

SPEAKING THE LANGUAGE

Volleyball players bond through Spanish

PAGE 10



CENTRAL MICHIGAN LIFE

OCT. 28, 2021 || MOUNT PLEASANT, MI

SIBLING CHEMISTRY

Twins trade West Coast for Michigan winter

PAGE 8



Chippewa Trooper on a mission to fire up sports fans

REPORTING FOR DUTY

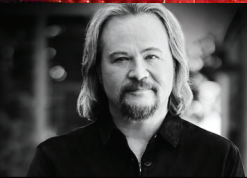
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Nate Pappas | Staff Photographer

First Lady Jill Biden and Surgeon General Dr. Vivek H. Murthy watch as members of the Saginaw Chippewa Tribe perform an intertribal dance on Sunday, Oct. 24 at the Ziiibiwing Center.

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 Mike and Max go through their horror game experiences and what nerdy things they like to do during Halloween.

HALLOWEEN WEEK LINEUP

TUESDAY 26
HALLOPINTS

THURSDAY 28 **TIC**
THIS IS HALLOWEEN

FRIDAY 29
FREAKY FRIDAY

SATURDAY 30
BIG CASH BASH

SUNDAY 31
HALLO-F**KING-WEEN

WAYSIDE
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“It feels fantastic to go around, really put a smile on people’s faces, and get a picture with them.”



EXECUTE ORDER: FIRE UP CHIPS!

He protects Central Michigan University from intergalactic threats and brings joy to all those who cross paths with him. He's been seen patrolling football games, the homecoming parade and other spirited events on campus. Although he is not an official mascot for CMU, he is recognized by students as an iconic part of campus life. The man behind the helmet prefers to remain anonymous, only to be known as... the Chippewa Trooper.

"It keeps it a mystery for everybody," he said. "I think if I took the helmet off, it would lose the appeal as well."

Some have pleaded for him to reveal himself. Others have even tried to remove his helmet. Thankfully, the trooper doesn't patrol campus alone. When someone tries to reveal his identity, Zach Moore, friend and photographer of the trooper, steps in.

The Chippewa Trooper said he is grateful for his help. Moore enjoys working with the trooper as well.

"It's amazing that he's been able to help me out (with my photography) and it's been an honor to take pictures for him," Moore said. "Seeing him on Instagram is like a privilege because it's like, 'Hey, I took those photos.'"

Inspiration for becoming the Chippewa Trooper came from his comradeship with the Wolverine Trooper at the University of Michigan. The suit was a pandemic project that took around six months to create from scratch. It's made mostly from a foam-like material over top a black jumpsuit. The armor is handpainted maroon and gold with multiple CMU decals.

"I had people that were gracious to help me do the paint and do all the decals," he said. "It was definitely a process to make the suit."

The Chippewa Trooper made his first appearance last year as more people were allowed at outdoor events. He said people were hesitant to approach him at first, but after going to more events that changed. The best feedback he's gotten is when he goes to the student section at football games.

"It feels fantastic just to go around, really put a smile on people's faces, and get a picture with them," the Chippewa Trooper

said. "It's something that they can laugh about and look at for years to come."

As a fan of Star Wars, the Chippewa Trooper said his favorites from the franchise are "Star Wars: Attack of the Clones" and "Star Wars: the Clone Wars." His brothers and his commander, Captain Rex, are in both series. Although it was hard for him to choose, he said his favorite characters across the Star Wars franchise were Anakin Skywalker, Obi-Wan Kenobi and Captain Rex.

Another figure the Chippewa Trooper holds in high regard is President Bob Davies.

"I have to pay my ultimate respects every time I see him because he is the general of the university and master of everything that goes on at the beautiful campus at CMU," he said.

The Chippewa Trooper said he loves interacting with students and the people of Mount Pleasant. He said that people who see him shouldn't hesitate to ask for a photo if they want one. He plans to go to every CMU game he can possibly attend.

Students can follow all the trooper's latest adventures on his Instagram: the_chippewa_trooper.

The man behind the helmet said to look forward to the women's basketball game against the University of Michigan on Nov. 20. The Wolverine Trooper and Chippewa Trooper may meet for the first time...

May the Force be with you.



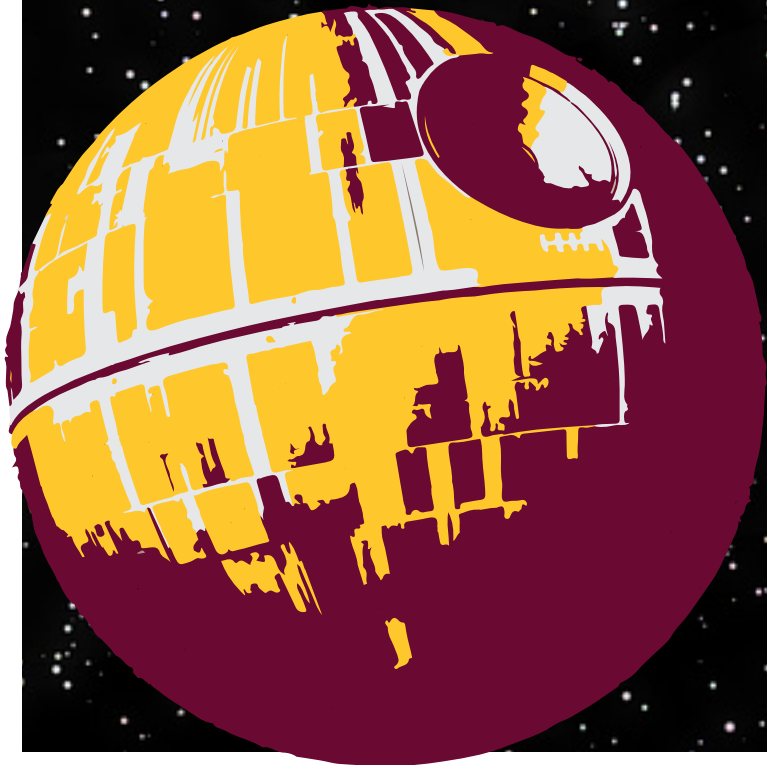
By McKenna Golat

Photo Illustrations by Drew Travis and Stephanie Chipman



Drew Travis | Staff Photographer

"The Maroon Trooper" fires up the crowd during Central Michigan University's annual Homecoming Parade, Saturday, Oct. 16.



Layla Blahnik-Thoune | Staff Photographer

The Chippewa Trooper gets his picture taken with President Davies during the Chippewas softball game against Buffalo April 24 at Margo Jonker Stadium.

MISSED OPPORTUNITIES

How CMU allowed NIU to crawl back from an 18-point deficit, steal road win

By **Christian Booher**
Staff Reporter

For a moment, Central Michigan couldn't quiet the crowd even if it wanted to.

Wide receiver Kalil Pimpleton stood facing the student section, waving his arms downward. His team was a made field goal away from stealing a win and the students who stayed knew it. Players on the Northern Illinois sideline played into this, raising their arms and encouraging CMU fans to make noise in an attempt to distract the Chippewa field goal unit.

A moment later, those same NIU players made the only sounds that echoed through an otherwise silent Kelly/Shorts Stadium.

In between those two moments, CMU long snapper Franklin Lama's snap snuck past holder Luke Elzinga. The Huskies recovered the CMU mishap, sealing their victory and celebrating so ferociously that two separate unsportsmanlike conduct penalties were issued.

There's an old adage surrounding athletics that games are never decided by one play. Saturday was no different, as a series of events led to the game-ending miscue that will define the Chippewas' 39-38 loss to NIU.

"We knew that (NIU) was physical, they did a heck of a job. They took care of the ball. We didn't get any turnovers. And at the end of the day, we had an opportunity to win it and we didn't."

The Chippewas, for the second straight game, came out firing on offense. A 66-yard touchdown run by Lew Nichols III set the tone, and a 22-yard scoring strike from quarterback Daniel Richardson to receiver JaCorey Sullivan made it 28-10 with 4:59 remaining in the first half.

Yet, it was the Huskies' ensuing drive that set the tone for the rest of the afternoon. After two fourth down conversions, one of which came after CMU defensive lineman Jacques Bristol jumped offsides, NIU quarterback Rocky Lombardi hit Trayvon Rudolph for a 15-yard touchdown. A two-point conversion made the score 28-18 heading into the locker room.

What felt like a CMU blowout was just a 10-point game at the break.

Even after the Chippewas stopped NIU on downs to start the third quarter and scored again to make it 35-18, the game felt far from secure. Lombardi launched a 75-yard touchdown pass to Rudolph on the very next play. Another two-point conversion cut the Chippewa lead to nine points with 9:43 left in the third quarter.

"I feel like, in a way, we had a lack of focus," said CMU de-



Drew Travis | Staff Photographer

Detroit junior Devonni Reed, left, and St. Ignacio senior Gage Kreski, right, stop the runner as he goes flying through the air during a game against Northern Illinois University on Saturday, Oct. 23 at Kelly/Shorts Stadium.

"We knew that (NIU) was physical, they did a heck of a job. They took care of the ball. We didn't get any turnovers. And at the end of the day, we had an opportunity to win it and we didn't."

Jim McElwain
CMU Head Coach

fensive end Troy Hairston II. "We allowed the score, and that number determined how we were gonna come out in the second half. I don't feel like we came out, in that second half, the way the Chippewas do it."

After that first stop, the Chippewas were unable to hold the Huskies scoreless. NIU followed its one-play touchdown drive with a field goal, then a touchdown from Clint Ratkovitch to take a 36-35 lead with 10:47 remaining.

The Chippewa offense failed to generate points after that

possession until midway through the fourth. CMU answered two straight NIU scoring drives with punts, unable to capitalize on chances to extinguish the rally. The Chippewas did answer after trailing for the first time, getting a 38-yard field goal from kicker Marshall Meeder to retake the lead.

The defense pinned NIU into a fourth-and-1 from the CMU 43 on the next possession. Yet again, they couldn't get off the field, as the Huskies ran a reverse with Rudolph for seven yards and a new set of downs.

The defense eventually forced a field goal, as NIU backup kicker Kanon Woodill knocked a 26-yard attempt through the uprights. Chippewa quarterback Daniel Richardson and the offense had 54 seconds to get the team in field goal range.

They did just that.

Richardson hit Nichols for 15 yards, Pimpleton for 12 and Dallas Dixon for 22. After a short, three-yard flip to Joel Wilson, the crowd cheered as the field goal unit took the field.

The euphoria lasted seconds, as what would've been the game winning field goal never left the turf. The snap flew past Elzinga, who dove after the ball in a last ditch effort. NIU's Jordan Gandy recovered the ball as the visitors sideline erupted.

Glory, in an instant, turned to dismay for the Chippewas.

STICKING TOGETHER

California twins take on college soccer together over 2,000 miles away from home



Drew Travis | Staff Photographer

Rachel and Megan Logue pose on the soccer field before practice, Oct. 6.

By Noah Wulbrecht
Staff Reporter

Twins are difficult to find in the world of sports. Finding a pair on the same team is even more unusual.

The New England Patriots had Devin and Jason McCourty. The Vancouver Canucks had Henrik and Daniel Sedin.

Central Michigan University women's soccer has Megan and Rachel Logue.

The duo are from Oak Hills, CA and are the youngest of five and grew up in a household of soccer players, fans and coaches. Naturally, the sisters carry on the trend.

"We've been kicking a soccer ball before we could even walk," Megan said.

Both Megan and Rachel play as center back defenders for the Chippewas and possess never-quit attitudes.

"They're really hard working, down to earth people and they're tough on the field," head coach Jeremy Groves said. "They'll lay themselves in front of shots, get hit anywhere and bounce right back up."

Defense hasn't always been their go-to position.

During their first two years at Serrano High School in Phelan, CA, they were better known for their offensive prowess. Both sisters earned All-MRL first team honors during their freshman and sophomore seasons. Going into their junior year, they decided to continue their playing careers by joining the L.A. Surf Soccer Club. Joining the developmental academy meant the duo could no longer play high school soccer.

"We played against better competition, but high school is the fun experiences with all your friends (where you) go out

“ I know if I step to the ball, she's going to have my back. I can count on her trust on and off the field. We have a strong chemistry together. ”

Rachel Logue
Defensemen

on the field, have fun and not be as serious," Rachel said.

When deciding on where to play college soccer the duo ruled out all schools in California. Oak Hills is about an hour outside of Los Angeles in a hot and dry desert climate. Most Michiganders gasp after learning the sisters willingly traded California weather for Michigan's.

"We don't like the hot weather, at all. We love the snow. We wanted to go somewhere that's colder," Megan said. "It's different than a lot of people's opinions—people don't expect it."

"We both wanted to play a high level of soccer too and

(CMU) is a good fit," Rachel added.

People often assume twins have a unique, almost telepathic bond. The Logue sisters have stuck together not only on the soccer field, but in their day-to-day lives too.

"There's an added level of comfort," Rachel said. "I know if I step to the ball, she's going to have my back. I can count on her trust on and off the field. We have a strong chemistry together."

The chemistry doesn't stop with them. With little roster turnover from last year's squad, CMU has been able to grow closer through team building activities and developing a strong level of comfort with one another. The duo has burst out of their shells and become leaders on the team.

"Last year they maybe said 10 words total but they've really started to come out of themselves this semester, which is awesome," Groves said. "They're fantastic young women."

While collegiate soccer is extremely important to the twins, it's not the only reason they're here.

Megan is enrolled in CMU's dietetics program. She is vegan with a strong interest in the food industry, diets and food consumption. Rachel is currently undecided, but is leaning toward sociology with a focus on criminal justice or recreation.

College athletes have a regimented schedule, but when there's free time, the twins get to indulge in their hobbies and remain active.

Megan is learning how to play the guitar. Rachel enjoys outdoor activities like hiking, bonfires and beach activities.

No matter where Megan and Rachel end up when their days as Chippewas conclude, they will always have each other.

"We've always connected deeper because we've been doing it for 19 years, and we're able to communicate really well with each other," Megan said. "You always have a person with you. There's no worry about doing things alone."

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**LITTLE CAESARS' PROUDLY SUPPORTS
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For the last year, Dr. Amarilis Martin, a clinical assistant professor at Central Michigan University has been caring for and researching children with COVID-19.

Martin completed her medical school degree in Southern California at the Loma Linda University School of Medicine, she then moved to the Detroit area and completed further education in pediatrics and pediatric critical care.

She holds a faculty position in CMU's medical school teaching future doctors at the Children's Hospital of Michigan in Detroit. The hospital, she also cares for patients, and more recently, has researched how COVID-19 affects children.

Martin is also a part of Women in Academia Valuing Equity (WAVE), advocates for women who hold academic positions. September was Women in Health Care Month so WAVE began a campaign called 'Give Her a Reason to Stay in Health Care.' The new initiative focuses on highlighting the work of women in academics and encouraging businesses to better support their female employees.

Central Michigan Life spoke with Martin about her responsibilities as a researcher, caregiver and advocate.



Explain the different roles you play as a professional nowadays.

Martin: Currently, I have a faculty appointment at Central Michigan University as a clinical assistant professor in the department of pediatrics. At the same time, I take on patients at the Children's Hospital of Michigan. As a professor, I am involved in teaching residents that come through the Children's Hospital of Michigan.

Can you describe the research you do?

We looked at the fact there were some patients who become very sick and develop problems with their hearts. As time progressed, we found out that there are other issues associated with COVID-19, that pediatric patients can get strokes and they can also get pneumonia.

My research is involved with COVID-19 and just looking at different presentations (of it) and seeing how we can best treat that.

What should people know now regarding COVID-19 that isn't being discussed as it should be?

These entities are not to be taken lightly because (children) can die from these things. So, we think it is important for the population to know children are affected. I will say that the majority of children will do fine; they will not get this sick. But, we're still trying to find out which kids get sicker from COVID-19 and which kids end up requiring ICU care, including a breathing tube and life support. It is important to note that (for) patients who have lower socioeconomic status, we have noted that there is a higher risk for them to get (severe inflammation).

Were there times during the pandemic when you felt

discouraged as a professional?

Yes, it is very sad and I carry those patients in my heart. I can remember some of the patients that have unfortunately died; knowing that I've been there for them has really given me encouragement. But there have been times, especially during the pandemic, where there have been so many critically ill patients, (I've wondered), is there any patient out there who's okay? And it can get to you.

All the hard work and long days is worth it just to see one patient get better. And if unfortunately, that patient doesn't do better, at least I am encouraged that I was there for the family in such an important time of their lives.



Dr. Amarilis Martin
Central Michigan
being a pediatric
COVID-19 resea
advocate for w
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**Doctor rese
COVID-19
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ff Reporter

Explain more about WAVE. What is its mission?

Since before the pandemic it has been very hard for women to work in their medical or research field. Essentially, women have responsibilities at home and at work that can take a toll on them.

We value equity in academia and encourage other women to stay in academia, as well as encouraging universities to support us through our career. That is (how) WAVE came about, and it's exciting to be a part of this group.

What could universities and hospital systems do better to support women and promote equity?

In general, I think that fair pay is a big one. Sometimes women are paid less for a similar job than what men get paid and ensuring there is equality in that—also, supporting them through their childbearing experience. Maternity leave is something that (women) could be supported through, I think, in essence, (to better support women and promote equity, universities and hospital systems can provide) it would be mentorship, sponsorship, opportunities for (women) to continue to develop their career and equal pay.

What can you tell readers about the 'Give Her a Reason to Stay in Health Care' campaign?

During the pandemic, women were leaving academia very quickly. So this was a way to get the word out there that COVID-19 has touched many people's lives, but at the same time, many people have also left their careers and academia in general. It is important to bring them back and encourage those that stay to stay, because their work is important.

What keeps you in health care now?

I really think that just being there for the family during

those important moments in their lives is something that brings me a lot of joy. That's really what keeps me working in the medical field and working in pediatric critical care. Even during the pandemic when there have been very sick patients coming through, just being there for the family, being that person the family looks at, being there to encourage them and giving them another shoulder to cry on—I think that's very important to me to keep going.

Could you offer any advice for young women who are pursuing academics and health professions?

First of all, I applaud them for their decision for whatever profession they decide. I encourage them to seek mentorship, to not be shy and afraid, to ask questions and try to get a good advisor who will be helpful for their career. Another thing is there will be hard days, and there will be great days. So don't get discouraged during the hard days, and to keep pushing forward; (the work they do is important.) And if they think that they are being treated with disrespect, or not equally to men, it is OK to speak up.

Never get tired of doing good; even if that may be hard to do, the rewards are greater.

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Lisbeth Rosario-Martinez

UNEXPECTED CONNECTIONS

By Sean Chase
Staff Reporter

Language barriers and cultural differences made transferring to Central Michigan University a scary proposition, but Lisbeth Rosario-Martinez has found a home away from home through volleyball.

Born and raised in Santo Domingo, Dominican Republic, Rosario-Martinez grew up playing volleyball. Her career started with the Dominican Republic U18 National team, playing from 2013-2017, earning First Middle Blocker honors at the 2015 U18 Girls Pan Am Cup.

The success in her home nation opened doors to play in the United States. Rosario-Martinez continued her volleyball career at Arizona Western

College in Yuma, Arizona.

Although switching to primarily speaking English was difficult for Rosario-Martinez at first, the diverse community of Yuma made the transition smoother.

“In Yuma, I have a lot of friends from Mexico, Colombia, Puerto Rico, so it wasn’t as hard as it was coming here,” Rosario-Martinez said. “I’m glad I went to Yuma first.”

After being named to the National Junior College Athletic Association Division I All-Region team, it was time for Rosario-Martinez to figure out her next move.

Rosario-Martinez knew from the moment she stepped on CMU’s campus that it was the next step. However, the people close to her, including her coach at AWC, weren’t so sure.

“When I came for my official (visit),

Rosario-Martinez and Erickson find common ground through Spanish Language

everyone in Yuma and back home were like, ‘Are you sure you want to go there? It’s super cold, it’s super different,’” Rosario-Martinez said. “This was my first official visit and I just knew I’m coming here.”

Farther from home than ever before, Rosario-Martinez longed for someone to speak Spanish with. An unexpected connection to her culture arose in the form of Anna Erickson.

After three months on campus, Rosario-Martinez heard the familiar sounds of her native language coming from somewhere behind her.

“I just didn’t know what to say, I was just like, ‘Wait who is speaking Spanish?’, and I saw it was (Erickson), she ran to me,” Rosario-Martinez said. “I was like, ‘Really you’re just telling me now.’”

From that moment on, a bond was formed.

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"I think they're both such wonderful people," said head coach Mike Gawlik. "I know that (Erickson) has kind of opened up her doors to invite (Rosario-Martinez) to Minnesota and it's not just (Erickson), it's (her) whole family."

While this was great for Rosario-Martinez's morale, it also helped Erickson stay connected to her upbringing.

"My preschool was all Spanish (so was) the daycare I went to when I was younger," Erickson said. "The people that took care of me when my parents went to work were Spanish speakers from Spanish-speaking countries, so since I was one, I was speaking it at home."

Growing up in Hopkins, Minnesota, allowed Erickson to attend a Spanish immersion elementary school where she thrived.

"We felt very strongly that being bilingual would be important in the world today," said Allison, Erickson's mother.

"When Anna's youngest sister was born, we decided to start doing the au pair program and decided Spanish was the language we wanted our kids to learn. (For) over five years, we had a Spanish-speaking au pair living with us, and we always welcomed them into our family."

However, such deep immersion in Spanish provided unexpected challenges for Anna once she reached middle school.

"It was actually hard going to middle school because that's when I started getting to English classes," Erickson said. "My English grammar was terrible. There are no apostrophes in Spanish."

Although there were challenges for Erickson, her ability to speak Spanish

has allowed her many unforgettable opportunities.

"I went to Belize, and I got to teach second graders English," Erickson said. "They just loved that I could also speak Spanish, so I could translate for them when it was hard to understand what some of the other English teachers were saying."

Erickson and Rosario-Martinez live with teammate Maddie Whitfield and regularly speak to each other in Spanish.

"It's just great, because you feel more comfortable talking in your language," Rosario-Martinez said. "Sometimes, I just don't want to speak English at all, I just need someone to talk to but in Spanish, and I got Anna."

"Thank God. She's the only person I know here right now that can speak Spanish."

**Rosario-Martinez
y Erickson
encontramos
puntos de
convergencia a
través de la idioma
española**

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Anna Erickson

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LIFE IN BRIEF

City manager Ridley celebrates her final city commission meeting

By Leona Falconer
Staff Reporter

Commissioners commemorated retiring City Manager Nancy Ridley's final meeting on Oct. 25.

"She's a professional that we all rely on, as well as a friend and a mentor," Mayor Will Joseph said. "I wish you the best as you go forward and I hope to see you around town."

Aaron Desentz, Mount Pleasant's new city manager, was in attendance, marking his first commission meeting with the city.

Mount Pleasant City Commission also approved the budget for an ice rink coming to Mount Pleasant this winter.

Commissioner Petro Tolas was absent from the meeting, City Manager Sendoff

Emotions were high as Ridley gave a final farewell to the commission after 24 years of service in the Mount Pleasant city government. Eight of these years were spent as the city manager.

"I'll always value the relationships I've made in this position and the positive outcomes of these relationships," Ridley said. "Some of my fondest memories are when we were in crisis mode and working at our best to help the community."

Commissioners shared kind words with Ridley, thanking her for years of hard work and dedication.

Ridley helped guide Mount Pleasant through many

difficult times, Joseph said. She offered support through the Great Recession, the flood of 2017, this year's ransomware attack and the COVID-19 pandemic.

"We've achieved great things because of you and I thank you for leading our staff and guiding the commission to do the best possible," Commissioner Lori Gillis said. "I want to thank you as a commissioner and a friend."

Approved Ice Rink

Commissioners discussed the budget for a proposed outdoor ice rink. The temporary rink would be installed at one of the softball fields in Island Park.

This project would require \$25,400 from the Unassigned Fund Balance, Ridley said. This cost is expected to cover the purchase and installation of the rink. It will also account for overtime of staff working the rink at night to prepare it for the following day.

"The rink will be unsupervised and will be for recreational skating only," Ridley said. "It will be installed when the weather is appropriate."

Commissioners expressed support for the idea. Joseph mentioned the possibility of a rink closer to the downtown in the future.

"It will be free for anyone that wants to skate and good for community members both young and old," Gillis said. "I hope this gets enough use that it will become a yearly winter tradition."

The budget recommendation passed 6-0.

The entire city commission meeting can be viewed on the city commission's Youtube.

Two high level administrators step down within a week

By Staff Reports

Vice President of Advancement Heidi Tracy and Senior Vice Provost for Academic Affairs Julia Johnson have both announced they are stepping down from their positions at Central Michigan University after less than two years.

On Oct. 20, a University Communications press release announced Tracy was resigning effective immediately.

Tracy started at CMU in October 2019, replacing Bob Martin who retired in June 2019.

"I am grateful for the insights and leadership Ms. Tracy has provided our university community during her tenure," Davies said in the press release. "The advancement team has made great strides in building the processes and infrastructure necessary to support a robust and successful fundraising campaign."

"Thanks to their efforts, we are well-positioned for success in the years ahead."

According to the press release, Davies has appointed Jennifer Cotter, executive director of advancement and campaign, and Marcie Otteman, executive director of alumni relations and development strategies, to co-lead advancement and alumni

engagement efforts.

Tracy's announcement comes just over a month after Executive Vice President and Provost Mary Schutten

announced she will be leaving her position on Dec. 31.

Tracy's starting annual salary was \$240,000. It cost the university just over \$100,000 to hire the search firm among other expenses to bring her to CMU in 2019.

Just five days later, on Oct. 25, UComm announced Johnson's departure and that she will officially be living on Feb. 1. Johnson has been on leave for undisclosed personal reasons since Oct. 1. Johnson began working at CMU on June 1, 2020.

Starting Nov. 1, geography faculty member Dave Patton will serve as interim for the role.

Johnson met with at least one department to seek a position in the faculty before their leave of absence. Administrators offered Johnson a tenured position in the Department of Sociology, Anthropology and Social Work. Mathematics professor and Academic Senate Chairperson Katrina Piatek-Jimenez said Johnson turned down the offer to continue searching for teaching positions.

Since September, CM Life has tried several times to obtain updates on Johnson's employment amidst rumors they would be gone.

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Supporting peers raises ears

Change happens when students work together

Too often Central Michigan University students feel like just another face in the crowd. Just another tuition bill. Just one more parking ticket. Just one more mouth to feed with a prepaid meal plan that doesn't deliver.

It makes sense.

At a university where directives are broadcast on hallway televisions and the president's face is plastered in every building – it's easy to feel like more of a visitor in someone else's home rather than someone who has a voice that matters here.

As we've recently reported, when those mouths aren't fed – when CMU administrators can't figure out how to perform even that most basic task – we show them that we do have a voice. And we showed just how loud that voice can get.

CMU has yet to give us the campus dining service it promised – that it sold to us. So, as any "customer" would, we fired off complaints. After hearing about every empty food station, every closed restaurant, every repulsive meal – it was students who decided to voice what everyone was thinking. Enough is enough.

It was time to have our say. Some students started petitions that garnered thousands of signatures. Others sent their complaints straight to President Bob Davies. *Central Michigan Life* also is a part of the conversation.

After we received the useless stack of documents that were supposed to be Chartwells' contract with the university – we told you about it immediately. A few days later, the Student Government Association released a statement that echoed our concerns and frustration.

EDITORIAL

SGA's statement can be summed up in three words, "transparency is paramount." Unfortunately, throughout its 129-year history, CMU has never added those words to its mission statement. Maybe it's time we demand that they do. Maybe today, together, we can use our voices to improve this university for the next generation.

Throughout CMU's history, it's the students who have stepped up to address the university's unwillingness to present the truth.

CM Life's most significant journalism project of the 1960s was a collaborative effort with a former Vice President of the Student Body and a CMU football player.

Together, the students exposed off-campus housing discrimination by conducting a survey of 15 housing units. While the white student successfully applied to all 15, the Black student was denied by 10.

The story sparked outrage from the student body while hundreds marched through Mount Pleasant.

Of course, the university's official response at the time was that there "wasn't any problem here and someone is just trying to start one."

Wrong.

That's one of the first times *CM Life* worked with SGA. It was a landmark project – but it wasn't the only one.

For decades after, we fought for a transparent university. Through the years we've paid thousands of dollars for Freedom of Informa-

tion Act requests. In 2020, SGA President Jake Hendricks recognized the problem. He worked with then Editor-in-Chief Dylan Goetz to push legislation that would eliminate fees associated with FOIA requests for all students.

That year we finally got the email we've been waiting on. According to the General Counsel's office, no student will ever have to pay to obtain records again.

Both these instances tell the same story. When students work together, change can happen. We're seeing it happen right now.

We're happy to report *CM Life* received the unredacted Chartwells contract. We're finishing up putting stories together at this moment.

Thank you to SGA, the petitioners and every other student on campus who helped put pressure on administrators and made that possible.

If you want to be part of a student movement to change this university for the better there is always room for another voice. Join an Registered Student Organization. Join the SGA. Join Student Media and help us fight to get the answers to your questions.

We are not just numbers. We decide how this university should be run. Together, our voice can be so loud it's impossible to ignore.

What should we cover next? Consider writing a letter to the editor to tell us. This is an opinion piece about anything you wish to discuss on campus. Include your name, affiliation and phone number so we can contact you if needed. Email your letter to editor@cm-life.com and allow up to five days for a response.

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All letters to the editor or guest columns must include a name, address, affiliation (if any) and phone number for verification. Anonymous letters will not be printed, except under extraordinary circumstances. *CM Life* reserves the right to edit all letters and columns for style, length, libel, redundancy, clarity, civility and accuracy. Letters should be no more than 450 words in length. Longer guest columns may be submitted but must remain under 750 words. Published versions may be shorter than the original submission. *CM Life* reserves the right to print any original content as a letter or guest column. Please allow up to five days for a staff response, which will include an expected date of publication. Submission does not guarantee publication.

Central Michigan Life, the independent voice of Central Michigan University, is edited and published by students of Central Michigan University every Thursday during the fall and spring semesters. The newspaper's online edition, cm-life.com, contains all of the material published in print, and is updated on an as-needed basis.

Central Michigan Life serves the CMU and Mount Pleasant communities, and is under the jurisdiction of the independent Student Media Board of Directors. Dave Clark serves as Director of Student Media at CMU and is the adviser to the newspaper. Articles and opinions do not necessarily reflect the position or opinions of Central Michigan University. *Central Michigan Life* is a member of the Associated Press, the Michigan Press Association, the Michigan Collegiate Press Association, the Associated Collegiate Press, College Newspaper Business & Advertising Managers Association, the Mount Pleasant Area Chamber of Commerce, Central Michigan Home Builders Association, Mount Pleasant Housing Association and the Mount Pleasant Downtown Business Association. The newspaper's online provider is SN Works.

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Central Michigan Life's editorial and business offices are located at 436 Moore Hall, Central Michigan University, Mount Pleasant, MI 48859, telephone (989) 774-3493 or 774-LIFE.





Student Activity Center

October 31st - December 4th (November Hours)

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- November 25-29: Thanksgiving Recess
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-12-4pm
- November 28: Thanksgiving Recess
-2pm-10pm (Pool & WTC 2-4pm)

*Please see our social media pages for details.
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Fitness Center	6am-10pm	12pm-8pm	12pm-10pm
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Weight Training Center	6am-8am/ 11am-1pm/ 4pm-10pm	2pm-8pm	2pm-8pm

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Readjusting to 'normal' education isn't easy for everyone

I was both excited and relieved when I heard that Central Michigan University was going back to face-to-face learning for the fall semester.

My senior year of college wouldn't have to be spent in front of a computer screen, and I could go back to being involved with campus life once again.

I could finally receive the education I was getting pre-pandemic, and rid myself of the feeling of dissatisfaction from taking courses online. I really felt that the state of mental exhaustion I was facing would finally come to an end – boy was I wrong.

I know I cannot be the only student at CMU that feels more exhausted now than when classes were held strictly online. This semester has allowed both mental and physical exhaustion to sweep my body. Attending classes, working a job and staying involved with organizations on campus fill each and every one of my days.

Every day of this semester I find myself questioning how I was once able to accomplish everything I did before COVID-19.

How did I spend all day on campus? How did I continuously make it on time to all of my classes?

How was I not burnt out from running around just to get through a day?

As I sit and question these things, I wonder if this semester or even if next semester will ever get easier. Will I eventually get back into the groove of things? Will I always feel so overwhelmed when I look over my planner?



Makayla Coffee

Investigative
Reporter

Will I finally get my entire life together soon?

Maybe I seem overdramatic, but these are the thoughts racing through my brain as I try to accomplish each week of this fall semester.

I do want to say that my goal is to not throw myself a pity party. I know that receiving a college education is a privilege, and I am very fortunate that I am able to attend CMU and work toward my future. However, I think recognizing this exhaustion is valid, and that we, as students, need to realize that adjusting back to receiving this "normal" education isn't easy.

Not even a few months ago we could tackle learning through a pandemic in our beds by clicking onto our Zoom calls right before class. Now, we have to leave the comfort of our homes to be physically and mentally present for class while we still face the COVID-19 pandemic.

So, I am not surprised that there are days where we aren't going to want to leave our bed, or days that physically and mentally

drain everything out of us.

However, we need to try to not let it impact our time at CMU. That is easier said than done, I know. Everyone's stress levels are going to be different, but I want you to know that if you are feeling this way you are not alone.

As I continue to try to personally combat this adjustment, I turn to a few things to help me through it all:

Create a list

I find that making lists for myself in a planner or on a scrap piece of paper works best for me. Start with listing up to five of the most important things you need to get done for the day. You then want to follow that with a separate list with everything you need to get done in the week.

I know the list can be daunting, but it is important that you do not let yourself get overwhelmed in this process. I am guilty of setting unrealistic expectations for myself, and that is when my stress kicks in. Be real with yourself and your capabilities by really envisioning what your day looks like.

Writing out all of the things to do allows me to conceptualize everything and lets my brain slow down for a moment. I know that lists don't work for everyone, but it is important to at least give it a shot.

Be honest with yourself

The worst thing you can do is not recognize the stress you are facing. I used to hide my feelings and anxiety because I kept telling

myself that other students were doing more than I was, so I didn't have a reason to be stressed. I wouldn't be honest with myself, and that was damaging.

I am telling you that if you are feeling exhausted right now then it is valid, and you don't need to provide any explanations. Recognize these feelings and plan a way to help yourself.

Communicate what is going on with others

I think it is a fair assumption to believe that many individuals at CMU understand the high stress level of college. Don't be afraid to talk to your peers and to be honest with them. No one is going to know what you are feeling or how much work you have if you do not open up about it.

I know it can be difficult to be vulnerable with others, but sometimes talking to a friend or a peer about this stress further validates that you are not alone. These conversations help me realize that every student feels overwhelmed at some point, but this time will eventually pass.

If your feelings require a more thorough conversation, reach out to CMU's counseling center. These professionals are on campus to genuinely help, and they can give insight you may need.

No one said adjusting was going to be easy, but no one said it was going to be this hard either. Remember to stay strong during this semester, and try to make the most out of being back in person.

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University Meadows	:25	:55	EVERY 1/2 HOUR
Union Square	:29	:59	EVERY 1/2 HOUR
Target			UPON REQUEST
Music Bldg. - Lot#33	:42	:12	EVERY 1/2 HOUR
Washington/Ojibway	:44	:14	EVERY 1/2 HOUR
Anspach/Pearce	:45	:15	EVERY 1/2 HOUR
Ronan/Grawn	:47	:17	EVERY 1/2 HOUR
Main St./Gaylord	:48	:18	EVERY 1/2 HOUR
MMC/DOAN CENTER	:55	:25	EVERY 1/2 HOUR
Washington/Clayton	:05	:35	EVERY 1/2 HOUR
Larzalere	:06	:36	EVERY 1/2 HOUR
Wightman	:07	:37	EVERY 1/2 HOUR
Park Library	:08	:38	EVERY 1/2 HOUR
Music Bldg. - Lot#33	:12	:42	EVERY 1/2 HOUR

GOLD

SAC/McGuirk	:13	:43	EVERY 1/2 HOUR
Stadium Mall			UPON REQUEST
TJ Maxx			UPON REQUEST
Walmart			UPON REQUEST
Copper Beech	:26	:56	EVERY 1/2 HOUR
The Reserve	:28	:58	EVERY 1/2 HOUR
Jamestown	:30	:00	EVERY 1/2 HOUR
Yorkshire Commons	:33	:03	EVERY 1/2 HOUR
Music Bldg. - Lot#33	:42	:12	EVERY 1/2 HOUR

DEERFIELD

TOWERS @7/11	:15	:45	EVERY 1/2 HOUR
Westpoint Village	:18	:48	EVERY 1/2 HOUR
Deerfield Village	:20	:50	EVERY 1/2 HOUR
Lexington Ridge	:25	:55	EVERY 1/2 HOUR
Theunissen Stadium Lot#70	:27	:57	EVERY 1/2 HOUR
Kewadin Village	:29	:59	EVERY 1/2 HOUR
SAC/McGuirk	:30	:00	EVERY 1/2 HOUR
Music Bldg. - Lot#33	:42	:12	EVERY 1/2 HOUR

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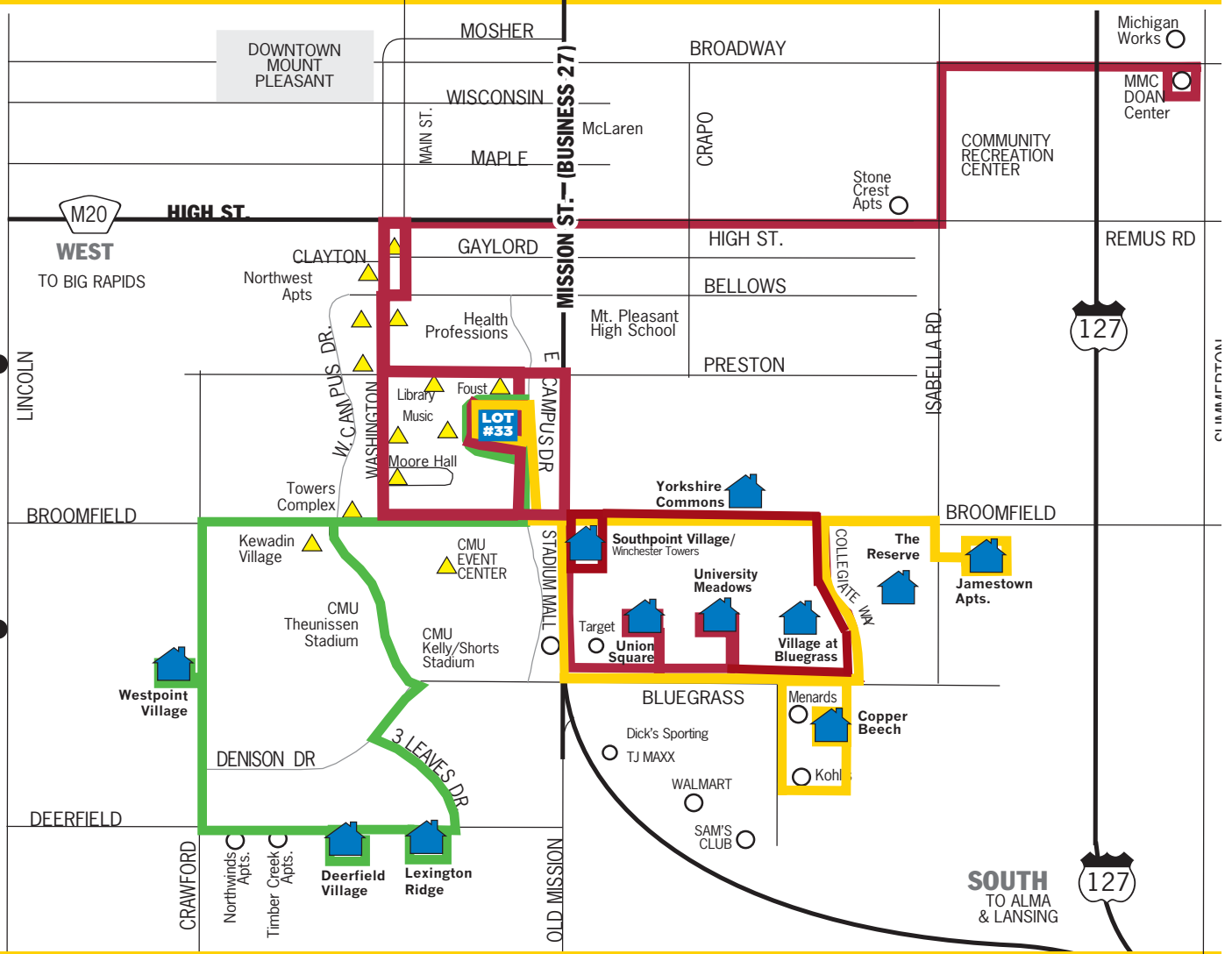
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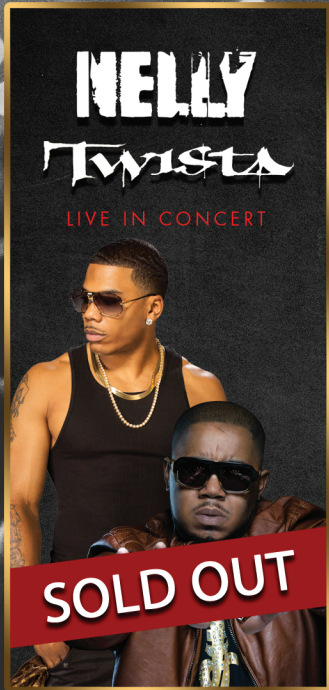
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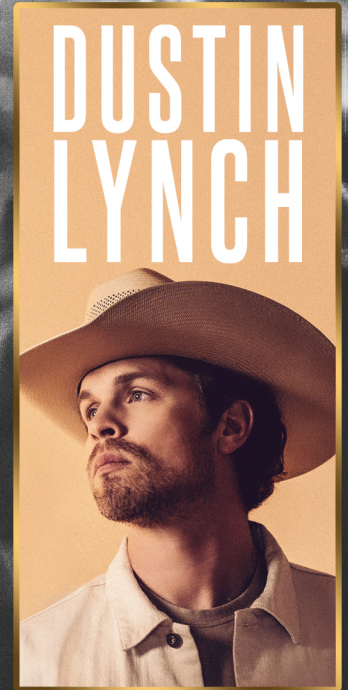
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