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The Utah Statesman

Utah State University • Logan, Utah

Collision causes vehicle stack up

Student projects displayed at expo

BY TMERA BRADLEY
 staff writer

Students at the Edith Bowen Laboratory School on the USU campus presented their science projects at a school-sponsored fair Thursday.

Parents were invited to the STEAM Expo — science, technology, engineering, art and math — in an effort to show what their children have been working on.

“Rather than doing your typical science fair where they do a little project at home and then they bring it to school, we just thought it would be really wonderful if parents could get a sense of what we’re doing,” said Mark Wallin, a teacher at Edith Bowen.

Wallin said they collected the projects the students had worked on at school.

“Then as a way to celebrate that, we invited parents to come in and walk around with their kids,” Wallin said. “The event is really just a celebration of what kids have been doing during the cold winter months.”

The vortex cannons were some of the most popular displays at the fair. They were cylinders filled with smoke and a back made from a flexible material.

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Supreme Court case hits home

BY ANDY PIERRUCCI
 staff writer

Many Americans paid attention to the U.S. Supreme Court arguments last week on the definition of marriage and whether the federal government has the right to define marriage. Many people throughout the country weighed in on the case.

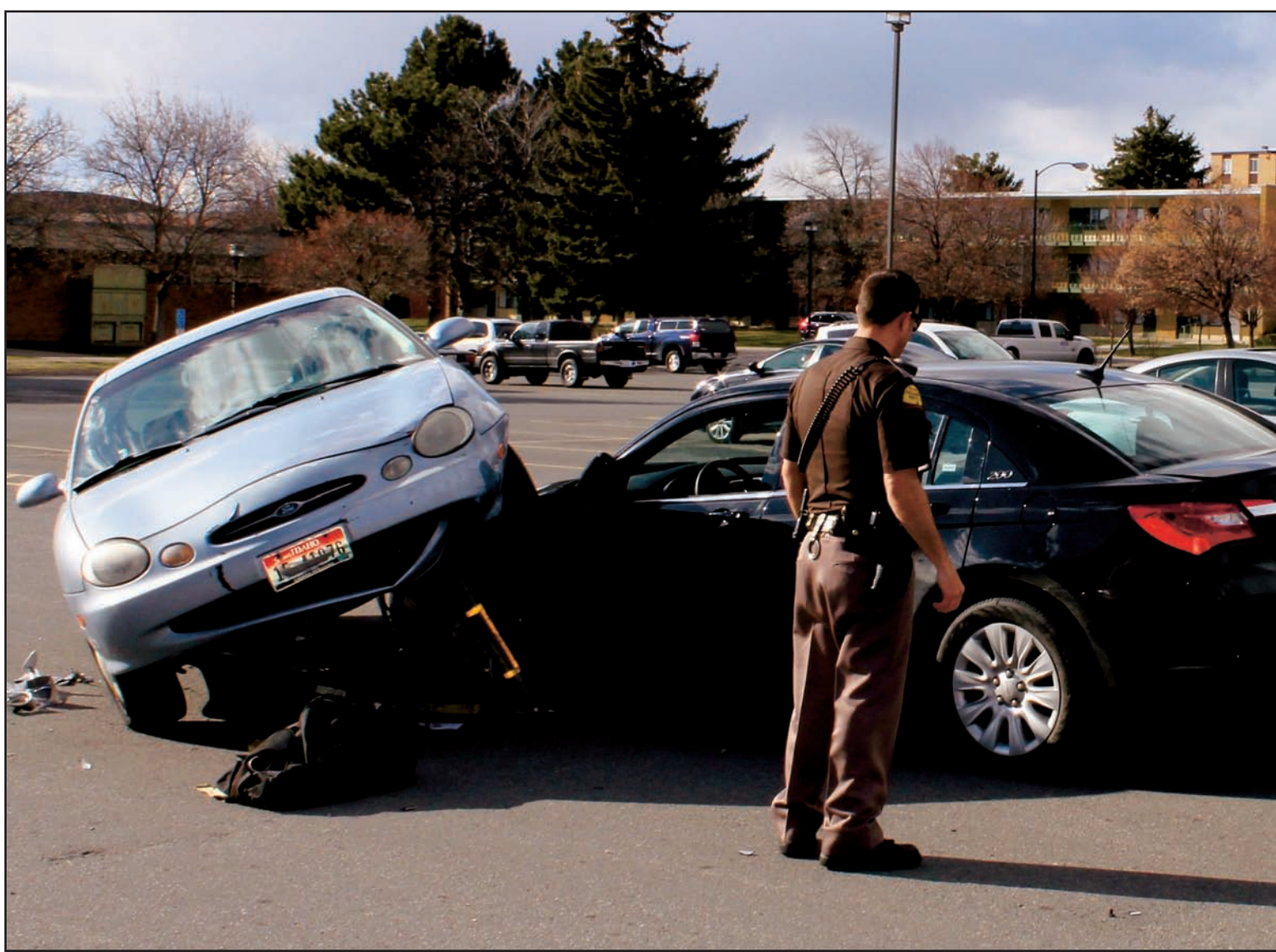
Students at USU have made their voices heard on both sides of the issue.

According to Kennedy Tripp, President of the Life Club at USU, students have been handing out marriage equality literature and stickers in support of marriage equality.

On Monday, March 25, USU students and members of the Cache community held a candlelight vigil on the steps of the Logan Courthouse in support of marriage equality. More than 100 people attended.

“Seniors and graduate students who are in a committed relationship are especially anxious to see how the court decides,” Tripp said. “Just like heterosexual

➤See **DOMA**, Page 2



A TWO-VEHICLE COLLISION in the parking lot at USU’s Daryl Chase Fine Arts Center involved a student and a guest lecturer. Local authorities surveyed the scene Friday afternoon. *SAMANTHA BEHL photo*

BY LORI SCHAFER
 staff writer

A two-vehicle collision involving a USU student and a guest lecturer took place Friday afternoon in a parking lot near the Chase Fine Arts Center.

Roy Benham, superintendent for the Louisiana School for the Deaf, was in Logan conducting a presentation for the deaf education students at USU. He said he had left

the building when he and his wife, Nancy Benham, received a call asking for the return of the parking permit they had been issued earlier in the day.

After returning the permit the Benhams began driving away from USU and heading toward Salt Lake City to connect with their flight home. Their vehicle was soon struck by Nick Hanny, a junior studying music education.

“I was pulling out of the lane,” Hanny said. “There was a CRV parked on the corner. I pulled up enough to look, looked left and right, saw no one and after looking right I went to go. Their car had been in the blind spot of the CRV and my tires were already committed to turn. That’s how I ended up on top of them.”

Jan Kelleyking, a deaf education instructor and

a friend of the Benhams, said the couple had stayed at her house during their time in Logan.

“I had already said goodbye to them and thought that was it because they were heading to the airport to catch their flight home when I got the call that they had gotten in an accident,” Kelleyking said.

Grace Benham, the couple’s 9-year-old daughter, is deaf and was

also in the car with her parents. Kelleyking used American sign-language to speak to Grace in an attempt to let her know what was going on and to help keep her calm.

No one was injured as a direct result of the accident. However, Roy Benham is a cardiac patient who has had multiple heart attacks in the past. A pacemaker was

➤See **CRASH**, Page 3

Pope’s humility sets example for Catholics

BY DANIELLE MANLEY
 staff writer

Pope Francis broke tradition this Easter. Instead of choosing 12 cardinals to represent Jesus’ 12 disciples, Francis shocked the Catholic population with a new twist to Holy Thursday.

Francis visited the Casa Del Marmo Juvenile Detention Center to wash the feet of the inmates — women being among those inmates.

Although several authority figures in the church have questioned the example of Francis to incorporate women, the Catholic leaders at USU have embraced his simplicity.

“There is very much this sense with this papacy that he’s trying to take the simple gospel message, the simplicity of the good news out,” said Harrison Kleiner, the faculty advisor for the St. Jerome Newman Center. “He’s a bit of a shoe-leather priest — take it out into the streets, and that is a very different style than we had with Pope Benedict, who was an academic.”

The newly-elected pope has brought several other firsts in his few weeks at the Vatican. He is the first Jesuit and the first pope to come from the Americas, let alone South America.

Named after Saint Francis from Assisi, Jorge Mario Bergoglio from Argentina has a personality resounding humility and simplicity.

“It does appear that that’s the sort of cue that Pope Francis has given for his papacy,” said Kleiner.

Anne Stark, a professor of English at USU and a leader at the Newman center, said she celebrates the new personality of the church. She said she is especially excited about the natural tolerance and intellect that usually accompanies the personality of a Jesuit.

“The Jesuits have always seemed to me to be questioners at heart, and this quality leads them toward tolerance,” Stark said. “They tend to reach out and



POPE FRANCIS WAS newly elected for the 1.2 billion Catholic population March 13. *DELAINE LOCKE photo illustration*

minister to fringe groups in the Catholic church and in the world.”

Stark recognized the open-minded nature of Francis when he released his first public address. He called for his followers to protect the children, elderly and environment.

“Pope Francis has vision into some of the unique problems of the twenty-first century, and yet he seems to approach his task with humility,” Stark said.

Stark said Pope Francis has a new outlook for answers to the world’s problems. She said the Pope thinks it will be more effective to look outward for answers — toward acts of charity and selflessness.

“Pope Francis is calling all of us Catholic faithful to do what we can to help alleviate human suffering and work with the poor,” Stark said. “These acts will bring us together in faith and help us recover from injuries done against us, especially as we all suffered through the priest abuse scandals.”

Evan Cummings, a senior studying philosophy, said the personality of Pope Francis is something USU students can directly relate to.

“He is a great example on how we should serve the poor, which is a great example of what college students can do,” Cummings said. “We ourselves are commonly poor — most of our money goes to the university. We commonly survive on ramen.”

Cummings said this similarity between college students and the beliefs of the pope gives him a certain mindset he should follow.

“I think it gives us a mindset to go, ‘Yeah, this is something I’m dealing with very temporarily, but I still have the ability to help others, even if it’s just giving time, and then when I leave college, I should remember that and help others who are stuck in that situation,’” Cummings said. “So I think he serves as a great reminder that way in what Jesus taught us.”

Stark said she thinks the impact of the pope on USU students will depend on the response.

“If we truly are people of charity, then we will join in humanitarian projects on campus with both religious and secular groups,” Stark said. “Our influence as Catholics will be felt as we both recognize and demonstrate the image of God while working side-by-side with others.”

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Climbing film will benefit scholarship

BY CLAYTON LEUBA
Hard News Cafe

Rock climbs protected with metal bolts — called sport climbs — were established in Europe as early as the 1930s. But when Utah locals began the fledgling practice of uncovering and bolting steep limestone routes in American Fork Canyon, the sport of rock climbing was changed forever, according to filmmaker Bruce Wilson.

The Outdoor Recreation Program at Utah State University will host a showing of Wilson's film, "Project American Fork," on Thursday. Proceeds from the showing will go toward funding a scholarship program giving supplemental aid to students who wish to enroll in outdoor leadership courses.

In its film, "Project American Fork," George Bruce Media set out to share the historic account of climbing route development in American Fork Canyon, known by locals as AF, and the impact it had on the world climbing scene.

Wilson, the film's director, wanted to capture and share the challenges faced by those responsible — including Boone Speed, a renowned professional photographer who has climbed some of the

country's hardest routes — for spurring the development that, he said, revolutionized the sport as it is known today.

"Most climbing films are about exotic, world-class areas," he said. "They focus, mostly, on the best climbers doing the world's hardest routes. This film focuses on climbing history rather than new accomplishments, which I think is important for the new generation to understand and appreciate."

When Speed, Jeff Pederson and Bill Boyle began establishing climbing routes in AF in 1988, they drew inspiration from the well-established sport climbing areas in Smith Rock State Park, Ore., Pederson said.

Some of the country's most difficult climbs, at that time, could be found on Smith Rock's vertical walls of tuff and basalt. But the transition to the steep, powerful style of climbing that is commonplace today can be largely attributed to the early days of development in AF, Wilson said.

Written off for years as unclimbable "choss," AF's loose, crumbly cliffs posed a difficult challenge for developers who hoped to unlock the rock's hidden potential.

"The rock in AF was not the pristine, bulletproof rock found in other places that



AVID ROCK CLIMBER Cheehoi Leong scales Cannibals Direct, a formation in American Fork Canyon. Photo courtesy of George Bruce Media

had obvious potential to be climbed," Pederson said. "AF climbing was not a no-brainer. We had to clean away chunks of rock — ranging from football sized to as big as a refrigerator — to prevent them breaking off and killing somebody."

Implementing bolting techniques developed in Europe — in many cases rappelling from above to place bolts on walls that were otherwise

inaccessible from the ground without permanent protection — AF developers were able to place protection on the steep, virgin walls lining either side of the canyon.

"AF was a huge project to take on," Pederson said. "It took some vision, a strong desire and definitely a lot of work to make it happen."

It is the dedication and hard work of these pioneers that Wilson hopes to share

with climbers today. Wilson has witnessed his hometown climbing areas in AF mistreated by a younger generation of climbers, he said. He hopes they will have a greater appreciation for climbing areas everywhere once informed of the difficulties that were faced, enabling them to climb in the places they do today.

"I think it is important for today's climbers to be grounded with the past," Wilson

said. "The people who developed these areas deserve a lot of respect for the time and energy they put into them."

The Utah State showing of "Project American Fork" will be at 8:30 p.m. in room 114 of the Health, Physical Education and Recreation building at USU. Tickets are \$5 and can be purchased at the door or in advance on Utah State's campus recreation website.

DOMA: USU Students reflect on changing American values

From page 1

couples, we have marriage on the mind."

Josh Gambrell, a freshman majoring in mechanical engineering, said most of his friends have an opinion on the topic of same-sex marriage.

"I never realized so many of my friends here at school were so passionate about marriage equality," Gambrell said.

Public opinion in support of same-sex marriage has grown in the past decade. The Pew Research Center reported the growth in support is among the

largest changes in public opinion on any policy issue of the time period.

Ten years ago, 47 percent of Americans said homosexuality should be accepted by society. Today, the number has jumped to 57 percent. Among women, it's even higher at 61 percent. For the young, born between 1980 and 1995, it holds at 74 percent.

Every generation polled by the Pew Research Center has seen an increase in support of marriage equality by at least six points. The research percentage of supportive individuals between the ages of 67 and 84 has increased 10 points.

Along partisan lines, the shift has been most noticeable among Democrats and self-described moderate-liberal Republicans. By a ratio of nearly two-to-one, Democrats today disagree same-sex marriage undermines the traditional family. On the other side of the argument, conservative Republicans are slightly less inclined to believe same-sex marriage is harmful to traditional values — the present-day 78 percent down from 81 percent in 2003.

The U.S. Supreme Court cases are sensitive and emotions can run high on both sides of the argument. The polls reporting

growing acceptance show 44 percent of Americans still oppose the legalization of same-sex marriage.

"Although people are changing their opinions on same sex marriage, there are still many people who believe it is a moral issue, and the government has no right to be involved," said Sarah Jacobson, a sophomore here at USU.

Social media sites like Facebook have become an arena for the public debate where those who support marriage equality have changed their profile pictures to a red equal sign. Some students at USU refer to it as the "red miracle."

"I haven't been on Facebook all week because I am tired of seeing my friends and family argue over the issue," Gambrell said.

Other students just want to get back their normal, everyday lives without the tension of the public debate.

"I hope that once the U.S. Supreme Court has made its decision, we can all just work together as a country, as a community and as a school to support each other, no matter which side of the issue we fell on," Jacobson said.

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BOWEN: Expo provides opportunity to showcase young students' work

From page 1

When the back of the cannon is struck, it makes a drum-like sound and propels a ring of smoke into the air.

"They have had an absolute blast with it," Wallin said. "What we're really wanting to do is for kids to be able to see sound."

Wallin explained the cannon as a "whoosh" of air blown through a hole.

"When it gets outside the hole it all of a sudden expands, it causes the air to roll back on itself," Wallin said.

The hollow air travels faster than the air that peeled off the back, creating a ring behind it. "The kids wrote music to go with it so when you pound on it you actually see the music that's being played," Wallin said. "They're really a lot of fun and they're so simple."

Inside the school were various stations and displays, like an art wall where students



PARENTS AND STUDENTS participate in the Edith Bowen STEAM Expo on Friday. DELAYNE LOCKE photo

had drawn pictures of ways to reduce air pollution.

"We were having bad air, so red air days," said second grader Jeremy Giddings. "So we were coming up with answers."

Giddings said his solution

was planting more trees and walking instead of driving.

"I was super excited to see all the stuff and I'm glad that my parents were able to come," Giddings said.

The Edith Bowen School

recently got a new greenhouse where students will be able to plant and care for their own crops. In addition to learning how to grow plants, the children will be able to eat the vegetables they produce.

Wallin said two USU students who are alumni from Edith Bowen decided the school needed a greenhouse. He said there were a lot of roadblocks throughout the process, but they stuck to it.

"Finally they were able to hook up with the Student Sustainability Council and they really helped push it along," Wallin said. "They got it pushed through and this winter, they put it together."

Wallin said when they plant the crops, they'll have the students on a rotating schedule so a different class gets to go out to water the greenhouse plants. The children will be able to measure the height and growth rate of the plants, along with experimenting with different

fertilizers, plastic coverings and growing techniques.

Though the greenhouse will include scientific experiments, Wallin said the school places its focus on engineering.

"The difference of science and engineering is that science looks at the natural world," Wallin said. "Engineering takes what scientists know and creates some sort of a product, so it's a continual process of design, test, redesign, until they find a product that they're satisfied with."

Wallin said the school runs tests rather than experiments..

"I know that they're the same things in a lot of ways, but science is experimentation and engineering is really design and testing," Wallin said. "So you're looking for a specific thing, as opposed to what it looks like when you're done."

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LOGAN OUT LOUD performed Monday in the TSC International Lounge to kick off the first day of CHaSS Week. CURTIS RIPPLINGER photo

CHaSS Week entertains USU

BY ASHLYN TUCKER
staff writer

Representatives from the College of Humanities and Social Sciences started CHaSS Week off right by winning the third-annual Quiz Bowl on Monday.

The CHaSS team members were able to answer the final question of "How many alumni does Utah State have?" correctly to secure their victory.

The colleges of Engineering, Education and Business were also represented with teams in the bowl.

Taylor Bybee, a junior majoring in electrical engineering, participated on the College of Engineering team for the second year in a row.

"I participated last year at the request of our engineering senator and we had a fun time, so I'm doing it again this year," he said.

The bowl consists of questions from all of the colleges on campus as well as general questions about the university, Bybee said.

CHaSS Week activities continued with a comedy night Monday evening, featuring Logan Out Loud, a local improv group.

Paisley Hill, a junior major-

ing in law and constitutional studies and the Clubs and Organizations Director for CHaSS council, said the show was representative of the college.

"It kind of mixes with our college with philosophy, English and creative writing," she said.

Trent Morrison, ASUSU CHaSS Senator, said the purpose of this year's CHaSS week is to highlight the college as well as get students involved.

"Some of the stuff is more fun while some of it is more academic based, career based or alumni based," he said.

Tuesday will feature a walk-in resume workshop sponsored by Career Services.

"Every student needs a good solid resume after graduation," Hill said.

On Wednesday, Phebe Jensen, a professor in the English department will be the speaker for the annual Last Lecture talk in the Performance Hall, Morrison said.

Jensen's talk will be on the work of Shakespeare and will place an emphasis on the importance of the arts and humanities in undergraduate education.

Morrison said the annual CHaSS Research Symposium was originally scheduled for Thursday but had to be canceled due to a lack of entries.

"It is an opportunity for students to get involved with presenting research," he said. "Unfortunately, we just didn't get the amount of abstracts we were looking for."

Although the symposium has been cancelled for this year, Morrison said the new CHaSS Senator, Matthew Anderson, plans to make sure it happens next year.

Morrison said Friday will feature another fun event. The movie "Lincoln" will be shown in the TSC Auditorium.

"The timing was perfect," he said. "It's really applicable to the college. History, English, even some of my communications classes have been reading about Lincoln too."

The Museum of Anthropology will be open on Saturday boasting an exhibit entitled "Folklore Fantasy," Morrison said.

"It's open every Saturday but we are helping to advertise for it this week," he said.

The week will conclude with an alumni event for a select group of students invited by

the department heads within the college, Morrison said.

"We will have about 30 students to about 10-ish alumni," he said. "The alumni are like the board of trustees, so they are donating a lot to the college and they want to see the faces of the students."

Morrison said he and the CHaSS council have been planning for this week since last semester.

"It's fun to see everything starting to play out," he said.

Morrison said he hopes the activities he and the CHaSS council have planned will make the students proud to be in the college.

"More than anything, I want them to have an opportunity to have fun or get some help on their resume or connect with alumni," he said.

Hill said the activities are designed to get all of the departments involved.

"We are trying to not just cater to the English majors or political science," she said. "We are trying to get it well-rounded with everyone involved and being aware of CHaSS week."

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CRASH: No one injured in two-car pileup at FAC

From page 1

implanted in his chest about two years ago.

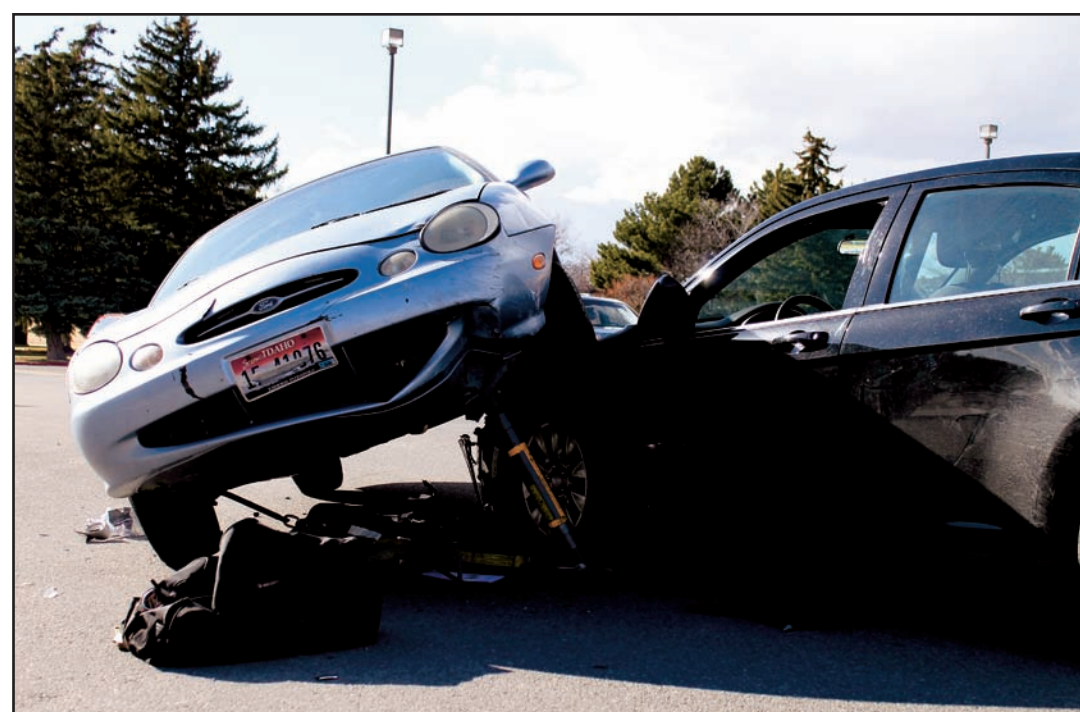
As a precaution, medical personnel transported Benham from the scene by ambulance after he made comments about his left arm going numb.

"They kept Roy in the hospital for a few hours," Kelleyking said. "His heart rhythms were off, but they got that under control and he was in a lot of pain, so he was given pain medications."

Logan Regional Hospital released Benham a few hours after the accident. He and his family stayed with Kelleyking for another night.

"He's going to have follow-ups here or there with his doctor, but they released him that night and he's doing fine," Kelleyking said. "Grace had never been in a wreck before so she was shaken up, but especially once her dad was back from the hospital and she saw that he was alright, she was fine."

The Benhams were able to leave Saturday morning and returned home safely and



USU JUNIOR NICK HANNY received a citation for failing to yield. SAMANTHA BEHL photo

without further problems.

Hanny was cited and given a ticket for failing to yield before he made his left turn.

"He didn't come to a complete stop which you have to do," officer Sutton Hanzalik said. "You have a 'T' intersection, so you have to come to

a complete stop. He should have looked left, right, then left again because that's where he was going to get hit. I'd be doing a double check. Anytime you're moving your vehicle, you want the last place you look to be in the direction of the traffic you'll first be

running into."

Hanny was not on his phone when the accident took place. "I was completely vigilant," Hanny said. "He was just in the wrong place at the wrong time."

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Briefs

Campus & Community

USU to host canoe comp

Utah State University will host the Rocky Mountain American Society of Civil Engineers student conference and concrete canoe races April 4-6, on the Logan, Utah, campus.

Universities across the nation compete annually in the building and racing of canoes made from concrete. USU's Civil Engineering Department is coordinating the event, but students from multiple areas in the College of Engineering participate.

Each of the 14 rocky mountain region universities participating this year design, create and race a canoe made from concrete. The canoes are judged on four equally weighted categories; a technical report, oral presentation, the final product and five canoe races.

All schools must strictly adhere to an 80-page book of rules, including what can and cannot be in the concrete, overall dimensions, use of paint and other items.

Canoes will be on display April 5 on the USU Quad. Races will begin April 6 at noon at Hyrum Dam in Hyrum, Utah.

The concrete canoe competition is one of the oldest civil engineering competitions in the country, and Utah State began participating at the regional level in the 1980s.

USU has won the past two regional competitions. The winner of each regional competition moves on to compete for a monetary reward at the national level.

USU will host the competition again in 2025.

The conference also features other competitions, including a steel bridge competition. The top three schools of the regional steel bridge competition advance to the National Student Steel Bridge Competition to compete with the top 50 schools in the country.

Flute Fireworks sure to entertain

Utah State University's Department of Music presents Flute Fireworks, the final flute concert of the academic year, Tuesday, April 2, at 6:30 p.m. in the Tippetts Exhibit Hall, located in the Chase Fine Arts Center.

"This is a wonderful program for people who love music of all kinds," said Sally Humphreys, a temporary flute instructor in the Caine College of the Arts. "The students are playing such a hodge-podge of styles, from opera to musicals to more conventional 'classical music' selections, that there is sure to be something for everyone."

The performance will feature the USU Flute Choir, harpist Julie Ann Hewkin and clarinetist Sherstin Hicken.

Hewkin and flute student Jessica Coppieters will perform "Piece en forme de Habanera," and Hicken and flutist Diane Curtis will perform a piece by Gary Schocker.

Other works to be performed are the "Royal Fireworks Overture" by Handel, selections from the opera "Carmen" by Georges Bizet, a Russian folk song entitled "Here is a Fish Fat and Fine" and "Somewhere Over the Rainbow" among others.

"The students are natural performers and really enjoy sharing their music with others," said Humphreys. "They have fun playing together and that comes across in their performance."

Flute Fireworks is on Tuesday, April 2, at 6:30 p.m. in the Tippetts Exhibit Hall Balcony. The concert is free and open to the public, and for more information visit the Caine College of the Arts Box Office in 139-B of the Chase Fine Arts Center, call 435-797-8022 or see the college's Production Services website (arts.usu.edu).

ClarifyCorrect

The policy of The Utah Statesman is to correct any error made as soon as possible. If you find something you would like clarified or find in error, please contact the editor at 797-1742, statesman@aggiemail.usu.edu or come in to TSC 105.

Compiled from staff and media reports



CYCLISTS FIND MORE OPPORTUNITIES to ride in spring weather, creating potential issues in safety as an influx of riders hit Logan streets. SAMANTHA BEHL photo illustration

STREET SMARTS

Experts give tips on bike safety

BY DERRICK SAUNDERS
staff writer

As the snow melts and the weather grows warmer, biking becomes a popular way to get around on campus. With the increased popularity of biking, crashes can also take place.

Greg Rakozy, a sophomore majoring in business and marketing, is a cycling enthusiast. Rakozy has ridden in clubs, on competitive teams and for recreation since age 12.

Rakozy was involved in a major biking accident last semester while on riding south on 800 East.

"I was late for class and it was 8:20 in the morning — everyone is super busy," Rakozy said.

Rakozy said he ran into the side of a car pulling into a driveway from the opposite lane. Because of the heavy traffic, he didn't see the car coming through the gap left by a bus for cars to get through.

"It was either miss the car and run into the bus or get hit by another car in oncoming traffic, run into a parked car or hit the car straight on," he said.

Because the driver wasn't paying attention either, it was a no-fault accident, Rakozy said.

"I had tons of medical bills to pay and they only had to replace a door," he said.

Rakozy said there are a few things he would have done differently to make riding a safer experience.

"I think it begins with awareness in both parties — not just cyclists or motorists," said Rakozy. "It has to be on both ends. Mornings are busy and crazy — you just have to be careful."

Rakozy said getting to campus is the most hectic part, and he now gives himself plenty of time to get to class so he doesn't have to rush.

Erik Arakelian, a junior majoring in international agricultural business major, had other suggestions to avoid accidents. Arakelian has been riding bicycles since he was young and said he made a business of building and selling bikes as a teen.

"If you want to be safe, you have to think about it. You can't wear two headphones

blaring your music and say 'Oh, people will see me,'" he said. "You have to kind of expect the worst from other drivers."

Arakelian said being aware and following laws of the road are the best ways to stay safe.

"You have to expect that other drivers can't see you, and always be looking over your shoulder so you're aware of where other cars are," he said. "Hand signals are also important — use your hand signals."

Both Arakelian and Rakozy said the roads in Logan were quite different than their home states.

"I've never had an issue in New York with riding bikes, primarily because everyone's aware and the roads are so small that you can't drive fast on them," Rakozy said.

Arakelian, a native of California, said the laws are very different in his home state.

"I feel like Utah is a little more friendly to bikers, but some drivers don't think like that," he said.

There are resources for students to learn about bikes and safety on campus.

Katie Harker, a junior majoring in exercise science, is an employee at Aggie Blue Bikes. She said there were a few things the bike accidents she's seen have in common.

"A big problem is people riding on the roadside sidewalks," she said. "Cars aren't looking for them there."

Harker said she doesn't think most cyclists realize they have the same rights and responsibilities as cars when riding.

"The biggest, most important thing is to be aware of what's going on," she said. "Be looking out for cars, be looking for pedestrians when you're riding around and do what cars are doing."

Harker said Aggie Blue Bikes sells mostly parts used for repair and has tutorials frequently to help teach students how to perform routine maintenance and repairs to their own bikes.

"That part has been growing a lot because kids are realizing they can come and learn to work on their own bikes, which is a really fulfilling experience," she said. "Bikes are a great way to enjoy Logan."

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USU grad teaches self-reliance as personal trainer

BY DANIELLE GARCIA
staff writer

Days start early for Greg Panfiloff, a personal trainer at the Sports Academy & Racquet Club, who gets up and is at work everyday by 6 a.m. He starts his day with an hour-long meeting with a scheduled client, helping them with their work out for an hour.

Panfiloff said the length of his meetings sessions vary from a half-hour to an hour. The hour clients come twice a week and the half-hour come three times a week. He typically sees five to six clients a day, providing health information, guided workouts and motivation.

"As personal trainers, we try to teach our clients as much as we can so they can go out and do it themselves," he said.

Holly Daines, a former client of Panfiloff, sought his instruction to help her get in shape.

"He helped me get familiar with the equipment again and doing a routine that's good for me," she said. "I was very happy with his results and he still encourages me in the mornings."

Twice a week Panfiloff teaches a class called "Greg's hard-body boot camp," a class incorporating quick plyometric movements and strength exercises.

When he's not working with clients, Panfiloff stays busy by designing new fitness programs, aiding members with their workouts, fixing scheduling conflicts and marketing for Sports Academy.

Most clients look to Panfiloff for motivation and education in their workout so they can apply them later on their own.

Day in the Life

Greg Panfiloff

Personal Trainer
Graduate Student

"I try to give them a good workout, try and make sure that they stick to their program and go through a lot of the exercises need to be done to get the person's goals meet, whether it is weight loss or toning," he said.

Panfiloff said many clients come in with a weight loss goal and expect him to help them lose weight in a short period of time. Results can vary depending on a person's level of commitment, and personal trainers don't really play into all aspects of achieving goals, he said.

"It's hard, with most of our clients, to have a straight eight-hour day," he said. "We kind of work when our clients are off work, so early in the mornings and later in the afternoons. I don't know if my day ever really ends."

Panfiloff described himself as a "twenty-four hour trainer."

"I just keep going and going, and when I get home I'm a trainer for my family," he said.

Panfiloff has been working as a personal trainer at the Sports Academy for eight years and has reached "master trainer" status. There are three levels of personal trainer and Panfiloff has reached the top because of his skill and the time he has spent



PERSONAL TRAINER GREG PANFILOFF assists USU professor Robert Gillies at the Sports Academy & Racquet Club. Panfiloff is a graduate student studying physical therapy and has worked at the Sports Academy for eight years. SAMANTHA BEHL photo

working. Panfiloff is a certified personal trainer through The National Academy of Sports and Medicine.

Brenda Brunello, a client, said she looked for skill and knowledge when picking a personal trainer.

"There was a lot of forethought in selecting him because I was interested in somebody that understood the anatomy as well as the physiology of exercising," she said. "Greg has been really, really good at that."

"I think that he has helped me

get more physically fit," Brunello said. "He has spent so much time with me, helping me. Would I pick him again? Absolutely."

In addition to working at the Sports Academy, Panfiloff attends USU as a graduate student studying physical therapy. He earned a bachelors degree in graphic design. Panfiloff said he realized he wanted to be a personal trainer when in 2004 he was working out in the Fieldhouse and people started asking him questions.

"I decided that maybe I could

turn this into a career or something worthwhile, so when I did get asked those kind of questions I could answer back and know exactly why I was doing what I was doing," he said.

"If you're thinking of going into personal training, make sure you really really do love and want to work with people and try to meet their goals," Panfiloff said.

— daniellemgarcia@yahoo.com

Class provides exercise and entertainment

Carli Sorenson

Adventures in fitness



During my sophomore year in high school, my cross-country coach taught a spin class. She made us go to every Monday instead of going on a run — something about cross training and how spinning made us run faster. I really liked spinning, or at least I thought I did.

Last week I decided to try it again. Within the first, oh, I don't know, 30 seconds, I thought I was going to die: like, fall off the bike and crack my head open. Okay, it wasn't that bad, but the spinning class is probably the hardest workout I have done in months.

The spin instructor, Isela Phelps, said spinning gives you a good workout in a short amount of time.

"You can go as hard as you feel like going or as easy as you feel like going," she said. "You are the boss of that bike."

I totally rocked my time on my bike, but something else Phelps said rang true.

"There is tons of inspiration just from being in a class," she said. "You have other people there that will push you, especially if you come regularly."

I don't attend spin class regularly, but being in that one class showed me how much the people around you can be a motivator. Maybe it was just because I'm a little too competitive for my own good, but when I was looking around and I could see other girls turning their knobs up a couple of turns, I had to to one up them and turn mine up even more. This may be the cause of my near death during

the class.

"It's a good workout, it's good cardio, it's good music," said Angeline Wairegi, a third year chemistry grad student who attended the spinning class.

Wairegi said there really isn't a lot to spinning, which is true. It's a simple way to get a dang good workout.

Isela also told us to earn our spandex. Through the course of the workout, I really felt like I worked hard enough to earn my spandex, even if it did practically kill me.

Speaking of spandex, lets talk about what to wear to workout. I personally work out in spandex and a t-shirt, but depending on the activity you are doing, you might want to wear something different. I would not recommend wearing the aforementioned spandex and t-shirt to go out swimming, nor would I recommend running in a swimsuit.

Although workout clothing can run a little on the more expensive side, it is so worth it, especially when it comes to the shoes you wear. The cheap running shoes will never help you — they will only hurt you. So when you are trying to find running shoes, go to the experts — they know what they're talking about. I personally prefer the Mizuno Wave Elixir 6, but I've made the switch to a pair of Brooks Ravenna 4. We'll see how that goes — but go to the pros for good shoes. Never settle for something that comes out of a Walmart or Payless.

When it comes to activities such as running, personal trainer Jake Saunders recommends wearing loose, comfortable clothing.

"Some people like running in yoga pants, some people like the short shorts. It just depends on what you feel comfortable in," he said.

So when you go to workout, wear something you feel comfortable in and please wear something other people will feel comfortable seeing you in. I've seen too many men work out in white spandex before, and to those men: Please, never do it again.



SPIN CLASS IS A WORKOUT that provides cardiovascular exercise, music and a motivational environment. DELAYNE LOCKE photo illustration

An off-the-wall workout

BY JEANNINE STEIN
Los Angeles Times (MCT)

LOS ANGELES — Most of us traverse the environment by walking. Not Michael "Frosti" Zernow — he prefers to vault, flip and catapult his way from A to B.

The Santa Monica, Calif.-based professional parkour athlete and instructor has 10-plus years of experience, and it shows: The man defies gravity when in motion.

Parkour is a discipline developed in France that involves smoothly navigating over and around obstacles like walls, stairs and trees with jumps, climbs and acrobat-like moves. Zernow makes it look effortless, but it takes practice and discipline if you don't want to smack a wall, graze your knees on asphalt or otherwise end up at your local urgent care clinic. Once you've got the skills, parkour (also called free-running) is a blast you can do almost anywhere.

Since some moves can be tricky and require a level of athleticism, you may want professional instruction at the outset. But here's an easy, explosive move — called a tic-tac — to get you started.

Why you should try this:

Because it's fun. A tic-tac is usually

done to jump over an obstacle and can help you climb higher. It instills body control, essential for parkour. The major muscles of the legs and core get a workout since they keep the body stable as it flies through the air.

What to do:

Pick a spot on a wall, sturdy tree or lamppost that is at a comfortable and achievable height. Take a short running start and step onto the spot with the leg that's closest, putting your weight into it. Then push off with the same leg, like a billiard ball ricocheting off the side of a pool table.

Extend the other leg out for the landing, but don't just settle for any random landing spot — pick a specific place on the ground, and turn to face it to help guide your body there. Land on the balls of the feet, with knees bent, to avoid injuring the joints.

How much to do:

Begin with one to two tic-tacs at a time, making sure you work both sides of the body. As you get stronger and more confident, add more.



MICHAEL "FROSTI" ZERNOW, a parkour athlete and instructor, shows some simple exercises for peacticing the sport. He demonstrates the tic-tac, a move that kicks the athlete off the wall or other solid object. MYUNG J. CHUN photo, MCT

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WEDNESDAY, APRIL 3, 2013
11:30AM - 12:30PM
PERFORMANCE HALL

Doctors and enthusiasts give jogging tips

BY HEATHER ZOLLINGER
staff writer

As swimsuit weather grows nearer, many people look at their winter weight gain and decide jogging is the way to shed a few pounds. Local experts have offered these six tips for beginning joggers to be healthy and successful in their fitness goals.

Start slow and know your limits

"Beginner runners tend to not know their limits as well, so often times they will get overuse injuries," said Spencer Heninger, a podiatrist at Alpine Orthopaedic Specialists. "Everything hurts when you're beginning running and so they have a hard time discerning if it's a normal pain that you feel with just exerting yourself or if it's a pain that is not normal and that they ought to have something done."

New runners should not underestimate themselves either, however. Personal trainer Jake Saunders said runners should push themselves, and continue getting just below the point where their lives are not affected by soreness.

"Start slow and always go further the next day," Saunders said.

Set goals to motivate yourself

Many people can have a difficult time exercising consistently once they are past the initial interest phase. There are a few different strategies to keeping on track. Setting a goal is one, according to professor Scott Ensign, a long-time runner.

"Set a goal, what you want to accomplish in your running," Ensign said. "Be it a race or just to be able to run a mile in a certain pace or just to get a certain number of miles per

week in, really be dedicated to meeting your goal. Don't allow yourself to turn off the alarm clock and sleep in if you are committed to it."

Ensign follows a strict training plan to keep him going. He says having it all written down for each day keeps him on track since it is like having a contract with himself. Ensign suggested joggers write goals on sticky notes and place them on the mirror, in the car, or other places they can be seen. This can help remind runners why they started and why they want to keep running, Saunders said. He said choosing an event to train for helps make the goals real.

Wear appropriate footwear

Proper shoes are essential for comfortable jogging and preventing injuries, Heninger said. If the right shoes are not used, the foot does not get the right type of support, causing problems such as muscle injuries, joint issues and shin splints.

"When you start, the best thing to do is get into a neutral shoe," Heninger said. "Not something that's minimalist, but also I don't think you should with something with a lot of what they call motion control. What you need to do is get a shoe that's called a neutral cushion shoe. That's a good place to start."

Heninger warned against wearing shoes too thin. Runners often get comfortable in their shoes and don't think they need to replace them until they are completely worn through, which can cause a lot of problems, Heninger said.

Take care of yourself before and after you run

According to Saunders, it is important to follow correct procedures both before and after running, including stretching.

"For pre-running, dynamic

stretches are recommended," Saunders said. "For post-running, what is most important is static stretches."

Nutrition is also important when fueling a workout, Saunders said.

"If they begin their day with a run, they should have eaten something prior to that," Saunders said. "They should never go running on an empty stomach. They should try to eat again within thirty to sixty minutes after their workout."

Saunders suggested joggers wait at least 30 minutes after eating before exercising.

Stay hydrated

"Drink water around the clock," Saunders said. "When you first wake up, what I recommend to my clients is that they begin the day by drinking two cups of water and throughout the day to keep hydrated."

Saunders said it is important to drink at least eight cups of water a day, minimum. He said there is no maximum to how much water one should drink, but how much hydration is healthy depends on the person.

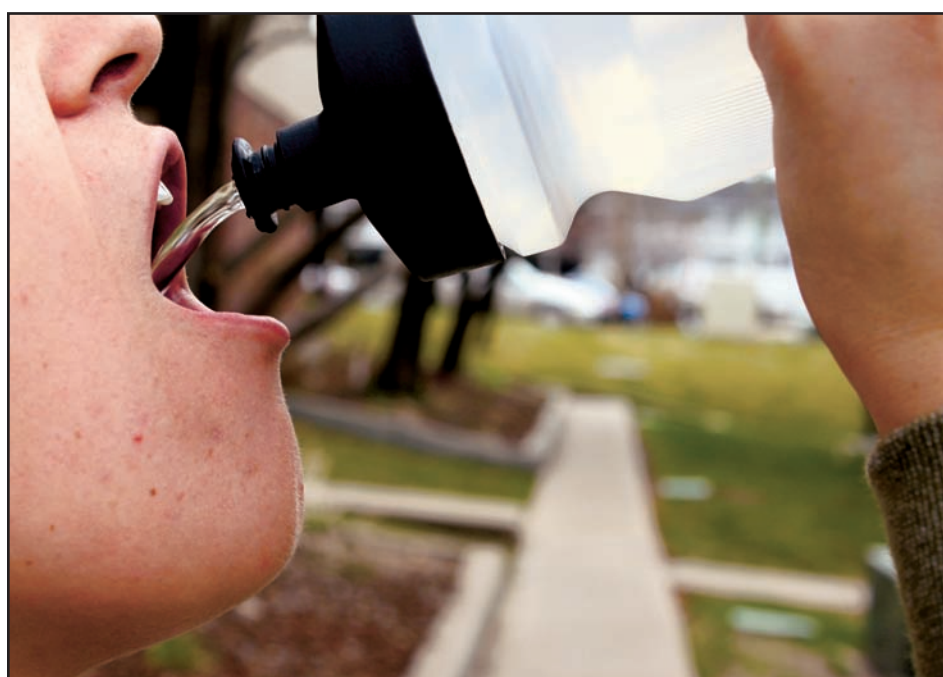
"If they're still thirsty, they should keep drinking," Saunders said.

Exercise isn't easy, but it's worth it

Jogging can help improve both physical and mental health, but it isn't easy, according to Ensign.

"I think running is kind of painful and it's hard," Ensign said. "This idea that you're going to really get out there and you're going to be enjoying running so much that there's going to be this great pleasure — I think it's kind of a myth for a lot of people. It's hard work and you sweat and you're a little bit miserable, but the reward is worth it."

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BEGINNING JOGGERS CAN EXPERIENCE dehydration and sustain injuries due to inappropriate or overused footwear. JESSICA FIFE photo illustrations

Spring sunshine has positive and negative effects

BY KRISTEN GERENCHER
MarketWatch (MCT)

SAN FRANCISCO — After enduring an especially brutal winter, Americans may be tempted to catch more than a little sunshine this summer.

But the impulse is often clouded by two conflicting public-health issues. How do you strike a balance between protecting your skin from the sun's harmful ultraviolet rays without robbing yourself of the health benefits of vitamin D, which the sun aids the body in producing?

Since vitamin D is available in food sources as well,

a general rule to remember, dermatologists say, boils down to this: Wear sunscreen. Reapply it every few hours when you're in the sun. And seek shade during peak sun hours.

"The sun has an effect on happiness and pleasure," acknowledges Dr. David Leffell, professor of dermatology and surgery at Yale School of Medicine in New Haven, Conn.

But it has a dark side, he says. "We need to understand it and approach our sun-seeking behavior in moderation."

It's easier to practice good "sun hygiene" than you might think. Here are a few

tips, including highlights of new sunscreen ratings by Consumer Reports.

Think of sunscreen — whether you choose a lotion, spray or cream — as part of an overall strategy to avoid increasing your risk of premature wrinkles and skin cancer. The strategy also includes wearing wide-brimmed hats and tight-knit clothing and saying no to baking yourself in the sun or a tanning salon.

Choose sunscreen with a sun protection factor of no less than 30 and apply it before going out in the sun. It's more effective that way and keeps it from staining your clothes at the same

time, says Jamie Hirsh, senior associate editor for Consumer Reports Health in Yonkers, N.Y.

Make sure you use enough of it. Apply two to three tablespoons to cover all exposed skin. That's about equivalent to filling a shot glass. And put sunscreen on easily forgotten areas prone to sunburn such as your neck and the tops of your ears and feet, if you're wearing sandals.

Reapply sunscreen every few hours. "Don't just put it on once and think you're good to go for the day," says Hirsh. "That's even true for the water-resistant ones. When you towel off (after

swimming,) you're mechanically removing sunscreen."

Dr. James Spencer, a member of the board of directors for the American Academy of Dermatology and a dermatologist in St. Petersburg, Fla., says this is where many well-intentioned people can fall down on the job. "The hard part is you have to reapply it every three or four hours. It's inconvenient."

Choose brands that perform well in real-world tests of whether they meet their claims of water resistance and filtering out both kinds of radiation — the deeper-penetrating UVA type, responsible for tanning and aging the skin, and the UVB

type, which causes sunburn.

For its July 2011 edition, Consumer Reports tested 22 sunscreen brands. The magazine recommends nine of them for staying on in water and being "excellent" at protecting skin from UVB radiation and "very good" at protecting from UVA radiation: Banana Boat Sport Performance SPF 30 and Banana Boat Sport Performance SPF 100, Coppertone Sport Ultra Sweatproof SPF 30, CVS Fast Cover Sport SPF 50, Walgreens Sport SPF 50 and Ocean Potion Kids Instant Dry Mist SPF 50. Three on the recommended list were also rated "best buys:" Up & Up Sport SPF 30, No-Ad with Aloe and Vitamin E SPF 45 and Equate Baby SPF 50.

Don't let price be a deterrent to using sunscreen. About half of products recommended by Consumer Reports are store brands, not name brands, Hirsh says. One of its "best buys," the No-Ad product, sells for as little as 59 cents an ounce.

Pregnant women may want to avoid sunscreens that contain the inactive ingredient retinyl palmitate out of an abundance of caution, Consumer Reports says, due to questions about possible health effects on the fetus. About a third of the 22 brands tested contain retinyl palmitate, Hirsh says. "Because there are great options that don't contain it, why not choose another one, especially if you're concerned?"

Check your skin regularly for abnormal growths or suspicious moles. See a dermatologist if you have any concerns.

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Glance Aggie Schedules

Men's Tennis

TUESDAY, APRIL 2
USU at Weber State, 11:00 a.m.
FRIDAY, APRIL 5
USU at UTSA, 1:30 p.m.

Women's Tennis

THURSDAY, APRIL 5
USU vs. SJSU, noon
FRIDAY, APRIL 6
USU vs. Texas State, noon,
SATURDAY, APRIL 7
USU vs. Seattle, 9:00 a.m.

Softball

WEDNESDAY, APRIL 3
USU at Idaho State, 4:00 p.m.
FRIDAY, APRIL 5
USU vs. UTSA, 2:00 p.m., DH
SATURDAY, APRIL 6
USU vs. UTSA, 1:00 p.m.

Baseball

FRIDAY, APRIL 5
USU at USU Eastern, noon, DH
SATURDAY, APRIL 6
USU at USU Eastern, noon, DH

Track and Field

APRIL 5-6
All-Idaho Cup, Boise, Idaho

Sports Briefs

Track fares well at Stanford

The men's and women's track teams both performed well at the Stanford Invitational on Friday and Saturday. Six different Aggies finished in the top six in various events. Sophomore Nic Bowns finished third in the men's 200 meters with a time of 21.16, and junior Keeley Eldredge took third in the women's hammer with a throw of 54.32 meters.

Page named USU athlete of the week

Freshman Briton Page was named the America First Credit Union USU Student-Athlete of the Week for the period ending Sunday, March 31, in an award voted on by a state-wide media panel. Page notched the fourth-fastest time in school history in the men's 800 meters after finishing third at the Stanford Invitational with a time of 1:49.64 on Saturday.

Softball falls to NMSU

The Utah State women's softball team fell to 5-28 overall this season and 0-6 in WAC play after a 3-0 loss to New Mexico State University in its home-opening series on Saturday. Freshman pitcher Noelle Johnson took the loss for the Aggies after giving up three runs in four innings of action. USU returns to the field on Wednesday, April 3 when the Aggies face Idaho State at 4 p.m.

Complied from staff and media reports

FOOTBALL



JUNIOR QUARTERBACK CHUCKIE KEETON hands the ball off during a USU home game in the 2012 season. *File photo*

Aggies hold first spring scrimmage

BY TAVIN STUCKI
news editor

The Utah State football team held its first spring scrimmage of the year Thursday.

Following USU's best season in recent history in 2012 — finishing with a win at the Famous Idaho Potato Bowl and a top-25 ranking — the Aggies hoped to give fans a glimpse into 2013 with an impressive showing on the defensive side of the ball.

Or at least a lackluster performance on offense.

The offense scored three touchdowns and three field goals in approximately 100 snaps, fumbling the ball once, throwing three interceptions and giving up five sacks.

First-year head coach Matt Wells, who was promoted from offensive coordinator after former head coach Gary Andersen left for Wisconsin, said there

were good and bad things on both sides of the ball.

"There was good give and take," Wells said. "We moved the ball on offense. I just wish we could have finished some things down in the red zone with touchdowns instead of field goals."

The first touchdown came on the third series, driving 60 yards in 11 plays and ending with a 4-yard pass from junior quarterback Chuckie Keeton to sophomore wide receiver Brandon Swindall.

Keeton said there were a few things he thought the offense needed to work on.

"One of them is definitely ball security," Keeton said. "There is no way you win a game if you turn the ball over three or more times, much less two or anything like that. Holding on to the ball is probably the number one priority right now."

Another issue to work on was letting the players

get their lungs back.

Senior defensive end Connor Williams said the team was feeling a little out of shape from the offseason and needed to remember techniques as players get tired.

"As time goes on, I think we are going to refine our technique more and more," Williams said. "So when it's 3rd-and-8 we'll be able to get out to the quarterback instead of getting tired and heavy legs, which is how we felt today, but that will change."

The offense fumbled once late in the scrimmage and freshman cornerback Devin Centers recovered.

Wells said he needs his running backs to hold on to the football.

"If you're going to lay it on the carpet, you'll watch the game right next to me on Saturday," said Wells, "You will not play in this program putting the ball on the ground. That's an emphasis of

ours and will be a major emphasis this week."

Keeton went 17 of 28 for 186 yards passing with one touchdown. Junior running back Joe Hill had 13 rushes for 41 yards.

Sophomore wide receiver Jojo Natson led the team with six catches for 69 yards.

"We definitely have to work on consistency as far as routes, coming off the ball and of course catching the ball," Keeton said. "We have got to find the guy who is our number one go-to guy. Last year it was Matt Austin and this year we definitely have to find who it is. We have some good candidates, but nobody has really defined themselves completely."

Keeton didn't throw any interceptions, but freshman linebacker Travis Parrish, sophomore linebacker Alex Marsaw and redshirt freshman cornerback Marquan Ellison each came up with picks.

Senior defensive tackle Paul Piukala, junior cornerback Rashard Stewart, sophomore linebacker Tyler Fackrell, redshirt freshman linebacker Bridger Peck and freshman defensive tackle Ricky Ali'ifua each recorded a sack during the scrimmage.

"They've gotten a lot better at disguising their coverage and blitzes," Keeton said of the Aggie defense. "Even though I am checking at the line of scrimmage, trying to decipher who our offensive line is picking up, they are still doing a good job of bringing multiple guys and adjusting on the fly."

Last season, the Aggies were two missed field goals away from a perfect 13-0 season. Thursday, no USU kicker missed a field goal or extra-point attempt.

Wells said it is a testament to strong red-zone defense when to force

See AGGIES, Page 8

SPECIAL FEATURES

Just Jumpin' their way into hearts

BY JASON BORBA
staff writer

Going to a Utah State basketball game is a great experience. Whether it's a men's or women's game, there is something for everybody.

Halftime is for the crowd to sit down and relax to get ready for the second half, but this isn't always the case. Halftime entertainment has become a big part of basketball games.

The USU cheerleaders and dance team have great performances during the break, but only one group puts the crowd on its feet and gets it cheering as if the game was still being played. That group is Cache Valley's own Just Jumpin' jump rope team.

Founded in 2003 in River Heights, the team performs all over Utah and has been competing nationally since 2006.

The team has per-

formed many times at USU basketball games and are always well-received anywhere they go.

"Especially Utah State, they are phenomenal and we love it there," said Just Jumpin' head coach Patrice Winn. "We go to Weber State and all the other ones and they love us. We usually get a standing ovation and the students just love us."

Just Jumpin' came to be when Winn, the P.E. teacher in River Heights, was approached by Kathryn Mickelson, a student of hers, in 2003 about starting a jump roping team. The idea gained interest from other students and community members and became what it is today.

"I had just moved to River Heights where the team was started and I was trying to make new friends," Kathryn said. "My mom said I had to go out and do something,



MEMBERS OF JUST JUMPIN' practice a routine in preparation for a competition. The jump rope team competes all across the country. *JASON BORBA photo*

so I was like, 'OK, I'll just give it a try.' They had the jump rope program here and I just fell in love with it after I jumped for a couple weeks and I started bringing my siblings into it."

Kathryn and her brother Eric Mickelson are two of the longest-tenured members of Just Jumpin', having been there since

the beginning. Being one of the oldest members of the group doesn't faze 18-year-old Eric, who said it's good to pass along the skills you have learned to the younger jumpers to keep the sport going.

"It's fun to show people what I have practiced and learned," Eric said. "It's also fun to showcase

a kind of different and unique sport."

Eric will step away from the sport this summer when he trades in his ropes for a suit and tie to serve his mission for the Church of Jesus Christ of Latter-day Saints.

The team consists of kids of all ages. The

See JUMP, Page 9

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www.sustainability.usu.edu

Send

TENNIS

Tennis teams lose on road

BY JEFF DAHDAH
staff writer

The Utah State men's and women's tennis teams both saw action over the weekend, with both squads coming up short in losses.

Mckenzie Davis continued her dominance on the women's side, winning the No. 1 singles spot 6-3, 6-3. With the win she improves to 7-2 in match play on the season and undefeated in WAC play. Unfortunately, the rest of the team struggled and no one else was able to come up with a win in Ruston, La.

USU had its match with UTSA — scheduled for the next day — canceled.

The Aggies look to improve their record as they continue WAC play in Logan Friday, Saturday, and Sunday. They play San Jose State, Texas State, and Seattle.

The Utah State's men's tennis team was also in action last week, playing UC Santa Barbara on Wednesday and Boise



MEMBERS OF THE UTAH STATE TENNIS TEAM rest in between sets during a match last season. File photo

State March 29, both in Boise, Idaho. The Aggies fell Wednesday by a score of 6-1 and again on Friday 7-0. With the losses, they fall to 5-9 on the season.

Sean Levesque was the lone player to win in singles play, beating Alexander Gryaznov from

UC Santa Barbara. The Aggies almost won the doubles point both days when Fredrik Peterson and Sean Levesque won Wednesday in the No. 2 doubles position and Sven Poslusny and Matt Sweet won Friday in the No. 1 doubles position.

The men's team looks to get back on track on Wednesday, April 20. USU will play in Ogden against Weber State, who they beat 4-3 earlier in the season in Logan.

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AGGIES: Defense shines in practice scrimmage



JUNIOR RUNNING BACK JOE HILL sprints downfield during the Aggies' win over Southern Utah in September of 2012. File photo

►From page 7

field goals. "It's not about the yards," Wells said, though the offense scored after gaining 92 yards on one drive. "It's points given up and points scored. They stoned the offense right out of the gate the first series of the red zone."

The Aggies will continue spring practices three times per week with another scrimmage April 11 at 3:15 p.m. and conclude the spring season with the Blue vs. White Spring Game on April 20 at 2 p.m. in Romney Stadium.

"It was one of those things that was love-hate, because you are going against your teammates and I am going against the guys in my locker corner," Keeton said of playing against his teammates. "It's exciting to get out here and compete and have a little bit of bragging rights."

"We have a lot of work to improve on," he added. "Hopefully we can come out and have a better scrimmage next week."

— tavin.stucki@aggiemail.usu.edu
Twitter: @StuckiAggies

GOLF

USU falters at Cal Poly

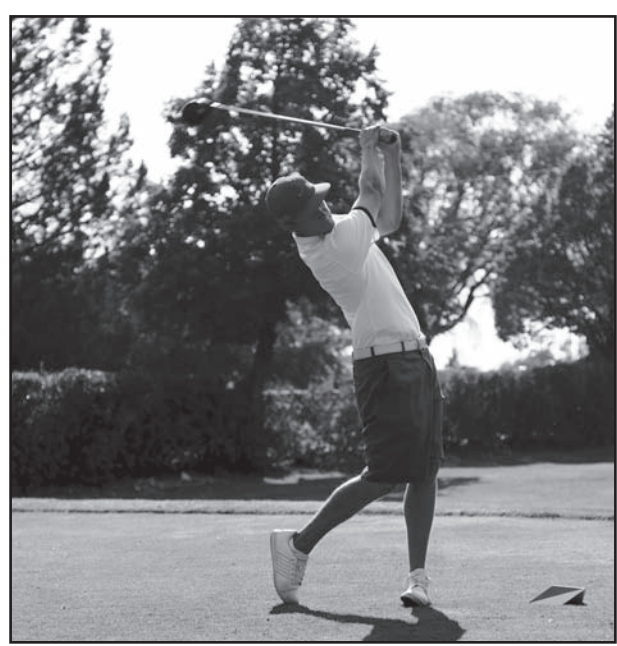
BY CONNOR COMEAU
staff writer

The men's golf team finished up play at the Cal Poly hosted Match Play Challenge in Arroyo Grande, Calif. on Friday. The team went up against Weber State, Fresno State and Northern Colorado.

The Aggies suffered a 3.5-1.5 point defeat against Weber State in the first round. Junior Tanner Higham tied against Jordan Herzog of Weber State while freshman Seokwon Jeon defeated Michael Johnson.

The Aggies lost to Fresno State 3.0-2.0 in the second round. Higham defeated Troix Tonkham of the Bulldogs, while Jeon defeated Rufie Fessler.

The Aggies lost to Northern Colorado 4.0-1.0 in the consolation round. Higham was the only member of the team to record a victory in the round, defeat-



A UTAH STATE GOLFER tees off during practice at the Logan Golf and Country Club. File photo

ing Steven Kupcho.

The Aggies have two events left before ending the season at the WAC Championship in Henderson, Nev. The team will head to Scottsdale,

Ariz., to compete in the Cowboy Classic on April 8-9.

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BASEBALL

Weekend sweep for Utah State sluggers

BY MARK HOPKINS
sports senior writer

It's amazing what a little home cooking can do. After battling tough opponents away from home to begin the season, the No. 8 Utah State baseball club finally returned to Providence Field over the weekend and swept their three-game home-stand against conference foe Weber State.

"We came out with three strikes, we fielded the ball, we did everything needed to win this weekend and that's what happened," pitcher Robert Garrett said.

Last season, the Wildcats were the last team to beat the Aggies before Utah State reeled off 14 consecutive victories in route to winning the National Club Baseball Association World Series. At home this year, however, Utah State made sure the games weren't left in doubt, pummeling Weber State with superb pitching and hitting.

"I would say our pitching was probably the best I've seen it so far this year," pitcher Cole Godfrey said. "Our pitching definitely won these games. Obviously our hitting did a lot too, but our pitching definitely was the best this weekend."

Left fielder Jordan Hansen agreed the difference in pitch-

ing was a key factor in the Aggie wins. "Our pitching definitely got us through that first game," Hansen said. "They kind of ran out of pitching there in games two and three and we capitalized on that, took advantage and put up almost 20 runs in two games together."

Garrett said it was nice to have last year's famed offensive attack back, which seemed to have a positive impact on all facets. "We came out and really hit the ball this weekend," he said. "It's something that we struggled a little bit with in the past, and so it's good to see that we're coming around there. We played really good defense."

Utah State 9, Weber State 6
The Aggies started slowly but quickly built up speed in a back-and-forth affair, eventually scoring four runs in the bottom of the seventh to break the game open.

"Friday night we hit the ball well," Hansen said. "Took us a little bit to get going during the game."

Hansen was a key factor at the plate for the Aggies, tying with Colton Anderson for the team lead with three RBIs while delivering some crucial hits. Utah State held a slight lead at 5-4 before the seventh inning frenzy, and Godfrey

entered as closer and calmly pulled out the victory. "We started out pretty slow, but we ended up pulling together there at the end and kind of ran away from them," Godfrey said.

Utah State 7, Weber State 2
From the first inning on, Utah State made sure the game wasn't in doubt, scoring six quick runs and giving starting pitcher Sixto Cabrera the lead.

"Kind of took their momentum away before they could get it going," Hansen said. "I got some good base hits with guys in scoring position. I think one of them put us in the lead, and the others were just pounding it on them to take their momentum away."

Kolton Anderson belted a three-run home run and Hansen chipped in two more RBIs. Cabrera would go five scoreless innings before allowing two runs in the top of the sixth. Trevor Zubek and Payton Davis finished off the game from the mound for the Aggies.

"We jumped out pretty quick and kind of let the pedal off in the first game," Godfrey said. "In the second game, we just kept the pedal going and 10-ran them."

Utah State 10, Weber State 0 (5 innings)
Another Utah State six-run first inning dampened any



A MEMBER OF THE USU BASEBALL TEAM fouls off a pitch in the dirt during a game against Weber State on Friday. DELAYNE LOCKE photo

hope for the Wildcats and led to the game being called after the fifth inning.

"Today we came out and jumped on them early both games," Hansen said.

Hansen was hit by a pitch to load the bases. Anderson followed and was also hit, scoring the first run.

Outfielder Matt Stranski next hit a two-run single, and the scoring was on. Garrett was the starting pitcher and said the lead helped him shut the Wildcats down.

"It's always nice to pitch

with a lead, makes you relax a little more and throw some strikes," he said.

After walking the first batter he faced, Garrett was lights-out, allowing only one hit and striking out two while going the distance.

"My arm felt really well, I felt like everything was working for me," he said. "After the first inning I got in a groove. Our defense was errorless today, which makes it really easy for a pitcher."

The same couldn't be said for the Wildcats, who walked

six and hit four batters in the game. After Anderson was hit a second time, a slight flare up between teams ensued, but the Aggies quickly doused the fire and went on to victory.

Utah State will hit the road again this weekend, traveling to Price to face USU Eastern Junior College before returning home the following week to face UVU at Providence Field.

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JUMP: Performers always a fan favorite at halftime shows and competitions

From page 7

youngest members of Just Jumpin' are in second grade while the oldest are college students. With so many young kids on the team, Winn and the older members try to teach more than just jump roping. "It has become more of a teaching skills for life rather than just jump rope," Winn said. "We teach jump rope, but in addition to that, these kids

that are in third or fourth grade are learning to teach kids that are their same age or younger. They are learning leadership skills, teamwork skills and all those types of things. I love that it's progressed from just an after school activity to a team-building exercise."

When the team isn't performing locally, they are getting ready for competitions across the country. Just Jumpin's highest finish at a competition was

a bronze medal on a couple of occasions.

There are 11 events at each competition, including speed and freestyle events. Regional competitions are held in Idaho, and national competitions range from California to Florida.

Winn says the team has been able to survive for so long because the members are so invested in the team. The team has evolved from going to dif-

ferent camps, regionals, nationals, and having new members joining, Winn said.

The team hosts a series of workshops across Utah where people can go to learn how to jump rope and have fun.

Information on Just Jumpin' workshops and performances can be found on their website at www.justjumpin.org.

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Twitter: Jborba15

Kathryn Winn
Just Jumpin'

"It has become more of a teaching skills for life rather than just jump rope."

UTAH STATE

SOFTBALL

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Views & Opinion

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Be aware of social opinions

Our View

An Editorial Opinion

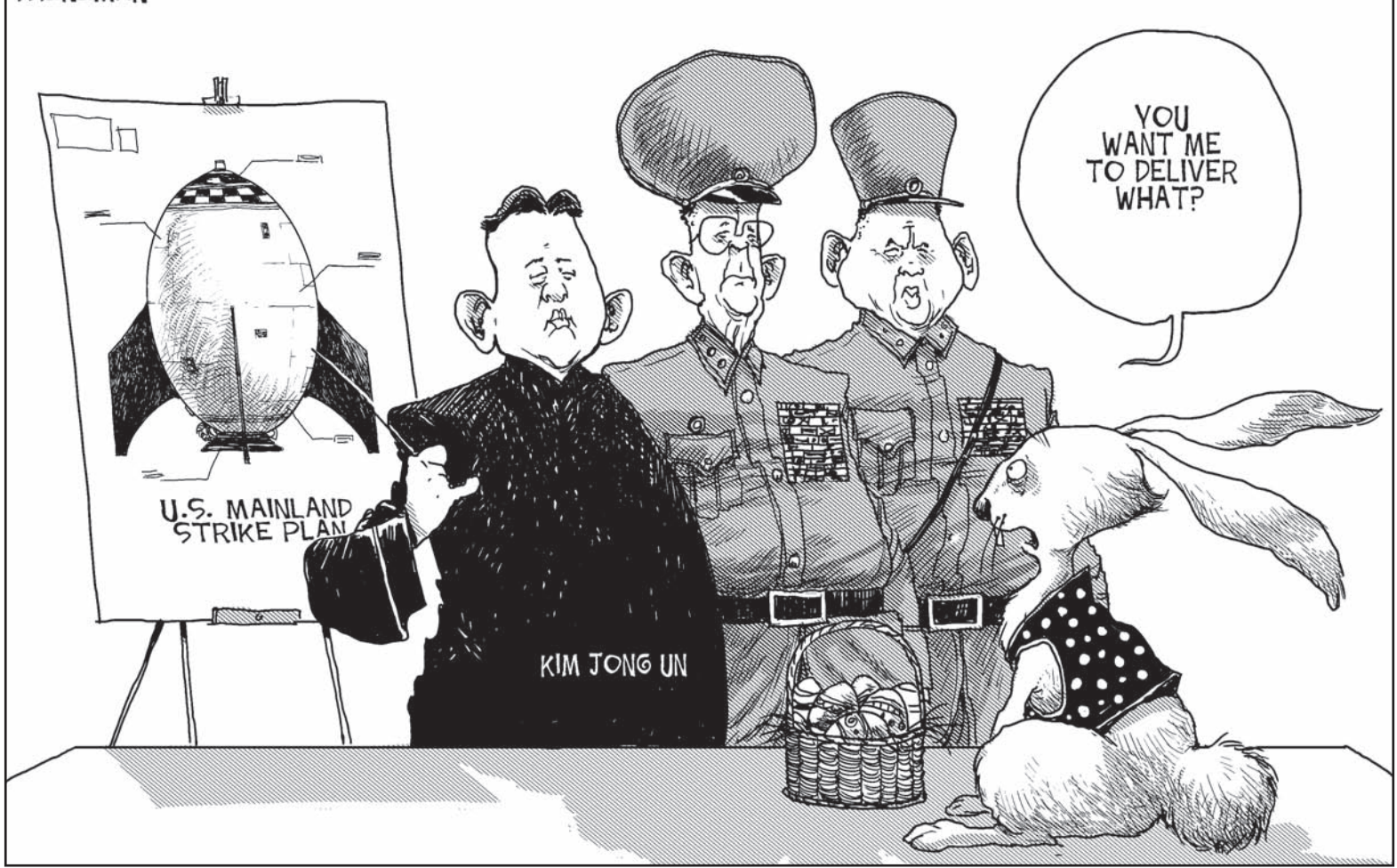
Last week, social media was buzzing because of the Supreme Court decisions on the Defense of Marriage Act and Proposition 8. Profile pictures were changed, blogs posts were written and friends were removed with the click of a mouse. Generation Y spoke quite loudly. The question is, did anybody actually hear them?

As journalists, we understand the importance of voicing opinions. There's something important about being able to articulate an opinion, especially when it comes to political issues. Healthy discussions should be a part of every student's life. It encourages growth and balances the part of us that still wants to play Halo and eat cheap fast food for hours on end.

Despite this, students need to be careful of social media. It's never been so easy to throw a thoughtless, harsh and sometimes downright-gross comment into the public forum. It's also never been so easy to take one side of the other, like there's nothing in between.

No matter where our stance lay, we should all be able to agree on one thing: Marriage is a complicated issue. There are more than 1,100 references to marriage in the federal code and the decision from the court won't be absolute. Maybe our opinions shouldn't be so one-sided either. Take a stand, but think beyond the wings of political parties. There are more considerations.

SHENEMAN TRIBUNE MEDIA SERVICES



Forum Letters

Letters to the editor • A public forum

My teacher of the year award

To the editor:

I'm a proud student of Utah State University. Like most, my path to college required hard work and dedication to be accepted and earn a scholarship. I was proud of my acceptance into this university. But I was puzzled by a playful jeer used by those older and wiser who had already passed through college.

"You know, in the end," they said, "those thousands of dollars

just pay for that piece of paper you receive at graduation."

While this is an obviously farfetched statement, I have come to find some truth to it.

I believe that my tuition pays for the rich college experience that Utah State provides for its students. We have a great social atmosphere, excellent programs, and a myriad of clubs and organizations.

But I have been somewhat disappointed by the quality of teaching that my tuition money pays for. I find it ironic that I learn more from watch-

ing free online videos and reading my textbook than I do from listening to some of my tuition-funded lectures. And I'm not the only one. I've met up with many fellow students outside the classroom that inform me that they no longer attend class because, they learn more from reading the textbook anyway.

I'm reminded of an old high school math teacher. He was an excellent teacher. His lectures started with the most basic elements of a concept and he built upon those concepts with examples, stories and proofs. It was

exciting to learn because we understood the material and saw its application. The impact of a prepared and involved teacher shaped the future of many of his students.

I entered college expecting to have many similar experiences. While I've had some terrific professors, I've been disappointed at the number of teachers who lack the ability to teach for understanding. They seem to be disconnected with the learning process. They regurgitate aimless information while students hopelessly scribble notes trying to make

sense of it.

I can already hear the rebuttals — "But you're in college now. You're expected to learn at a higher level." True. But it all depends on how the university defines its primary learning source for its students. If it's the professors, I think that there's work to be done. If it is textbooks and online material, then I think they are doing a great job because that's where I learn the most anyways.

God bless open courseware.

Troy Winder

Remembering the true reason for Easter



Richard Winters

Common Sense

I've been pondering this week the most important social issue of all time. We just had Easter a couple of days ago; I wonder if many of us really respect and grasp the true meaning, much less celebrate it.

I think many, especially around here, do remember well, but with all of the excitement of

bunnies and baskets, jelly beans and Jolly Ranchers, along with the infamous Peeps, I wonder if we get so wrapped up in the hustle and bustle of it all that we naturally divert our attention from the root of the most important social issue of all time — Jesus Christ.

One may disagree with the significance of this man — or this God, depending on your beliefs — and one is free to disbelieve his miracles, but so much has been written of him and he has had such vast effects on the entire world that one would be hard pressed to find an educated man who argued that he didn't actually exist.

Richard Winters
columnist

"How God dealt with Moses and the children of Israel was a key factor in the organization of this country!"

His teachings have permeated philosophy and social science, languages and countless books. Numerous universities have been founded on Christian principles and have borne his message. Some of these schools include Harvard, Columbia, Yale, Princeton and about every one of the first hun-

dred-or-so major schools in America.

Even our very nation was founded on Judeo-Christian principles. The founding fathers studied, among other things, the Old Testament for guidance on how to create a functional government.

How God dealt with Moses and the children of Israel was a key fac-

tor in the organization of this country. John Adams, Thomas Jefferson and Benjamin Franklin were on the committee to create the first United States seal. They suggested that the seal consist on one side of a depiction of the Children of Israel being led by a pillar of fire. This was not eventually pursued given the constraints of space.

The Ten Commandments, prayer and the Bible played primary roles in the aspects of nearly every American's life.

Franklin later wrote in a letter to Ezra Stiles, the President of Yale

See SENSE, Page 11

Attend to your parents — or else bad things happen

Nat'I View

A look at what others are saying

The following editorial appeared in the Chicago Tribune on Monday, April 1:

If you're a grown-up with parents, you may think it's a major pain to have to take time out of your busy life to go see them or have them over. You may get tired of their hints that they don't get enough attention. You may even have to listen to resentful complaints or demands. Plus those questions about why you let your kids get away with (fill-in-the-blank) ... Think you've got it tough?

Some of your contemporaries in China gladly would trade places with you.

That's because in the world's most populous nation, attending to your filial obligations is no longer entirely up to your discretion. It's a legal obligation. The government has enacted a law mandating that children visit their parents and that employers give the children time off to do so. And if Junior shirks his duty, Mom and Dad can sue him to force compliance.

Chinese culture has long placed a heavy emphasis on respect and care for parents. "While father and mother are alive," said Confucius, "a good son does not wander far afield." But in China's fast-paced modern economy, many sons and

daughters take jobs far from where they were raised, and see their parents only rarely.

That doesn't sit well with the elders. "I know the person who drafted this provision, and the first thing I told him was, 'Really nice move,'" Ninie Wang of the Gerontological Society of China told The New York Times.

Americans who have not reached middle age may consider such remedies laughable. What they may not have considered is that the ranks of seniors are being rapidly augmented by the baby boomers, who have long enjoyed the power that goes with outnumbering every other generation. Boomers are used to getting their way, and they are not about to give that up just

because they've got gray hair and creaking joints.

No sirree. Boomers pushed Frank Sinatra and Perry Como aside for the Beatles and Stones. They got the draft abolished. They got the voting age changed from 21 to 18. They got the drinking age lowered for them — and then raised for their kids.

They think the world revolves around them because for two-thirds of a century, it has. In retirement, they will have not only outsized numbers but even more time to spend arranging the world to their satisfaction.

The generations that follow them have long worried about paying to keep Social Security and Medicare benefits at the level these fledgling seniors

have been led to expect. But boomers will not be bought off with mere money. They will expect time with the kids — and the grandkids. They will expect company for Sunday dinners and summer trips. Birthdays and holidays — you can guess.

What if they don't get what they want? Well, the Chinese have devised one option. And if we know anything about our representatives in Washington, it's that they have no desire to take on a bunch of cranky old folks with a habit of showing up on Election Day.

A couple of decades back, seniors who were protective of their retirement benefits earned the nickname "greedy geezers." Greedy? Kids, you ain't seen nothing yet.

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- Letters should be limited to 400 words.

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SENSE: Founding fathers built on Christian beliefs

► From page 10

University, "Here is my creed: I believe in one God, the creator of the universe. That he governs it by his providence. That he ought to be worshipped."

George Washington said, "of all the dispositions and habits which lead to political prosperity, religion and morality are indispensable supports."

When the French jurist Alexis de Toqueville came to America a few decades later he was stunned by the fact that almost everyone in America was religious. He wrote, "Upon my arrival in the United States, the religious aspect of the country was the first thing that struck my attention." Later he pointed out that, "In France I had almost always seen the spirit of religion and the spirit of freedom marching in opposite directions. But in America I found they were intimately united."

Time and space do not allow me to continue with the ridiculously vast amount of mate-

rial from the founding generation of this nation in support of Christian principles. Our country, indeed, has always been a great Christian nation. Given Jesus' reach on political life, university studies, philosophy, social issues and basically everything which is historically American, do we remember him or do we strive to remove him from the equation?

And so we return to the original question: What of Easter? What does it really mean?

Jesus Christ descended from heaven, was born in a manger and spent his whole life serving others. He performed miracles, changed lives, and organized men and women into powerful forces for good and for the benefit of their fellow men.

Eventually, he willingly and completely took upon himself the sins of all mankind in the garden Gethsemane. The physical pressure of such a terrible event caused him to bleed at every pore. He was betrayed by a close friend, illegally captured, subjected to

a mock trial, spat upon, tortured and unjustly sentenced to be executed. He was nailed to a wooden cross by his hands, wrists and feet. He hung there, all his weight coming down on those rusted Roman stakes for about nine hours in agonizing pain before he died. Then he was buried in a tomb for three full days.

Most of us know the story whether we believe its truth or not. But which part of it is the reason we celebrate Easter? Primarily, we celebrate Easter because after such a horrifying moment, after his body was broken and destroyed, and he was murdered for the sake of the political power of wicked men.

He arose from his tomb on the third day and was resurrected to eternal glory. He broke the bands of death. He made it so every person who dies or has ever died can eventually return to heaven through faith in him. And he did it because he loves us.

The resurrection: That is the reason for Easter.

Utah State University
blue goes green

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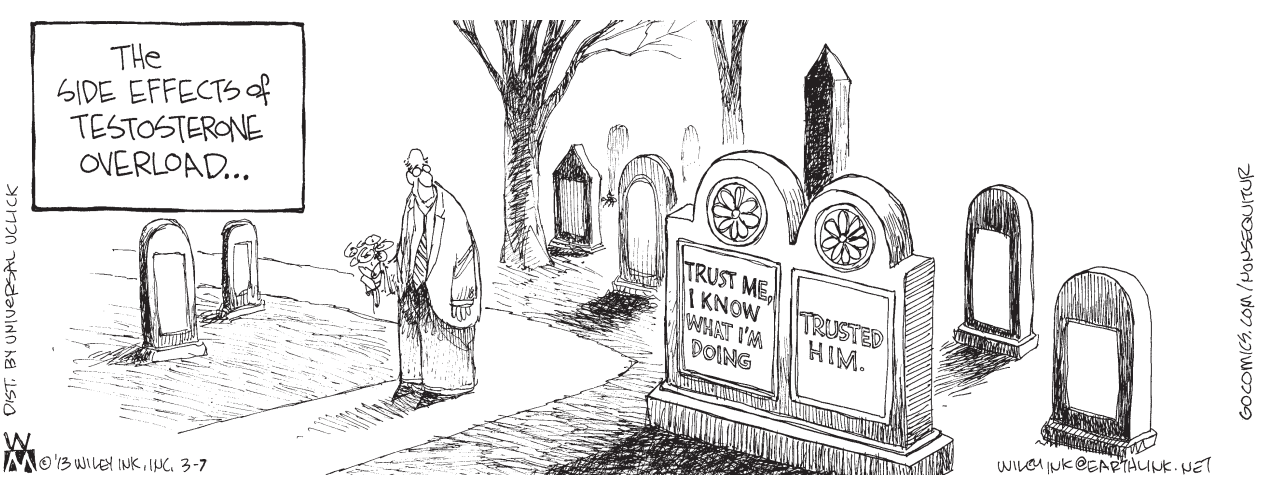
- Laziness
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ANSWERS ELSEWHERE IN THIS ISSUE!

Medium

3		8						1
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Los Angeles Times Daily Crossword Puzzle
Edited by Rich Norris and Joyce Lewis

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26
27	28	29	30	31	32	33	34	35	36	37	38	39
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66	67	68	69	70	71	72	73	74	75	76	77	78
79	80	81	82	83	84	85	86	87	88	89	90	91

By Matt DuGuay-Ci

DOWN

- Quarter of a grid, perhaps
- Pattern of "Chess"
- Part of YACK: Abx
- Pop railway
- Process, in the Hebrides
- Christian
- Speech impediment
- Horrid name
- Pollyanna
- How a panda in eating
- Terrific guest
- Place at Valley 13 LAK
- Impediment
- Small desert region
- Medieval abx.
- Former pop
- Flying Cloud, a.s.
- Chip-ship
- Speak-what-else
- For all to see
- Intrigue scene
- Knee-cut injury
- Million in arguable terms
- Kinda obscure
- Deerly got
- Forming cap
- Denial
- Hebrew tongue
- Archie
- Agitation
- Insurance
- One seeing intelligence
- In contempt
- Leave out
- "Pondosa" tree
- 17th name
- Clayton
- Clayton
- Hebrew name
- Factor in
- Edna M.L. period
- Did nothing

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Pathem™ the path word puzzle

topic: James Bond 007

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Spell the phrase in the grid above it, writing each unique letter only once. The correct solution will spell the complete phrase along a single continuous spelling path that moves horizontally, vertically and diagonally. Fill the grid from square to square - revisiting letters as needed to complete the spelling path in order. Each letter will appear only once in the grid.

The USU Back Burner

Today's Issue



Today is Thursday, Aug. 30, 2012. Today's issue of The Utah Statesman is published especially for Abrecia Beck an elementary education major sophomore from Bountiful, Utah.

Almanac

Today in History: On April 2, 2005, John Paul II, history's most well-traveled pope and the first non-Italian to hold the position since the 16th century, dies at his home in the Vatican. Six days later, two million people packed Vatican City for his funeral, said to be the biggest funeral in history.

Weather

High: 61° Low: 35° Skies: Sunny along with a few clouds. A stray afternoon thunderstorm is possible. Chance of rain: 20 percent



Tuesday April 2

- ▶ Classes Added by Petition Only (Charged \$100 Late-Add fee per class)
- ▶ No Dropping of Classes Permitted
- ▶ Partner's in Business Leadership Conference, Eccles Conference Center 8:30 a.m.
- ▶ Senior BFA Exhibition 3, Chase Fine Arts Center 10-4 p.m.
- ▶ Department of English Lecture, Sky Women in the 21st Century, Nora Eccles Harrison Museum of Art 4-6 p.m.
- ▶ Cafe Zupas Information Session, BUS 209 4:30-6:30 p.m.
- ▶ Flute Fireworks, Twain Tippetts Exhibition Hall 6:30-8 p.m.
- ▶ Kayak Roll Sessions, HPER 7-9 p.m.

Wednesday April 3

- ▶ Classes Added by Petition Only (Charged \$100 Late-Add fee per class)
- ▶ No Dropping of Classes Permitted
- ▶ Senior BFA Exhibition 3, Chase Fine Arts Center 10-4 p.m.
- ▶ 38th Annual Last Lecture featuring Dr. Phebe Jensen, Performance Hall 11:30-12:30 p.m.
- ▶ STE2M Center-Common Hour Series, 11:30-12:45 p.m.
- ▶ Using Census Bureau Data for Community Analysis and Research, Ag Science 135 11:30-1 p.m.
- ▶ Effective Coping Workshop, TSC 310 B 1:30-2:30 p.m.
- ▶ Barbeque Party, Lundstrom Center 5-8:30 p.m.

Thursday April 4

- ▶ No Dropping of Classes Permitted
- ▶ ASCE Rocky Mountain Student Conference
- ▶ Senior BFA Exhibition 3, Chase Fine Arts Center 10-4 p.m.
- ▶ No Dropping of Classes Permitted
- ▶ Stress Management and Wellness Workshop, TSC 310 B 10:30-noon
- ▶ Group Meditation, TSC 335 12-1 p.m.
- ▶ USU Yarncraft Guild, TSC Juniper Lounge 7-9 p.m.
- ▶ 1.4 Billion Reasons: A Presentation on Extreme Poverty, TSC Ballroom 7 p.m.
- ▶ Caine Chamber Ensembles, Performance Hall 7:30-9 p.m.
- ▶ Project American Fork, HPER 114 8:30-10:30 p.m.

FYI:

Frank Belatti, a former CEO who helped turn around Popeyes Chicken and Biscuits, will deliver a keynote speech at an upcoming Partners In Business Leadership Conference at Utah State University on April 2-3 at 8:30 a.m.

The flute students in the Department of Music are presenting their final performance of the academic year on Tuesday, April 2 at 6:30 p.m. in the Tippetts Exhibit Hall Balcony of the Chase Fine Arts Center. This performance will feature a flute-harp and a flute-clarinet duet, and is free & open to the public.

The Caine Chamber ensembles are performing the music of the renaissance, baroque and romantic eras peppered with music from the 20th century for all to enjoy on Thursday, April 4 at 7:30 p.m. in the Performance Hall. This performance is free and open to the public.

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Utah State will be hosting the annual American Society of Civil Engineers (ASCE) Rocky Mountain Student Conference April 4-8. All events are open to the public. Friday, twelve schools will be setting up their concrete canoes on the Quad (TSC International Lounge if bad weather) from 1:30-3 p.m. for the aesthetics competition, and thirteen schools will be building steel bridges in the Fieldhouse from 12-5p.m. Saturday there will be concrete canoe races at the Hyrum Reservoir beach area, 50 E 500 S, Hyrum UT. Come support USU.

The American West Heritage Center will hold its annual spring festival, Baby Animal Days, on April 4-6. The event will feature baby bears from Bear

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World, brought to you by the USU Charter Credit Union. Other activities include pony and train rides, wagon rides provided by Hardware Ranch, a candy cannon and, baby farm animals. Tickets to Baby Animal Days are \$8.00 for adults and \$6.00 for children age 3-11. Bring a food item and receive a \$1 discount on your admission price, up to \$4 per family. All canned food collected during this event will be donated to the Cache Community Food Pantry.

There will be a Jane Austen Spring Ball Dance Lesson for the "Hole in the Wall" on April 4. This is a free lesson in HPER 102 at 7 p.m.

It's the annual CCA Awards to reward students, faculty and staff for their excellent work this year. This event is at 6 p.m. in the Morgan Theatre on April 5 and is free and open to the public.

More Calendar and FYI listings, Interactive Calendar and Comics at

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www.utahstatesman.com

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Wednesday TRAFFIC STOPPER
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LIMIT 4

Thursday TRAFFIC STOPPER
\$5.00 "5 Buck Cluck" Rotisserie Chicken
LIMIT 2

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