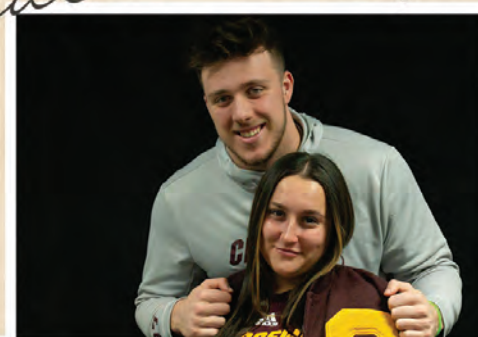




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MEMORIES  
 02.13.2025

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 Valentine's Day



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# A note from the editor-in-chief



**By Lauren Rice**  
*Editor-in-chief*

There is a balancing act happening in a lot of minds right now. As I interact with people on campus and off, a very similar exchange keeps happening:

"How are you?"

"I'm good."

"How are you really?"

"Overwhelmed."

I feel blessed that some people know me well enough to share the honest answer the first time. That's not easy.

It's not easy to acknowledge that everything might not be going according to plan. It's not easy to share the deep-seated fear that many of us are carrying through Donald Trump's

second presidential term.

In this print edition, there's a story from me about the science of love — some of the internal and external factors that influence our experiences with it.

When I sat down and talked with Amanda Garrison, a sociology professor at Central Michigan University, we arrived at an interesting conclusion: The most loving thing you can do for someone to see them as they are, to acknowledge their consent to be seen.

Essentially, love is space to see and be seen.

A romantic relationship may be the first to surface when you picture that exchange, but that's not the only instance. Instead, I will challenge you (and this is a challenge for myself as well) to love yourself enough to acknowledge what you're truly feeling.

There could be a myriad of things bouncing around your brain and your heart. But rather than ignoring or denying a feeling because

you don't want to have it, acknowledge that it's there.

I don't want to be concerned about the safety of some of the people most precious to me, but I am. I don't want to worry about ICE visiting CMU, but I do.

When I love myself enough to acknowledge my feelings and fears, then I can start to move forward. I won't forget what caused them, but I can educate myself and do what I can to keep my loved ones safe.

So give yourself permission to see and be seen. Acknowledging where we are is the first step to moving forward.

Stay safe, stay loved.

Happy Valentine's Day.

Lauren Rice is Central Michigan Life's 2024-25 editor-in-chief.

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**On the cover: CM Life photo illustration by Brittany Stevens with assets by Zoey Morse and Jasmine Brookins.**

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# NEWS

## The History of Valentine's Day

From secret marriages to boxes of chocolate, Valentine's Day has always been a day for love.

### ♥ Ancient Rome

The ancient Romans celebrated the festival of Lupercalia in February to welcome the coming spring. This involved fertility rites until it was forbidden in the 5th century CE.

### ♥ 270 CE

The name "Valentine's Day" came from St. Valentine after he was beheaded. The reason for his death is speculated to be because he was secretly marrying couples to spare husbands from war.

### ♥ Late 1500s

The first formal messages, now known as "valentines," appeared.

### ♥ Late 1700s

The first commercial printing of valentines cards.

### ♥ Late 1800s

Commercial valentines made their way to the United States. Common themes include Cupid, the Roman god of love hearts and birds.

Source: *Brittanica.com*

CM Life infographic | Paige Jackowski

# The science of love

Central Michigan University professors address the question: Can we keep the rose-colored glasses?

By Lauren Rice  
Editor in chief

You finally matched with someone cute online. But then the next question pops up: What are you going to say first? What are they going to say? It's a delicate game to play, and easily overthought.

A couple weeks later and it's the first date. Friends help you get ready, maybe you hold hands for the first time. Or more.

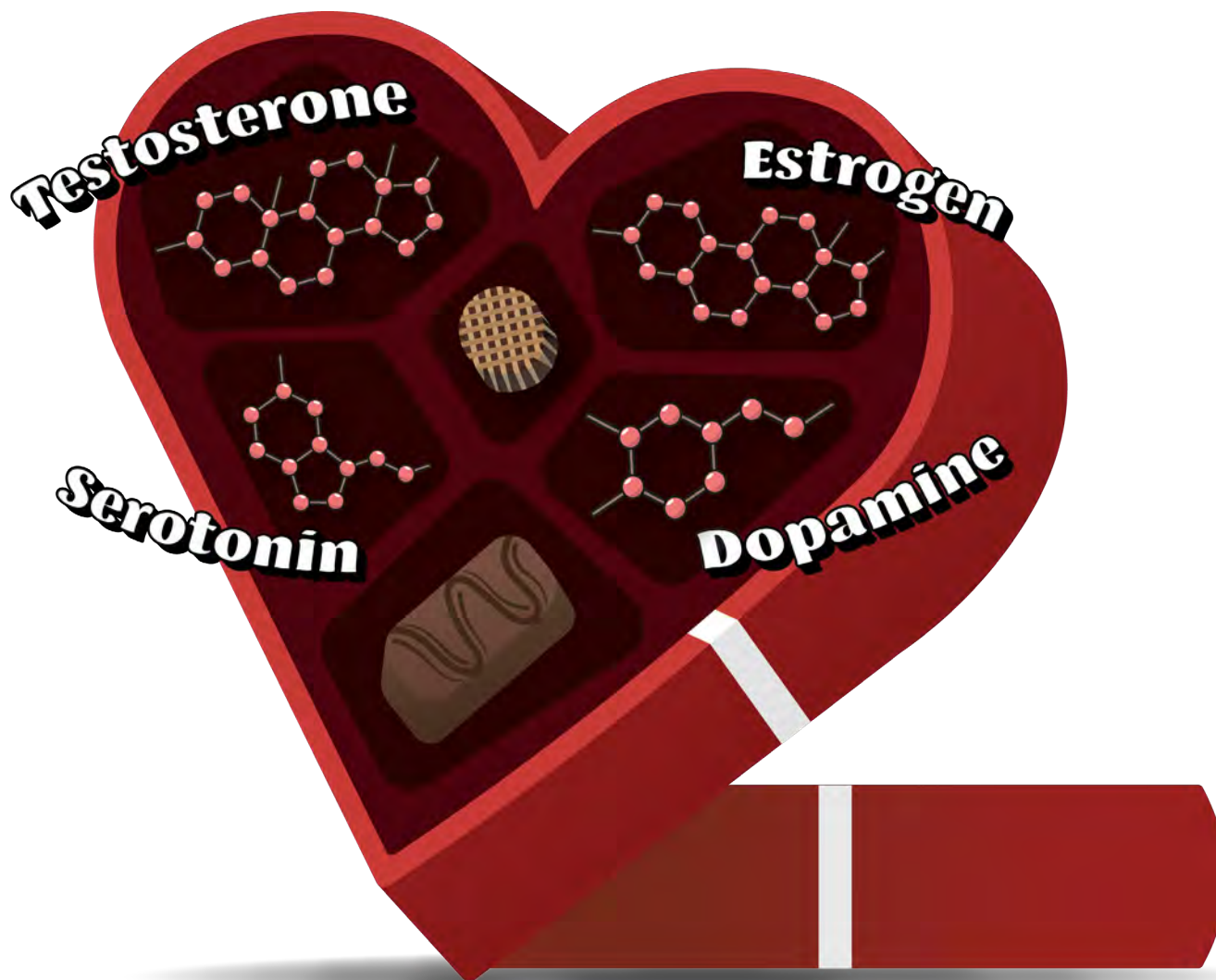
It's your first anniversary, but it's less overwhelming than the first date. You know this person. All the giddiness has faded, love and trust are left in its place.

In these scenarios, it's easy to focus on the feelings: excitement, anxiety, love. But there's a reason for each of those feelings, and it's not just because you've got a hot date. It's because of the chemicals in your brain and the experiences you have.

### A racing mind

Dopamine, oxytocin and serotonin are three main chemicals that are activated in these situations, according to Yannick Marchalant, an associate professor of neuroscience who has been at Central Michigan University for 10 years.

"We have a few structures in the brain that are emotionally oriented," he said, and referenced the amygdala (related to



CM Life illustration | Ben Westerhof

strong emotions) and hippocampus (connected to memory).

The amygdala and hippocampus are both part of the limbic system, a network of structures that, according to the Cleveland Clinic, help regulate a person's emotions and behavior.

"In terms of things we like, we have another system that is mostly located at the base of the brain called the ventral tegmental area (VTA)... and it's linked to another structure," Marchalant said. "That connection is mostly dopamine, and that is the place that gets activated when we do things we like."

"When you like someone, you're going to activate that part (of your brain)."

That dopamine hit also connects to the frontal cortex, the part of the brain where Marchalant said rational decision-making happens (or tries to).

"Our brain has that balance that sometimes gets... left off when love or the sensations of something you really enjoy doing takes over," he said. So the VTA can make you want to spend more time with someone you like, but Marchalant said it also "tempers with our capacity to make purely rational decisions."

That's also why it can be difficult to accept criticisms about people we love.

Oxytocin has a significant role in both male and female reproductive systems each step of the way, from relationships, to sex and through the birth process, according to Health Direct.

Marchalant said a prime example of oxytocin presence is the bond between mother and newborn, but it's also part of the equation for enjoyable sex.

Serotonin levels can change over the course of a relationship, too. This hormone also acts as a neurotransmitter, carrying messages from the brain to the rest of the body, according to the Cleveland Clinic.

Essentially, Marchalant said, happier people have more serotonin. But at the beginning of a relationship, serotonin levels are actually lower, having an inverse relationship with stress.

"(The) love process seems to trigger a little bit of anxiety in us, a little bit of stress," he said. "This is generally linked to the uncertainty a new relationship brings, prompting questions like 'Why is he not texting me very fast? Why is he not responding?'"

"Love is driving you to do things, and it's a positive in your brain, but it can... also cause a little bit of stress," he said. That can go away over time as the relationship becomes more secure.

With all of this in mind, does seeing "behind the curtain" of our brain chemistry make a person less susceptible to the ups and downs of relationships and the emotions that come with it? Marchalant said no.

"I think we're really good at ignoring how the brain works when you're subjected to things," he said. "It doesn't make you a more rational person when you have knowledge about those things."

We can still be triggered by emotions, but he said having an inside understanding of how it works can make it easier to look back and reflect.



Alivia Cranick | Staff photographer

'I Love You Babe' is written on a rock, on the trails of Mill Pond Park, Mount Pleasant, Mich., Tuesday, Feb. 4, 2025.

## The social scenario

But brain chemicals aren't the only driving factors. If you ask Amanda Garrison, a faculty member in the sociology department at CMU, we're also influenced by our perceptions of love.

Garrison said that the way we understand love and romance is heavily influenced by everyday factors like watching our parents and the media we consume.

"It's in the way we see relationships; it's the way that we see movies and media; it's the way government policies are written," she said.

"Babies come out with hardly any neuroreceptors at all, but within like 18 months, it's like a jungle in here," she said. "Romantic love begins as soon as there are representations of family, marriage. It's like the coming together or commingling of things that have nothing to do with love."

Garrison gave the example of the movie "The Breakfast Club" from 1985. From watching that movie, the viewer is seeing monogamous, heteronormative love.

"If I get to be in detention in high school, I'm gonna meet a really cute boy," she said, and laughed.

"It's not like that at all," Garrison continued. "It's a classroom where there's a teacher reading a book and a bunch of people I don't know. ... There's nothing romantic about that."

But all of those movie moments leave out the boring stuff in between, Garrison said.

"We get to see these moments that are speckled throughout our media lives and our friendships and things like that; that create a sense of what a relationship is supposed to be without the reality of the struggle, of the work that is related to that," she said. "Love isn't work, but relationships are."

"It's like history. When you think about history... the moments we read are remarkable. What we don't get to read about is all the boring (stuff) in between the things that happened. Relationships are like that, real relationships are like that."

Monogamy can also be a structure affecting our relationships, Garrison said. It can lead to a mindset that envisions a "perfect one" for you, when really, there are plenty of people an individual could be compatible with.

"Monogamy also tends to create in some of us this feeling that ... every single one could be 'the one,' instead of just anyone," she said. "You have that gut feeling 'I just knew it, it was love at first sight,' until you break up, and the story changes."

The moral of the story, she explained, is that relationships have the meaning that we give them. And that doesn't just apply to romantic relationships, but familial and platonic.

"To some extent, asking to differentiate between types of love suggests that there would be different components to the chemical oxytocin that would help us differentiate between them," Garrison said. "So the differentiation has to come from the meaning that we make."

## LISTEN UP

SCAN THE QR CODE TO HEAR A "PAST DEADLINE" PODCAST DEBATING THE INS AND OUTS OF VALENTINE'S DAY.



# Ph.Ds in love

## For these Central Michigan employees, partnership transcends campus

By Lauren Pocica and Mia Kerner  
Staff reporters

Matt and Erica Johnson met in the dining hall of Saginaw Valley State University during their undergraduate years. Their classic fraternity brother and sorority sister love story would eventually lead them to finding their professional home at Central Michigan University.

Matt, now a professor and program director of the Master's in Higher Education Administration program at CMU, and Erica, now the interim assistant vice president of the Division of Student Affairs, began dating in 2001.

"I fell in love with Matt for a lot of reasons, both big and little," Erica said. "I think the biggest things were that we shared a lot of the same values and life goals, liked a lot of the same things, and we balance each



Jasmine Brookins | Staff photographer

Erica (right) and Matt Johnson laugh outside of the Division of Student Affairs office in Ronan Hall Tuesday, Feb. 4 2025. Erica Johnson is the division interim assistant vice president, and Matt Johnson is a professor of higher education and director of the Master's in Higher Education Administration program.

other in a lot of ways; all that plus the butterflies."

"For me, it was a recognition of a shared value of knowing that we could grow alongside and support each other through life," Matt said.

The couple was first separated when Matt began his graduate studies in College Student Personnel at Miami University in Oxford, Ohio, and Erica pursued a five-year degree at SVSU.

As Matt graduated from Miami University, Erica began her graduate studies at the same institution, apparently unintentionally.

"I applied to the same institution that he was at, but I was like, 'I am not gonna go there because you know, he was just there, and I'll find my own path,'" Erica said. "And then I fell in love with it, too."

The couple got married in Ohio between Erica's first and second year of graduate school.

In support of each other's career goals, the Johnsons then began touring the country.

The couple moved to Maryland while Matt pursued his Ph.D in College Student Personnel at the University of Maryland, then back to Ohio for his position as a visiting professor at Miami University. Erica left a "highly competitive" job at the University of Maryland to follow her husband. The couple spent months apart between the moves.

"It was a little bit interesting, trying to navigate a dual career in higher education and figuring out what we most prioritize and value for our lives together," Erica said. "Now I think it looks a lot different. Matt's really supporting my career in various ways while he has his own here."

"Make sure that gets in the article," Matt joked.

Wanting to find stable, long-term positions closer to their family in Michigan, the Johnsons found their way to CMU. Hosting a large body of first-generation college students like themselves, the couple said they felt connected to the university. Matt committed to CMU in February 2012 and Erica followed suit, starting in Aug. 2012.

"We couldn't be picky with a tenure-track job," Matt said. "But, the student population, the location, proximity to family, the mission and what this place is about was just the icing

on the cake. And it was so easy to say yes and commit."

Despite having been employed at CMU for over 12 years, the couple said that a lot of their colleagues don't know they are married until they see them together.

"Sometimes it's kind of funny when they figure it out," Erica said.

Currently, the Johnsons enjoy hiking and fishing (mostly Matt), and reading a good book or going to see a movie (mostly Erica).

However, the couple fervently agrees on one activity in particular: bringing their kids to campus. The Johnsons bring their 7- and 10-year-old children to many events on campus, especially where it concerns CMU athletics.

"(The kids) have been in almost all these buildings," Matt said. "They go to lots of different cultural events and music events and performances and that sort of thing. And living in a college town, I think if you don't immerse yourself in the vast things that are going on in the college campus, it's a real missed opportunity."

Having navigated years of relocation and educational endeavors, the Johnsons hold an advanced perspective on love and marriage.

"Two people committing to each other, usually at a relatively young age, is kind of an odd thing, because you're going to change and evolve so much, right?" Matt said. "You're different people, you grow in different ways, things that you used to love and no longer do, hobbies, all these kinds of different things."

"And it's an odd paradox to say we're going to get through this whole life, through all that together and still this one thing that we call being in love is going to remain and endure."

Erica agreed.

"People change so much over their lifetime. You have to fall in love with every new version of that other person," she said. "You just continuously have to fall in love with that person over and over again and all their different and new ways of being."

### Robert and Denise Fanning: A life of art and love

Before the advantages of social media and emails, Denise and Robert Fanning were handwriting 12 page letters to each other weekly for three years, facing periods of separation in different states.

But now, they have been working together at Central Michigan University for almost four years.

Denise is the art coordinator in the Park Library and gallery director of the Baber Room Gallery. Robert is a professor of English who teaches creative writing courses at CMU.

Robert is from Michigan and Denise is from Pennsylvania. They were 18 and 16, respectively, when they met. It was August 1988 on the Boardwalk in Ocean City, New Jersey.

Robert said the pair was on separate vacations, and met when their friends approached one another. The distance between states didn't deter the youngsters.

"I knew I wanted to stay in touch with Denise and it seemed like writing letters would be a great way to do

that," Robert said. "I wrote her a letter as soon as I got back to Michigan, and our correspondence was passionate and dedicated for a few years, with just letters only."

"We evolved our relationship through letter writing," Denise said. "When I was 19, I was interested in transferring colleges to join Robert at the University of Michigan so we could be together."

After years apart, the Fannings take advantage of the chance to steal moments together, here.

"Whenever he is in the library, he texts me or stops by to visit," Denise said. "Occasionally, we'll get a coffee together, or he'll come over to visit the art shows with me."

She said they have "complementary" fields of work and mutual understanding of their jobs.

"We both recognize the demands and needs of an artist," Robert said. "Sometimes though, she'll ask my advice on her artwork and I'll ask advice on some of my poems."

Denise shared a moment where she has used Robert as a cast for life sized figurative sculptures.

"I had to cover his whole body in (plastic) wrap and ... solid plaster. It tested his endurance ... and love," she joked.

Robert said Denise has put a mask over his face and straws in his nose to breathe.

"As artists though, we've made sacrifices for each other," he said.

Another unique thing about their fields is that they

both require time and space, Denise said.

"When Denise needs to be in the studio to work, I understand that," Robert said. "And I try to steal time in the mornings and weekends to write, she respects that too."

Outside of working on campus and their art, the Fannings love to be outside and in nature, go camping, exercise, garden and play music.

"Music is also a great passion in our family," Denise said. "Robert is a musician and our daughter is a musician and songwriter."

When asked what their secret to a happy marriage is, Robert jokingly said, "Do we have one yet?"

But he said listening, being patient and having a relaxed sense of love and respect for each other means a lot in their relationship.

For Denise, the secret was to find a partner with whom one can feel both safe and free.

"You have the sense that you're always safe with them, but you also have freedom to be yourself and do the things you need to do in order to be a whole, full person," she said. "It's been really important for us as artists to have that."

Robert said relationships require maintenance and checking in. He also said a marriage has many seasons.

"You can't expect it to be the same all the time," he said. "You just have to grow with each other and roll with the changes."

"I just know that I want to grow old with Denise and always be with her forever."




Courtesy photo | Robert and Denise Fanning


Central Michigan University Creative Writing Prof. and poet Robert Fanning and Baber Room Gallery Director and sculptor Denise Fanning met as teenagers on the Boardwalk in Ocean City, New Jersey. After a courtship that involved letter writing, they made CMU their professional home.

**Six Years Old**  
BY DAPHNE SILBIGER

Directed by Elaine DiFalco Daugherty

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# OPINION

**Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people to peaceably assemble, and to petition the Government for a redress of grievances.**

— *The First Amendment of the Constitution of the United States*

## RESOURCES

If you or someone you know is struggling with their mental health, feel free to reach out to the Central Michigan University Counseling Center.

Appointments can be set up by calling the office at 989-774-3381 or stopping by the office at Foust Hall 102.

## YOUR TURN

We welcome letters to the editor and guest columns. All submissions columns must include a name, address, organization university affiliation (if any) and phone number for verification. Anonymous letters will not be printed. *Central Michigan 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 must remain under 750 words. CM Life reserves the right to print any original content as a letter or guest column. Submission does not guarantee publication.

## Editorial: My country, 'tis of thee

Ah, sweet land of liberty. Songs like this one are intended to sing the praises of the country we share.

From coast to coast, territory to territory and from one instance of American colonialism to another, we have a lot to work on.

During this time of romantic love and happiness for Valentine's Day, we are reminded of another kind of love. No, it's not self-love or platonic love: it's love for your country. And right now, that could be a complicated relationship.

Often, fixing a relationship first requires diagnosing the problem. Is someone in the relationship a bit controlling? Are we too passive in being controlled?

If the first step to moving forward is understanding what's going on, then understanding current events is a good place to start. In pursuit of improving our relationship with the country in which we live, we've researched and sorted through the recent executive orders from the White House, filtering it down to the ones we think will most impact the Central Michigan University community.

Here's the executive orders we think should be on your radar:

### Ending Diversity, Equity and Inclusion programs

When President Donald Trump took office on Jan. 20, he signed the executive order to terminate DEI programs, policies and activities in the federal government.

"Americans deserve a government committed to serving every person with equal dignity and respect, and to expending precious taxpayer resources only on making America great," the executive order said.

That means each federal agency must close its DEI, DEIA (diversity, equity, inclusion and accessibility) and "environmental justice" offices and positions, according to the order.

The order also requires the end of all equity-



Zoey Lawrence | Staff cartoonist

related action plans, grants and performance requirements for employees.

"Federal employment practices, including Federal employee performance reviews, shall reward individual initiative, skills, performance, and hard work and shall not under any circumstances consider DEI or DEIA factors, goals, policies, mandates, or requirements," the executive order read.

At the Central Michigan University Academic Senate meeting on Feb. 4, President Neil MacKinnon and Provost Paula Lancaster said they are waiting for more guidance on what these orders will mean for

CMU and advised the faculty to continue academic business and programming as usual.

### Two sexes

Under the executive order, Trump also signed a recognition of only two sexes: male and female. The order also established that "sex" is not the same as "gender identity."

"Gender identity" reflects a fully internal and subjective sense of self, disconnected from biological reality and sex and existing on an infinite continuum, that does not provide a meaningful basis for identification and cannot be recognized as a replacement for sex," the order read.

The order requires federal agencies and employees to:

- Use the term "sex" and not "gender" in federal documents;
- Implement changes to government-issued identification documents to reflect the holder's sex;
- Remove statements, policies and regulations that promote "gender ideology";
- End federal funding of "gender ideology."



**Best Of  
Central  
Michigan  
24**

**These  
businesses  
are the  
cat's  
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## Best of 2024

### Welcome to The Best of Central Michigan!

With the help of our readers, Central Michigan Life is pleased to announce the 24th annual Best of Central Michigan Readers' Choice Awards. On behalf of our staff and our local businesses, we would like to thank you for taking the time to submit ballots for your favorite people, places and things in the Mount Pleasant area. It's an honor to help you help us identify the best bites, sites and likes across Isabella County.

We hope you will use this special edition as a guide for future purchases, visits and memberships to these local businesses and organizations. By turning the pages today, you will learn about our readers' selections and what makes the winners stand out in our community.

Whether it is the best place to drink a beer or get your back cracked, CM Life has your favorites featured here. Congratulations to all the businesses selected as winners or runner ups. We are happy to have you in our community, providing our town with the amenities, goods and services one would expect to find in a much larger city!

Thank you again to our readers and community members who took the time to vote during December 2024!



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With friendly staff, a variety of omelet choices, great coffee, and even dinner and dessert, Omelettes and More is a favorite among Mt. Pleasant citizens. Come down to this casual and cozy dine-in restaurant and experience a savory and satisfying meal, and did we mention their coffee?

## BEST COFFEE SHOP

### Ponder Coffee Co.

(989)-317-0808 Multiple locations in Mt. Pleasant

Locally owned fan favorite Ponder offers coffee and espresso, non-coffee drinks, breakfast and lunch. Four unique locations on campus and throughout the city keep readers fired up.

## BEST FAST FOOD RESTAURANT

### QDOBA Mexican Eats

1529 S. Mission St. (989) 772-2324

Using fresh and flavorful ingredients, QDOBA provides delicious, authentic Mexican cuisine. They emphasize environmental safety by using compostable bowls and fully recyclable cutlery for each meal. Experience a Chicken Queso Burrito/Bowl, 3 Street Style Chicken Tacos, or build your own meal at QDOBA.

## BEST FOOD TRUCK

### Nom Nom Ninja

(989) 506-5340

Mobile caterer Nom Nom Ninja has put a handheld spin on traditional steakhouse hibachi. The locally owned and operated mobile caterer is once again our readers' pick for best food truck.

## BEST HAMBURGER

### Freddie's Tavern

705 S. Adams St. (989) 773-2180

With burger options that range from jalapenos to mushrooms Freddie's Tavern is a fan favorite. Stop in for the food but stay for the atmosphere.

## BEST HANGOVER FOOD

### McDonald's

Multiple locations in Mt. Pleasant

Our readers turn to an American classic to relieve the ache. McDonald's is the go-to hangover cure, thanks to its low costs and 24-hour drive-through.

## BEST LATE-NIGHT EATERY

### Dog Central

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### BEST LOCAL BREWERY & WINERY

#### Mountain Town Brewing Company

3068 Jen's Way (989) 400-4666

Mountain Town Brewing Co. continues to grow its menu concept, wine inventory and beer recipes, as well as offer events to help patrons enjoy both their drinks and their visit.

### BEST MEXICAN RESTAURANT

#### Los Aztecas

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### BEST PLACE FOR LUNCH

#### Max and Emily's

125 E. Broadway St. (989) 772-7460

Long-time local favorite Max and Emily's specializes in serving classic and custom sandwiches all made from locally sourced ingredients. Who knows, they may even name one after you.

### BEST PIZZA PLACE

#### The Cabin

930 West Broomfield St. (989) 779-9167

A CMU tradition, The Cabin is this year's pick for the best place to get pizza. Try a custom-made pie or the infamous cabin sticks.

### BEST RESTAURANT

#### Woodshop Social

2336 S. Mission St. (989) 966-3747

Try a delicious fried chicken sandwich or a Venison burger and experience a courteous staff at Woodshop Social. With delicious food, a variety of cocktails, and weekly events, this kitchen & bar is a great place to visit when partying with your friends and family!

### BEST SANDWICH SHOP

#### Max and Emily's

125 E. Broadway St. (989) 772-7460

Long-time local favorite Max and Emily's specializes in serving classic and custom sandwiches all made from locally sourced ingredients. Who knows, they may even name one after you.

### BEST SWEET TREAT PLACE

#### Doozie's Ice Cream Place

1310 E. Pickard St. (989) 772-2332

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#### Woodshop Social

2336 S. Mission St. (989) 966-3747

Woodshop Social is taking Mt. Pleasant by storm with its amazing food choices. Want to try some Tuna Deviled Eggs? How about a Wagyu Steak? Or a Caesar-ish Salad? Woodshop Social is known for its unique food options that you can enjoy on a late night out!

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**BEST ATTORNEY****Barberi Law Firm****2305 Hawthorne Drive, Suite C (989) 773-3423**

Barberi Law firm the Mount Pleasant area with numerous areas of practice, including criminal defense, personal injury, family law, estate planning, workers' compensation and more.

**BEST GYM/HEALTH CLUB****Student Activity Center****(989) 774-3686**

From group classes to lap swimming, when it came to the best places to let off some steam, CMU's Student Activities Center (SAC) reigns supreme.

**BEST AUTO SERVICE & REPAIR****Krapohl Ford****1415 E. Pickard (989) 546-3880**

Do you need a quick tire or oil change in your vehicle? Maybe you need your brakes or headlights repaired. Get quality and friendly service at Krapohl Ford! With reasonable prices and quality service, they can help pinpoint your car troubles and guide you in the process of getting it fixed.

**BEST CHIROPRACTOR****Central Michigan Family Chiropractic Clinic****1112 E. Broomfield St. (989) 779-2225**

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**BEST GOLF COURSE****Riverwood****1313 E. Broomfield Rd. (989) 772-5726**

Play a game of golf on an 18-hole course with beautiful scenery of trees and winding rivers. Choose whether you'll play 9 holes or 18 holes. The Front Nine (White Course) allows you to play 3191 yards and the Back Nine (Red Course) allows you to play 3355 yards. This spring, get a taste of golfing with your friends and family at Riverwood Resort.

**BEST GROCERY STORE****Meijer****1015 E. Pickard St. (989) 772-4700**

Perennial favorite Meijer once again took the crown for the community's top grocer, although it features much more, including groceries, electronics, clothing and household essentials.

**BEST UNIQUE BUSINESS****Karma Kat Cafe****612 E. Broadway (989) 773-2399**

Sip a hot cup of coffee while enjoying the company of cats in a casual environment. Karma Kat values the donations and volunteers of their customers, as this contributes to the rescue, treatment, and care of these adorable cats. Do you want to hear something even better? You can adopt a cat from Karma Kat Café by picking up a paper application during the Café's business hours!

**BEST SALON/SPA****Gigi Nails****1222 S. Mission St. (989) 773-0677**

The stylists at Gigi Nails aspire to create a unique, comfortable, and fulfilling experience when you visit their salon. Experience pampering manicures and pedicures. And of course, enjoy the creativity of acrylic, sculpted nails with the color of your choice.

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### BEST NEW/USED CAR DEALER

#### Krapohl Ford & Lincoln

1415 E. Pickard St. (800) 772-5974

Krapohl Ford & Lincoln is the community's top spot for a new or used vehicle. It offers car, truck and RV sales and the Quick Lane Tire & Auto Center to keep clients safely on the road.

### BEST TATTOO & BODY PIERCING BUSINESS

#### Evolved ArtForms

1222 S. Mission St., (989) 775-8288

For our self-expressing readers, the top place for a tattoo or body piercing is Evolved ArtForms. It offers affordable, walk-in services and appointments blocks from campus.

### BEST VETERINARIAN

#### Mount Pleasant Animal Hospital

1611 S. Isabella Road (989) 773-7679

When a furry, feathered or scaled family member is in need of a doctor, our readers look to Mount Pleasant Animal Hospital. This clinic offers check-ups, medical and surgical care, six days per week.



### BEST SELFIE SPOT

#### The Seal

Break out those cameras and head to Warriner Mall and its monolithic concrete seal for the best, reader-supported, selfie in town.

### BEST CAMPUS DINING

#### Dine & Connect

(Emmons, Herrig, Saxe & Woldt Halls) 989) 775-7210

CMU's overwhelming pick for best campus dining went to Dine & Connect in East Community. Offerings include customized salads, sandwiches, global cuisine, burgers and fresh pizza.

### BEST CMU PROFESSOR

#### Holly Hoffman

Human Development and Family Studies.

Prof. Holly Hoffman is once again the most popular academic on campus. Her study ranges from the development of humor in youngsters to teacher professional development.

### BEST NON-GREEK RSO

#### Student Government Association

sga@cmich.edu (989) 774-7421

The Student Government Association at Central Michigan University aspires to promote a healthy and diverse learning community through advocacy of representation, collaboration, and leadership. Allowing others to voice their opinions, working together to address challenges, and leading by example are the core pillars of this student-run organization.



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## BEST CANNABIS BUSINESS

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## BEST HAPPY HOUR

### Applebee's Grill and Bar

4929 E. Pickard St. (989) 779-2766

Applebee's Grill and Bar remains Central Michigan's top happy hour destination. Whether you're relaxing after work or getting ready for the night, the drink specials heighten the experience.

## BEST PLACE TO BUY VINYL

### B's Music

613 N Mission St. (989) 773-0777

B's Music, an independently owned instrument and record store, offers new and used vinyl, effects pedals, books, instruments and comprehensive lesson programs.

## BEST PLACE TO DANCE

### Wayside/O'Kelly's

2000 S. Mission St (989) 772-2391

Wayside/O'Kelly's is once again our readers' pick for the best spot to boogie. This perennial favorite is one of the largest nightclubs in Central Michigan.

## BEST PLACE FOR COCKTAILS & APPETIZERS

### Woodshop Social

12336 S. Mission St. (989) 966-3747

Enjoy a nice cocktail at Woodshop Social, where weekly events allow you to enjoy your drinks at a discounted price. Appetizers such as chicken and chorizo nachos and Japanese fried chicken are half-off on Fridays and Saturdays from 9 pm to 11 pm when you need a late-night snack.

## BEST PLACE TO KARAOKE

### The Cabin

930 West Broomfield St. (989) 779-9167

A CMU tradition, The Cabin is this year's pick for the best place to get pizza. Try a custom-made pie or the infamous cabin sticks.

## BEST PARTY STORE

### K&S Party Store

4855 E. Blue Grass Rd. (989) 772-9000

Enjoy a wide selection of liquor and snacks, a friendly staff that welcomes you, and affordable prices. Along with hours going from 10:00 AM – 2:00 AM Monday through Saturday and 12:00 PM – 12:00 AM on Sunday, this is a great place to stop by when you need a selection of liquor to share with your friends on a Friday night.

## BEST PLACE TO BUY VINTAGE/THRIFT SHOP

### Goodwill Industries

4529 E. Blue Grass Road (989) 773-4884

Goodwill has you covered whether you're looking to shop, donate, or find a job.

## BEST PLACE TO HEAR LIVE MUSIC

### Soaring Eagle Casino Resort

Soaring Eagle Blvd. (888)-732-4537 6800

The Soaring Eagle Casino Resort is yet again Central Michigan's favorite place to hear live music. The resort attracts celebrated artists of all genres and generations, year-round.

## BEST STUDENT MEDIA PODCAST

### CM Life Crime Time

Moore Hall, CMU (989) 774-5433

"CM-Life Crime Time" delves into the intriguing stories and real-life riddles of genuine crime. Abby Zimmerman, the host, narrates the tension, intrigue, and insight into the criminal mentality.

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# ORDERS

CONTINUED FROM 8

The *Central Michigan Life* editorial board comprises the student editorial leadership of the organization.

## Removal of illegal immigrants

“Protecting the American people against invasion” executive order enforces federal agencies to executive immigration laws, pauses federal funding for non-profit organizations that “facilitate violations of our immigration laws” in regards of illegal immigrants and encourages hiring more Immigration and Customs Enforcement officers.

It orders the Secretary of Homeland Security to ensure that ICE’s primary mission is enforcement of federal laws related to illegal entry and presence of unlawful immigrants. The order also requires Homeland Security to end the presence of criminal organizations and human trafficking through executing the immigration laws.

“Enforcing our Nation’s immigration laws is critically important to the national security and public safety of the United States,” the order read. “The American people deserve a federal government that puts their interests first and a government that understands its sacred obligation to prioritize the safety, security, and financial and economic well-being of Americans.”

However, illegal immigrants are less likely to commit crimes and according to an article from the the Marshall Project, “growth in illegal immigration does not lead to higher local crime rates.”

## To ban or not to ban: TikTok

For anyone else who is chronically online, you likely remember scrolling through TikTok during its final hours on Jan. 19 and watching the error message appear at 10 p.m. There was sadness, rage, despair, the whole nine yards — only to be replaced with perplexity as the app came back online 18 hours later, thanking the incoming president for his efforts to keep the app alive.

Huh.

The Chinese-made app from ByteDance had the executioner’s ax looming over its head for months thanks to a piece of legislation signed by former U.S. President Joe Biden on April 24, 2024. The ban was issued due to privacy and national security concerns, and gave the company nine

months to sell or divest to an American-owned company to avoid a shutdown. The issue bounced between courts before landing in the Supreme Court, which decided to uphold the ban just two days before it could take effect.

Creators, small businesses and general consumers were left scrambling in the months prior to the ban, hoping to find an alternative platform to switch to that wasn’t owned by Mark Zuckerberg or Elon Musk.

On his first day in office, Donald Trump ordered the extension of the TikTok ban for 75 days, setting April 5 as its new deadline to sell or divest. However, the extension only allows the app’s continued operation in the U.S. It currently cannot be downloaded from the Google Play Store or Apple App Store, and the app cannot receive updates.

## Kissing your FAFSA goodbye (Just kidding... Unless?)

College isn’t cheap. Luckily, universities have financial aid offices, and both the federal and state government offer an array of scholarships, grants and other aid to help students pay for their education.

... Or they did until Jan. 27, when the White House’s Office of Management and Budget issued a federal funding freeze for all federal financial assistance programs. Chaos would ensue from organizations across the country until a federal judge blocked the order on Tuesday, and the White House rescinded the order that Wednesday. Senator Susan Collins (R-ME), chair of the Appropriations Committee and directly responsible for negotiating federal spending under Trump, worded it best in a statement to NPR: “While it is not unusual for incoming administrations to review federal programs and policies, this memo was overreaching and created unnecessary confusion and consternation.”

At this time, it is still unclear if programs such as the Free Application for Federal Student Aid (FAFSA), Michigan’s Head Start Program and more will be affected in the future, but the state’s Attorney General Dana Nessel has joined the coalition of 22 state attorney generals

filing a lawsuit against the Trump administration for the freeze.

“This freeze not only jeopardizes the well-being of Michiganders, but it is a clear violation of the Constitution and the laws that govern our country,” Nessel said in a press release. “I will not stand idly by. ... We will not let these critical programs be taken away.”

## College protesters face federal expulsion threats

After Oct. 7, 2023, tensions rose on college campuses across the U.S., as protests and encampments began calling for American support of Gaza or for universities to divest from Israel. When tensions died down, many faced threats of suspension, expulsion or arrest from their colleges, according to The Washington Post.

Trump made these threats on his campaign trail, as reported by NBC, but now that threat is on paper, and specifically targets international students. The president signed an executive order calling to “prosecute, remove, or otherwise hold to account the perpetrators of unlawful antisemitic harassment and violence.” On college campuses, he asks institutions to “monitor for and report activities by alien students and staff” and after investigations, if warranted, to “remove such aliens.” The Department of Justice has already formed a task force to enact these investigations.

In an article written by Sarah McLaughlin, scholar for The Foundation for Individual Rights and Expression (FIRE), she said this threat does not just affect international students, but domestic ones as well, and that “this development should worry all Americans, regardless of their position on the Israel-Hamas war.” In a conversation with Al Jazeera, McLaughlin said that legally speaking, free speech protections for international students are “complicated,” but the order has raised an ethical question: “Do we want deportation to be a consequence for expressing political views disfavored by the White House?”

The Anti-Defamation League (ADL) reported more than 1,400 antisemitic

incidents on college campuses after Oct. 7, with 732 taking place between October 2023 and the end of that year.

Currently, CMU’s Federal Policy, Order and Directive Updates page has not been updated, citing any investigations are taking place. The university’s Discrimination and Harassment Policy also still stands, citing not to discriminate against anyone for their religion, ethnicity and national origin among other things.

## If you’re transgender, 18 is not an adult

Tragic news for the freshman transgender population at CMU: According to our president, you cannot make decisions about your own body until you are 19 years old. And here we thought college and adulthood gave us the ability to live our truths and find ourselves...

An executive order signed on Jan. 28, titled “Protecting Children From Chemical and Surgical Mutilation” sounds like it’s meant to protect children from some violent, odd crimes, but in actuality its directed at limiting gender affirming care for minors. Within the order, a child is defined as someone under the age of 19; and “chemical and surgical mutilation” targets puberty blockers, hormone replacement therapy and surgeries that directly change the breasts or genitals.

The order also mentions prohibiting surgeries that alter a minor’s physical appearance to reflect their gender identity, including minor procedures. .

Currently, the American Civil Liberties Union (ACLU) and other LGBTQ+ rights groups have filed a lawsuit against the Trump administration, with seven families of transgender or nonbinary children attached to the suit. The Supreme Court heard a similar case in December from the state of Tennessee, which banned gender affirming care for minors in July 2023.

For minors in Michigan currently receiving gender affirming care, Nessel released an open letter saying healthcare providers must abide by state law and cannot refuse care to transgender patients.

## SPORTS

## It's a date!

Still making those last-minute Valentine's Day plans? Here's how Central Michigan University student athletes and engaged couple Ariana Light and Michael Heldman described their favorite date spots in town:

"We like going golfing at Pleasant Hills. Only when it's warmer though... I just ride along in the golf cart."

— Light

"The Casino is a good one too. Just put 20 bucks in and if you lose it, you lose it."

— Heldman

"We always like going to dinner. We went to Ruth's Chris for our two-year anniversary. If we had more money, we would go again immediately."

— Light

"If you've got some cheese, Ruth's Chris is where you want to be."

— Heldman

# Rooted in friendship

*How a housing assignment led to these Chippewas' happily ever after*

By Sydney Neal  
Sports editor

When Ariana Light first met Michael Heldman, she was just trying to survive freshman year at Central Michigan University, a 1000 miles from her home in Florida. But fate and the university's housing assignments had other plans.

Light, a gymnast specializing in beam, and Heldman, a defensive lineman for the football team, were placed as neighbors in Celani Hall.

"Quite honestly, the first time I ever remember meeting Mike was him moonwalking backward into my room with a cowboy hat on and some dress shoes and some Atlanta Falcons gear on," Light, an interior design major, said. "I was sitting on the couch, and I was like, 'Hey, what's up?'"

Heldman, a communications major from Romeo, had a different first impression.

"I met her, and I'm like, 'You are definitely not a blonde,'" Heldman said, making fun of Light's bleached blonde hair. "Just her telling me straight up, 'You have the ugliest haircut you do not look good at all in this.'"

Despite their opposite personalities, the two became close friends. They supported each other through the ups and downs of freshman year, bonding over late-night conversations and sharing experiences as student-athletes.

But for Light, feelings shifted during the second semester when Heldman excitedly burst into her dorm, announcing that he had gotten another girl's phone number. Light, caught off guard by an unexpected wave of jealousy, stormed into her room and slammed the door. That's when she realized she didn't just see Heldman as a friend.

"I was livid," Light said. "And my roommate Leah just yelled through the door, 'I told you so!' That was my turning point. His was much, much later."



Zoey Morse | Staff Photographer

Central Michigan University senior gymnast Ariana Light (left) and her fiancé, senior football player Michael Heldman, show off their engagement ring in the Central Michigan Life office, Sunday, Feb. 2, 2025. The couple got engaged last summer.

Still, it would take another eight months before the pair officially started dating. Heldman, initially oblivious to Light's feelings, spent the summer calling her almost daily. By the time football season started again in the fall, he began to realize he didn't like seeing Light around other guys.

"After my first breakup, it was tough, and I always leaned on Ari," Heldman said. "I started feeling jealous even when she started talking to a guy."

After months of back-and-forth, the two finally had their defining moment under a tree near CMU's softball field the summer before their sophomore year.

"During the summer, he took me on a drive one night," Light said. "We went to this tree, and you can climb up in it. We just sat there and talked for, like, two hours."

On Oct 8, 2022, Heldman took Light back to that same tree and asked her to be his girlfriend.

"I was so excited," Light said. "I came back to the dorms, and all my teammates came and hugged me. I just never had an interest in being in another relationship other than (with) him."

## Balancing love and athletics

With both of them competing at the Division I level, finding time for their relationship hasn't always been easy. Heldman, a dedicated pass rusher for the Chippewas, and Light, who spends five hours a day training in the gym, have had to learn how to prioritize their relationship amid their demanding schedules.

"I'd be home waiting for him to come back from a game, and then the next semester, it was the opposite — he'd be home while I was traveling for gymnastics," Light said. "At first, that was really tough."

But over time, they found a rhythm. Light makes sure to attend as many of Heldman's games as possible, often traveling to away games and proudly yelling from the stands. Heldman returns the favor by attending her meets, even when he has to pay to stream them online.

"She comes to almost every single game," Heldman said. "So, of course, I have to support her, especially since this is her first and last season actually competing after injuries kept her out for three years."

Their bond, has only strengthened through the years as they've learned to support each other in ways that go beyond just showing up, they said. From cooking meals to keep Heldman fueled for football to simply being a listening ear, the couple has grown together sometimes through trial and error.

"We definitely had a hard time at first," Light said. "We had a lot of stupid fights, but as your love for a person grows more and more, you learn what is worth it and what is not."

### The proposal

This past summer, Light had no idea that a simple anniversary photo shoot would turn into one of the biggest moments of her life.

"I planned photos for our two-year anniversary because we don't have any good photos," Light said. "So, I picked out my dress, I matched my nails to my dress. I knew he was talking to a ring lady because I'm very picky."

"I just knew we are college kids, and we can't really afford anything right now."

What she didn't know was that Heldman had already bought a ring, working with a jeweler to design the perfect one. His original plan was to propose in Florida during Christmas when their families would be together, but as soon as he had the ring, he knew he couldn't wait.

"I knew this could be a woman who could be the mother of my children and a great wife," Heldman said. "So, I was just ready to pull the trigger on this one. That's when I realized I do love this woman. Through all the ups and downs, I knew she would be the one."

During their trip to Sleeping Bear Dunes, Heldman found a quiet spot under a tree, the same way he had when he first asked Light to be his girlfriend. As she turned away for a moment, he got down on one knee, and when she turned back around, he was holding the ring.

"He was so nervous," Light said. "He was trying not to stumble over his words, but I could tell he was nervous."

"I was saying 'I love you,' like, 20 times," Heldman said. "They say in communications, it's really bad to repeat yourself, and I lost all morals with that."

### The wedding and the future

The couple will tie the knot on July 25 at Light's family-owned wedding venue in Mountain City, Tennessee. The venue, nestled in the mountains, offers a peaceful setting for their big day.

"It's going to be in the 60s, which is pretty good," Light said. "We already have our color palate, our guests. I'm done wedding planning. I have my dress, we have our wedding party, most of my bridesmaids have already ordered their dresses and they're beautiful."

Heldman, on the other hand, has taken a hands-off approach.

"I just said yes to everything," he said. "I never imagined my own wedding, but women always imagine their own and how they want it, and I knew that's one of the things that she really wanted to do, so I let her take charge."

As they look to the future, the couple is preparing for Heldman's final season at CMU before he declares for the NFL Draft. Meanwhile, Light will finish school and take on a new role, one she's been excited about for years.

"I'll be a stay-at-home wife for a little while," Light said. "And I'm perfectly happy with that."

Despite the whirlwind of college life, sports, and planning a future together, the couple remains grounded in their faith and their friendship, which they credit as the foundation of their relationship.

"We were best friends before we were anything else," Light said. "And that's what has made our relationship so strong."

### Advice for college couples

For other college couples thinking about taking the next step, Light and Heldman have simple advice: communicate and never take each other for granted.

"Keep the romance alive," Light said. "Just because you're in college doesn't mean you're not deserving of having an adult relationship."

For Heldman, the key is putting in effort, no matter how busy life gets.

"I think if you really love a woman, there's a lot more you do than just hang out with her," Heldman said. "Don't leave arguments unresolved, and don't be afraid to put in the effort—it's always worth it."

**Through all the ups and downs, I knew she would be the one.**

—Michael Heldman  
Central Michigan University senior  
football defensive lineman



**Zoey Morse | Staff Photographer**  
Ariana Light (right), a senior balance beam specialist on the Central Michigan University gymnastics team, stands back to back with her fiancé, Central Michigan University senior football player Michael Heldman, in the Central Michigan Life office, Sunday, Feb. 2, 2025. The couple met their freshman year, after a random room assignment placed them as neighbors in Celani Hall.

# FEATURES

## In honor of Black History Month

February is Black History Month, and Central Michigan University has planned a wide range of events to honor and celebrate African American and Black trailblazers. The following are among the multitude of planned programs for the duration of the month; not all events are necessarily listed.

For more information or a full calendar of events, contact the Multicultural Academic Student Services office on the lower level of the Bovee University Center:

**MON 17** • **Film Screening, "Moonlight"**  
Hosted by LGBTQ+ Services & Gender Equity Programs  
5 p.m., Center for Student Inclusion & Diversity, Bovee U.C., Room 108

**TUES 18** • **Hidden Figures in Black Cinema**  
Hosted by L.e.g.a.C  
6 p.m., Anspach Hall, Room 161

**WED 19** • **Justice Reimagined: Exploring Restorative Justice**  
Hosted by Taylor Martin  
7 p.m., Sarah and Daniel Opperman Auditorium at the Park Library

**THURS 20** • **Black Business 'Pop-Up Shop'**  
Hosted by Soul Central  
7 p.m., Kulhavi Hall, Room 141/142

**FRI 21** • **Black Care Starts Somewhere**  
Hosted by Black Care Committee  
6 p.m., Bovee U.C. Rotunda

# Date night is for everyone

By Mia Kerner  
Staff reporter

Is romance dead? Certainly not in Mount Pleasant. Whether you're looking for a fun activity to do with your partner or ways to fall back in love with yourself, here are 10 local date ideas for lovers of all kinds:

### For the lovely couples

#### 1. Test your skills on the rink

From novices to pro ice skaters, all are welcome to participate in the public skates at Martin Arena. Usually hosted on Mondays, Wednesdays or Fridays, you'll want to mark your calendar for the next opportunity. Whether you're gliding hand-in-hand or hugging onto the rails for dear life, ice skating dates are a bonding experience like no other.

#### 2. Access your artistic side

The Painted Turtle Pottery Studio in downtown Mount Pleasant offers an all-inclusive pottery painting experience that will leave you and your partner feeling like modern-day Picassos. At the Painted Turtle, you can pick your own pottery piece and glazes to create your masterpiece. This date is perfect for those looking to enjoy their partner's company and unleash their creative genius.

#### 3. Kick it with kitties

Founded in 2018 by Mystie Beckwith, the Karma Kat Cafe allows you to live out your dream of being surrounded by the cutest of cats. Originally opened as a traditional cafe, Karma Kat Cafe is now a fully operational cat rescue, providing care and medical services to furry friends in need.

Every purchase made at the cafe goes towards the nonprofit

Karma Kat Rescue organization, so not only is this an adorable date, it's for a good cause. Whether you attend one of Karma Kat's events, or just want to spend time with your partner in good company, this could be the purr-fect outing.

#### 4. Take a hike

Even in the chillier months, Mount Pleasant's parks are perfect for a scenic stroll. Snowfall atop the trees provides your own personal winter wonderland for you and your partner — just be sure to bundle up! Whether Mill Pond, Deerfield or Island Park, date night can be free (and freeing) with a romantic walk.

#### 5. Serve up some romance

For a more traditional date night, there are a plethora of local restaurants in Mount Pleasant to enjoy delicious cuisine and stare into your partner's eyes (if that's what you're into). For a more dimly lit, romantic experience, try Midori Sushi and Martini Lounge or Wood Shop Social.

If you're looking to try new flavors with a fun atmosphere, Los Amigos and The Twisted Fork offer delicious plates and great experiences.

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## For taking yourself on a date

### 1. Join the Silent Book Club

On the second and fourth Thursdays of every month from 6 to 7:30 p.m., you can meet new friends and dive into your favorite book at Pleasant City Coffee. Hosted by For Art's Sake, the Silent Book Club allows you to enjoy a hot beverage while reading in the company of others, no talking or book reports required.

For Art's Sake employee Grace Yeomans said that the Silent Book Club is a great opportunity to "set time aside to just read" and "not worry about what's happening outside of book club."

"You can meet new people to talk about books and get new book recommendations," Yeomans said. "Then, when it is time to read, you can just focus on you and the book. I highly recommend going."

### 2. Test your trivia skills

Do you want to prove that you're smarter than everyone else while enjoying your personal pizza? Look no further than The Cabin. On most Monday nights, The Cabin hosts trivia at 8 p.m., featuring different topics every week. Start your week off with a fun challenge and a great atmosphere. Check the restaurant's calendar for other weekly events to either fly solo or meet your friends.

### 3. Break a sweat

MP Fit Club hosts a plethora of fitness classes to suit any individual's style. Offering a one-week free trial, MP Fit Club's owner and instructor Beth Kemler said she recommends trying as many classes as you can in seven days to find your perfect fit.

"We have everything from yoga to cycling to strength classes to kickboxing, just this huge range (of activities) for people to find what they enjoy the most," Kemler said.

If you're looking to find a supportive fitness community, MP Fit Club's instructors will progress or regress any workout to meet your needs. Wary about trying a class? No problem. Kemler said that you're welcome to schedule a free tour and speak with an instructor any time.

Whether you haven't touched a weight in years or consider yourself a fitness guru, taking a class at MP Fit Club is a great way to get in a workout and have fun doing it.

"No matter where you're at, you'll fit in just fine," Kemler said.

### 4. Show some creativity

If you're interested in taking up an artistic hobby but don't know where to start, Art Reach of Mid Michigan may be just the spot for you. Art Reach offers classes in painting, ceramics, bookbinding, soap making, jewelry making and much more. Take a few hours for yourself to learn a creative skill that may just become your new obsession.



Alivia Cranick | Staff photographer

Nina Mandreky (left), and Christian Raven laugh while painting pottery at The Painted Turtle Pottery Studio in downtown Mount Pleasant, Tuesday, Feb. 4, 2025.

### 5. Try something new

Is there a coffee shop you've been wanting to try? Or a day trip you've been wanting to take? Don't wait for a significant other to come along — try to enjoy experiencing new things on your own.

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CMU TRIVIA

## BEST OF CENTRAL MICHIGAN 2024 WORD SEARCH

Words can be found in any direction (including diagonals) and can overlap each other. Use the word bank below.  
SOURCE: THEWORDSEARCH.COM

B	E	A	E	J	A	R	S	E	I	S	T	E	R
S	S	A	L	O	N	B	L	U	E	G	R	O	B
M	L	D	R	A	G	O	N	E	R	A	A	K	A
U	A	Q	N	A	I	Z	B	E	I	S	D	E	P
S	Z	D	L	P	D	E	R	S	V	I	E	L	O
I	E	P	O	E	L	O	F	E	E	L	V	L	N
C	L	H	O	P	A	R	K	I	R	V	L	Y	D
B	D	N	P	B	E	N	G	Z	W	E	O	S	E
D	Q	A	O	D	E	S	L	O	O	R	V	E	R
D	N	D	D	M	F	A	V	O	O	B	E	L	G
O	K	I	O	O	N	C	K	D	D	E	G	B	D
E	E	E	O	B	E	O	S	G	I	R	E	B	L
S	C	R	O	Q	A	N	M	E	S	G	M	U	R
E	L	B	A	R	B	E	R	I	R	A	O	R	D

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RUBBLES

SAC

DOOZIES

FREDDIES

NOMNOM

DRAGON



## RAIN, SLEET OR SNOW?

See today's forecast at:  
[midmittenweatherview.com](http://midmittenweatherview.com)



To: Everyone I Know  
Thank you for making my life so much fun and being there for me when I need you.  
From: Aliza

Happy Valentine's Day Lil Bear, Sassy, and Lulu!!  
You're the best junior CM Lifers. Love you ❤️  
From Mom

To: Mark R.  
From: Jake  
I love you so much and want to spend many more valentines with you.

TO ADDISON BENTLY  
ADDISON, I LOVE YOU YOU'RE MY BESTIE  
LOVE SAM!!

To Sam  
I love you girly!!!  
From: Addison

To: My mom  
Thank you for being the best ever!! Love you always!  
From: Morgan

I love you so much, you're doing great in college my Love. From Ian

To: Ian  
I love you so much, I appreciate you so much!  
From: Danielle

To: Morgan  
From: Josie  
Thank you for walking around mainstage with me!

To Wallace, you are gay and I love you. Eternally yours, Charlie!

To Kay  
You're my favorite person love you forever ❤️  
From: Kay

To my crazy Pakistani roommate, I am so very happy to have you in my life.

To Zoe  
I love you more than the moon ;]  
Kay

To love, I love you sm and hope you have the best day

To the lovely ladies of 207, thank you for being so awesome and so sweet!

Best roomie ever!!! -Aly

To Aly Baker,  
I can't wait to get stuffed animals  
From: Jaylyn

To Ava, You're such an amazing friend and I couldn't of asked for a better roommate and friend through life. - Megan

To apartment S30:  
YAYYYY I LOVE YALL YAY  
From: Ava

To Sophia,  
I'm so proud of you and I can't wait to see the amazing things you'll accomplish,  
Love, Noah

To: Danny  
From: Alex  
I love you so much, keep being amazing my love ❤️

To: Joshua Washington  
You are my 'son'shine  
My only 'son'shine  
You make me happy  
When skies are gray  
You'll never know Joshua  
How much I love you  
Happy happy Valentine's Day!!  
Love, Mom

To: Shelby From: Ryleigh) I'm so glad instagram brought us together. You match my freak ho.

# Valentine's Day!

## LOVE LINES

To: My lovely roommates  
Love having silly TV nights and adventures! Happy valentines -Cailin

You're the best roommate I love you! -Joslyn

Dear chatbots, I love you all! Chat bots for life!  
Love, Claire

Thank you for being a big part of our Eboard!!!!!! -Tori

TO: Isa FROM: Tori Happy Vday homie :)

Happy first Valentines Day ❤️  
-Your Wife

To Ella Pierzecki:  
HAPPY VALENTINES DAY BEST FRIEND  
Love: Sarah Kelly

"Love will find a way through paths where wolves fear to prey" — Lord Byron

To Sarah and Kailen I love you I hope you live a happy life. Love, Me

To: Sarah and Jaden, from: the love of your life: you are both the silliest gals around! Love you!

To Nikola, you are my favorite, it is wonderful to know and laugh with you. from, Sydney

To Jaden and Kailen, I'm so grateful for you guys. Your support and love means so much to me. From, Sarah

Hey I like love you! To Carley, From Rob

You are awesome! To Kelsey, From Erin

So thankful for you! To: Grace, From: Lexi

To: My lovely team, Join rugby! -Shelby

To mom, thanks for being my valentine for the 20th year in a row... Love, Anna

To: Riley Smith 143 From: Lane Cool

Josie, thank you for being a great friend happy Valentine's Day ~ Jayden

Love you!!! Stay awesome!!! And Rock On! -Bryn

To Laina: You deserve the world and that what you will get - Love, Cole

You make my heart melt like butter in a hot pan! - Jeremy

To my mom. I love you with all my heart. From Jarred

To: Ryleigh  
From: your bookie shamookie  
I C M you ❤️

Joshua Washington,  
Oh my Goff, you're a great catch, brother! I'm not LION, you make my heart ROAR! You're my real MVP! Have a game winning Valentine's Day from your #1 fan and big sis ❤️❤️

I love you very much -Abbi

To: Matthew!  
Happy valentines day freak! I'm so happy you're a part of my life From:TJ

I am always withyou. I like your presence a lot and it would be great to have you - Prasanna

I love you!! -Grace

To: Shashank  
You are my hearts forever home❤ and i love you the forever! From: Navya

To Elise I love you so so much cracks! Love, Drew

To Ellen. From Kaylee  
You are the greatest roommate EVER!!

Always remember someone loves you -Courtney

Thank you, I love you all so much!!! -Danica

Everyone loves and rocks 😊 -Mallory

To Karol A (from Gabi): you got this I'm proud of you and how far you've come!

I love you so much little sis ❤️ -Chinonye

To Paige from Kayla, best roomie ever! Happy valentine day ily

To Jerome  
Shawty you're gorgeous 😊 -Lindsey

You are the lone star in a moonless night - Devin

To Jenna: You are such a great person and I'm going to miss you when you graduate. I hope we can hang out sometime soon Happy Valentines Day -Thomas

To Laura Lubahn, From Bella Blenkle: I love you my pookie bear

To Zalen Vander Schuur: I love you so much you're the best and I'm so proud of you from Laura L

I LOVE U -Lindsay

You have taught me have hope and love . Love you Lucky

Hello Tejaswini, I hope you have a bright valentines day -Poorna

To: Gouri  
From: Dhanalakshmi  
I love you

To Mckenzie,  
You're the bestest friend I've ever had and I appreciate you so much ❤️ love you bestie!!  
From Abi

To the fam: love you guys! -Bhagya  
Avery, it's been two years since we wrote our first line, and I'll love you through the last chapter. Love, Lauren

Joshua Washington,  
May the force be with you this Valentine's Day  
Cause Yoda best son in the galaxy  
I am your father

Abi,  
You're the best coworker and friend ever. You are an amazing person, and I love your passion in all you do  
❤️ -Mckenzie

To Ben and Jesse: Thank you for being amazing friends and making my college experience worth it. So glad I found you both! From Bre

To: Morgan & Ryann From: Marissa- Thank you for being the best roomies and I'll cherish you both forever! Love you girlies ❤️

To: Katie, Alize, Lorelei & Mena From: Marissa- I love you all very much and thank you for always making me die of laughter, happy galentine's day ❤️

To: Daniel - Thank you for being the best friend and boyfriend any one could ever ask for you mean the world to me I love you!! -Zoey

Happy Valentines to the CM Life Design team!! You guys are rocking it this year! From your team lead, Brittany ❤️

To: Nevaeh & Megan you're so pretty xoxo -J

Forget the money...You have heisted my heart, Valentine!

As one chess-playing pirate said to the other, "Check, Matey"! Aaarrg! Happy Valentine's Day, Matey!

I love all my CMU, MSU, MMCC, OSU Valentines!

To Lindsay: Thanks for being the best Roomie ever!❤ love you so much bb!! -Mickie

Joshua Washington,  
You're an eleven out of ten, big brother. You are waffle-y cute and you make my heart flip upside down. There is nothing strange about liking you. Friends don't lie, have a strange Valentine's Day! #squadgoals #lovejordyn

To: Grace  
LOVE U CHICA  
From: Abby

To Mumma and Anna,  
Thanks for being so supportive and tolerating my stupidity. Love, Harshu

To: Brock  
Thank you for being the best boyfriend I ever have Love: Victoria

To:Rob  
From:Carley  
Roses are red  
Violets are blue  
You are so cute  
And I love you!  
Happy v-day!

To: everyone from me, you are beautiful, you are loved, and you deserve everything positive in life -Olivia

To my family! I love you all, thank you for always supporting me though every bump in the road!  
Love you! Keleigh

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