Oct 25, at 1 p.m.

## Our role in the Anchor-Bone Classic

How we honor the tradition as a student run newspaper



**Blase Gapinski**  
Editor in Chief

Although the outcome of the Anchor-Bone Classic game changes every year, one thing always remains: The coverage from Ferris State Torch and Grand Valley Lanthorn that ends the beloved week of rivalry. As the Editor in Chief of the Ferris State Torch, I recognize how important the role of our newspapers has been throughout the history of this rivalry. In 2012, Ferris took home the Anchor-Bone Trophy for the first time, and of course, the Torch documented this historic moment. What I admire most about this coverage from former sports section editor, Tyler Shelton, is how objective he remained when retelling the events of the game. The headline for that piece read "More than a trophy," and it stayed true to recapping the game without any fluff that typically comes from a professional team rivalry recap. Rather than calling it a dominant performance or focusing on the score deficit,

Shelton stayed true to keep the rivalry friendly and only recapped the most important moments of the game. Our role as the newspaper is so important when it comes to keeping this rivalry alive. We aren't here to stir the rivalry but to preserve it. We work hard to tell the full story that includes both teams, both fans and communities that rally around our college programs. We do this for the community, so that the stories of the Anchor-Bone Classic can be retold for years to come. Our paper becomes a tangible piece of history, capturing the emotions and defining moments of each year's rivalry game, exactly like Shelton's piece did. Emotions are always high during rivalry week. As a fifth-year student, I know that all too well. Our responsibility as student journalists is to step back during this time to truly observe and report on the game for what it is. Every fall, no matter which team walks away with the trophy, both newsrooms come together. Whether knowingly or not, we come together

each to provide the full story of the game. Win or lose, we each capture the energy, mistakes and victories from our team, all while staying committed to fairness and truth. At its core, both of our communities know that this is way more than a football game. It is a tradition that continues to grow with each passing year. With each new chapter of the game, our coverage has remained the same. We intend to continue covering this rivalry with respect and fairness, setting the rivalry aside to focus on the craft of honest storytelling. This commitment is the heart of student journalism. We welcome you to this year's Anchor-Bone Classic edition of the Torch, our way of continuing the rivalries' legacy. Together with the Lanthorn, we will continue to preserve the spirit and history of this cherished rivalry for years to come.

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Graphic by: Hailey Nye | Production Assistant



# Riveting rivalry

## Rivalry is what makes football interesting

Emma Walters  
News Editor

Before the subtitle of this article sets off my sports-loving friends, allow me to preface my point of view.

I am not a sportsy-gal. I didn't participate in sports growing up. I was never particularly interested in following any sports, and overall,

they just don't really pique my interest.

That is, until you add in a rivalry.

The Anchor-Bone classic is one of the few times that I really get excited to watch a football game. I can't explain why, maybe there is some weird, primal part of my brain left over that enjoys the idea of two teams "fighting," but

football rivalry (and any other sport for that matter) makes it far more worth my time.

The energy is electric - everyone is excited, or nervous or anxiously anticipating what will happen during the game.

I also love the social aspect of the rivalry.

The tailgates are bigger, filled with current students

and alumni.

Part of my love for rivalry comes from my family - my sister graduated from the University of Michigan, and my brother graduated from Michigan State University.

Growing up, the Michigan vs. Michigan State game was always a big day in my household. My dad, wanting to support both of his kids, usually

wore a hat with one logo on it and a sweatshirt with another (although he eventually abandoned this tactic and just went with whatever team was doing better than the season).

Some would argue you don't need rivalry to enjoy the game, and you are probably right. But for someone like me who needs a little more

motivation to get involved and watch, that rivalry adds another layer of interest.

This year, I will be enjoying the Anchor-Bone classic on my phone from the MSU tailgate, where I will be watching the Michigan vs. Michigan State game.

# A battle of emotions, excellence and integrity

## The perspective of the rivalry from an announcers point of view

Brandon Wirth  
Guest Writer

Those who know the game by that name need no further explanation. Whether you are a fan, staff member or athlete, you know there's no love lost along the 68 miles from Allendale to Big Rapids. As one who has experienced this ultra-competitive rivalry from all three perspectives, here are three first-hand things I can inform you about.

**The emotions are extremely contagious**

While it's not a mind-blowing statement, its impact is immense. As a former Bulldog athlete, our biggest championship races came lining up against the Lakers. Seeing the stacked "GV" on their uniform always lit a deep fire in my chest, and one look in my teammate's

eyes reflected the same intensity.

All the preparation for this battle makes the amygdala work twice as hard as it does for any ordinary event. Whatever noise you think a stadium is at a given time, an athlete will tell you they feel it 10 times over. As crazy as it sounds, athletes and fans will remember the emotions of this game more vividly than the result itself.

**It demands the utmost excellence**

The number of people invested in this game is unbelievable. My first Anchor-Bone experience as a beat writer, with this very same publication, was back in 2021. Under the darkness of a West Michigan night, I witnessed a record-breaking 17,007 fans pack into Lubbers Stadium to see the Bulldogs' triumphant 35-28

win over the Lakers. A year later, I watched a Top Taggart record of 12,661 fans pile in through the Wheeler Pavilion windows.

**It is just a game**

I can hear the Bulldog boos through the text ... and that's okay. The 23 official years of this rivalry mean a lot to a team's season; however, it doesn't decide its season's fate. I'm not saying this game doesn't matter, but they will play for the Anchor-Bone trophy, not a national championship trophy.

The roar of the crowd is nature's best equivalent of dopamine, but it's not an excuse to be unreasonable and irresponsible. While we encourage every fan to be loud and proud, that doesn't mean to be rowdy and rude. As one who has firsthand seen photographers spit on and heard high-end executives

being cussed out in front of their families, I simply say one thing: don't be a moron.

All in all, this game means a lot to both of these towns, campuses and fanbases. For the 30,000 current enrollees and the millions of footprints that stepped on the same sidewalks, this game's prize isn't really the trophy or the score; it's the pride. I've had the privilege in my seven years as a Dawg to experience this rivalry as a broadcaster, creative, reporter and competitor. I can tell you to this day, I still remember the feelings from every single game. No matter what the result is on Saturday, enjoy the moment while it's here.

Oh, and one more thing ... Anchor Down!



Photo courtesy of Miles Postema  
Brandon Wirth seen on the sideline of a game.

## Recently in the Rivalry: A look at the best games in Anchor-Bone

- Dec. 3, 2022-Ferris State 22, Grand Valley 21**  
Ferris State and Grand Valley met in the Super Regional Final of the NCAA Division II playoffs. Grand Valley went undefeated, while the Bulldogs finished 9-1 in the regular season, their only loss coming at home to the Lakers, 22-21. The two teams met in the playoffs in Big Rapids, and the Bulldogs won 24-21. Ferris State junior quarterback Mylik Mitchell went 13-27, passing for 118 yards and an interception while adding 87 yards rushing on 16 attempts and a touchdown.
- Oct. 13, 2018-Ferris State 35, Grand Valley 31**  
Junior quarterback Jayru Campbell completed seven of his 21 attempts, throwing for 229 yards, two touchdowns, and an interception. Three receptions for 118 yards and a touchdown of that went to redshirt freshman wide receiver Sy Barnett. Campbell also led the team running the ball, rushing 32 times for 101 yards and a touchdown, and caught a 31-yard touchdown pass from junior slot receiver Jevon Shaw.
- Oct. 21, 2017-Ferris State 28, Grand Valley 27**  
This matchup was a close win for Ferris State in Big Rapids, the first of three straight Bulldog wins leading up to 2020, when the game wasn't played. Senior quarterback Reggie Bell went 15-29, passing for 228 yards, while also being the lead rusher with 91 yards and two touchdowns. Junior wide receiver Keyondre Craig was the leading receiver, having four receptions for 106 yards.