



by Ky'Lynn Monts
DIGITAL EDITOR
SHE/HER/HERS
kylynn.monts@uconn.edu

Valentine's Day is a day full of love, laughter and celebration with a significant other (a little late-night celebration if you're lucky). It's a day when you tell your lover how much they mean to you.

But there's a question that lingers: why do we need Valentine's Day for that? And before you think I'm bitter about Valentine's Day, hear me out.

Why is it that we wait until every Feb. 14 to show those who mean the world to us just how much they matter? Why do flowers become a necessity? Paragraphs are now poetic and dinner reservations are cherished because the calendar is telling us to care. There is nothing inherently wrong with Valentine's Day. Rituals can be fun, and they give people a reason to slow down and express meaningful appreciation for the relationships (platonic or not) in their lives.

Still, love does not operate best on a calendar.

Valentine's Day is beautiful, but it is also performative. A giant teddy bear with heart-shaped chocolates re-

ally doesn't compensate for the eight months of emotional laziness. And posting a photo captioned "my forever" doesn't mean anything if you were struggling to stay present on a random Tuesday in November.

And here is where I really want you to hear me out: be stupid for love.

Not the kind of stupid where you are tolerating disrespect, infidelity and the loss of yourself. But the kind of stupid that means you are soft. The kind of stupid where you are shamelessly expressive about the one you love. Stupid as in sending a long sappy text, holding hands in public and planning that surprise for no reason.

Being stupid enough to care and show your love out loud.

We are in a time where detachment is cool. Nonchalance is the protection for too much emotional availability and pretending that you don't care makes you cooler and powerful. But there is nothing cool about withholding feelings, especially when it comes to withholding feelings for the people you love the most.

If you love someone, tell them on Feb. 14, of course, but also make sure to tell them on March 3, Nov. 8 and Dec. 10. Tell them

on that random Monday after a bad chemistry lab, at times where you're tired and when they are doubting themselves.

Love is not about a grand gesture once every year. It's about the daily decision to choose someone over, over and over again.

Valentine's Day is not the problem. The problem is thinking the day should be the only time you love out loud.

It might feel silly, it might feel stupid and maybe even scary. But anytime the universe gives you the opportunity to show the people around you how much you love them, you do it. And even if you do it every day, Valentine's Day is just another day to do it.

Life is already rough and tough. And we must seize any and every moment to love on the people around us as much as we can. It might be stupid to you, but that memory lives forever even when one of you does not.

Time moves faster than we could ever expect it to. We do not always get a warning or a notification before things change. This is why love cannot be postponed.

Being stupid for love is refusing to live with any emotional regret.

Because one day, the flowers

and Instagram captions won't matter. But what will matter are the ordinary days when we showed up without being asked. The laughter in between moments of stress. The memory of feeling chosen consistently.

Protecting ourselves from looking foolish, we forget how much damage silence can do. How many relationships fall off not because the love faded, but because the expression of love did?

So be stupid for love, not just on Valentine's Day but for every day you are lucky to have it.



Anti-love songs for the perfect anti-Valentine's Day

by Elijah Polance
STAFF WRITER
HE/HIM/THEY/THEM
elijah.polance@uconn.edu

While many people fully embrace or are indifferent to Valentine's Day, those who have gone through a recent breakup or who are cynical about love might hate it entirely. Forget songs about romantic love or hopeless yearning — here are some anti-Valentine's Day songs that will validate anyone's aversion to the holiday.

Olivia Rodrigo - "Love is embarrassing"

Has a past relationship left you feeling done with romantic love in its entirety? Well, on "love is embarrassing," Olivia Rodrigo sure seems to think that way. With an upbeat pop-rock approach and satirical charm, Rodrigo tackles how tiring romance can be, referring to pointless sacrifices made for "some weird second string loser who's not worth mentioning."

Like many of the songs on her sophomore album, "Guts," Rodrigo maintains a sense of self-awareness, balancing the line between being dramatic but also comedic with tongue

in cheek lyrics. With the song's focus on the futility of love, it's a compelling ode to the strengths of staying single and a worthy listen for those unenthused about Valentine's Day this year.

Adrianne Lenker - "Vampire Empire"

Through a live performance on "The Late Show with Stephen Colbert" and social media circulation, "Vampire Empire" has become one of Big Thief's most popular songs. It's a densely illustrated track covering a relationship plagued by the narrator's co-dependence and miscommunication with their partner.

While released as a single by the band in 2023 that provided bristling indie rock catharsis, their frontwoman Adrianne Lenker recorded a solo version for her 2024 album "Bright Future." Her vision is a looser, jam-like composition with folk instrumentation. The intimate presentation and slightly altered lyrics arguably hit harder, especially with the repeated line: "In her vampire empire, I'm the fish and she's my gills." Clearly, nothing is working in this relationship, and those who

have been in these situations know this isn't the kind of love you want on Valentine's Day.

The Beatles - "I'm Looking Through You"

If you go through The Beatles' discography, the amount of optimistic love songs can feel never-ending, especially in their earlier albums. Their abundance, while tiring, helps make scathing cuts like "I'm Looking Through You," written and sung by Paul McCartney for the 1965 album "Rubber Soul," stand out even more.

The folk rock song is all about miscommunication and not seeing a partner in the same admirable light as before, with the conflict rooted in McCartney's own experiences toward the end of his relationship with Jane Asher. At the end of the verses, McCartney's vocals steer into an angered shout while aggressive guitar licks amplify the negativity, giving the sense that the relationship was never really worth it in the first place.

Taylor Swift - "All Too Well (10 Minute Version)"

While 10 minutes is a long runtime for a pop song, Taylor Swift perfectly paces her re-recorded

version of "All Too Well" to keep any part from dragging. Verse after verse of imagery spanning reflection, idolization and bitterness moves the mountain of a song and its compelling narrative of a relationship's beginning, end and aftermath along.

By weaving in and out of memories and contemporary contemplation, "All Too Well" transcends traditional breakup songs and dives into a deeper exploration of how this relationship impacted Swift. While she seems to end with some solace and appreciation for the relationship happening, even with its lows, the plethora of overwhelming emotions and feeling of dejection show that love isn't always all it's made out to be.

Chappell Roan - "The Subway"

Chappell Roan may have only released two songs in 2025, but they sure stuck, especially "The Subway." Boasting a waterfall of jungle pop guitars, Roan sings elegantly about a past love that she keeps seeing, both literally and figuratively, throughout a city.

It's a melancholic, post-breakup ballad that highlights how the downsides of love can linger af-

ter a relationship with frustrating effects. The way the bridge switches from the line, "She's got a way," to "She got away" shows Roan won't be getting over this relationship anytime soon. What an annoying feeling.

Bob Dylan - "Don't Think Twice, It's Alright"

"Don't Think Twice, It's Alright" is one of Bob Dylan's more popular works, and for good reason. The track unfolds as a narrator addresses a woman soon after their relationship ends. Boasting an infectious fingerpicked guitar melody and soothing harmonica playing, the song remains comforting despite the somber acquiescence of parting ways.

Admittedly, the track is less cynical and negative about love than the others on this list. It's mature and reflective; a tribute to the worth of moving on. Still, Dylan infuses a bit of that anti-love sentiment to close it off, applying both jab and bandage with the words: "You just kinda wasted my precious time / But don't think twice, it's all right."

