

ORIENTATION 2021 - CENTRAL MICHIGAN UNIVERSITY



Fine @CMU

YOUR GUIDE TO LIFE ON CAMPUS
WRITTEN BY STUDENTS, FOR STUDENTS

cm-life.com

OFFICE OF STUDENT ACTIVITIES & INVOLVEMENT

GET INVOLVED... THERE'S A PLACE FOR YOU!

EVENTS

- UP ALL NIGHT
- HOME COMING
- SIBLINGS WEEKEND
- MAINSTAGE

ORGANIZATIONS

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- FRATERNITY & SORORITY LIFE
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Warriner Hall is one of the most iconic locations on campus.

WELCOME TO CENTRAL!

Welcome to life at Central Michigan University! Being a Chippewa doesn't disappoint. You'll hear time and time again that college is the place to make mistakes, which is very true, but we Chippewas like to help each other out.

This publication was created by the students at Central Michigan Life, one of the nation's top student media companies, to help you navigate your first year here.

**So here's to you.
Welcome to life at CMU!**
Trust us, the best is yet to come!

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Fire up your Career

We are here to advise students.

- Resumes & cover letters
- Job search tips
- Networking
- Navigating job fairs
- Graduate school prep
- Interview tips/skills
- Academic major exploration
- Self assessments

OUR PROGRAMS



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OPINION



Dear freshman, if you're considering it, do it

Dear freshmen, if you're considering it, do it.

As a community college transfer student, I didn't get the "college freshman experience." At 18 I was living at home, going to school and working a service job. I don't regret my decision to stay home, but when I finally got to CMU, I didn't expect the anxiety and fear that came with feeling like I was behind everyone else.

When I signed my journalism major, I knew I wanted to work for *Central Michigan Life*. Whenever I considered walking into the office and grabbing an application though, my anxiety took over.

I excused it by saying I was too busy and overwhelmed, that I would apply next semester. It wasn't until Fall of 2020 that I realized I only had three semesters left at CMU. I knew that if I graduated without joining *CM Life*, I would regret it. So I pushed past my fear and dropped off an application.

I have never regretted my decision to join the *CM Life*



Tess Ware
Staff Writer

staff. Now, going into my last semester at CMU, I regret that I let my fear hold me back for so long.

When I look back to before I joined *CM Life*, I realize that I was a very different person. I am more confident, less

anxious, and I feel a lot more prepared to join the post-grad world in December. I'm happy that I got any time at *CM Life*, I'm also sad that I didn't get more.

Don't make the same mistakes.

Being a new student at CMU, whether you're a freshman or a transfer, is overwhelming. Sometimes it feels like college will never end. So, it's easy to say "I'll do it next year." What I realized is that every semester is busy and overwhelming so it's easier to avoid more commitments by pushing them back and saying "later."

My advice is to trust that you can handle a lot more than you give yourself credit for. If you're thinking about joining a registered student organization, Greek life, studying abroad or anything else that may add to your busy schedule, do it.

When you graduate, you'll be grateful you had four or five years to enjoy it. You'll be grateful for the connections you make and the skills you gain.

HIDDEN GEMS

Find a place just for you on Central Michigan University's campus

By **Tess Ware**
Staff Reporter

Your first year at CMU is a big adjustment period and it can be pretty overwhelming. It's easy to focus on just finding your classes and forget about exploring the campus. But in the whirlwind that is your freshman year, take the time to find the places where you can take a breath, relax and appreciate the fact that you have made it this far.

Ditch the University Center Starbucks, here are some hidden gems to check out on campus:

The Fabiano Gardens - You probably walked through this area during orientation. It's right next to the Charles V. Park library and across the street from the Bovee University Center. It has a decent amount of foot traffic so the location isn't exactly hidden, but there are plenty of plants and small ponds, the gazebo makes a perfect place to relax or do homework and the cluster of trees nearby was practically made for hammocks.

Green Study Space - On the corner between Bovee University Center and Powers Hall, is an open green space for students

to lay out blankets and relax while the weather is still warm. The space is the former location of Barnes Residence Hall, which is commemorated on-site.

Art Gallery - Right next to Bovee University Center is the uniquely designed University Art Gallery. With regularly updated exhibitions and work by faculty and students, the art gallery is a must-visit at CMU.

The Rock Wall - For the daredevil students, CMU has a rock climbing wall and a ropes course within Finch Fieldhouse. The hours are limited due to COVID-19 health and safety guidelines, but the facility is still open and holding seminars.

Greenhouse - The greenhouse is between Brooks Hall and the Dow Science Building. It is used by students majoring in various science and biology fields, but is still open to the public to enjoy the greenery in peace.

Volleyball/basketball courts - Next to the Towers Residence Halls are courts for volleyball and basketball. It's a great way to bond with the other students in your hall and enjoy the last few weeks of warm weather. Also, last winter the courts were converted into an ice rink.

Billiards in the SAC - The main floor of the Student Activity Center overlooking the basketball and volleyball courts has six pool tables that are free to use. The SAC is a short walk away from the residence halls which means a game of pool with friends is never too far away.

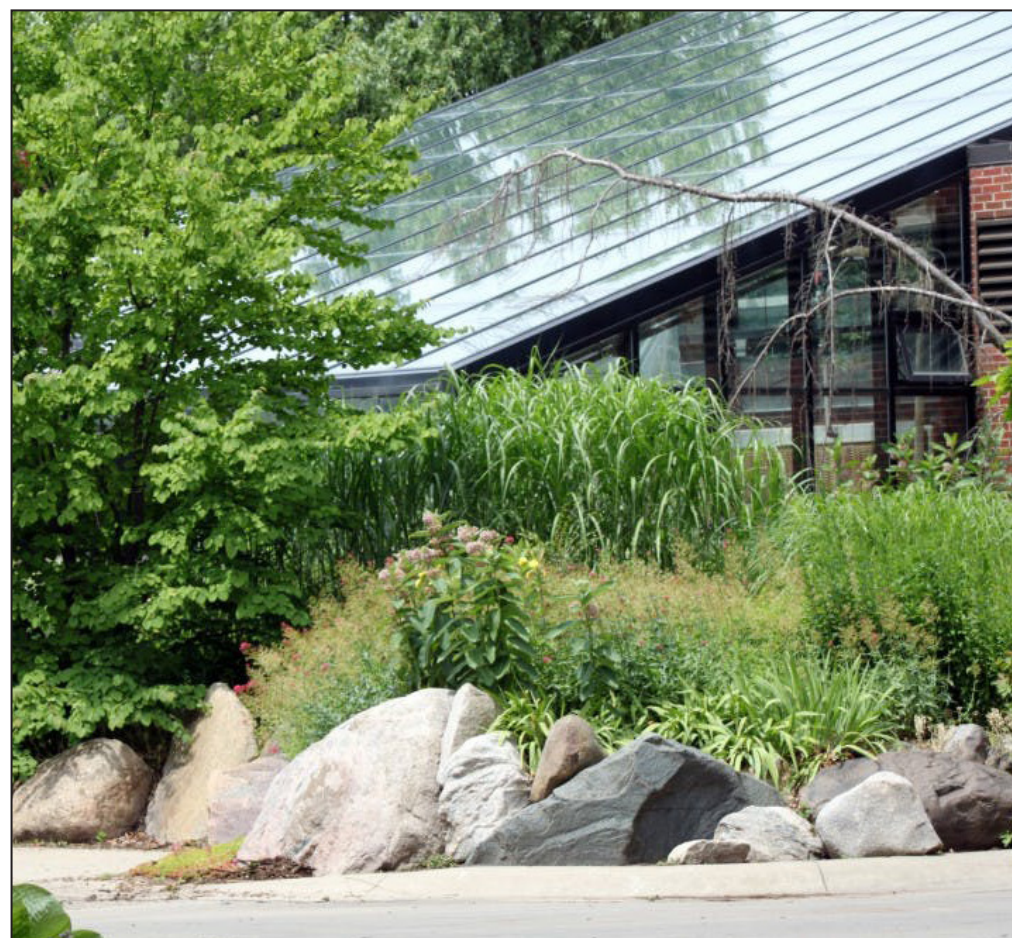
Hot tub and sauna - Also in the SAC, are a hot tub and sauna located in the pool area. The perfect way to take a break and de-stress during the semester is to grab some friends and make it a spa day.

Barber room - On the first floor of the library is the Barber room, which doubles as a study space and an art gallery. Lots of comfortable seating makes this one of the best places to chill out.

Biosciences lobby - Even if you're not a science major, take the time to visit the lobby of the biosciences building. The space is big and quiet with lots of seating for studying. There is a wall covered in plants and another wall with a long fish tank with all sorts of fish to look at.



Doubling as a study space and an art gallery, the Barber Room is on the 1st floor off the library.



The greenhouse sits between Brooks Hall and Dow Hall.



MAKE CMU MORE DIVERSE

Get involved, find your people



**Patrick
Bouman**
Staff Writer

Whether you come from a big city or tiny town, college life can be a complete one-eighty.

As a service to its students, Central Michigan University carries a responsibility to make campus as inclusive as possible by providing representation for all identities.

Students and staff said the best way to accomplish this is through involvement, education and empathy.

Director of Diversity Education Nikita Murry said students who get involved on campus are able to build relationships with people from diverse backgrounds. This, in turn, will create empathy and a more welcoming place for everyone.

“That’s why we do the programs that we do,” Murry said. “That’s why we have some of the initiatives that we have, because we want to make sure that our campus culture is one where everybody can see themselves.”

There are multiple offices and programs that work within

diversity, equity and inclusion. All of which can be found just by searching “diversity” on CMU’s website.

However, progress is still being made - and it’s most often students leading the charge.

The Multicultural Advancement Scholarship and Lloyd M. Cofer (MAC) Scholarship, for example, are given to excellent students who are dedicated to enhancing diversity.

Lansing alumni and Spring 2021 graduate Alejandro Salais was one recipient of the Multicultural Award of Distinction - a full ride scholarship. Salais said an important part of his time at CMU was taking advantage of opportunities like the MAC Scholar program, which helped him to promote diversity to other students.

“MAC Scholars have the nickname of being diversity champions,” Salais said. “What does that mean? To me, that means celebrating individual identity, educating myself on other cultures and informing others on the importance of diversity, and so I did that.”

Salais also placed value on involvements like study abroad and Sigma Lambda Beta, a Latino based fraternity with multicultural membership. He said his time spent studying Spanish in Spain and Costa Rica, as well as linguistic education events hosted by his fraternity have made him want to translate for Disney movies someday.

“Diversity leads to truth, and it leads to beauty,” Salais said, “Because when you do learn about different cultures, you learn the truth about their humanity.”

Macomb sophomore and MAC Scholar Kaitlyn Mack said

CMU gave her a “culture shock,” because she learned about the diversity that was lacking in her hometown through her involvement at CMU.

“I think I’ve gained a better appreciation for diversity, just because of how much I’ve gotten to learn from others who aren’t like me and hearing their different experiences,” Mack said.

As the semester begins, programs and events centered around diversity will provide plenty of opportunity for involvement, education, and empathy.

“Conversations that Matter” is one such program students should look out for, Murray said. These are dinner events where students, faculty and staff share their perspectives on trending topics in a safe space, free from judgment - but full of listening.

The first event will be Sept. 16 on the topic of critical race theory.

Special to Homecoming week, Olympic swimmer, sprinter and four-time gold-medalist Cullen Jones will be visiting campus. Jones is the first African-American to hold a world record in swimming.

Murray said Jones will be holding a speaking event at 7 p.m. on Oct. 14 in the Plachta Auditorium. The event is free and open to the public.

Events like these, Murry said, create open lines of communication for people to learn from each other without ridicule.

“When we know better, we do better,” Murry said.

OPINION

Support CMU Sports

Play your part in getting fired up



Photo by Savannah Classcock
Central Michigan fans Tom Wright, left, and Sam Travaglini cheer as the game begins at Kelly/Shorts stadium on Thursday, August 29.



Photo by Evan Petzold
Central Michigan quarterback Tommy Lazzaro celebrates with teammates after he scoring a touchdown against Northern Illinois Nov. 2 at Kelly/Shorts Stadium.

Let me be one of the first to welcome you to Central Michigan University, more specifically, our sports community. Finding a constant throughout your college career may be tricky. Let me throw out an idea for you: support CMU sports.

The Chippewas are represented across 16 varsity sports and a plethora of club sports. After everything surrounding the pandemic last year, students and fans were not allowed for a majority of last season's athletic action. This year is different, and there's a lot of excitement around nearly every sport.

After a 3-3 season in 2020, CMU Football looks to capture its second Mid-American Conference West Division Championship in three seasons. Behind defensive stalwarts like Troy Hairston II and Troy Brown coupled with Kalil Pimpleton, Kobe Lewis and Lew Nichols III on offense, the Chippewas will be a fun team to watch at Kelly/Shorts Stadium.

After going 32-20 in its past two seasons, CMU Volleyball continues to reach new heights in its quest for a MAC Title and first outright division crown since 2003. Chippewa women's soccer has finished no worse than .500 since 2019. Under third-year head coach Jeremy Groves, the Chippewas look to continue to grow and clinch a berth in the MAC Tournament.

After a winless campaign in 2017, Chippewa Field Hockey has shown growth throughout the last three seasons. Will this be the year that CMU earns its first winning MAC record since 2014?

All of those questions will be answered in the fall, and there's plenty more to see as a student in the winter.

CMU Men's Basketball begins a new era under coach Tony Bar-



**Mitch
Vosberg**
Sports Editor

bee after a disappointing 2020-21 season that saw the Chippewas finish with their worst record since 2013. Meanwhile, CMU Women's Basketball looks to remain on top of the MAC despite losing three key seniors, including Micaela Kelly, the program's all-time leading scorer.

Chippewa Wrestling returns three dynamic wrestlers in Drew Hildebrandt, Dresden Simon and Matt Stencil. Not only is the trio frontrunners to win the MAC in their respective weight classes, but will shatter program records en route to becoming national championship contenders.

CMU Gymnastics has been consistently dominant since 1990, claiming 15 MAC Titles in that stretch. After a fourth place finish in 2021, the Chippewas look to recapture their spot at the top.

Then we shift to spring sports.

After winning its second straight MAC Championship, CMU Baseball brings back Andrew Taylor, the reigning national freshman Pitcher of the Year, and Jordan Patty, who threw a no-hitter against Miami (Ohio) in 2021. CMU Softball continues to grow under McCall Salmon's second full season as head coach.

CMU Lacrosse came within reaching distance of the sports inaugural MAC Title. The program enjoyed their best season since the team's inception in 2016.

CMU offers three club hockey teams (two men's, one women's), rugby, quidditch and many other sports to watch.

The best part of all: every one of these games are free to students with their student I.D.s

Free Division I sports, let that sink in.

Walmart Wolverine fans have to fork over hundreds of dollars for football season tickets in Ann Arbor. The price tag to be in the "Izzone" is way too high for a broke college student like me to afford.

We, as CMU students, get to enjoy free sports in one of the country's wildest and most unpredictable conferences in the nation. So, why not make CMU sports a staple of your college experience?

From someone who's been around campus, I urge you to support CMU sports. Capitalize on enjoying free sports, attend at least one game. The memories and friends you will make along the way will be irreplaceable.

Counseling Center Goes Virtual

More students are using counseling services due to telehealth options

By Tess Ware
Staff Reporter

Coping with the pandemic year has proven to be no easy task. However, free counseling services available at Central Michigan University have been helping students weather the storm.

As the pandemic continues, counseling center appointments are still peaking - even in the summer months. Due to Telehealth options, staff expect the trend to stick around going into the academic year.

“COVID was a year of active trauma for everyone,” said Executive Director of Counseling Services Melissa Hutchinson. “There was so much loss. There was so much uncertainty. When folks are in the midst of trauma, they don’t know what their needs are, they’re just trying to survive.”

The counseling center normally has limited hours and staff in the summer, Hutchinson said. This summer however, has had an increase in demand for counseling services which the center has had to accommodate.

At the June 24 Board of Trustees meeting, the Academic and Student Affairs Committee discussed the need for additional staffing in the counseling center to meet summer demand.

Hutchinson said she thinks the reason for the increase is because students have reached a point where “their basic needs are met and they can begin to focus on their other needs again.”

“They’re no longer just about surviving, but they want to thrive,” Hutchinson said. “So they’re starting to ask for help, they’re starting to pick up the pieces, they’re starting to deal with their trauma, their loss.”

Counseling Center staff said the pandemic tipped the scales in regard to appointments and Care Reports in the 2020-21 academic year. Within the last two years, Care Reports have increased by 120 percent.

Hutchinson also attributes telehealth to the increased counseling demand. The service gives global campus students and those who are home for the summer access to counseling from wherever they are. Hutchinson said it also offers students access to counseling in a space they are most comfortable in.

For graduate student Christine Gwisdala, telehealth was a big selling point.

“If I’d had to go in, I probably wouldn’t have done it,” Gwisdala said. “Because it would have been another kind of uncomfortable situation. So, knowing that I could do (virtual counseling) was really, really helpful.”



Courtesy of Counseling Center

“ I’m kind of kicking myself for not taking advantage of it now, ”

- Christine Gwisdala
CMU Graduate Student

Students no longer have to walk into an office and meet a counselor face to face, which can be difficult for those struggling with anxiety.

Gwisdala said that even if the pandemic hadn’t happened, a virtual option may have given her the motivation

she needed as an undergraduate student to take advantage of the free counseling services at CMU.

While working in between graduating from CMU and starting her graduate degree, Gwisdala said she regretted not using the counseling services while they were available to her.

“I’m kind of kicking myself for not taking advantage of it now,” Gwisdala said. “I’m like ‘man, I was really stubborn and it would have helped a lot of stuff and I feel like I would have been overwhelmed a lot less.’”

According to Hutchinson, even when COVID-19 restrictions are completely lifted, telehealth will continue to be offered.

To learn about mental health resources or schedule an appointment with the Counseling Center, visit its website. Visit the Care website to submit a Care Report.

JUST DESSERTS

Chartwells will, hopefully, serve up better food



Courtney Pedersen | Associate Editor

Cookies and Boston Cream Pie sits after Courtney Pedersen took a big bite March 10 at The Commons.

By Courtney Pedersen
Staff Reporter

During my freshman year at Central Michigan University, I survived on Aramark french fries, grilled cheese sandwiches and soft serve ice cream as I ate in Fresh Food Company daily.

It was not worth my \$5,000.

Next year, freshmen should have better luck with Chartwells, even if all they eat is desserts.

On Dec. 7 2020, Central Michigan University announced that Chartwells would be the new food service company for residential dining halls starting July 1. After 25 years with Aramark, the university signed a 10-year contract with Chartwells.

The big question on everyone's mind is "Will Chartwells food be better than Aramark?"

Two of my colleagues and I jumped in my car to drive down to Eastern Michigan University on our March 10 Wellness Day while other students were sleeping in and enjoying the nice weather. After a talkative two-and-a-half-hour drive and 15 minutes trying to find where to park, we were officially on campus.

As we found our way into "The Commons" at EMU to taste what Chartwells thinks college students want to eat, I braced myself. My previous experience with Chartwells was the crummy, barely-cooked rectangular pizza slices I was served every day in grade school.

When I saw them serving circular pizzas – and desserts that actually looked appetizing – I sighed with relief. We paid for our meals and were each handed a plastic bag with plastic utensils and a napkin. Being used to the large open cafeterias at CMU, EMU's only all-you-can-eat cafeteria with a small walkway with most of the food stations seemed underwhelming.

With no lines at all, everyone was ready to serve us and eager for us to pick their stations.

Because of COVID-19, at each shiny, stainless steel station

we received our food in styrofoam takeout containers. The salad bar – which left much to be desired – was clean and fresh. Drinks were filled by request and mainly consisted of individually bottled drinks.

We made our way into the large seating room. After finding a secluded corner of the cafeteria, we dove into our food, taking in each bite to record educated opinions to share with you.

The pepperoni pizza and guacamole turkey burger with sweet potato fries were standard fares, but definitely a step above what is currently served at CMU. The chicken cacciatore had seasoning and flavor! The salad bar had no bugs as far as the eye could see! The honeydew and cantaloupe were crisp, ripe.

The Boston cream pie and cookies were genuinely good. Delicious, in fact.

An executive chef and one of the managers sat near us with their meals and engaged us as if we were EMU students. They joked with us in a way staff members at CMU don't.

Not many students were in the restaurant when we were. Those who were dining seemed to be in a good mood and at least mildly enjoying the food.

Although I believe Chartwells' overall food quality is better than Aramark, EMU students seem to have a similar attitude toward their food service provider as we do toward Aramark.

"The quality of food is fine. Obviously, it's not gonna be great, but it's fine," said Grace Beebe, a Tustin freshman at EMU. "The problem is that the consistency is really bad. I mean, it's everything I expected. I didn't expect great food, and it's not usually bad. It's just that you never really know what you're gonna get if you order something."

A lot of people at CMU feel similarly about the food here, specifically consistency between days and the different on-campus residential restaurants.

I think after living at home for 18 years with a full range of your parents' fully stocked kitchen, any cafeteria food is a major letdown. Although, if you haven't had a bug in your salad and have consistently good desserts, I think Chartwells is bringing a solid effort to the college cafeteria experience.

One of the biggest complaints *CM Life* has always received about Aramark is the quality of the desserts. At EMU, the main takeaway from students was the great quality of Chartwells desserts.

"The desserts are the best," said Jordyn Gerwid, Howard City freshman at EMU. "Especially the cookies and cream pie."

Every Eastern student, myself and the two other *CM Life* reporters talked to seemed to have good things to say about the Chartwells desserts.

"I would say definitely desserts are probably the best thing," said Grosse Pointe freshman Cam Perrino.

In addition to good desserts, Chartwells seems to offer a variety of fun activities and meals for students.

The company is offering an upcoming "Teaching Kitchen" event for EMU students to learn how to make vegan sushi with the director of marketing via Instagram Live. They are also hosting a "Waffle Palooza" as well as celebrating Farm Worker's Awareness Week. In the past, they have also celebrated national holidays, such as National Oreo Day.

Besides a Christmas and Thanksgiving dinner, Aramark doesn't really offer any special or fun events for students to enjoy. I would have loved having different days and events celebrated in the dining halls to make the food more exciting.

Although not the best college food I have ever eaten, EMU's Chartwells was definitely a step or two above the Aramark food – food best served in the nation's prison system instead of our university.

Since I am now a senior who lives off-campus, my time being forced to buy a CMU meal plan is over, and I have gladly spent all year away from the residential restaurants. Even though I won't be tethered to dining halls this year either, I will definitely find my way there a few times to see if they live up to my relatively low expectations.

Hopefully, if Chartwells at CMU is anything like it is at EMU, I will find something I like, even if it is just desserts.

Study Abroad



STUDY ABROAD FROM YOUR DESK

Photos courtesy of Study Abroad

By Tess Ware
Staff Reporter

As vaccination rates increase in the U.S., people are eager to travel. Several countries around the world however, are not prepared to accept tourists.

For this reason, the Study Abroad program at Central Michigan University made the decision to cancel travel for Fall 2021

“It’s still not recommended that American citizens travel overseas,” Assistant Director of Study Abroad Marko Schubert said. “At this point, partly because the local population abroad, depending on, of course, what place we’re talking about. But a lot of places are not as far along with their vaccination efforts, compared to the US.”

Before the pandemic, there were around 150 programs, including faculty lab programs, service learning and internships. According to

Schubert, the most popular destinations were Italy and Ireland.

For the time being, international travel is not available to CMU students. But several degree programs require students to have international experience in order to graduate, degrees like international business and cultural and global studies.

For these students, and others that are interested, virtual internships have been made available.

Three categories of internships were created: corporate, non-profit and STEM. Due to time zones, the hours are flexible but include weekly meetings with supervisors.

The only degree program that cannot be accommodated virtually are biomedical science and chemistry because they require work in a lab.

For recent CMU grad Katie Pulaski, the virtual internship was very different from her experience studying abroad in Thailand in

2019.

“I built a lot of skills I didn’t expect to,” Pulaski said. “And a lot of independent working skills. So they were both very beneficial in very different ways.”

Pulaski had planned to spend her final semester studying abroad in Italy, but after the trip was cancelled, she spent the Spring 2021 semester interning for a human rights lawyer based in South Africa through the study abroad program, Kaya.

She spent 10 hours per week doing research to develop training programs for South African police on how to approach victims of domestic violence and drug addiction.

“It was kind of difficult at first because I’ve never been to South Africa,” Pulaski said. “I don’t know a lot about that region. So I had to make a real effort to try and understand cultural cues and significance via reading or asking my buddy versus being there and experiencing it.”

Pulaski said working remotely taught her a lot about her own work ethic and regulating her time. Being abroad taught her about independence and how much she didn't know.

"It's an amazing experience," Pulaski said. "It doesn't seem like something that's going to change your life but, at least, it did for me. There's so many amazing programs. Since I'm more focused on nonprofits and that area, I went with Kaya, but there are also environmental aspects that you can go with and just a bunch of different ways you can work with different people."

In September, Pulaski will be returning to Thailand as an English teacher after being awarded the Fulbright Scholarship.

Bay City junior, Abbie Pinter was supposed to study abroad in Mexico in the summer of 2020, but the trip was cancelled due to COVID-19.

She decided to get a virtual internship in order to gain international experience. In the summer of 2020, she took an internship that was based in Morocco with an organization called AmazaGirl Matters. In Spring 2021, she started another virtual internship with the Refugee Legal Advocacy Clinic, based in South Africa.

"I think this was a good substitute for [study abroad]," Pinter said. "It's so hard to describe, but working with people that aren't in your same culture, there's so many things that you learn from them that they do differently. I've never thought about doing that this way and everything."

The internship in Morocco had weekly "cultural sessions" which included discussions comparing the U.S. to Morocco and

demonstrations on how to cook traditional Moroccan food.

Schubert said the program remains hopeful that travel to certain European countries will resume in the spring. However, even when travel resumes, virtual internships will still be an option.

"We are keeping the virtual internships, even when Study Abroad resumes," Schubert said. "Because it is an area that is open for students that could otherwise not study abroad or not, gain an international experience and I think for that reason we will keep them."

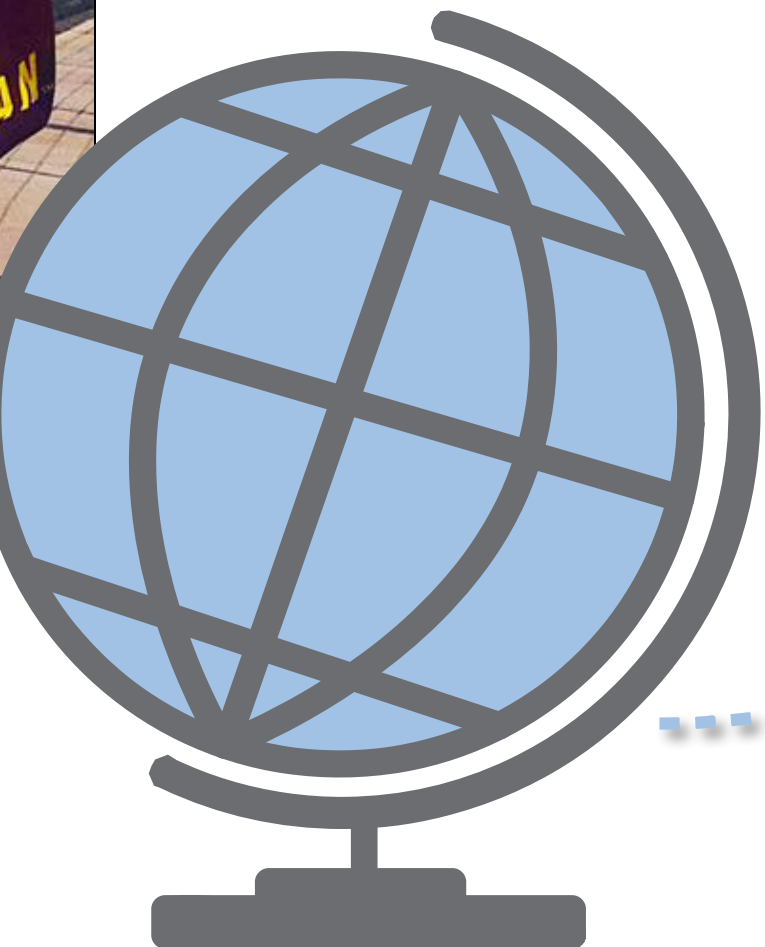
To stay updated on study abroad




Katie Pulaski in Thailand in 2019.

“I built a lot of skills I didn't expect to, ”

- Katie Pulaski
Recent CMU Graduate







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Go Greek

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Sept. 26 - Oct. 2

CPC Sorority Recruitment:
Sept. 30 - Oct. 8

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4

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- FREE Wi-Fi
- Central A/C
- FREE Shuttle to CMU
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- 5 Bedroom Town Homes with Washer/Dryer & 2 Full Baths



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7

- FREE Gym
- FREE Wi-Fi
- FREE Shuttle to CMU
- 2 & 3 Bedroom
- Air Conditioning
- Across from Dick's Sporting Goods



WEST CAMPUS VILLAGE
(989) 775-6789

8

- FREE Gym
- FREE Wi-Fi
- Central A/C
- Washer & Dryer
- Dishwasher
- 4 Bed, 2 1/2 Bath
- 4 Bed, 4 1/2 Bath
- 5 Bed, 2 Bath
- Walk to Class
- Across from Calkins



WESTPOINT VILLAGE
(989) 779-9999

9

- FREE Gym
- FREE Wi-Fi
- FREE Shuttle to CMU
- 2 Bedrooms, 2 Full Baths
- Central A/C
- Dishwasher
- Washer & Dryer
- Microwave
- Patio/Balcony
- Storage Unit



YORKSHIRE COMMONS
(989) 773-7272

10

- FREE Gym
- FREE Wi-Fi
- Central A/C
- FREE Shuttle to CMU
- Pool and Hot Tub
- 2 Bedroom, 2 Full Baths
- 2-3 Bedroom Town Homes, 1 1/2 Baths
- Patio/Balcony
- Dishwasher



1-6 BEDROOM Apartments & Town Homes



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4 JAMESTOWN
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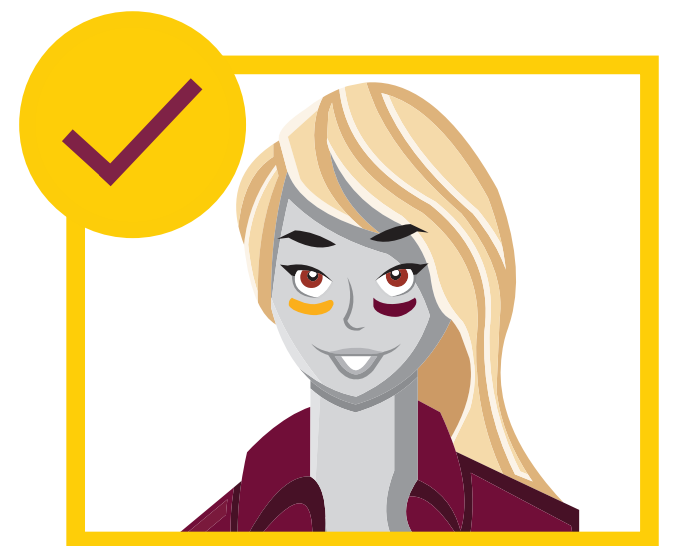
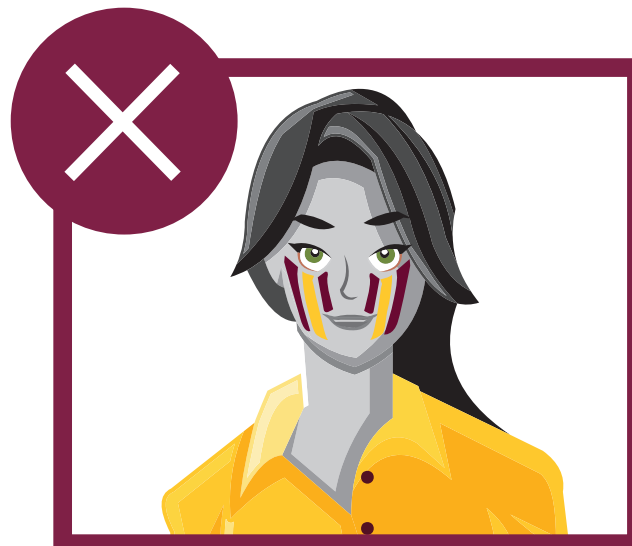
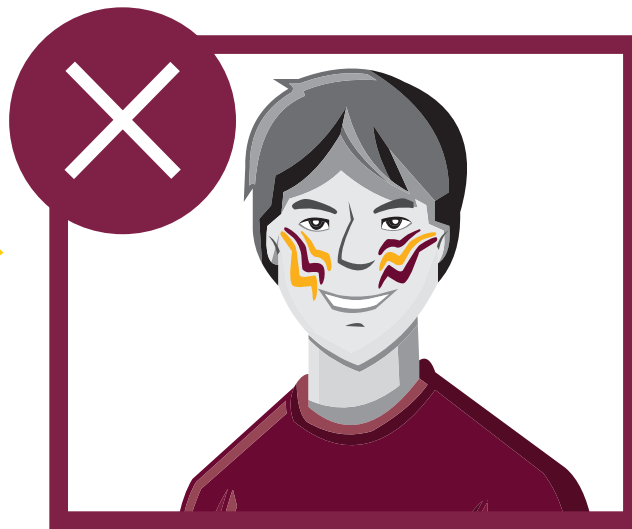
SHOWING YOUR

CHIPPewa

PRIDE

Do's & Don'ts

Showing school spirit at games is a big part of the college experience. CMU is unique because the school symbol is associated with the Saginaw Chippewa Indian Tribe. CMU has a close relationship to the tribe and works hard to ensure the Chippewa name is respected. As CMU Chippewas, it is our responsibility to show our pride in a way that also respects the community that is integral to CMU, Mount Pleasant and the surrounding areas. Rules about face paint, attire and appropriate behavior is available on the CMU Athletics website and in the student handbook. Here is a quick guide to the DO's and Don'ts of wearing face paint with pride.



CMU CARES

College students may experience a variety of difficult situations from depression and anxiety to academic and financial challenges. CMU Cares coordinates helpful resources for students, families, faculty and staff to provide the necessary resources to support students during their time of need. The CMU Care Team is comprised of professionals from across campus such as the Counseling Center, Student Disability Services and Sexual Aggression Services.



Know a student in need?



Concerned individuals can submit a Care report at cmich.edu/cmucares



A follow-up with the reporter is made to confirm receipt of the report & discuss a Care Team response.



Once the student has been identified, the Care Team will reach out to the student and create an inclusive individualized response plan with them.

New year, new food

Welcome to Central Michigan University, where your parents won't be choosing what you eat anymore.

Last year, CMU finalized its contract with Aramark, the campus food provider for the past 25 years. The newly-forged agreement between CMU and Chartwells resulted in a complete makeover for on-campus dining. That means changes for not only residential restaurants but the renowned franchises.

Here are the new campus restaurants to add to your CMU tasting tour:



Courtesy Photo | Shake Smart

Shake Smart: What used to be Burrito Bowl in Bovee University Center across from Starbucks, will not be Shake Smart. A Chartwells company, Shake Smart serves shakes, smoothies, sandwiches and other food items. It will officially open on Monday, August 23.

Tu Taco: is a new mexican restaurant to replace Burrito Bowl. Tu Taco will have a wider variety of options than Burrito Bowl. It will be located in the UC in the Down Under Food Court and will open on Wednesday, Sept. 15.



Courtesy Photo | Freddy's

Freddy's: A diner-style restaurant serving custard, burgers and hotdogs. They have locations all over the United States but only a few in Michigan. Freddy's will be located in the UC in the Down Under Food Court and will open on Wednesday, Sept. 15.

Paper Lantern: A Chartwells-owned asian grill and sushi restaurant. They serve food from a variety of countries like China, Japan and Thailand. Paper Lantern will be located in the UC in the Down Under Food Court and will open on Wednesday, Sept. 15.

Build Pizza: A pizza restaurant where students can build their own custom pizzas. Build Pizza will be located in the UC in the Down Under Food Court and will open on Wednesday, Sept. 15.



Courtesy Photo | Slim Chickens

Slim Chickens: Some other universities that use Chartwells as a food supplier have Chick-fil-a on campus. However, CMU students made their disapproval known about the restaurant after a Chick-fil-a food truck served at a tailgate in 2019. Slim Chickens is the alternative chicken restaurant and will open in the Down Under Food Court on Wednesday, Sept. 15.

Connect with Student Media

It's paramount for Central Michigan University students to stay connected with the campus community. Whether you get your news by reading, listening or watching, your fellow students have created plenty of options to help you stay informed. Check out these student-run media outlets to keep up on everything CMU.

Central Michigan Life

www.cmlife.com
 Twitter: @CMLIFE
 Instagram: @centralmichiganlife
 Facebook: Central Michigan Life
 Podcasts: Spotify, iTunes, Soundcloud



Central Michigan Life is CMU's student-run media company. Stories are published on the website daily and print editions are available on campus, keeping students updated on everything from news to sports. Make sure to follow them on social media to stay up to date.

WMHW-FM

www.wmhw.org
 Instagram: [wmhw_radio_cmu](https://www.instagram.com/wmhw_radio_cmu)
 Station: Mountain 91.5
 Facebook: Mountain 91.5
 Twitter: Mountain 91.5
 Station: The Beat 101.1
 Facebook: The Beat 101.1
 Twitter: 101_TheBeat



Both WMHW-FM stations keep listeners updated on news and sports. Mountain 91.5 plays adult contemporary

rock, while The Beat 101.1 plays R&B and hip hop, something for every listener.

Grand Central Magazine

gcmag.org
 Twitter: @gcmagemu
 Facebook: Grand Central Magazine
 Instagram: gcmag



Grand Central Magazine is CMU's online student magazine. Its content is focused on CMU with articles on style, entertainment and student life which can be found on their website and social media.

News Central 34

www.newscentral34.com
 Twitter: @newscentral34
 Facebook: News Central 34
 Instagram: newscentral34



News Central 34 is CMU's student-run broadcast news program. This news program airs live at 5 p.m. on weekdays, and 10 a.m. on Mondays, Wednesdays and Fridays. The live broadcasts can be found on their website, so make sure to check it out.

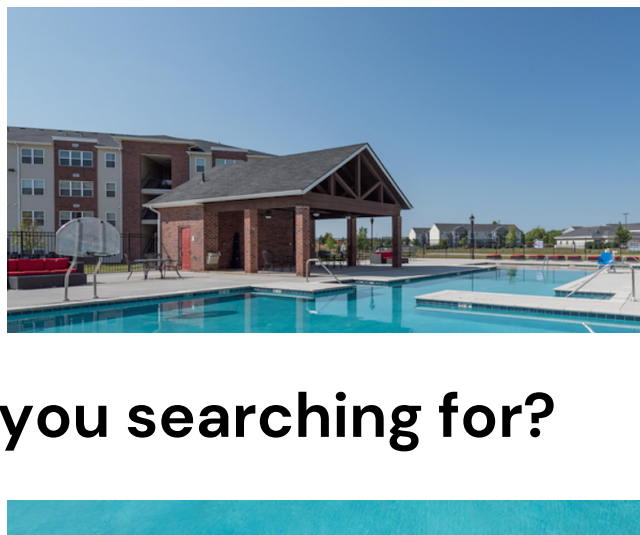
STORY BY TESS WARE | STAFF WRITER

Twitter



Accounts to follow

- @CMUniversity
- @CMLife
- @cmuweather
- @CMU_Libraries
- @CMUconfessions2
- @cmuathletics
- @CMUpd
- @CMUprogramboard
- @CMU_GREEKS
- @CMUVolunteers
- @CMUBookstore
- @CMUCareers
- @CMUSGA
- @CMLifeSports
- @CMU_Leadership
- @CMULSafari
- @ResLifeCMU
- @StudyAbroadCMU
- @gcmagcmu
- @newscentral34
- @mountain_101
- @WCMUnews
- @CMUCampusDining
- @101_1TheBeat
- @MtPleasantMI



What are you searching for?



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www.CentralMichiganLiving.com



Bay City freshman Skylar Anderson volunteers her help stocking the Student Food Pantry in Robinson Hall. (photo credit Michael Livingston)

Chip in, help out

WHERE TO GO ON AND OFF CAMPUS TO VOLUNTEER

At Central Michigan University, volunteering can forge a path to the future. For those who have a volunteer's heart, consider this guide on how to offer your services.

The Mary Ellen Brandell Volunteer Center is the central hub for all service opportunities on-campus. Located on the first floor of the Bovee University Center, its doors are open for those who want to offer their strength and knowledge.

Signing up for an opportunity is as straightforward as it is necessary. Students can fill out a Volunteer Interest Form and find information on upcoming events via Engage Central - a website used by all offices and student organizations to broadcast themselves.

Of course, walk-ins are also welcome, said Volunteer Center Director Erica Johnson.

"If a student comes to us, one of the first questions that we ask is 'What do you care about? What do you like to do?'" Johnson said.

Some students, such as those in the honors program or holders of certain scholarships, are required to fulfill service hours as a graduation requirement.

Logging hours is essential to fulfill those requirements and can also be done via Engage. Any volunteering managed by the Volunteer Center is logged automatically. However, volunteering outside of CMU requires students to get verification from the organization they worked with.

The Volunteer Center offers a weekly email newsletter to keep track of any opportunities that come down the pipeline with direct links to sign up. Signing up for the newsletter can also be done via Central Link.

Before signing up or reaching out, consider researching the various programs offered.

Descriptions of every Volunteer Center program can be found online and no two opportunities are alike.

Here are just some of the Volunteer Center's highlighted programs:

Alternative Breaks Meant for students who love to travel and make memories in new communities. Alternative Breaks send students somewhere around the state, country or world to focus on a variety of social justice issues. These opportunities occur over breaks in the academic year (i.e. holiday break, spring break, etc.) as well as weekends. Week-long breaks often require students to pay travel fees.

Student Food Pantry: Located under the Robinson Residential Restaurant, the Student Food Pantry helps fight food insecurity on campus by distributing free food to students. They also provide meal swipes for students without a meal program. Volunteers can help keep the food pantry running by working distributions, organizing the storage space, and other tasks. The pantry is open Tuesdays, Wednesdays and Fridays.

America Counts and Reads: A federally funded tutoring program through the CMU volunteer center where students help improve local children's math and reading skills.

Financial Wellness Collaborative: The program assists students with budgeting and managing their finances as a college-student.

"I really feel like we have something for everybody," Johnson said. "Even if there wasn't something we could help them with a national search for what they're interested in. Right now

there's a lot of virtual opportunities we can connect students to."

New students become part of more than just the campus community. The greater Mount Pleasant area is home to numerous nonprofits, charities and organizations with plenty of additional volunteer opportunities.

The Volunteer Center collaborates with many of these community organizations such as RISE, an advocacy network for survivors of sexual assault and domestic abuse, and Isabella County Restoration House (ICRH), the local homeless shelter.

"The community welcomes the students and looks forward to working with them, getting to know them and letting them know what Mount Pleasant is like and what we offer," said ICRH Executive Director Dee Obrecht.

To find volunteer opportunities off campus consider the following organizations:

Mount Pleasant Discovery Museum Students work with children at craft tables. Alternatively, they could do desk work for the museum. The museum is open Thursday-Monday and scheduling is flexible. Volunteers must pass a basic background check.

Community Compassion Network and Care Store Volunteers deliver food to young students in need or work the stationary pantry which has drive-thru days every Thursday and Saturday.

Greater Midland Coleman Family Center Volunteers work in the Coleman Community Market, which is run by the community and volunteers. They help clients look for what they need, stock, and work a register.

Samaritas Students help refugee and immigrant youth become independent adults. Volunteers work as tutors and mentors, but tutors require at least an associate's degree in the relevant field.

New Day Foundation for Families Fighting Cancer Students can deliver groceries to families in need. They contact families to set up a time, shop, and then deliver.

Habitat for Humanity: A nonprofit housing organization working in local communities across the nation. An Isabella County branch is located at 201 E Pickard Road.

Clothing Inc: A local nonprofit dedicated to providing free clothing to their guests at its 1114 W High St. location, in addition to offering education and community connections. Prospective volunteers can fill out a form on the organization's website.

To volunteer or request information, contact the Mary Ellen Brandell Volunteer Center in the Bovee University Center 106 or at volunteer.center@cmich.edu.

STORY BY BEN JODWAY AND MICHAEL LIVINGSTON
STAFF WRITERS

1 in 3 college students experience food insecurity.



The Student Food Pantry is open and free to any currently enrolled CMU student to promote academic success and has produce, meat, hygiene products, school supplies, & more!

Open for Distribution: Tues 5-7 p.m, Wed 3-5 p.m, Fri 12-3 p.m

Register online at the Student Food Pantry Engage Central Page



Confidently Pursue Your Degree with a Financial Plan

The Financial Wellness Collaborative is available to CMU students for 1 on 1 Peer Coaching, offers

educational presentations, and online options to work at your own pace.



Contact us:
Bovee UC 116
finwell@cmich.edu

   @CMUVolunteers @Resource_CMU

» We Do community

- Engage local community to address social justice issues
- Discover your personal & career passions
- Long & short term service opportunities
- Leadership & employment opportunities
- Check-out Engage Central using the QR-Code



MARY ELLEN BRANDELL
VOLUNTEER CENTER
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ATMs and branches are located on campus at the **Bovee University Center**. To find one close to you, or to schedule an appointment, visit pnc.com/locator.



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Or to learn more, visit pnc.com/cmich.



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² Virtual Wallet Student has no minimum balance requirement or monthly service charge for active students for six years from the date of account opening. You may be asked to provide proof of active enrollment in a qualifying educational institution. At the end of the six years, your account will be converted to Virtual Wallet and subject to the Virtual Wallet Features and Fees in effect at that time. If you transfer this account to a different product or account type during the first six years, you will forfeit the benefits of the Virtual Wallet Student account and will not be able to transfer back to the Virtual Wallet Student account.

³ Visit pnc.com/locator to find a PNC or PNC Partner ATM near you where PNC customers can access money fee-free.

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