

The State News

Michigan State's Independent Voice



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The State News

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Junior guard AJ Hoggard and sophomore guard Jaden Akins rally during the Sweet Sixteen match-up against Kentucky State University at Madison Square Garden on March 23, 2023. The Spartans fell to the Wildcats with a score of 98-93. Photo by Audrey Richardson.

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COVER: State News staff members Wendy Guzman and SaMya Overall hold hands.
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 The State News

Cooking with love: How 3 generations bond over baking

By Hannah Woehrle
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Food has always been something that brings people together. The act of sharing a meal or providing for someone else is not only seen as an essential part of life, but an act of love.

For human biology sophomore Jackie Good, the kitchen has been a staple in her relationship with both her mother and grandmother.

"My whole life, we started with making sugar cookies for all the different holidays," Jackie said. "We'd make sugar cookies at Easter time, and summer sugar cookies and Halloween and Christmas sugar cookies. And so that kind of developed my interest in baking."

Some of Jackie's earliest memories include her and her mom gathering in the kitchen to make cookies. Her mom would make the dough and roll it out, Jackie would place the cookie cutter into it and her mom would then help her pick it up and put it on the pan. After the cookies were baked, the two would frost them together.

Kim Good, Jackie's mother, also baked cookies with her mom growing up. Kim was a part of the 4H club, a youth development and mentorship club, where she baked cookies and submitted them to the fair for judging.

"We would practice together and then my

mom would give me pointers, because if you make cookies, you wanted them to be about the same size, and about the same texture and about the same color," Kim said. "It was practicing over and over so you get that perfect cookie."

Kim said her interest in baking came from watching everything her mom, Everly Post, would bake. Everything Post made was homemade — from breads to cookies.

Post started baking at a very young age after watching her mom in the kitchen. Before she was really allowed to do much baking, she liked to get into the flour and mix things in her own little baking dishes and pans.

"My mother was really quite permissive in allowing me to bake and to cook and experiment, so that was fun," Post said.

As each of them — Post, Kim and Jackie — got older, they have started branching out and trying more challenging recipes. Post said it's especially fun to see Jackie's interests and abilities grow as she branches out and experiments with new things.

Before the three get together, Post and Jackie exchange ideas about the different things they will bake together. They recently made almond croissants and will be attempting vanilla scones made from real vanilla beans this summer.

Last Christmas, Post and Jackie had a baking



Art by Aryanna Dorsey

list longer than the days they were visiting, so they'll carry it over to the summer.

While they are frequently experimenting with new ideas, Kim said much of what they make comes from family recipes. One of these is for saucijzenbroodjes — Dutch sausage rolls — which are a nod to their Dutch heritage and one of their favorite things to make.

"Most (recipes) came probably from my grandma and then my mom would make, and then pass on and then now that Jackie's making," Kim said.

While it's fun to cook from old and new recipes, the three agree baking is much more than the food that comes out of it.

"I think it's just like the traditions and the memories and the things the food is associated with, (there's) a certain familiarity with them," Kim said.

When Kim recently thought about making chili and cinnamon rolls, she said her first thought wasn't of how they would taste, but of her

memories making them with her mom and then later with her own kids.

"I think it's just having that common bond, that thing that we all enjoy doing, and it's being able to share what one another are doing," Kim said. "Just remembering how much we enjoyed that as kids growing up and now something that I can do with my family, and then just pass those sorts of traditions and memories along."

Post said the joys of baking include being able to pass along values, too. The value of being self-sufficient and doing things yourself rather than purchasing the ready-made or finished product is something she said is especially important to pass along to her daughter and granddaughter.

"I think it's just time spent together," Jackie said. "The activity of spending time with my grandma is something I look forward to and I'm thinking about it a few weeks in advance. ... We're always talking about what we're going to make and just getting to spend that time together one-on-one."

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Munn and marriage: Hockey staff members navigate life as spouses and colleagues at alma mater



MSU Men's Hockey Director of Player Development Brad Fast with his wife and Men's Hockey Executive Secretary Lindsay Fast on March 22, 2023. Photo by Jonah Brown

By Maddy Warren

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Upon entering the front office of Munn Ice Arena, you'll find the hockey team's executive secretary, Lindsay Fast, behind the desk, greeting you with a friendly smile.

Just down the hallway are the offices of the coaches and support staff, including Director of Player Engagement Brad Fast, who also happens to be Lindsay's husband.

While some people might hesitate at the thought of having their significant other or spouse as a coworker, Brad and Lindsay make it work — in fact, they love it.

"My office is down here and he's at the other end of the hall — which kind of sounds funny, but we really don't run into each other a ton during the day," Lindsay Fast said. "But it is nice when he walks out, I'm like, 'Hey, how's it going?'"

The couple met during their senior year at Michigan State University on a blind date set up by friends. Brad was a defense man and captain of the hockey team while Lindsay majored in advertising.

Two years after their graduation in 2003, they were married at the Alumni Memorial Chapel on campus. Now, nearly two decades later, they work alongside each other at the university that brought them together.

THE JOURNEY BACK TO EAST LANSING

After Brad retired from his



Brad and Lindsay Fast pictured with their three sons, Riley, Beckett and Gavin, at Munn Ice Arena. Photo courtesy of Lindsay Fast.

professional hockey career in 2011, he and Lindsay returned to East Lansing from overseas, and they've stayed put ever since. The couple has three sons together, all of whom play travel hockey.

Lindsay's hometown is 45 minutes away from East Lansing while Brad is a native of Fort St. John in British Columbia.

"I joke that I won the 'Where in the world do we live?' When he retired," Lindsay said. "We moved all over the world ... but we had a house here because he would ... come back and train with all the other pros. So, we came back every year and then we just kind of stuck, which was nice to be back in East Lansing."

Brad was director of hockey operations at MSU from 2015

to 2019 before leaving the school to take another position for a year and a half.

Lindsay assumed her current role with the team prior to the start of the 2019 season when the former executive secretary retired after 49 years.

Previous coaches and staff members put together a list of requirements they were looking for in the next candidate. They told Brad they thought Lindsay would be a good fit for the role and asked if she would be interested. Lindsay was interviewed and got the job.

"The list of things they had rattled off, in my head I was like, 'Holy smokes, like that is so, so Lindsay.' And so, no question about the role. The only question was if we could come to work together," Brad said. "We made it last for

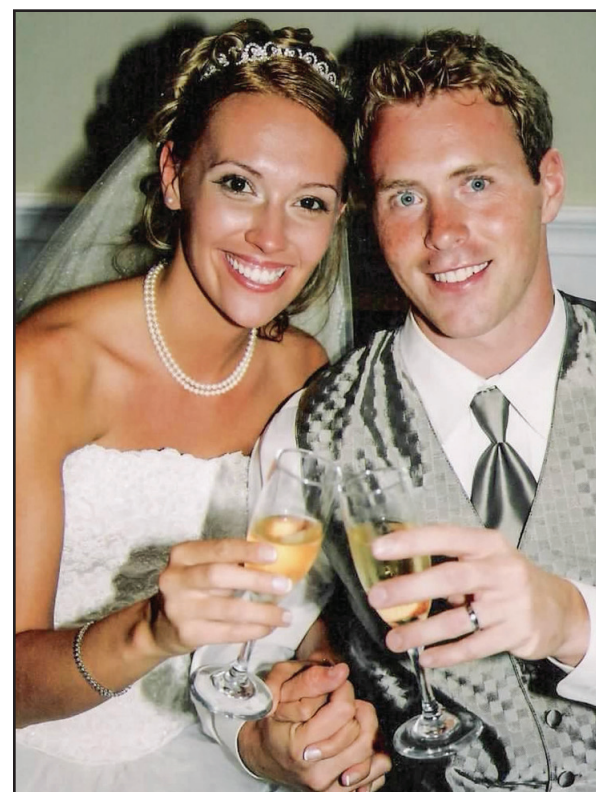
a whole month, and then I got a different job, only by coincidence and timing in our lives."

The couple reunited in the workplace last year when hockey head coach Adam Nightingale was hired and Brad was asked to rejoin the staff.

"Three years later, we're right back to kind of where we wanted to be," Brad said.

BALANCING LIFE AS COLLEAGUES AND SPOUSES

In part of managing a hectic schedule consumed with hockey, their roles allow them to work together as a unit. Brad travels for road games with MSU, while Lindsay stays in East Lansing with their sons to help them juggle their own commitments.



Lindsay and Brad Fast on their wedding day in 2005. Photo courtesy of Lindsay Fast

"MSU has just been, luckily, the heart of everything for us. That's where we met and grew our family here... It's been a good journey."

Lindsay Fast
MSU Hockey Executive Secretary

"As much as we both want to work here, our family decisions actually became a factor," Brad said. "We're very thankful ... the coaches here have been fantastic with us. And it allows Lindsay to be at home on the weekends with our boys going in a million different directions and looking after them."

The couple emphasized the importance of keeping professional and personal life separate.

"Lindsay has a really good demeanor," Brad said. "She can leave work at work and at home at home and make sure that it's professional here, and when you walk in at home, you're at home."

WHAT MICHIGAN STATE MEANS TO THE FAST FAMILY

Through all the traveling and moves over the years, one constant in the couple's story has been MSU.

"While hockey took us all over the place, this was always our rock or a place that we could come to," Brad said. "We bought a place here ... we'd come stay here in the

off-seasons and we did that enough where it started to feel more and more like, 'You know what? This is where we're going to be when everything settles down.' And we haven't moved from that."

One of Lindsay's duties as executive secretary is getting alumni to come back for visits and games, which allows the couple to reconnect with old friends.

"It's like a lot of the people that Brad played with or that we've met through the years," Lindsay said. "Showing that excitement to them and making sure that they feel welcome and excited to come back and then showing them the new energy ... for me that just is so fun and makes it even more exciting every day."

The pair agreed East Lansing, Michigan State and Spartan hockey mean the world to them and their family.

"MSU has just been, luckily, the heart of everything for us," Lindsay said. "That's where we met and grew our family here. ... It's been a good journey."

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Art by Aryanna Dorsey

Experts say more expansive sex education is needed to destigmatize STIs

By Maggie George
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Michigan schools are not required to teach sex education outside of HIV and AIDS, and if a school chooses to teach sex education, abstinence must be promoted as a healthy lifestyle.

However, many sexual education policy experts are advocating for a more expansive minimum to be taught, one that includes not only discussion of sexually transmitted infections, or STIs, but also the concept of "sexual citizenship."

Sarah Prior, an assistant professor of sociology at Michigan State University, defines sexual citizenship as destigmatizing the ways sexuality is looked at, particularly for marginalized communities, and having the right to engage in sex that feels comfortable to an individual.

According to Prior, education about one's sexual citizenship is crucial to maintaining boundaries around autonomy.

Prior said sexual citizenship can be disrespected when boundaries of consent are crossed, such as coercing someone to have unprotected sex. In Michigan's current sex education policy, schools are not required to teach about consent, but are required to teach refusal skills.

"If you are impeding someone from exercising their own bodily autonomy, that is violence ... you are taking someone's ability to be a fully free sexual citizen away from them," Prior said.

The same goes for non-consensually removing a sexual barrier, such as a condom, before or during intercourse. This is known as "stealth," and is a form of reproductive coercion.

Reproductive coercion is defined as threats or acts of

violence against a partner's reproductive health or decision-making, according to Kara Zeiter, the educational program coordinator at MSU's Health Promotion Department.

Besides helping to curb reproductive coercion, one of Zeiter's main goals is to destigmatize 'STI diagnosis'. She said those diagnosed with an STI, even after treatment, tend to be shamed, feel shamed or both.

"The individual who has the STI is the one who feels the stigma the most, but it's a treatable, manageable thing," Zeiter said. "You can have a normal sex life following an STI diagnosis," Zeiter said.

Some communities, like queer communities, are often inequitably shamed for their expression of their sexual citizenship, Prior said.

Evidence shows the stigmatization of STIs in queer communities is often associated with HIV and AIDS, especially regarding gay men. But today's data shows that rates of HIV and AIDS are much more common amongst heterosexual men, Prior said.

"We still have stigma about the queer community, but that's not actually who is contracting it and spreading it at higher rates now," Prior said.

Prior advocates for comprehensive and inclusive sex education, including discussions outside the typical hetero-normative ideas about penile and vaginal sex. She said this narrow education on sex furthers the stigma.

Michelle Slaybaugh, director of social impact and strategic communications at the Sexuality Information and Education Council of the United States, or SIECUS, said a comprehensive sex education curriculum goes beyond pregnancy and STI

prevention.

"It looks at the child or young person holistically and gives them foundational tools to be able to protect themselves throughout the rest of their lives, so they don't grow up thinking there's a stigma attached to an STI, as well as provides them with the information they need to reduce the risk of (contracting) an STI," Slaybaugh said.

Prior said universities can be a helpful place for sexually active students to go when they're curious and looking to know more about their sexual citizenship and sexual health.

"The more education you give a person, the better equipped they are to make decisions about their body," Prior said.

MSU's Health Promotion Department reported that 98.1% of students said they have never contracted an STI and 60.7% of students said they used a condom last time they had vaginal intercourse.

MSU's Health Services physician Dr. Tim Spedoske said that the risks posed by contracting an STI can range from being asymptomatic, especially when detected and treated rapidly, all the way to fertility issues.

"For people who have a uterus it can cause pelvic inflammatory disease which can be extremely dangerous," Spedoske said.

Spedoske said for these reasons, pressuring someone into sex without protection is troubling and the desire to practice safe sex using a condom needs to be affirmed and honored by each sexual partner.

"It definitely should be destigmatized, and people should feel comfortable coming and seeing either our providers or a provider somewhere else that they're comfortable with," Spedoske said.

Long-lasting couples share keys to lasting relationships



Photo of Kyle Heslop & Elizabeth Pall on March 23, 2023. Photo by Jonah Brown

By Thomas Cobb
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As an eighth-grader on the Novi Middle School swim team, electrical engineering senior Kyle Heslop forged a bond with Elizabeth Pall, oblivious that this would blossom into a long-term love story. After all, who finds their lifelong partner at 14?

Over a decade later, in June 2025, Heslop and Pall intend to walk down the aisle together and become husband and wife on their 10th anniversary.

“At some point, you decide, ‘You know what? That’s it. I’m throwing all my eggs in this basket; I don’t care. I want to be with this person,’”

Pall said. “As long as they feel the same way, I’m going to make it happen.”

Heslop said he and Pall have grown together instead of growing apart over the years, which he thinks is a mix of chance and unwavering commitment.

“We could change and be different people and grow apart at any time, and it just never happened,” Heslop said. “At some point, that’s luck.”

Today’s constantly changing dating landscape, particularly among teens, enables relationships to develop and dissolve frequently. However, there is something notable about couples who stick together throughout their

adolescence.

Professional and public writing senior Kyla Chamberlain met MSU graduate Carter Landis in an economics class in 2020 before the two began to spend time together and finally date. The couple is on the brink of their two-year anniversary.

Chamberlain said the most critical component of their long-term relationship is communication and honesty.

“If I’m not happy with something or if something is going on, it could be really easy to bottle everything up and shut off your emotions,” Chamberlain said. “I really think that talking things through and being completely

transparent and honest with each other is what has helped us last so long.”

Similarly, Heslop emphasized the significance of communication and “airing out dirty laundry” in any serious relationship.

“Any little problem can become such a big deal if you just don’t talk about it, so why not talk about it immediately?” Heslop said. “Just don’t let things fester.”

Counseling and Psychiatric Services counselor Troy Strother said communication and transparency are crucial in building and preserving partnerships.

“To maintain any kind of relationship, the communication must be crystal clear,” Strother said. “Getting clarity on what your partner is saying first before responding is key.”

Chamberlain said another essential aspect of her long-lasting romance with Landis is taking space when necessary.

“You don’t have to be with each other every second of every day,” Chamberlain said. “If you need space, physical or emotional, that is key to clear your mind, and then you can regroup with some good ideas of how to move forward instead of acting irrationally.”

With Landis working as a news anchor in Alpena almost four hours away, Chamberlain said the two had several difficult discussions about lifestyle differences. Regardless, they

work through it and continue to make time for each other, whether on FaceTime or long-distance dates.

“We were able to communicate openly and honestly and have some pretty hard conversations,” Chamberlain said. “I think that made us a lot stronger in the end.”

Strother said when relationship partners have disputes, they tend to respond negatively to the other person instead of reacting to the situation.

“We wind up fighting and arguing with each other and never really addressing, what are we in disagreement about?” Strother said. “Disagreements and conflicts should have a team approach.”

Heslop and Pall also dated from afar during Heslop’s tenure at MSU and Pall’s stints at Oakland Community College and Eastern Michigan University. Still, the tenacity of their love prevailed.

“When we first started college, I drove up to see him every weekend,” Pall said.

As Heslop gears up to spend eight months working in Dallas, he and Pall are preparing for their romance’s first significant long-distance segment. Despite the daunting prospect of moving across the country, he remains confident in the strength of their relationship.

“I’m not super concerned,” Heslop said. “It’ll be tough, but I don’t think it’ll be anything that’ll be too much

of a struggle for us. We’ve already got a lot of ideas.”

Both couples agreed receiving thoughtful gifts instead of materialistic gifts goes a long way in establishing a meaningful connection. For example, on their first anniversary, Pall hung up 365 paper cranes in Heslop’s bedroom while he was out.

“(Cranes) are supposed to represent longevity and stability,” Heslop said. “They have always been a symbol that we really like, and that was just a really special moment for me.”

Likewise, Landis said Chamberlain gifted him a “believe” sign, referencing the Apple TV+ show “Ted Lasso”. She also baked him shortbread cookies, as seen on the show. Landis brought the sign to Alpena and hung it above his door.

“That always makes me feel so special when she does things for me in terms of gifts or celebratory things that have such personal meaning,” Landis said. “I always appreciate that so much.”

What defines a relationship is how it responds to adversity, Landis said. He also said relationships take work and endure hardships, but in the long run, it’s all about loving the other person and putting in the effort.

“If something is broken, don’t throw it away; fix it,” Landis said. “There’s no reason to just abandon it over one hardship.”



COLUMN: After 4 years, here’s what I’ve learned dating at MSU



By Maddie Monroe
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I am by no means a relationship expert.

In fact, a majority of my relationship expertise comes from the numerous mistakes I have made while dating and a fair amount of “Sex and the City” episodes. And while I am no Carrie Bradshaw, I have spent the last four years in East Lansing attempting to navigate the

dating scene. Over that time, I have learned a few things.

When I first started at Michigan State University, I was still dating my high school boyfriend. Let’s just say it ended poorly, with him driving out of my parent’s driveway blasting “Cold as Ice” by Foreigner.

So, not great.

I was fresh out of a yearlong relationship and ready to see what dating at MSU had to offer. I had a pretty good attitude about it. I figured with a population of 50,000 people, it shouldn’t be hard to find someone I was compatible with. But I had no idea what I wanted or what expectations to set for myself, which leads to my first lesson.

BE CLEAR ABOUT YOUR EXPECTATIONS

Make it known what you are looking for. If you are looking for something long

term, then say so. If you are looking for something casual and just for fun, then say so. This can surprisingly solve a lot of problems and save you a lot of time. If Chad from Sigma-Whatever seems like he only wants something casual and you are looking for a serious partner, he might not be the guy for you.

This is why it’s important to ask the other person what they are looking for as well. You shouldn’t waste your time on someone who clearly has different expectations than you, and this goes both ways.

If someone tells you they are looking for something serious and you are not, then don’t waste their time if you know you don’t want a serious relationship with them. This is definitely easier said than done, but really does help in the long run.

ALWAYS BE HONEST, BUT DON’T EXPECT OTHERS TO TELL YOU THE TRUTH

Honesty is always the best policy, even with small things. Lies tend to come to the surface one way or another, especially if you hope to be in the same relationship for a long time. But you also shouldn’t expect everyone to tell the truth — sometimes people just suck.

I, unfortunately, learned this the hard way. After dating someone for a few weeks, I got a text from her boyfriend asking me why I was texting her about our next date.

You shouldn’t always be snooping for lies expecting to have been lied to, but trust your gut. If something seems shady, it probably is.

SET BOUNDARIES, BUT BE REASONABLE

It is always important to set boundaries in a

relationship, whether it’s small things like setting time to spend alone or with friends, or big things like when you feel it’s the right time to meet each other’s family. Boundaries keep you from feeling uncomfortable or rushed, but they should also be reasonable.

If someone’s boundaries seem sketchy, like refusing to let you meet their friends or go out with them in public, it could be a red flag. Boundaries are there so you don’t cross a line, but that shouldn’t involve cutting out seemingly normal steps in a relationship. And if someone’s boundaries are not aligned with your own, it’s OK to ask why but also respect their feelings.

DON’T TAKE THINGS SO SERIOUSLY

Sometimes you just have to go with the flow, and that’s when I’ve personally had the

most fun dating. You are probably not going to meet your soulmate on Tinder, so don’t put a lot of pressure on finding someone. Having short-term relationships that don’t go anywhere is okay; it’s perfectly fine to just have fun.

Be spontaneous and even a little reckless. Sometimes those moments make for the best memories.

At the same time, don’t waste your energy on people who don’t seem interested. If someone isn’t texting you back right away, they are probably busy. But if you only hear from them after 1 a.m., it might be time to rethink things.

Dating in college is supposed to be fun and provide you with new experiences. Don’t let unrealistic expectations drag you down. Have fun, be safe and Go Green.

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