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## The Utah Statesman, February 26, 2013

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Utah State University • Logan, Utah  
**The Utah Statesman**



**STUDENT ADVOCATE CANDIDATE** Joey Burt has integrated music into his campaign process, above. Diversity VP candidate Adam Addley has built a unique sign with a platform to set himself apart, right. DELAYNE LOCKE photo



# Prez candidates debate smoking

BY LIS STEWART  
staff writer

The five candidates running for ASUSU president — the largest number of candidates for the office in years — debated Monday in the Hub on how to best keep students involved, responsible money management and whether USU should become a non-smoking campus.

In regards to USU's status on smoking, the candidates were split on the issue. Candidate Luke Ensign said though he has opinions of his own, it comes down to the students.

“I think it would actually be good,” Ensign said, “but it all comes down to number one — what the students think about that. What do the majority say?”

Candidates Hayden Smith, Chaise Warr and Doug Fiefia also said it was an issue for students to decide.

Candidate Josue Carias said he was for a campus-wide smoking ban.

“If you’ve ever had a whiff of somebody else’s smoke coming through while you’re walking to class, they are infringing on your rights,” Carias said. “They can smoke off campus — that’s totally fine, they can live their lives, but they are infringing on someone

else’s rights when they smoke and that gets all up in your face.”

In addition to prepared questions, Abigail Kingsford, debate moderator and ASUSU public relations director, asked the candidates questions submitted via Twitter. The first came from ASUSU President Christian Thrapp on how to help international students feel like they belong at USU.

“I think they are not understood as students, and I think if we could throw events for them and have ASUSU promote them, I think we can appreciate their culture and invite them and make them feel at home at USU,” Fiefia

said.

International students tend to stay within their own “niche” when they get to USU, Smith said. Promoting campus-wide events where a wide variety of people can come learn about the cultures at USU is something he said he wants to do.

Questions were also taken from the audience in the Hub.

Jake Johnson, a sophomore in political science, asked about specific ways the candidates plan to hold ASUSU accountable to the students.

“I’ve noticed in my time here

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**ENGINEERING STUDENTS MINGLE** with the community Thursday for Engineering Week. Students built spaghetti bridges and presented their ideas about the Steel Bulls Steel Bridge Team. JESSICA FIFE photo

## Engineering event caters to community

BY ANDY PIERUCCI  
staff writer

Blake Lance, a mechanical engineering PhD student, stood next to the display on nuclear energy during the College of Engineering’s annual Community Expo on Thursday.

Lance explained to visitors the importance of nuclear energy and the skills a USU mechanical engineering student can gain in the field.

“People don’t realize how much a mechanical engineer can do with their training,” Lance said. “A student can leave USU and have the skills necessary

to work at a nuclear power plant.”

Lance said the great thing about the Community Expo, which was held in the Engineering building, is students and Cache Valley residents of all ages can come out and see how awesome engineering is because they are the future generation of engineers.

In the week leading up to the event, students from the college went to local schools in the valley advertising the Community Expo.

Taylor Bybee of the USU Engineering Council said he saw more people at the event than in years past.

“We did a lot more adver-

tising this year, including visiting local schools and buying ads on the buses. It looks like it’s paying off,” Bybee said.

The event showcased student projects involving all of the different engineering labs. There was also a beauty pageant and a display with USU’s spider goats.

“This is a great event,” Bybee said. “We are excited that so many people from the valley are coming out to learn more about engineering.”

Members of the community and students from USU visited the different displays and tables, which

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## CNN reporter to speak with aspiring writers

BY DANIELLE MANLEY  
staff writer

CNN enterprise reporter Jessica Ravitz will be on campus Wednesday at 11:30 a.m. in the Agricultural Science Building as part of the Morris Media and Society Lecture series.

Ravitz is well known for her coverage of the mutilated Afghan teen Aesha that adorned the cover of TIME magazine in 2010. Shortly after her magazine debut, Aesha’s story was covered in-depth by Ravitz and published in CNN’s digital magazine.

More locally, Ravitz is known as a former Salt Lake Tribune reporter who primarily covered religion. Her experience reporting religion in Utah will be the foundation for her lecture on reporting with patience, persistence and compassion.

Ravitz said she did various things to gain the trust of her interviewees, including participating in a trek with Mormon teenagers and hanging out with a Muslim Girl Scout group.

“It’s such a great entree into getting into people’s worlds and getting them to open up,” Ravitz said. “People so desperately want them to understand what they believe and why they believe it, and if someone will sit down and talk and listen to them, they’ll talk.”

Fellow former Salt Lake Tribune reporter and USU journalism professor Matthew LaPlante experienced Ravitz’s reporting when he co-wrote a story with her in 2005.

The piece, entitled “Worlds Apart,” focused on the daily tasks of a soldier in Iraq, where LaPlante was embedded with a military unit. Ravitz observed

and reported the same 24 hours with the soldier’s family in Utah.

The difficulty of making the lives of the soldier’s family seem interesting compared to his job in Iraq seemed apparent to LaPlante.

“It’s easy to make things interesting when you’re getting shot at or potentially shot at or chasing down trucks with insurgents,” LaPlante said. “It’s like a James Bond movie.”

To contrast, Ravitz spent close, intimate time with the soldier’s wife and two sons.

“She had a harder task,” LaPlante said. “She had to gain the family’s trust in a time that was very vulnerable. The kids sometimes threw fits. The mother would get frustrated. There was a relationship thing where one of the sons clearly had a bet-

➤ See RAVITZ, Page 3



**Jessica Ravitz**  
CNN WRITER/PRODUCER

**ENTERPRISE REPORTER JESSICA** Ravitz writes for CNN’s online digital magazine, but sometimes is brought as a correspondent on TV. Photo courtesy Jessica Ravitz

# ELECTIONS 2013

Candidates fight for ballots, primary vote ends Tuesday

BY PAUL CHRISTIANSEN  
staff writer

The Associated Students of Utah State University primary elections began Monday morning, but USU students shouldn't hope to secure any handouts from candidates.

As primary elections continue through Tuesday afternoon and general elections begin Wednesday morning and end Thursday night, students should be advised that changes to election bylaws prevent candidates from distributing any incentives to potential voters.

In December, a committee comprised of ASUSU officers, staff members from the Student Involvement and Leadership Center and representatives from the office of the vice president of Student Services began revising the bylaws based on feedback from students, candidates and campus organizations.

"Each year we have students who have issues with certain sections of the bylaws and we pay attention to those," said Jordan Hunt, Academic Senate president. "We're not trying to make it more difficult than it needs to be and we make sure that we're being fair. As far as this



**KEVIN MEACHAM HANDS** out fliers for his Service VP campaign. His sign is set up next to many others in front of the Eccles Conference Center and the empty lot where the old Agricultural Science building once sat. DELAYNE LOCKE photo

year, we did take in some of that feedback as we were going through the bylaws. We also went through each line to really evaluate what each section intended to do and how it was being applied and what kind of impacts it had."

One of the main changes requires and encourages candidates to run on their platform, foregoing any election incentive giveaways.

"This is something we've never done before," said Abigail Kingsford, ASUSU

public relations director. "I would hope this will give students who are voting the opportunity to be more-informed voters. Some people are concerned that taking away the free giveaways on campus will disincentivize people to vote but I'm not sure how this will affect it."

This will be a trial run for these changes, according to Riley Bradshaw, Engineering senator. As far as the number of voters is concerned, no one knows what results the changes will have.

"It will help us know next year whether they had the desired effect or whether we need to go back to the drawing board," Bradshaw said. "I think it will be an interesting election because students will have to think outside of the box. I'm eager to see what they try."

Candidates in the past relied on a tactic known as "couponing" to help students remember them when it came time to vote. A coupon for a local business was printed on the back of most

candidate fliers. Looking to secure support, candidates were permitted to hand out fliers at voting stations fitted with laptops where constituents could electronically submit their ballot.

"You'd find the best coupon to give out so students would want to keep your flier," Hunt said. "They'd hold on to it, look at it and use it. It was good advertisement for businesses and candidates, but you have the connection between handing them the flier and asking them to vote. You're giving them the coupon and it's basically buying the vote."

Hunt said the committee could fix this problem by either getting rid of couponing or getting rid of voter stations.

"It's in our best interest to promote voting," Hunt said. "Now candidates can stay at their booths and have the voting laptop but no coupons."

Couponing is just one example of a giveaway prohibited under the new version of the bylaws, Hunt said. Distributing merchandise or food of any kind to potential voters is considered bribery.

The committee hopes this change will bring out those voters who support the candidates' platforms.

"If we lose voters because we didn't entice them to vote with a coupon or doughnut, we haven't really lost any quality votes," Bradshaw said. "The people who care enough to look at the candidates and make an informed decision are the ones that would vote regardless of any incentives."

Hunt said he believes the committee made significant progress with these changes. The committee's goal was to ensure the election of those candidates best suited to serve the largest number of students in the best manner possible.

"My hope, and one of the reasons that we made this change, is that candidates will be forced to interest voters in themselves and their platforms rather than their handout," Bradshaw said. "I'd hope that candidates are making an effort to connect more directly with student groups to sell themselves as candidates and that we will see a swing in the focus of campaigning from gimmicks and giveaways to campus issues and candidates' qualifications."

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## New bylaws change race, disallow coupons

BY MADISON STONE  
staff writer

In years past, all campaign information went public the Monday of election week, giving students four days to decide which students will represent USU for the next year.

With the new changes, this year candidates were allowed to begin using social media to announce their candidacy and their office platform last Monday, a full week prior to election week.

This and many other changes to the ASUSU bylaws are changing the election process at USU.

"Social media is much more important this year," said Abigail Kingsford, the ASUSU public relations director. "We have expanded the time candidates are allowed to campaign on social media by one week and most candidates have responded favorably to that."

Candidates for 2013 are using social media more than ever before, said Alanna Hill, the assistant director of student services. Facebook, Twitter, Instagram and Tumblr have

been used to post pictures, videos and campaign logos.

"This year we are also launching new voting software," Kingsford said. "The old software was difficult to use and did not fulfill the needs of our growing campus. With this new software we will be able to have multiple elections running simultaneously. Additionally, the new website will provide more information about the candidates when students log-on to vote. This software is extremely user-friendly and should help increase the number of students who vote this year."

The website was designed to be viewed from any desktop, laptop, tablet, smartphone or other device. Students can access it at [www.vote.usu.edu](http://www.vote.usu.edu).

"Everyone loves and hates elections week because that's when you get all the free handouts," said Hannah Blackburn, the ASUSU activities director. "This year we have cut that out of the bylaws and only buttons and fliers are allowed to be distributed."

Sections allowing giveaways from

candidates have been eliminated from the election bylaws because ASUSU felt they were a direct contradiction to the no-bribery clause, according to Kingsford. Candidates may have as many items as they deem necessary donated to their campaign as long as they remain within their budget constraints.

"We've always known the bylaws needed to be reviewed to make sure everything was fair," Blackburn said. "This past summer we went through the bylaws to try to organize everything and make sure there are clear-cut rules. This has made it a lot easier for us to clearly define when there is a situation in question to know that the bylaws will have an up to date answer for us."

Despite the changes to the bylaws, the number of candidates running for office has not decreased. In fact, the number of 2013 declared candidates has grown.

"There are more candidates this year versus last year because we really made a concerted effort to advertise early and as much as possible for upcoming elections," Kingsford said.



**ASUSU CANDIDATE JOSH LEFEVRE** hands a flier to a student near his campaign sign. DELAYNE LOCKE photo

"The current officers put forth a big effort to recruit qualified individuals to run for their positions. Many of the candidates have not been directly involved with ASUSU, so they will have a fresh perspective on the way ASUSU normally does things. All of this combined gave us a great turnout this year."

Students can review the 2013 ASUSU candidates and their platforms at [usu.edu/asusu/candidates](http://usu.edu/asusu/candidates).

"We understand that as times

change, our bylaws are going to need to be updated," Kingsford said. "We made changes to areas that we thought were outdated in the hope that this process will not have to be repeated in the near future. Students will now have more time to become familiar with the candidates and more time to decide who they want to vote for."

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## ASUSU: Debate features talk of money, involvement and smoking rules

►From page 1

that I don't know if ASUSU really has a matrix for holding yourselves accountable to students," Johnson said. "There seems to be kind of this upper echelon you all report to, but not to me, the average student. How do you plan to fix that?"

Ensign said one of his plans if he takes office will be to have each of the college senators regularly create a short video of what they are up to and post it online so students can ask questions about it.

Smith said he wants the ASUSU officers to stay visible to students.

"Basically, we do all this campaigning and

we have some great officers this year, but sometimes after all this campaigning you don't see them ever again," Smith said. "I want the officers to be more out there with the students ... I don't want them to just disappear into their offices and just disappear into what they're doing."

Warr, who is currently ASUSU's programming vice president, said he wants to continue practices adopted this year such as posting goals online and hosting open forums. Fiefla also said he wants to continue the practice of posting goals.

Knowing where the money is being spent is important, Carias said. He added he will post

where money is being spent on Canvas for students to see and also make certain fees opt-in.

Why involvement is important came up in the last question of the debate.

"I haven't been involved, I don't know for sure still what ASUSU is," said Taylor Carlisle, a freshman in civil engineering. "My question is, what are you planning on doing? Because the reason I am not involved is I don't understand why you would be involved. What are you planning to do to change that, if it's so important to be involved?"

Ensign said ASUSU has a place for everyone with a passion. He and Fiefla both said there are clubs they could help Carlisle be involved

in.

Smith and Carias each said ASUSU should advertise more what students could do for extracurriculars on campus.

Warr said ASUSU could be more well rounded by getting more students to understand the importance of involvement.

"Personally, (being involved) has made my university experience," Warr said. "Education is so much more than in the classroom ... It comes from getting to know other students of other backgrounds."

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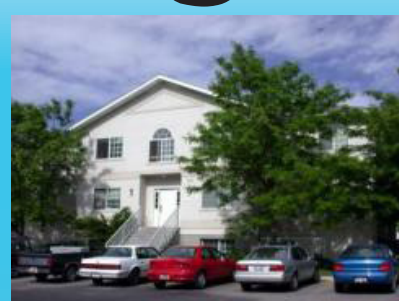
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# Students show off academic research

BY BRIANNE PALMER  
staff writer

Posters and presenters from across the state swarmed the International Lounge and Eccles Conference Center on Friday for the Utah Conference of Undergraduate Research.

The conference is based off of the National Conference for Undergraduate Research held in Wisconsin this year, where USU is sending 26 students. More than 450 students gathered to share their research projects and gather critique from fellow researchers from across all disciplines.

"It's really just a place for undergraduate researchers to really get a conference like experience that is more local for them," said Scott Bates, associate vice president of graduate and undergraduate research. "For local students, it is an opportunity that doesn't necessarily come along all that often. It provides students with an invaluable skill set."

Each school is on a rotation to host the annual event. Next year it will be hosted at BYU.

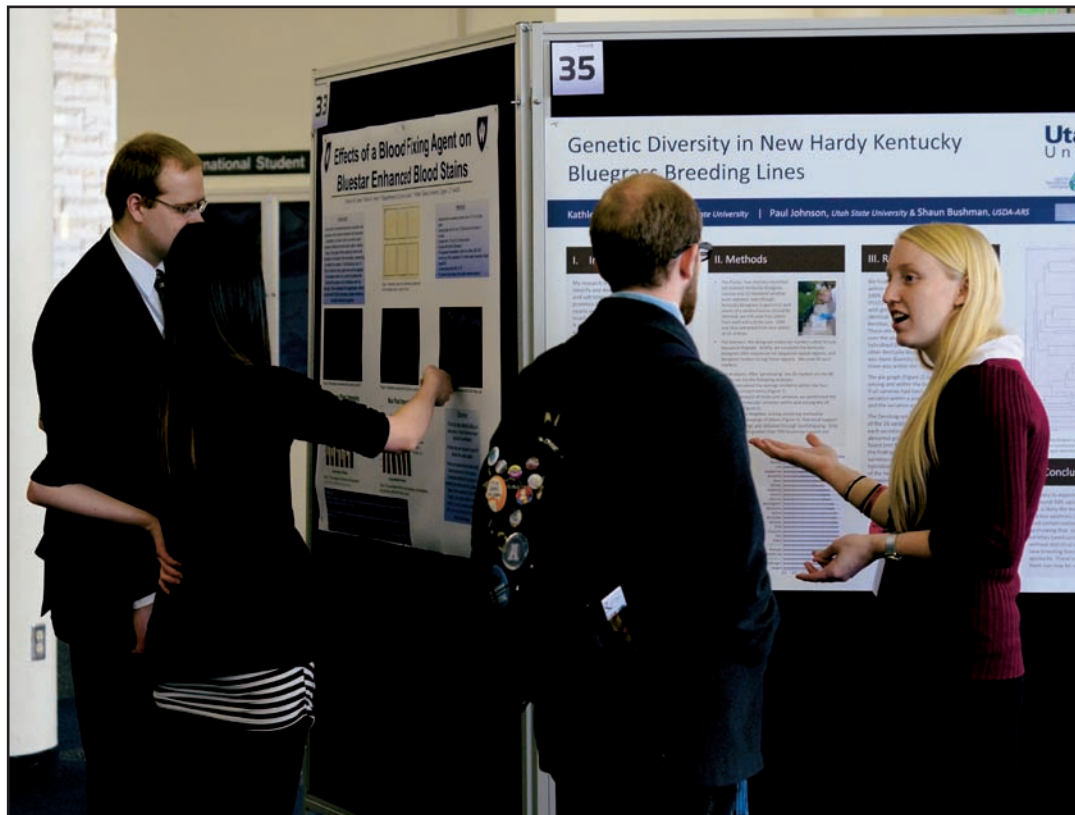
"By hosting it at USU, it will help people realize that we are the real deal when it comes to research," said David Gage, a junior majoring in biological engineering. "It is showing the other schools that we are here and we have something to give."

"We have students from off campus coming to USU and seeing what we do and what we have to offer and trying to showcase our undergraduate research program here," Bates said. "To be a leader in the state is one of my goals. It is a way of promoting undergraduate research on this campus."

USU has the second-oldest undergraduate research program in the country behind the Massachusetts Institute of Technology.

"We are one of the major research universities in the state," said Vance Almquist, a senior majoring in soil science. "It is important to maintain the research community within the college."

The purpose of such con-



**STUDENTS FROM ALL OVER UTAH PRESENT** research projects at Friday's Utah Conference of Undergraduate Research. DELAYNE LOCKE photo

ferences is to share with the community the research done by undergraduates at the university. It is a mechanism for researchers to critique the works of others and learn how to make their own better.

"I think there is something about research that is and can be very isolating," Bates said. "You are recombining DNA or studying history or you are running rats through a maze and it is very solitary. The reality is that science works best when it's public when, people are bouncing ideas off each other."

UCUR allows researchers to display their works to the general public.

"Conferences like this basically give us a place to put our work out for other scientists to see and critique as well as for anyone to come and look and ask questions," Almquist said.

"It is a great opportunity to get to know the researchers and all the different projects," said Holly Reynoso, a sophomore majoring in photography. "It's a great way for everyone to come and interchange ideas and learn what other people are doing. I

think it is a great way of connecting everyone."

For those presenting and other undergraduate researchers, their experience provides them with a set of skills to benefit their future careers.

"When I am in class I learn something, then that same day I go into the lab and use that exact same process," Gage said. "It was a light bulb moment. I sit in the classroom and I learn the material and in the lab realize why it's important that we learn these things through hands on experience."

Almquist said both the experiences in the lab and in the community presenting provide useful skills to the researcher.

"I think if you are going to be continuing a career in science, just getting used to the presentation of your results to larger bodies is very important," Almquist said. "It's always good for your resume, and if you are interested in running experiments, it's great for that too."

The knowledge of researching, experimenting and presenting results provides a strong basis for future careers,

Bates said.

"I think the communication part of the conference is the key," Bates said. "It is one part this training mechanism, when we do research the purpose is to tell people what we are doing, give and receive feedback, and we are all better for it."

Reynoso said learning and gathering feedback influences the presenters and the audience alike.

"It is important because it helps the undergraduate know what they want to when they graduate and where they want to go," Reynoso said. "It is very inspiring."

Gage said the road to presenting is a long one.

"When I first started in the lab I was just washing beakers and stuff and finally, as I worked more and more and I learned more eventually, they let me start working on this project," Gage said. "It was a long process but an interesting learning experience."

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# RAVITZ: Sharing her expertise with Aggie journalists

►From page 1

ter relationship with his father than the other. These were the things that clearly spoke to the difficulty."

One of the most difficult jobs she did was reporting the conflict the soldier had with his sons.

"One of the kids was a very angry kid," Ravitz said. "He'd had his formative years without his father around. One of the kids was a rah-rah soldier type who idolized his father. The other kid was a very sweet sensitive kid who didn't like that. His dad probably thought he was a wuss. I knew writing about that would be hard for his parents to see, but I had to be honest about the kids and what I observed. The father said, 'That was hard to see, but probably good for me to see.' That was the part where I was most tentative and nervous, but I had to be honest about it."

Ravitz's expertise lies in being able to report on delicate situations such as this family coping with their father being in Iraq or telling the story of disfigured woman from Afghanistan.

"It's a wonderful story in the way she told it," said Ted Pease, head of the department journalism and communication. "It was more than just this woman's been disfigured by weird people in Afghanistan. It's more about her and her struggle and her life. These are larger stories than just doing the who, what, when, where, why."

A common problem found in the lives of journalists is getting so caught up

with current events and deadlines that the bigger, broader stories are missed.

"Sometimes we get caught up the idea of daily journalism — what's happening now, now, now," LaPlante said. "We don't know the line. When we fail to establish the line, we fail to see the broader stories, stories that materialize over weeks or months or years. Jessica could offer some strategies to recognize those stories, strategies to gain the trust of those involved in the story."

In addition to offering insight on in-depth stories, Ravitz wants to give USU journalists hope for the future.

"There are so many assumptions about they way news is going," Ravitz said. "I think the silver lining is that there will always be a need for good reporters and good writers."

Pease emphasizes this idea with the increasing popularity of multimedia journalism.

"Jessica has taken what was a print career and moved it beyond the medium into something else," Pease said. "Storytelling is something that can be translated across multiple media. She's an example of how you can do that without either giving up quality or giving up your love of words and finding differing ways to tell a story that involve more than the traditional stereotypical avenues for journalists."

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**JESSICA RAVITZ TREADS** through water while participating with LDS youths on a trek while reporting for the Salt Lake Tribune. Photo courtesy Rick Egan, The Salt Lake Tribune

# EXPO: Aggie Ice Cream served at engineering event

►From page 1

were manned by students and employees from the college.

Students from the college scooped out free cups of Aggie Ice Cream for members of the community on the third floor. On the second floor, bags of popcorn were being sold for 50 cents next to displays on nuclear energy and unmanned aerial vehicles.

Engineering companies both local and out of state were in attendance as well in order to give students and the community a look at the real life application of an engineering degree.

Sandia National Laboratory out of Farmington, N.M. was one of the companies with a booth on the first floor. Their display gave visitors a hands on experience with the work they perform. Onlookers were allowed to handle model rockets as employees from the company explained how engineers play a role in building America's national defense.

Mark Anderson, a computer engineer with Sandia, said he hopes students of all ages will think about a career in engineering.

"I get paid to make missiles, then am flown to Hawaii to fire those missiles at the U.S. to test our defense systems," Anderson said. "How cool is that?"

Bybee said he was happy with the turnout at the Community Expo and he hopes next year's event brings out even more people.

"Engineering is dang cool, and we want the community to realize that," Anderson said. "We want the future generation of engineers to realize that."

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# Briefs

Campus & Community

## Museum shows world symbols

Cross-Cultural Perspectives on Symbolism is the topic of the next Saturdays at the Museum activity at Utah State University and its Museum of Anthropology.

Guests are welcome from 10 a.m. to 4 p.m. March 2 for activities. Through the day, patrons can explore the significance of symbols around the world and their importance in culture. There will be special tours of the museum's "Ritual and Religion in Dogon Culture" and "Status and Pride in Tribal Africa" exhibits.

Also, USU professor Doris McGonagill will present her findings on Aby Warburg, one of the first people to study symbols, at 1 p.m. in Old Main, Room 252.

## Alumna lands Big Apple program

Utah State University alumna Mary-Jane Castleton Lee has been accepted into the Lindemann Young Artist Development Program at the Metropolitan Opera in New York City.

"I couldn't dream of a better young artist program," said Lee, who begins the program in September.

"The Metropolitan Opera has some of the finest teachers and coaches in the country. I couldn't imagine a better place to help me train and further my talent."

Lee graduated from USU with her bachelor's degree in vocal performance in 2008. After graduating, she applied for the master's opera program at the Shepherd School of Music at Rice University in Texas, and was one of two sopranos accepted.

While at Utah State, Lee studied under Cindy Dewey, associate professor in the Department of Music. Dewey is the area director of the voice program in the Caine College of the Arts and trained both Lee and her older sister Tamara Castleton Mumford, who participated in the Lindemann program in 2004.

Created in 1980, the Lindemann Young Artist Development program focuses on identifying and developing talented young artists in opera. Participants work with internationally recognized coaches and teachers, observe daily rehearsals and practice sessions as professional singers prepare for their roles and perform onstage in Metropolitan Opera productions.

## Ceramics buffs present classes

Utah State University's Department of Art and Design is hosting guest artists Kristen Martincic and Joseph Pintz for an artist talk 5 p.m. Wednesday in room FAV 150 of the Chase Fine Arts Center on USU's Logan campus.

"These upcoming artists are doing interesting work in their fields and our students will benefit from the opportunity to interact and work with them in the studios," said Kathy Puzey, professor of printmaking in the Caine College of the Arts.

The visiting artists will also present demonstrations to ceramic and printmaking classes and give critiques of student work.

## 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

# AggieLife

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## Guitar professor learns while teaching



**COREY CHRISTIANSEN**, visiting professor and instructor of guitar performance and jazz studies, poses with his guitar. Photos courtesy of Corey Christiansen

BY BRIANNE PALMER  
staff writer

Corey Christiansen, an instructor of guitar performance and jazz studies, leaned back in his chair in an office buried in the University Reserves building, his stature framed by the cozy clutter of sheet music and books plastering the wall behind him.

"Utah State asked me to be a visiting professor for a few years, so here I am," Christiansen said.

He was following in the footsteps of his father, Mike, who also teaches at USU.

Christiansen was raised in Smithfield and said he is happy to be back in Cache Valley, teaching at the school where he earned his undergraduate degree in guitar performance.

"He was a student when I first started teaching here," said professor Todd Fallis, who teaches low brass and jazz studies.

➤ See GUITAR, Page 5



## Fortune favors bold women

By Cale Patterson

Online exclusive



This one is for the ladies out there. We men complain nearly constantly about not knowing what in the heck is going on your head. You are complicated, confusing and sometimes crazy. If only there were study guides for every woman. Sheesh.

You complain about us too. We are stupid. We are insensitive and we don't pick up on your signals. You're right, I know.

Despite these issues, I have a partial solution for you foxy females out there. Here it is: man up!

Alright, before you burn everything from this article but my byline to hunt me down and hurt me, hear me out.

Women expect men to do everything in dating. The guy is expected to ask the girl out, to take her to dinner, to open her door, sweep her off her feet, buy a ring and propose in some spectacular way. So what do you have to do?

➤ Continue reading at UtahStatesman.com

## Students fight flu in unfavorable conditions

BY CHELSEA HUNTER  
staff writer

The stress of attending college is often accompanied by the need to stay healthy, which not always an easy task in the middle of flu season.

According to the World Health Organization, influenza is a viral infection that affects the nose, throat, bronchi and sometimes the lungs. Once infected, a person's symptoms usually last a week, and are recognized by a sudden arrival of high fever, aching muscles, headache and severe cough, sore throat and rhinitis.

In infants, the elderly and people with other serious medical conditions, infection can lead to pneumonia or death.

"I recommend it unless they have a specific reason not to get it, like they're allergic to the vaccine or if they have something that will make them sicker if they get the vaccine," said James Davis, the Student Health and Wellness Center director and physician. "I do recommend that people in this age group get the vaccine."

Weslie Hatch, a freshman studying special education, said she doesn't usually get a flu shot and doesn't think its necessary.

"I guess overall I just don't think they do much," she said. "I think it's kind of like medicine. It'll help, for sure, but you can still get sick. You just need to take care of yourself to make sure you don't catch the flu."

Tyson Glover, a sophomore majoring in civil engineering, is required to get a flu shot at the beginning of the year while in the Army.

"I'm forced to get one, but if I had the choice I probably wouldn't," he said. "I think the flu shot only covers you from one type of the flu and there are so many out there. I mean they're free, which is nice, but I'm not sure if I'm super convinced on it or not."

According to Davis, there are two different kinds of flu vaccines. One type of flu vaccine is broken up from destroyed and damaged flu virus and that creates an antigenic reaction. The other kind of vaccine is made from a flu virus that's been weakened in order for people to contract a mild flu infection which leads to immunity.

"We usually give you a choice so you can pick, because there's one that's a nasal spray and there's one that's an injection, an injection

➤ See VACCINATION, Page 6



**A STUDENT IS VACCINATED** for the flu. Health and Wellness Center director James Davis recommends vaccination but doesn't guarantee immunity. JESSICA FIFE photo illustration

## 'Aliens' fares badly in review of gameplay

Sam McConkie



My inner fanboy isn't particularly happy right now. I essentially have waited most of my life for a true sequel to James Cameron's 1986 film "Aliens." The later entries in the film franchise were awful and they were a disservice to the universe that Cameron originally expanded from Ridley Scott. Characters we came to love got killed off for practically no good reason and the exhilarating action sequences and

➤ See ALIENS, Page 6

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# Utah residency renders benefits for students

BY BRIANNE PALMER  
staff writer

Coming to USU from outside of Utah can be expensive to some, unless students are able to gain residency. The process to become a resident, however, can be complicated.

"It was painful," said Samantha Beirne, a sophomore majoring in conservation and restoration ecology. "There were a lot of steps involved but it was definitely worth the work."

To become a resident, students must live in Utah for 12 months, obtain a Utah driver's license, register their car if applicable, register to vote and be declared independent on their tax forms.

"I know at other schools it is a more difficult process," said Madalyn Page, a sophomore majoring in Biology. "You can't be a full-time student and need to work half the time. It is really complicated. I was really happy with the Utah residency process."

However, moving from one state to another and immediately becoming a resident can be overwhelming.

"There is a lot of pressure on people to complete the residency forms and is kind of an inconvenience for the first year," said Sara Armbrust, a freshman majoring in elementary education who is trying to gain residency. "Plus I don't get to see my family much, which is hard."

Students are allotted thirty days to spend out of the state. This includes Thanksgiving, winter, spring and summer breaks.

Assuming a student leaves the state for the entirety of Thanksgiving break — five days — and winter break — about 24 days — a single day remains for spring and summer breaks, forcing nonresident students to spend their summers in Utah.

"I spent two summers here," Page said. "The first summer was weird



**SOME STUDENTS PART WAYS WITH FRIENDS** as they stay in Utah to pursue state residency in order to lower tuition and housing costs. SAMANTHA BEHL photo illustration

because it was actually before I started school and I only knew my sister, but the second summer was awesome. All sorts of people were here gaining residency."

Students must verify they were in the state by providing proof of housing, transcripts and pay stubs to prove their presence in Utah. However, rumors spread about the sneaky students who leave the state in the summer.

"I have heard of people having their address at their grandmother's house and actually being somewhere else and someone who spent the entire summer in California while gaining residency," said Page. "I don't know how they do it."

Non-residents also must go to the DMV to get a Utah driver's license. They must pass a written driver's test and give up their previous state

license.

"I had to go to the DMV twice because the university gave me the wrong forms," Armbrust said.

"The worker at the DMV said that they reject people all the time because they have the wrong forms. The university tells us we have to do this, this and this in order to get a license but they aren't clear about what forms you need to ask for."

Beirne said she struggled with the process and had to battle the details to register her car. She went to the DMV but was told she needed a safety inspection, which she then failed. After waiting on the correct parts, fixing the car and finally passing the safety inspection, she returned to the DMV to find it was closed.

"It is hard to go to the DMV when you have classes because they

close at five and aren't open on the weekend, and that was only part of the process," Beirne said.

Voting in Utah is also an adjustment to becoming a resident. Some residents want to be informed about the Utah political system after a relatively short time in the state.

"You jump into Utah without knowing anything about the politics, then you have to vote even though you don't know anything about Utah," Beirne said. "But you learn."

The Utah political system can come as a shock to many new Utah voters, Page said.

"Voting was tough since I came from a swing state into Utah," she said. "Utah is just different."

The final piece to becoming a resident is being declared independent on their tax forms and the

responsibility of the paperwork.

"I didn't do my own taxes," said Beirne. "I faxed them to my dad and he brought them to me to sign."

She said overall, the benefits of being a resident outweigh the costs.

"It is really hard to pay out of state tuition," Beirne said. "It is really expensive, especially since I am paying for college myself. I am going to Utah State because they offer residency. Otherwise, I don't know what I would've done to pay for school."

Resident tuition is about \$10,000 cheaper per year than nonresident tuition.

"It's nice knowing that I can afford school," Armbrust said. "It takes a lot of the stress off."

A new bill was introduced to the Utah Legislature that would remove the cap on the number of waivers allotted to institutions of higher education for nonresident students who meet certain academic and admission requirements. It would waive the difference between the resident and nonresident tuition for students who meet certain standards.

"I think meeting the requirements would be a good incentive for people to work for," Armbrust said. "The people who work hard and get the good grades have the tuition difference covered and the people who don't meet the criteria can still become residents in their first year."

The bill would allow some people to skip the residency process.

"It would be nice if you didn't go through the whole process and didn't need to gain residency to get lower tuition," Page said.

"I think the bill would attract more out-of-state students, although I think the current system attracts a lot of students as it is," Beirne said.

-brianne.palmer@aggiemail.usu.edu

## GUITAR: Teaching follows experience

►From page 4

"He's one of the best guitar students this program has ever seen."

Christiansen attended graduate school at South Florida University and soon landed a job as senior editor at Mel Bay, a sheet music publisher. He said he traveled the country and the world, gaining the necessary experience to become a great guitarist.

"He has a much bigger picture because he has seen what it's like to be a musician in almost every way that you are a musician, whether it is teaching young kids or teaching college students or performing here in the U.S. or in Japan," Fallis said.

Christiansen said the travel has been one of the best parts of his experience.

"It's great to travel," Christiansen said. "I am really fortunate in that I get to go out and play music with some of the best musicians in

ences to support his methods.

"I have tried to be the teacher that does all the things that I tell my students they should be doing," Christiansen said. "One of the benefits of going out performing and recording is I can tell my students this is how it really is when you are a professional musician. It's not something I've read about. It's not something I heard someone talk about, I've done it."

His students often watch him perform, hoping to learn something from the "cool cat."

"He's wild and knows how to deliver," Manning said. "There is always a good pacing, variety and contrast. There's always energy, but he knows how to build from a subtle energy to a roaring climax. Through his performances, I have learned that I need to pace myself and let silence abound."

"The best part about performing is making the music itself," Christiansen said. "I like being a part of the music in the moment."

In the practice room, Christiansen hopes his students see him as dedicated and honest.

"I don't mind it if they think I am a little bit tough," he said. "I think especially in music, the business is tough and you need teachers that are no-nonsense. I just don't believe in telling somebody they sound good when they don't sound good then when they do sound good, it's hard for them to trust me."

In lessons, classes and ensembles, students know who is in charge, Fallis said.

"Although the students know that he is the teacher and they're the student, they have a great personal relationship," Fallis said. "Everyone feels like they are on the same plane."

Christiansen said he hopes his students will learn from his successes and go on to make their own name in the music business.

"In order to succeed a musician needs three things," Fallis said. "Practice, make connections, and through those connections and hard work, get the gigs that will expand the whole world of playing."

This was the method Christiansen followed to success and said he encourages his students to do the same.

"Practice, practice," Christiansen said. "Keep practicing and get many different sources to draw from because the more you draw from other people the more original you are going to be. Being an original is a good thing as long as you're not just an original to be an original. I think you need to some kind of influence that has stood the test of time."

For the faculty and students at USU, Christiansen's influence has stood the test of time, Fallis said.

"He could be anywhere," Fallis said. "I hope he sticks around here. He's the real deal."

-brianne.palmer@aggiemail.usu.edu

**Corey Christiansen**  
Visiting Professor

"I get to go out and play with some of the best musicians in the world"

the world."

Through his tours overseas, Christiansen had the opportunity to see cultures radically different than those in the U.S. and gave him a new perspective on the world and on music.

"I've been very lucky. I've been all over the world and worked with musicians from all different backgrounds and countries and financial circumstances," Christiansen said. "Some were from situations that weren't very desirable but they seemed to make the happiest music. The fact that I have been able to travel and see different cultures have been the most beneficial experiences that I've had."

This global perspective has given him the tools to be an effective teacher, said Nick Manning, junior majoring in guitar performance.

"He is a good professor and mentor because of his world experience," Manning said. "He has traveled all over the world playing the kind of music that we are trying to learn to play."

Christiansen believes teaching is a learning experience in itself.

"One of the great things about teaching is you really have to know something to teach it," he said. "Every time I am showing a student how to do something, it is reinforcing that concept, principle or technique in my own playing."

He said he strives to be the professor who doesn't merely teach but who has the experi-

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# ALIENS: Game reboot shamed by decade-old PC version

►From page 4

moody atmosphere seemed non-existent.

So imagine my delight when Gearbox Software announced a few years ago that "Aliens: Colonial Marines" was in development. Finally, something better than the later, lackluster entries in the film series was within my grasp. I could see corporal Hicks and Bishop continue to fight those pesky, acid-blooded creatures.

But alas — this game is fool's gold.

Sadly, it could have been great. Ample game development cycle? Check. A rich, fully developed universe with loads of potential? Oh yeah. A cool arsenal of weapons including the beloved pulse rifle? I'm grinning ear to ear. Instead, everything just feels so average and even rushed at times. And how come James Horner's melancholy score is almost completely missing in action?

Set seventeen weeks after the events of "Aliens," the game begins with a video log of corporal Hicks describing some of the chaos present on the planet LV-426. He notes all marines dropped off on the planet can safely be considered KIA. The marines on board the USS Sephora have just received a distress call from the USS Sulaco, which is orbiting LV-426, and they begin an investigation.

As it turns out, "xenomorphs" have infested the ship and marines are being used as hosts for the creatures by the Weyland-Yutani Corporation. Now, corporal Winter, with the aid of ser-



'ALIENS: COLONIAL MARINES,' features a storyline built around a alien-filled spaceship, with the creatures using marines as their hosts. A group of survivors is forced to fight their way off the ship. Photo courtesy of Twentieth Century Fox

geant O'Neal, must fight his way through this mess and make it off the exploding ship. The two marines, with Bishop and others in tow, manage to get into a drop-ship but they crash land on the surface of LV-426. Now the group must decipher the puzzle and find out why their fellow officers are being sacrificed and what the corporation has in store.

The big problem with "Aliens: Colonial Marines" is it just isn't much fun to play. The environments are dull and the sound effects lack punch. Thus, the weapons don't feel very destructive or substantive. Shooting an alien in close quarters should be a blast like in previous games, but instead

it just feels labored and perfunctory. Also, the added melee attack removes some of the difficulty most of the other games brought to the table. Blowing away these creatures used to be extremely hard and rewarding. Now, it just feels like yet another "Call of Duty" rip-off.

Adding insult to injury, there are noticeable bugs present in the game. Characters will occasionally pop in out of nowhere and certain obstacles cannot be climbed over or maneuvered around. It may look like you can circle around certain objects looking for ammo and supplies, but sometimes this proves to be an exercise in futility. I tried walking around a crate in one level and

got stuck between it and the wall. Regardless of how much visible space there was in that gap — or any gap, really — don't expect intuitive or simple exploration when it counts most. Problems like these are just inexcusable.

Graphically, the game only fares a bit better. While the environments have some extremely nice lighting and shadow effects, poor looking character models and screen tearing spoil some of the riches. The environments look large and inviting, but the paths you can take are cramped and a bit ugly, negating any genuine visual appeal this game could have had. The graphics engine just doesn't impress much.

The story in the

movie was great. Here, it offers little in originality or surprises. The idea of the Weyland-Yutani Corporation using soldiers as hosts has been done to death in just about all of the "Aliens vs. Predator" games and I've grown tired of it. The plot doesn't help differentiate this game from those superior entries at all. Even the AVP game that came out just a few years ago, also published by Sega, is better and fresher than this mess — and many thought that game was a disappointment, too.

Try as it might, "Aliens: Colonial Marines" apes the strengths the "Alien" universe has without actually doing anything meaningful with them. Digital appear-

ances by Michael Biehn and Lance Henriksen are definitely appreciated, but it's not nearly enough to lift the game above a typical run-of-the-mill shooter.

Skip this game and stick with Monolith's vastly superior PC game "Aliens vs. Predator 2." That game came out more than ten years ago and it puts this one to shame, and it can be had for much cheaper to boot.

— Sam McConkie is a senior in the technical and professional writing program at USU. He is a keen writer and has been a dedicated gamer for years. Sam can be reached at [sambonemcconkie@gmail.com](mailto:sambonemcconkie@gmail.com)

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## VACCINATION: Prevention important

►From page 4

deep under the skin, and then one that's just shallow," Davis said.

He said this flu season has been particularly bad because of new virus that isn't covered by the vaccine. It is an H3N3 virus that mutated from one of the other flu viruses they were prepared for.

Flu viruses mutate and migrate, change proteins and DNA and tend to drift and change a little bit from year to year. Doctors keep up with the changing viruses by watching the Southern Hemisphere in its colder months.

"People like the Center For Disease Control and The World Health Organization watch the Southern Hemisphere and they see what viruses are

present there during the summer for us and winter for them, and then they review which viruses have been most prevalent in the southern hemisphere," Davis said.

He said they use this information to plan ahead for the upcoming flu season in the United States.

"This past year they gave us three different viruses mixed in in order to protect us from those three," Davis said. "But about mid-November, a little flu virus crept in that was brand new and we hadn't had any exposure to it. It wasn't foreseen."

Hatch said she has noticed people have been hit pretty hard this year and watched friends and family endure this unforeseen virus.

"I've watched it go through my family and extended family and it was pretty bad," she said. "I'm pretty sure it started with my cousin's little boy and he spread it throughout the whole family."

Davis said with only the

three viruses expected for this season, the success rates were in the high 80s to low 90s in percentile, but with the emergence of the unexpected virus, it has been about 65 to 70 percent effective.

"It's like you're headed through an intersection and you look three ways and you don't look the fourth way, and you get blindsided," he said.

Davis said the most important thing to focus on is prevention.

"Isolation when you get the symptoms, stay home and don't spread it around," he said. "Second thing is good hand washing with the alcohol hand rubs, coughing into the corner of your sleeves so you don't spread the germs around and maintain good health habits — good hydration, a little bit of exercise, good nutrition and those kinds of things so that you can prevent it."

— hunter.chelsea92@gmail.com

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## Glance Aggie Schedules

### Men's Bball

#### THURSDAY, FEB. 28

USU at LATECH, 6:00 p.m.

#### SATURDAY, OCT. 13

USU at UT-Arlington, 6:00 p.m.

### Women's Bball

#### THURSDAY, FEB. 28

USU vs. LATECH, 7:00 p.m.,  
Dee Glen Smith Spectrum

#### SATURDAY, OCT. 13

USU at UT-Arlington, 6:00 p.m.,  
Dee Glen Smith Spectrum

### Gymnastics

#### FRIDAY, MAR. 1

USU at Sacramento State,  
7:00 p.m.

#### MONDAY, MAR. 4

USU vs. BYU, 7:00 p.m.,  
Dee Glen Smith Spectrum

### Baseball

#### THURSDAY, FEB. 28

USU vs. Santa Cruz, 2:30 p.m.,  
Mesquite, Nevada

#### FRIDAY, MAR. 1

USU vs. Western Oregon,  
11:45 a.m., Mesquite, Nevada

USU vs. Montana, 2:30 p.m.,  
Dee Glen Smith Spectrum

#### SATURDAY, MAR. 2

USU vs. Oregon, 2:30 p.m.,  
Dee Glen Smith Spectrum

### Softball

#### FRIDAY, MAR. 1

USU vs. New Mexico, 3:00 p.m.,  
San Diego, California

#### SATURDAY, MAR. 2

USU vs. SDSU, 5:30 p.m.,  
San Diego, California

USU vs. Fresno State, 8:00 p.m.,  
Dee Glen Smith Spectrum

#### SUNDAY, MAR. 3

USU vs. Boise State,  
10:00 a.m., San Diego, Cali.

### Women's Tennis

#### FRIDAY, MAR. 1

USU at Arizona State,  
1:30 p.m., Tempe, Arizona

#### SATURDAY, MAR. 2

USU at Arizona,  
10:00 a.m., Tuscon, Arizona

### Track and Field

#### SATURDAY, MAR. 2

UW Final Qualifier,  
All Day, Seattle, Washington

### WAC Standings

#### Men's Bball

TEAM	CONF	OVERALL
LA. TECH	14-0	24-3
DENVER	13-2	18-8
NMSU	12-3	19-9
USU	9-5	19-7
UTA	9-5	15-10
IDAHO	5-10	10-16
SJSU	3-11	9-16
TEXAS ST.	3-11	8-19
UTSA	2-12	7-19
SEATTLE	2-13	7-18

### AP Top 25

#### NCAA Basketball

RK	TEAM	RECORD	PTS
1	Indiana (64)	24-3	1,624
2	Gonzaga (1)	27-2	1,530
3	Duke	24-3	1,461
4	Michigan	23-4	1,411
5	Miami (FL)	22-4	1,317
6	Kansas	23-4	1,272
7	Georgetown	21-4	1,236
8	Florida	22-4	1,164
9	Mich. State	22-6	1,105
10	Louisville	22-5	1,047
11	Arizona	23-4	998
12	Syracuse	22-5	915
13	Kansas State	22-5	875
14	New Mexico	23-4	764
15	Oklahoma State	20-6	692
16	Ohio State	20-7	675
17	Wisconsin	19-8	558
18	Saint Louis	21-5	495
19	Memphis	24-3	453
20	Butler	22-6	351
21	Notre Dame	22-6	328
22	Marquette	19-7	317
23	Pittsburgh	21-7	158
24	Oregon	22-6	61
25	La. Tech	24-3	54

Others receiving votes:  
Colorado State 49, Virginia Commonwealth 45, Akron 43, Wichita State 35, Saint Mary's 24, Illinois 19, Connecticut 18, UNLV 13, North Carolina 8, California 5, Middle Tennessee 2, Missouri 1, Belmont 1, Stephen F. Austin 1

## MEN'S BASKETBALL

# USU team effort downs Redbirds



**JUNIOR GUARD SPENCER BUTTERFIELD** scores during the Aggies' 80-71 win Saturday over Illinois State in an ESPN Bracketbuster game. *DELAINE LOCKE photo*

BY TAVIN STUCKI  
news editor

Illinois State senior guard Tyler Brown scored 35 points but it wasn't enough to steal a win in the Dee Glen Smith Spectrum as the Aggies beat the Redbirds 80-71 Saturday.

"We let Brown get five 3's in the first half," said Aggie junior point guard TeNale Roland. "He was getting hot. Credit to him, he's a good player and he was able to knock down some open shots."

Illinois State started off with a hot hand from 3-point range, jumping to a 21-10 lead after eight minutes.

"We weren't guarding very well. We were really soft defensively," said USU head coach Stew Morrill. "We just talked about getting up to them. We mixed in a little more zone, just to try and slow them down a little bit."

The Aggies went on a 13-0 run to take the lead back on a Roland 3-pointer with 8:16 left in the first half.

"It was pretty physical," said junior guard Spencer Butterfield. "It was good though. I mean, we responded. I think we were just as physical as they were, if not more physical. I think they were taken back by that a little bit."

The Redbirds took 18 minutes 37 seconds before making a 2-pointer. Junior Allen Bryant hit a pull-up jumper at the top of the

key to cut the USU lead to 34-30.

Twenty-four of ISU's 32 halftime points came from 3-point shots.

Brown had seven 3-pointers to go along with his 10 rebounds in 31 minutes.

"He had an unbelievable night," Morrill said. "We couldn't do much about him."

Senior forward Jackie Carmichael had little presence in the first half for Illinois State. The 6-foot-9, 240-pounder had six points before the break — four of them from the foul line.

"They are hard to guard because they have post presence," said Illinois State head coach Dan Mueller. "We made plenty of defensive mistakes. The problem was that the mistakes came back to get us."

There weren't many blank spots in the Utah State stat sheet: Every Aggie who played recorded at least two field goals, two rebounds, six points and two assists.

"They are good," Mueller said of USU. "I knew coming in that they were good. They are one of the better teams that we have played this year."

The Aggies outrebounded ISU 40-35 with 17 of the boards falling into a guard's hand.

"They were just bouncing my way tonight," Roland said of his five rebounds. "Point guards don't rebound too much. I

➔See AGGIES, Page 10

## GOLF

# Higham standard: Raising the bar

BY CALE PATTERSON  
features senior writer

In areas with temperate weather conditions, golfers are able to hone their skills year-round. For members of the USU golf team, the weather in Cache Valley creates some unique challenges.

Despite Logan's icy fairways and snow-covered putting greens, junior golfer Tanner Higham has managed to maintain his skills. He took first place in a recent tournament in St. George, Utah. Higham's victory marks the first time an Aggie golfer has won or tied for first place in a tournament since 1996.

Higham also scored sixth overall at the Folino Invitational, hosted by California State University, Fullerton on Tuesday in Industry, Calif.

He was named the Western Athletic Conference Golf Athlete of the Week for Feb. 11-17. Higham is the first USU golf athlete to receive the award in nearly a year.

Higham was also named the America First Credit Union Utah State Student-Athlete of the Week for the same time period. He was chosen for the award by a state-wide media panel for the second time this year and third time in his career.

"To have Tanner play that well in the middle of February, when there is two feet of snow on the ground, just shows what kind of a person he is," said head coach Dean Johansen. "He is probably the best all-around athlete I've ever had come through here."

Higham, a native of Shelley, Idaho, said he plays more conservatively in the winter season and takes fewer risks in order to perform better in competitions.

"Something that our coach always talks about and that I've tried to implement is to not try to hit shots that you'd try during the summer or when you're totally on top of your game," he said.

Johansen said the challenges the team faces are unique when compared to other universities with weather conditions that allow for outdoor practice year-round. Despite a fully-funded golf program with scholarship opportunities, Johansen said the weather conditions must be discussed with potential Aggie golfers when recruiting.

"I don't tell them we live in a banana belt when we don't," he said. "I've been very fortunate with kids that are willing to put in the extra effort. Golf is just like any sport — if you don't do it on a regular basis, you lose a little bit of your touch. These guys are good enough they



**JUNIOR TANNER HIGHAM** tees off during competition last season. Higham tied for first in a St. George tournament and has been the top performer at every event during the spring season. *Photo courtesy of Tanner Higham.*

➔See HIGHAM, Page 10



## GYMNASTICS

## Landes takes second, USU fourth in quad meet

BY DANIELLE MANLEY  
staff writer

The Utah State University gymnastics team had a rough weekend at their first quad-meet on Saturday in Denver, coming in fourth place with a score of 192.150.

Denver came in first place with a 195.800, Boise State took second with a 194.525 and Rutgers finished third with a 193.925.

"At the meet, we warmed up slick," said head coach Jeff Richards. "The meet itself was a very tough-scored meet. We kept some really good performances. Sarah and Paige had their best scores."

Consistent top performers Sarah Landes and Paige Jones grabbed two all-around spots. Landes finished second with a 39.075 and Jones finished sixth with a 38.425.

The team had a weak start on beam that included two falls, with a total score of 46.600. Improvement was made on the following three events with finishing scores of 48.150 on floor, 48.800 on vault and 48.600 on bars.

"They had to fight for every tenth," Richards said. "Vault, we had a great night. Michelle, Paige, Sarah and

Kenzie all rocked vault. Kenzie did well and scored a 9.900. That was real exciting. We finished up on bars and all the girls competed well, pretty consistent with what we've been scoring. It was one of those meets where we weren't completely on, but there were some good things that happened."

Kenzie Martinez was also a top performer and had a career-best vault score, tying for second place with a 9.900. She tied for third on bars with a 9.825.

"Beam was rough for me. I fell," Martinez said. "Vault was really good, bars was good. There are still little things I need to fix."

Martinez said as a team they need to pay attention to details like keeping legs together and sticking dismounts.

One thing Martinez deals with daily is the pain the herniated disk in her back gives her.

"I felt like I dealt with it really well," Martinez said about the pain. "I didn't practice this week because of it. I went out there and tried to stay positive. I kept telling myself I knew I needed to hit it and that I know how to do it."

Martinez isn't the only competitor dealing with

pain. Richards said he has six girls not competing right now due to injuries.

"We'll have Amelia Montoya back and Joanna Cuba on beam next week," Richards said. "Kaitlyn Betts has had a toe issue and hasn't been able to compete."

Despite their injuries, the athletes are hoping to recover in time to finish the last four meets of the season.

Richards knows his team needs higher scores to qualify for regionals, but the girls have four meets left to make those scores.

"If you take all of our high scores throughout the season, we're potentially there," Richards said. "We've got a team that can do it."

Richards said beam is the event for the team to work on.

"I think the one thing is we scored a 46.5 — two points lower than what we should be scoring," Richards said. "That's what we need to focus on."

The Aggies will take on BYU on Monday, March 4 at 7 p.m. for their third home meet.

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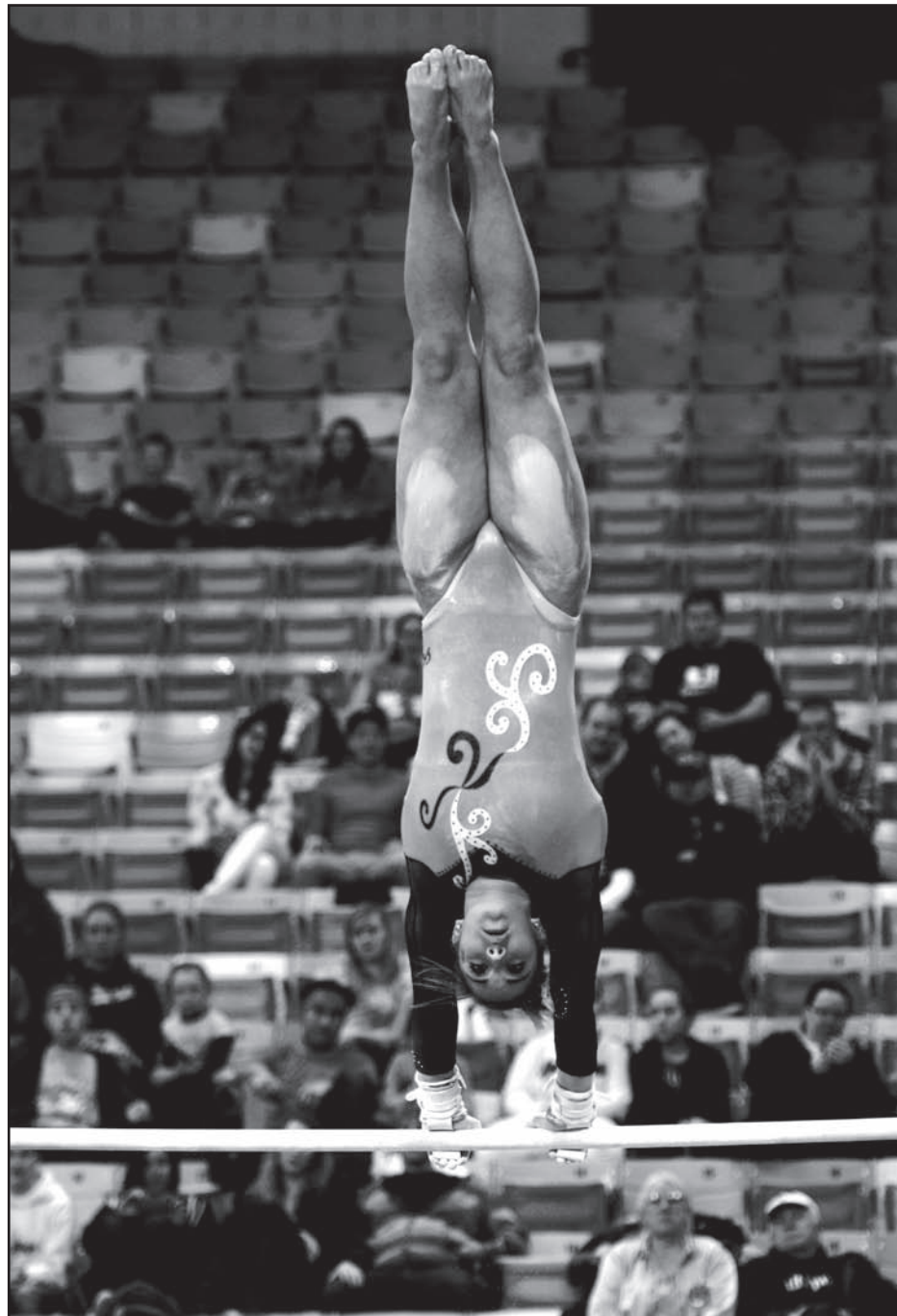
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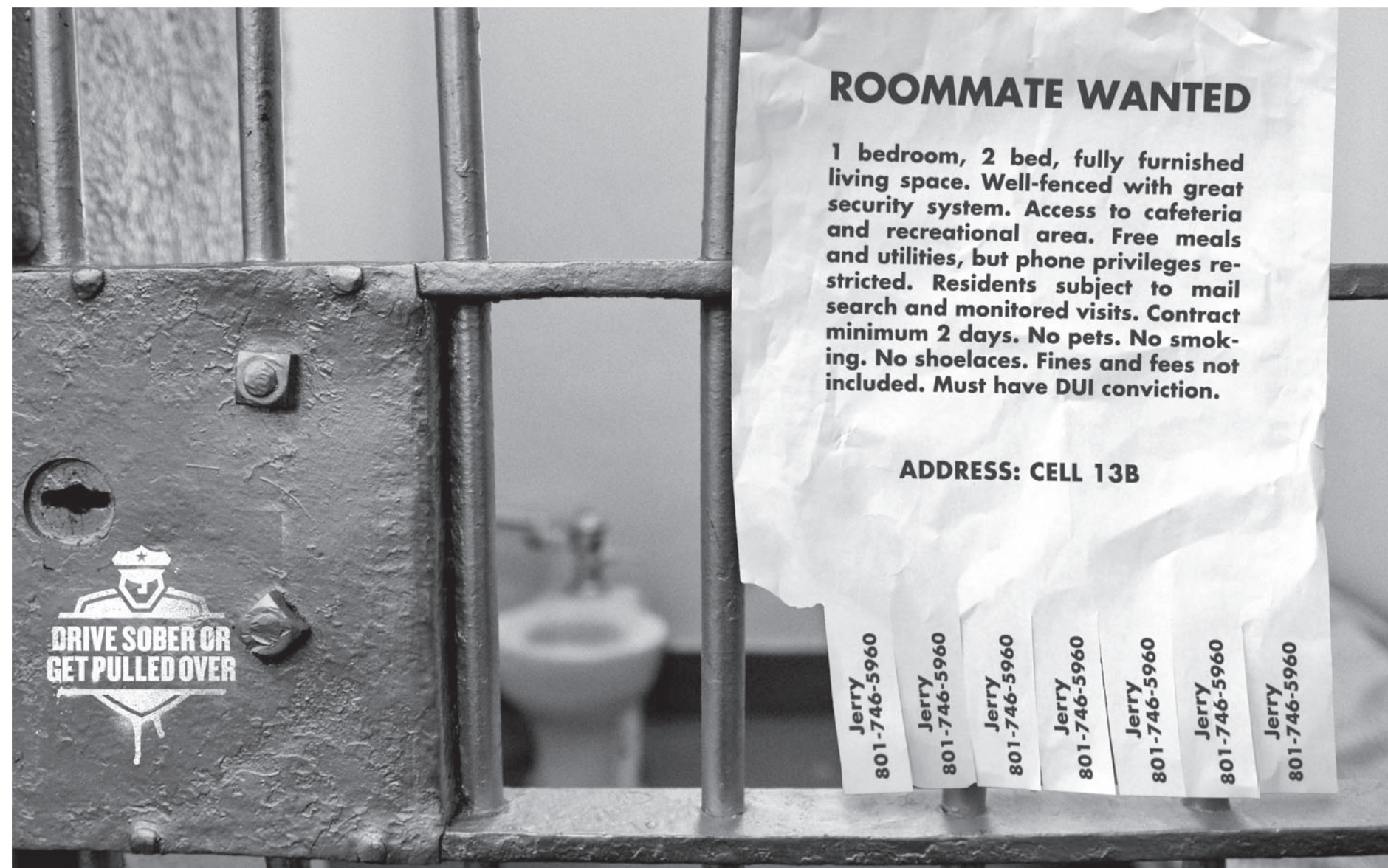
FRESHMAN HAYLEY SANZOTTI performs a floor exercise routine during a USU home meet Feb. 8. DELAYNE LOCKE photo



FRESHMAN STEFANIE DALEY stunts during her balance beam routine on Feb. 8 against Air Force. DELAYNE LOCKE photo



FRESHMAN KINZEY MARTINEZ competes on the uneven bars. Martinez hopes to compete in the all-around competition on Monday against BYU. DELAYNE LOCKE photo



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DRIVE SOBER OR  
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MEMBERS OF THE USU TRACK AND FIELD TEAM participate in the 100-meter hurdles during a track and field meet last season. *File photo*

## Bowens shines at WAC Championships

BY USU MEDIA RELATIONS

Sophomore Nic Bowens had a record-breaking day as he set school records in the men's 60m and 200m to place second and third overall with times of 6.70 and 21.17, respectively, leading the Utah State men to a third-place team finish (126 points) at the 2013 Western Athletic Conference Indoor Track & Field Championships in Albuquerque, N.M. this weekend. Furthermore, the USU women finished in seventh place with 51 points.

Overall, USU had 16 first-team all-WAC and 16 second-team all-WAC honorees over the three-day championships.

Freshman Briton Page was named the WAC Men's Freshman of the Year after leading a one-two finish in the men's 800m to capture the only gold medal for the Aggies on Saturday with a personal-best and WAC season-best time of 1:50.67, while senior Tyler Killpack claimed the silver medal with a personal-best time of 1:51.69. Additionally, Page moves up to No. 4 all-time in USU history, while Killpack ranks seventh-best in the school record books.

Freshman Tylee Newman and senior Stephanie Burt placed third and fifth overall in the women's mile with times of 4:57.43 and 4:58.60, respectively, while fellow freshman Kaitlyn Wilcox ran a personal-

best 56.12 to claim sixth-place honors in the 400m.

"We had a lot of athletes run great races on the track or get great marks in field events and most had personal-records but the field was very tough," veteran Utah State head coach Gregg Gensel said. "Keeley Eldredge had a PR in the weight throw yesterday. Kaitlyn Wilcox in the 400m came in and got sixth in a loaded field, and for a freshman to do that is just awesome. Tylee Newman and Stephanie Burt ran well in a very fast paced mile run and our women's high jumpers, Rachel Orr, Mariah Thompson and Jodi Williams all did well for us. Orr and Thompson PR'd on their jumps. On the men's side, Nic Bowens, Will Henry, Silas Pimentel and Cole Lambourne all ran really good in the sprints and yesterday we won the distance medley relay. Briton Page and Tyler Killpack went 1-2 in the 800m and really ran different contrasting races as Page led the whole way and Killpack came from behind to take second. Michael Cardinal really came through in the men's throws as did Jon Goble in the heptathlon. I think we have some good young athletes going forward and that sits well for us going into next year to be very competitive in the Mountain West."

Senior Will Henry and junior Silas Pimentel followed closely

behind Bowens in the 60m as they finished fourth and fifth with times of 6.767 and 6.768, respectively, as they move into a tie with former Aggie Armahd Lewis for the fourth-fastest time in school history. Pimentel also had a record day in the 200m as he placed fifth with the second-fastest time by an Aggie in school history (21.29).

In the men's 3,000m, junior Kyle McKenna and sophomore Chris Martinez tabbed second and third-place with times of 8:37.81 and 8:47.63, respectively. Freshman Skylar Duke cleared a personal-best 2.09m (6-10.75) in the high jump to claim fourth-place honors, while sophomore Eric Shellhorn also finished fourth in the mile (4:20.93). Senior Jon Goble crossed the finish line with a time of 8.28 in the 60m hurdles to claim sixth-place honors.

The men's 4x400m relay team, which consisted of freshmen Cole Lambourne and Kalon Weston, along with Page and Killpack, placed fourth with the ninth-fastest time in school history (3:15.23).

The season continues as Utah State will send athletes to compete in the UW Final Qualifier on Friday, March 1 in Seattle, Wash. Athletes that qualify will then travel to Randal Tyson Track in Fayetteville, Ark. to compete in the NCAA Indoor Track & Field Championships, on March 8-9.

## Remembering 'The Intimidator'

**Curtis Lundstrom**



*Living' the Dream*

as emergency crews raced to the wrecked cars. Little Dale Jr. knew his teammate and father wouldn't race again. "The Intimidator" was gone.

It didn't take long for crews to get Dale Sr. to the local hospital, but it was too late. He was pronounced dead.

I still get goosebumps whenever I think about that historic tragedy, but NASCAR has come a long way in the 12 years since. It's in bittersweet gratitude to Earnhardt Sr., arguably the sport's best ever, that we don't have to relive that horror in this day and age.

In the 12 years since that fateful day, not a single soul has perished within the NASCAR Sprint Cup series.

I couldn't be more excited about the start of the 2013 NASCAR season with the 55th running of the Daytona 500 this past weekend — it truly is "The Great American Race" — even though I might be the only one at Utah State in that category.

There hasn't been a race since in which I missed seeing Dale Earnhardt Sr. out there. In my eyes, he's the Micheal Jordan of NASCAR.

Here's to you, Earnhardt.

— Curtis Lundstrom

*is a proud husband and father and aspiring sports journalist and referee. A junior majoring in print journalism, his life ambition is to*

*bowl a perfect 300. Send any comments to curtislundstrom@gmail.com and follow him on Twitter: @CurtisLundstrom.*

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**JUNIOR TANNER HIGHAM** competes during a match last season. Photo courtesy of Tanner Higham.

## Higham: Solid start to spring season

►From page 7

get it back fairly quick.”

Seokwon Jeon, a freshman on the team, said he had trouble adjusting to Utah State’s abnormal golf season. To avoid playing during the coldest months of winter it is split into two shorter seasons that optimize the use of warmer parts of the year.

“It’s stressful not being able to practice when you have a tournament coming up,” he said. “It’s kind of hard on me mentally. I feel like I’m stressed going into the tournament because I’m not preparing, because I’m not practicing every day.”

Higham said he and other teammates travel to Ogden several times a week in order to practice at an indoor range. The team also travels to St. George two to three times a year to

prepare for tournaments.

“We’ve come out the last couple springs sharper than we ever have in the past, so it seems to be working so far,” Johansen said.

Despite frequent travel for practice and tournaments, Johansen said the golfers on his team have maintained a combined GPA of 3.5. Their focus on education is phenomenal, he said.

“It’s amazing how hard these kids work,” Johansen said. “I have a picture of my kids in the Orange County Airport, and they’re all, every one of them, just lined up on their computers doing homework. The ten kids I have now are very serious about their education — it comes first.”

“It’s pretty busy,” Higham said. “I just make sure that I have everything organized and manage my time well.”

As the team prepares for its next tournament in March, Johansen said they will continue to prepare for the Western Athletic Conference tournament in May.

“The WAC, right now, is there for the taking,” he said.

Johansen said Higham is deserving of the honors he has received and that his dedication and humility is reflected in both his athletic and academic performance.

“He’s just an athlete, that’s all there is to it,” Johansen said. “He thinks like one, he’s built like one, he acts like one and he’s a straight-A student. He’s the total package of an athlete. A Tanner Higham doesn’t come around very often for any coach.”

—calewp@gmail.com

## AGGIES: Brown’s 35 not enough

►From page 7

don’t have to block out, so credit to me.”

Junior center Jarred Shaw had 18 points and 11 rebounds to lead four players in double-digit scoring for Utah State.

“We had a great team effort tonight,” Roland said. “I think everybody contributed. Everybody who played scored tonight. It was a great

team win.”

Butterfield had 16 points and six rebounds while Roland had 13 points and five rebounds.

Carmichael and Brown combined for 55 points and 20 rebounds. Four Redbirds chipped in for the remaining 16 points.

The win brings Utah State to 19-7 and drops Illinois State to 16-13.

“It was a great game

for us to play, to get out of conference and get our confidence back up,” Roland said. “Now we’ve got to get ready for La. Tech this week.”

Tipoff for USU’s next game on the road is scheduled for 6 p.m. Thursday in Ruston, La.

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Twitter: @StuckiAggies

### SOFTBALL

# Aggies come up empty in Texas tourney

BY MITCH HENLINE  
staff writer

The Utah State University softball team traveled to Austin, Texas over the weekend to compete in the Texas Invitational. The team lost all five games and has yet to win a game this year. The loss gives the Aggies a record of 0-15 so far this season.

The Aggies started off the tournament with a pair of losses against Lamar University and No. 24-ranked University of Tulsa on Friday.

In the first game, Lamar took a 3-0 lead in the second inning and never looked back, winning 5-2. The Tulsa game was called after five innings and an 8-0 lead by the Golden Hurricanes.

On Saturday the Aggies had another double-header. The first of the two games was against No. 6 Texas. It was also called at the end of the fifth inning after the Longhorns held a 13-2 advantage over the Aggies.

Saturday’s second game featured a rematch between

Utah State and Tulsa. Pitcher Mandy Harmon and the rest of the Aggies were able to keep the game close by only allowing three runs but were unable to score runs of their own and lost 3-0.

USU played its fifth and final game of tournament Sunday in a rematch against Lamar. The game was scoreless until the top of the fifth inning when Rachael Hunsaker hit a triple that drove in a run for the Aggies, but Lamar answered back in the bottom of the fifth with

two runs of its own and won 2-1.

The Aggies will look to get their first win next weekend when the team travels to Southern California to compete in the San Diego Classic. They will play their first game of the tournament against New Mexico on Friday. They will also play against San Diego, San Diego State, Fresno State and Boise State.

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Twitter: @MitchHenline



**MANDY HARMON AND CHRISTINE THOMSEN** compete during a game last season. USU has lost 19 straight dating back to last year. File photo

# UTAH STATE

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# Sports Briefs

## Men's Bball ranked 6th in rebound margin

With their plus-9 rebounding margin, the Aggies moved up to sixth in the country in the latest NCAA statistics released on Monday.

The margin is best in the WAC and ranks behind teams including Colorado State, Missouri and Maryland.

The Aggies have out-rebounded their last 10 opponents.

## Women's Bball leads nation in FT percentage

Having hit 80.4 percent from the free throw line this season, the Utah State women's basketball team leads the nation.

Senior Devyn Christensen is ranked fifth individually at 91.6 percent.

USU is also ranked sixth nationally in scoring.

► *Compiled from staff and media reports*

## MEN'S TENNIS

# Weekend split for USU

BY JEFF DAHDAH  
staff writer

The Utah State men's tennis team traveled to Montana to take on Montana State and Montana State-Billings Friday. The Aggies lost a close one, 4-3.

After winning the doubles point, only Sven Poslusny in the no. 1 spot and Sean Levesque in the

no. 5 spot were victorious. Utah State bounced back the next day, sweeping Montana State-Billings 5-0.

Poslusny didn't drop a set in singles play in the two matches, returning home with a 7-3 record in the No.1 singles position on the season. The Aggies overall had a successful trip with everyone in the top-five singles positions

getting at least one win and only losing one of six doubles matches.

The Aggies return to Logan with a 4-7 record for the season, winning four of their last seven. They look to improve their record Saturday, March 23 at 11 a.m. in Logan.

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# Views & Opinion

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## Election freebies not missed with new rules

There is a reason U.S. presidential candidates are not allowed to go door-to-door and give every American \$100 to vote for them: It is undemocratic. It is buying a vote. The candidate isn't telling citizens what they want to do for the country: He or she is offering financial compensation for their vote. It undermines the very fabric of a democratic society.

Why should ASUSU candidates be allowed to — or rather, formerly allowed to

### Our View

An Editorial Opinion

— do this?

The editorial staff applauds the decision by ASUSU to no longer allow coupons or other goodies to be handed out in exchange for a vote for the candidate in the annual elections. Don't get us wrong, coupons for discounted Costa Vida are nice, but they shouldn't guide your vote. The issues should.

Last year students would walk through "The Gauntlet" — the long stretch of sidewalk from the University Inn to the site of the old Ag Science building where campaign booths were set up — and be bombarded with coupons, food and other various trinkets from the year's crop of ASUSU candidates. How does this educate voters on the issues facing the university? All they were doing was dangling a proverbial carrot and saying "Vote for me! I've got stuff!"

This year's walk through The Gauntlet was much better, although pedestrians were still jumped on by the candidates or their helpers at the first sign of interest. Still, this time around the candidates were handing out fliers and buttons, harmless items when it comes to voting. Fliers and buttons cannot be exchanged for goods and services.

There was a noticeable amount of grumbling around campus toward the end of the spring 2012 semester due to a decision to raise student fees to pay for the new Aggie Life and Wellness Center. This was voted on in the elections and passed by a mere 134 votes, with 2,586 for and 2,452 against, according to the Herald Journal. On a campus with an enrollment of nearly 17,000, only a little more than 5,000 students voted on this rather important item. And what did the candidates do to inform students of this issue? They gave out cookies.

To quote Riley Bradshaw, an engineering senator, "If we lose voters because we didn't entice them to vote with a coupon or doughnut, we haven't really lost any quality votes. The people who care enough to look at the candidates and make an informed decision are the ones that would vote regardless of any incentives."

## Ikea scrambles to respond to horse meat scandal

### Nat'l View

A look at what others are saying

WASHINGTON — It's tough to stomach, but Ikea is the latest big-name food maker to be felled by the no-it-isn't-beef-it's-horse-meat-scandal that is quickly spreading across Europe. Czech authorities

alerted the discount furniture maker that they had found horsemeat in a sample of meatballs, and Ikea subsequently pulled the product from stores in 14 countries.

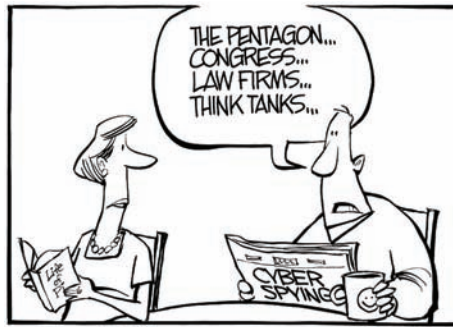
Ikea is of course outraged and put out a strongly worded statement promising that the company would get to the bottom of how the tainted Swedish staple turned up in stores. "We do not tolerate any other ingredients than the ones stipulated in our recipes or specifications, secured through set standards, certifications and product analysis by accredited laboratories," the company said.

The untold story in all of this is that Swedes love horse meat. Marketed under the name hamburgerkött — that's right, "hamburger meat" — Swedes put the stuff on toast, sandwiches and the like. Consider, for example, Pärsons' (slogan: "Sandwich joy for the whole family!") version of hamburgerkött. They lead with the euphemistic name on the package, but a quick peek at the ingredients tells the real story — hästkött, or horse meat.

Curious where the horses are sourced from? South America.

— Elias Groll is an editorial assistant at Foreign Policy.

A native of Stockholm, Sweden, he received his undergraduate degree from Harvard University, where he was the managing editor of The Harvard Crimson. He has previously written for Politico and The Orange County Register.



## Mexican court rules in favor of gays

Peter Daines



Political Profundities

The Mexican Supreme Court says gay marriage must be legal under the U.S. Constitution.

I know. Change one word and I'll keep reading, right? Actually, though, you should keep reading if you are at all interested in the Mexican legal system, the American legal system, or in the civil rights movement. If you are not interested, then you should probably burn this paper without delay and without concern for the safety of yourself or those around you, because what I am about to say may sear away the very essence of your being from the membranous division between your soul and the physical world, damning at least one of your ears for all eternity, depend-

ing on how many ears you are already deaf in. The Mexican Supreme Court has legalized gay marriage for all of Mexico.

Still have an undammed ear? It probably has something to do with the shocking part. The shocking part is that gay marriage is not legal in Mexico, but gay marriage has been legalized in Mexico. And no, this has nothing to do with the executive branch trodding on the toes of the judicial branch. It really is a paradox, a failure of logic, of rationality. This proves all human knowledge is meaningless and useless. There is nothing. And this is the point where you start to go insane and think your ears have been damned.

Actually, there is a perfectly rational explanation for all this, which can be obtained by considering Mexican constitutional law, which operates a bit — read a lot — different from U.S. Constitutional law. In the United States, laws are made by the legislative branch, enforced

by the executive branch and broken by the judicial branch. Then they are either ignored or mended by higher courts in the judicial branch. Once the judges are done with it, an unconstitutional law can be taken back to the legislature and mended by means of a constitutional amendment — which almost never happens — or it can be taken to the executive branch to be mended by means of ignoring the judicial branch's ruling and by irreparably damaging the very fabric of a constitutional democracy — which never happens.

All of this is the same in the Mexican system, but that is where some of the similarity ends. In the United States, when a state law is declared unconstitutional for some reason, that reasoning becomes a part of constitutional interpretation forever. The case establishes some principle. In theory, all laws violating that principle are presumed to be unconstitutional and

See MEXICO, Page 13

## Raise the minimum wage

The following editorial appeared on Bloomberg View:

President Barack Obama is seeking to resurrect an idea that he set aside during his first term: Raise the minimum wage to help lift working families out of poverty. The proposal, which would take the minimum to \$9 an hour from the current \$7.25, is far from ideal. Still, it's the right thing to do.

A better way to keep people working and out of poverty would be to expand the earned income tax credit, a program that makes direct payments to low-wage workers through the income-tax system. The tax credit for a single working mother earning \$20,000 a year would be \$4,618, for instance.

Both the minimum wage and the tax credit subsidize low-wage labor. The difference between the two is that the minimum wage puts the cost of the subsidy on employers, whereas the EITC puts it on taxpayers. There lies the main advantage of the EITC and, in the current political climate, the main defect. Because it doesn't burden employers, the EITC may be safer when it comes to preserving jobs. Because it doesn't burden employers, it has to burden somebody else.

One argument popular among opponents of raising the minimum wage is that higher labor costs will force employers to make do with fewer workers. They exaggerate the danger. Certainly, too big an increase — imagine \$20 an hour, rather than \$9 — would put people out of work. The preponderance of recent economic research, however, suggests that an increase as small as the one the president proposes would have little or no effect on employment.

Also bear in mind how low the U.S. minimum wage currently is by inter-

national standards. In the United States in 2011, the annual earnings of a minimum-wage earner — at about \$15,000 — stood at just 38 percent of the median worker's earnings, according to the Organization for Economic Cooperation and Development. In the 25 other OECD countries for which data were available, the average minimum-to-median ratio was 49 percent.

The stronger argument against a minimum-wage increase is that it's badly targeted. In 2007, the Congressional Budget Office estimated that only about \$1 of each \$7 in higher wages would reach workers in poor families. This is because most minimum-wage earners are from somewhat higher-income households — think teenagers and college students with jobs at bookstores and coffee shops. The positive effect could be further eroded by inflation if businesses raise prices to offset the cost of higher wages.

By contrast, the same CBO report found that, with a well-tailored expansion of the EITC, more than \$1 of every \$2 in tax credits would go to workers in poor families. Increasing the credit for workers without children, for example, would improve incentives to enter and stay in the workforce.

If all that is true, why don't we simply advocate an expanded EITC? Actually, we do — but we're under no illusions about its prospects in the current political climate. Any measure that increases the budget deficit has little chance of succeeding, regardless of how desirable it may be. Raising the minimum wage won't be much easier, yet it's in the realm of the possible.

Whatever happens on the min-

See WAGE, Page 13

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# WAGE: Standards of living stagnant

►From page 12

imum wage, Congress and the administration should confront the problem of declining real wages in more far-reaching ways. The recession and the long, slow recovery have had a uniquely adverse effect on wage earners, especially the working poor.

Average hourly compensation has fallen in inflation-adjusted terms since the economy hit bottom in mid-2009, something that has never happened in any recovery on record, going back to 1947. Pay has declined even as workers have boosted output per hour by about 6 percent.

The causes of this trend aren't clear, but the consequences are indisputable: rising inequality and stagnant or falling living standards for most Americans.

Faster growth must be part of the answer. As Obama has emphasized, the U.S. needs to make its workforce more employable by raising the performance of its high schools. It must pay fresh attention to vocational training for students who won't go on to four-year colleges and for workers switching jobs. It must get a grip on health-care costs — one of the forces driving the wedge between rising productivity and sluggish wages.

All this needs attending to and will take years. The problem of the working poor is too pressing to wait. Obama's plan for the minimum wage will help at little or no cost. We support it.

# MEXICO: Ruling may influence US

►From page 12

unenforceable. If the executive branch of some other state tries to continue enforcing the law, it will be quickly struck down by a district court judge citing the Supreme Court decision, and the higher courts refuse to hear the case again.

In Mexico, however, it is not that simple. When their Supreme Court interprets the constitution in a certain way, striking down some state law, that interpretation does not automatically become standard. The case does not gain broad applicability — applicability beyond the specific state and law being considered — until the principle has been utilized with regards to five different Mexican states.

Thus, the Mexican Supreme Court eloquently cited U.S. case history, made a passionate plea for LGBT marriage equality, established it as requisite based on Mexico's equal protection clause and actively used that interpretation to strike down a state law prohibiting gay marriage, setting the groundwork for full nationwide marriage equality in the coming years. Yet marriage equality has yet to truly become a part of Mexico's constitutional equal protection clause.

Of course, the most interesting piece of this story is not what will happen in Mexico. It is what will happen in the United States because of this

that truly interests me. The Mexican Supreme Court arrived at its decision by considering the reasoning used in *Loving vs. Virginia*, the landmark U.S. Supreme Court case, which established

anti-misogyny laws violate the equal protection clause of the Fourteenth Amendment by denying the right of marriage to interracial couples. It follows then that denying marriage to individuals solely because of their gender also violates the equal protection clause. The U.S. Supreme Court has a long history of ignoring the rulings of international tribunals, yet the Mexican Supreme Court's opinion has to count for at least as much as an amicus curiae brief from the Republican Governors' Association. It will be interesting to see how the high court takes this. At the very least, proponents of marriage equality now have a truly significant neutral outside actor siding with them.

— Peter Daines is a senior in the political science department. He has been involved in the leadership of multicultural and diversity clubs such as the Latino Student Union and Love is for Everyone. Send comments and questions to [pdaines33@gmail.com](mailto:pdaines33@gmail.com).

# Dimmer lights make cities safer



Paul Bogard

Nat'l View

The City of Light dimmed? It's true. Thanks to a new law, not only Paris but all of France will see its lighting level reduced, beginning this July. Window lighting in commercial buildings and the lights on building facades will be turned off after 1 a.m., and interior lighting in office buildings will be off an hour after the last employee departs.

The new law promises to reduce carbon emissions and save energy — the annual equivalent of 750,000 households' worth. Most significant is its potential to turn the tide against light pollution by changing attitudes about our unnecessary overuse of light at night.

In almost every U.S. city, suburb and town, the streets, parking lots, gas stations, and commercial and public buildings are lit through the night. Over recent decades, the growth of this pollution has been

relentless, yet slow enough that most of us haven't noticed. Parking lots and gas stations, for example, are now often 10 times brighter than they were just 20 years ago, and light pollution continues to grow at 6 percent every year.

The cost of all this light, monetary and otherwise, is high. The connections to sleep disorders, cancer, diabetes and other disease are serious enough that the American Medical Association has declared its support for light-pollution control efforts. Every ecosystem on Earth is both nocturnal as well as diurnal, and light destroys habitat just as easily as any bulldozer can. And when eight out of 10 children born in the United States today will never see the Milky Way, we have even lost the stars.

The usual justification for these costs is that we need all this light for safety and security. This simply isn't true.

No one doubts that artificial light can reduce the risks of being out at night, and no one is saying that we ought to exist in the dark. But increasingly, police, doctors, astronomers, economists, business leaders, communities and now the French government agree that

we should reduce the light we use, and that too much brightness at night actually reduces our safety and security. Bright lights may make us feel safer. Alone, however, they don't actually make us safer.

The research bears this out. In 2008, PG&E Corp., the San Francisco-based energy company, reviewed the research and found "either that there is no link between lighting and crime, or that any link is too subtle or complex to have been evident in the data."

Others are even more to the point. Australian astronomer Barry Clark went so far as to conclude that "advocating lighting for crime prevention is like advocating use of a flammable liquid to try to put out a fire."

Our own eyes tell the same story. Too much light at night actually blinds us with "disability glare" — something middle-aged and elderly drivers know all too well — and bright, unshielded lights make it impossible to see past them to where criminals might hide. (The next time you face a bright streetlight, block it with your hand and notice how much better you can see the area beneath and beyond the light.) Numerous villages,

towns and cities in Europe and the U.S. have initiated programs to shut off streetlights for at least part of the night. European cities such as Berlin and Copenhagen already have much lower levels of light than their U.S. counterparts, and even some major American cities, such as Tucson, Ariz., have strict lighting ordinances that require a level of light that most Americans would consider dim. None of these towns and cities has reported related increases in crime.

The new French law is to be applauded, not only for what it may do to save energy and reduce carbon emissions, but also for what it may help us to understand: True safety and security at night comes from making smart decisions, being aware of our surroundings and using lighting wisely.

If the City of Light can do it, why shouldn't we?

— Paul Bogard, who teaches creative nonfiction at James Madison University in Virginia, is the author of "The End of Night: Searching for Natural Darkness in an Age of Artificial Light," to be published this July, and the editor of "Let There Be Night: Testimony on Behalf of the Dark."

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<p><b>Monday Feb 25</b>                  7:00 am - Polls Open                  11:30-1:00pm - Primary Presidential Debate (In the HUB)                  8:30pm - ResHall Town Hall (In the TSC Ballroom)</p>	<p><b>Tuesday Feb 26</b>                  11:30-1:00pm - Statesman Debate (In the HUB)                  3:00pm - Polls Close                  4:00pm - Primary Elections Results Announced (In the HUB)                  7:00pm - Greek Town Hall (In the TSC Auditorium)</p>	<p><b>Wednesday Feb 27</b>                  7:00am - Polls Open for Final Elections                  11:30-1:00pm - Final Presidential Debate (In the HUB)</p>	<p><b>Thursday Feb 28</b>                  3:00pm - Polls Close                  5:00pm - Final Results Announced (In the Sunburst Lounge)</p>
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Primaries: Feb. 25th & 26th - Finals: Feb. 27th & 28th

[vote.usu.edu](http://vote.usu.edu)

# Get moving for Heart Health Month

By JAN JARVIS  
Fort Worth Star-Telegram

## No need to spend hours at the gym to get fit, 30 minutes of cardio exercise a day is all you need to improve your heart health

Unless you live on another planet or under a rock, you probably know by now how important exercise is to overall fitness and heart health.

It is a message that is hard to escape these days. There is plenty of research to suggest that exercise can reduce the risk of heart disease, stroke and some cancers. It can also help lower high blood pressure and lift your mood. And it has been shown to improve self-esteem and help with weight loss.

Yet despite the many studies backing the role exercise plays in heart health, a lot of adults aren't listening. Two-thirds of them are considered overweight and one-third fall into the obese category with a body mass index over 30.

For many, getting fit and healthy might seem like an unachievable goal, but experts say you don't have to spend hours at the gym to see the benefits of exercise.

A minimum of 30 minutes of cardio exercise can do the trick.

"It doesn't matter what type, as long as you do it," said Dr. Daniel Clearfield, Cowtown Medical director and a sports medicine and primary-care physician. "Ideally, you should do it five days a week, but even two is beneficial."

Casual exercising is not going to do the trick, said Dr. Benjamin Levine, director of the Institute of Exercise and Environmental Medicine at University of Texas Southwestern Medical Center and Texas Health Resources. It has to be something that you are committed to doing on a regular basis.

"Exercise should be part of hygiene, just like brushing your teeth," said Levine, who is also a professor of medicine and cardiology at UT Southwestern Medical Center.

Running and swimming are excellent. But cycling,

walking on a treadmill or working out on an elliptical can also be beneficial. Even yoga or tai chi can make a difference if the workout is strenuous enough to elevate your heart rate.

Any combination of endurance exercises that get the large muscle groups moving is going to get results.

Whatever exercise you choose, you should be moving enough to produce a sweat. Runners should be moving at a clip that is fast enough to make talking possible but not easy. A Zumba class can get you the same results, if you are moving fast enough.

"Anything that gets your heart rate up, makes you sweat a little and makes you short of breath," Levine

To improve your overall health and

keep your ticker pumping effectively, add strength and stretching exercises to a cardio routine one or two days a week. Yoga is great for stretching, and you can build strength with or without the use of weights.

Commit to exercising regularly and your body will respond.

The heart is a muscle, so you want to strengthen it, but you also want to tone the arteries around the heart, just like you would tone your arms, Clearfield said.

"When you work your biceps, you'll find it easier to lift things," he said. "It's the same thing with your heart."

With regular exercise, the heart starts pumping more efficiently and your stamina improves. That can pay off in big ways.

If someone is sedentary and one day has to run hard to catch a bus, he may end

up having a heart attack, Levine says, as an example.

"But for someone who is fit, that's barely a blip," he said.

Although the younger you start exercising, the better, you are never too old to get into shape. Someone who is really committed to fitness when they are young could have a heart that is as youthful as a 30-year-old later in life.

If you start at 70, you won't be able to protect against arteriosclerosis, but you can protect your heart against sudden death and see the health benefits of regular exercise, such as lower blood pressure, Levine said.

It takes about six weeks to start seeing an improvement in physical fitness, but the payoff continues over a lifetime, Clearfield said.

"Exercise is great at combating obesity and keeping the heart healthy," he said. "In the long run that can mean more years of life."



## Learn to measure your heart rate

Knowing your heart rate will help you know how hard to push yourself when working out. If you're just starting to exercise, you'll find your heart has to work hard to keep up with your body's needs for oxygen and blood. Then, the more you work out, the more efficient your aerobic system will get, and the more you will need to challenge yourself.

The easiest way to measure your heart rate is to wear a monitor. You can also go online and find a calculator at sites such as [www.mayoclinic.org](http://www.mayoclinic.org).

One easy method is to subtract your age from 220 (226 for women) to calculate your maximum heart rate. Then find your training zones based on that number.

Here is another option:

**1.** Find your heartbeat on the carotid artery in your neck by placing your index finger on the side of your neck, between the middle of your collarbone and your jaw line.

**2.** Count the beats for a full 60 seconds or count for six seconds and add a zero at the end.

### Heartbeat 101

Many people do not measure their own pulse during exercise because they are unable to do it easily, effectively or accurately.

#### Two good pulse points

Feel with index and middle fingertips of right hand (left if you are left-handed) and press gently



Inner wrist toward thumb

© MCT Source: "The Whartons' Cardio-Fitness Book" by Jim and Phil Wharton

#### Throat

on left side of neck (right side if you are left-handed), just behind windpipe



**3.** The longer you count, the more accurate the reading.

### TRAINING ZONES

■ **Healthy heart zone (warm-up) — 50-60 percent of maximum heart rate:** This zone helps decrease body fat, blood pressure and cholesterol. The percent of fat calories burned is 85 percent.

■ **Fitness zone (fat-burning) — 60-70 percent of maximum heart rate:** This zone is more intense and burns more total

calories. The percent of fat calories is still 85 percent.

■ **Aerobic zone (endurance training) — 70-80 percent of maximum heart rate:** This zone will improve your cardiovascular and respiratory system and increase the strength of your heart.

■ **Anaerobic zone (performance training) — 80-90 percent of maximum heart rate:** In this zone, your endurance improves and you will be able to fight fatigue. You'll burn more calories, 15 percent from fat.

## Expert tips on starting a healthy, heart-wise exercise routine

We asked three fitness pros from a Fort Worth, Texas, YMCA to demonstrate three ways to kick off a healthy routine that includes cardio, strength and stretching.

### STRETCHING

Yoga is one of the best ways to stretch the body, but a lot of people steer clear of this type of exercise because they are afraid it is just too hard to get into those pretzel-like poses.

But you don't have to be limber like a rubber band to benefit from yoga. Poses can be modified, and most teachers are more than willing to do what it takes to make yoga accessible.

Yoga is all about focusing on your mat and not worrying about how flexible your neighbor is. The best way to enjoy the many heart-healthy benefits of yoga, including stress reduction and lower blood

pressure, is to just do it.

"Yoga is how you get flexible," said Lisa Rodriguez, a trainer and instructor at the YMCA. "You don't have to start off flexible to do it."

Two to try at least twice a week:

#### 1. Downward-facing dog

(Watch your dog stretch for hints on how to do this)

**What it does:** Strengthens shoulders and back. Stretches hamstrings and calves.

**What to remember:** Breathe through your nose. Keep your core muscles tight, your spine long and your shoulders down.

Kneel on all fours with your hands providing support and your fingers spread like starfish. Lift your hips so your tailbone is pointed toward the ceiling. Your body should be in an upside-down

V shape. Shoulders should be down. Your hands and feet should be your foundation. If your hamstrings are less flexible, you can bend your knees to lift your hips up and back. Listen to your body, and only stretch as far as you are comfortable.

#### 2. Side gate

**What it does:** Increases strength, balance and flexibility. Opens hips.

**What to remember:** Maintain your alignment so you don't injure your rotator cuff.

From all fours, turn toward one side, bend one leg and use it for support. Raise the other leg, pushing the heel forward and keeping it flexed. Raise your arm to the ceiling, keeping your hand and shoulder aligned, fingers spread. Hold the position for a few seconds.

### STRENGTH

#### 3. Lunge

**What it does:** Strengthens glutes, thighs and calves.

**What to remember:** Keep your knee behind your toes when bending.

Standing tall, step forward with one leg, bending at the knee. Drop the other leg toward the floor, then slowly return to starting position. Repeat on the other side, working up to 12 reps. If this is too easy, try holding light weights in each hand.

#### 4. Pushup

**What it does:** Strengthens chest, triceps and shoulders.

**What to remember:** Keep core muscles tight.

Start on all fours with your spine in a neutral position and hands spread wide apart. Drop

toward the floor, keeping your spine straight. Repeat.

### CARDIO

#### 5. Running

**What it does:** Improves endurance, stamina and heart health.

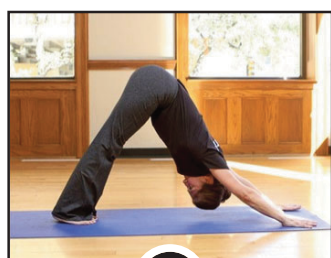
**What to remember:** Start off slowly and gradually build up.

You need to walk fast or run about 30 minutes five times a week for heart health.

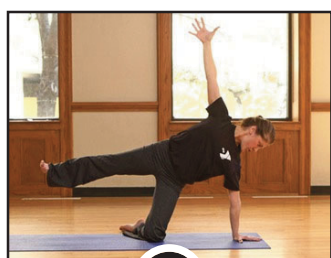
For fitness, you need to move fast enough to sweat for 30 minutes.

For interval training, alternate between 1 to 2 minutes of running at 85 percent of your maximum heart rate and 2 to 3 minutes at 65 percent of your maximum heart rate. Repeat for up to 30 minutes.

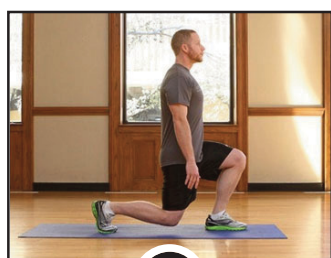
— Jan Jarvis



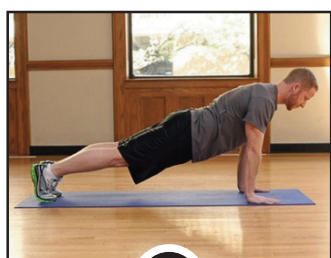
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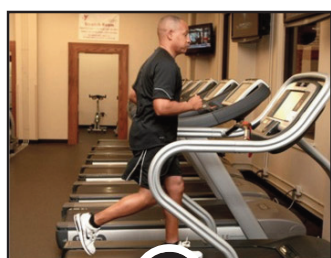
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PHOTOS BY KHAMPAH BOUAPHANH/FORT WORTH STAR-TELEGRAM/MCT





# The USU Back Burner



**Today is Thursday, Aug. 30, 2012.**  
Today's issue of The Utah Statesman is published especially for Michael Brice, a junior majoring in Spanish from Rupert, Idaho.

## Almanac

**Today in History:** A bomb exploded in the parking garage beneath the World Trade Center in New York City on this day in 1993. Six people died and 1,000 were injured by the powerful blast, which also caused the evacuation of thousands of people from the Twin Towers.

## Weather

High: 23° Low: 3°  
Skies: Partly cloudy. Chance of snow 20 percent.  
Humidity: 71 percent  
Moon phase: full.



## Tuesday Feb 26

- Relaxation Workshop, TSC 310B 2:30-4 p.m.
- Managing ADHD Workshop, TSC 310B 10:30-11:30 a.m.
- Time Management: Balance Life, Work, School 11:30-12:30 p.m.
- Provost's Series on Instructional Excellence-Flipped/Blended Classroom, Library 3:30-5 p.m.
- Birdgerland Literacy Fundraiser, All Day

## Wednesday Feb 27

- Spring Career Fair, TSC Ballroom 9-3 p.m.
- Human Library: Spiritual Pathways, Library 10-2 p.m.
- Effective Coping Workshop, TSC 310B 11:30-12:30 p.m.
- Getting the Grade: Study Skills for Success, TSC 315A 2-3 p.m.
- Internship Panel, FL 109 4:30-6 p.m.

## Thursday Feb 28

- International Language Programs Information Meeting, TSC 335 11:30-7:30 p.m.
- Healthy Sexuality Workshop (4), TSC 310B 12-1:30 p.m.
- Mindfulness Workshop, TSC 310B 4:45-5:45 p.m.
- Women's Basketball vs. Louisiana Tech, Spectrum 7-9 p.m.
- USU Yarncraft Guild, TSC Juniper Lounge 7-9 p.m.
- 007 Skyfall, TSC Ballroom 8-11 p.m.
- Campus Cook-Off, HUB 11:30-1:30 p.m.

## Friday Mar 1

- 40th Annual "Echoing Traditional Ways" Pow Wow, Fieldhouse 7-11 p.m.

## Saturday Mar 2

- 40th Annual "Echoing Traditional Ways" Pow Wow, Fieldhouse 12-11 p.m.
- Cache County Science and Engineering Fair, HPER 12:30-3:30 p.m.
- Women's Basketball vs. UT Arlington, Spectrum 7-9 p.m.
- Annual African Banquet, TSC Ballroom 7-9 ,30 p.m.

## FYI:

The USU Family Life Center is currently offering a free relationship checkup to couples throughout the community. The relationship checkup is a two-session intervention designed to help all couples **improve satisfaction and communication** in their relationship by identifying their core couple strengths as well as areas for improvement. Call the Family Life Center at (435)797-7430 to schedule an appointment.

Managing ADHD Workshop: This workshop is set to help students learn skills to maintain attention and focus, both in academics and in their personal lives. Attendees will learn skills that will help them to **improve their attention, listening skills, learning strategies, and scheduling** in order to make their lives easier and more organized. The workshop is Feb. 26 from 10:30-11:30 a.m. in TSC Room 310 B. Please call 435- 797-1012 to reserve a seat.

Come talk to past interns about why you should **get a government or policy internship**, how to get an internship, and how to make the most of your internship. Meet in FL 109 Feb. 27 at 4:30.

The Department of Art & Design welcomes visiting artists **Kristen Martincic, printmaking, and Joseph Pintz, ceramics**. The two will be giving artist talks in room FAV 150 of the Chase Fine Arts Center, starting at 5 p.m., as well as showcasing their work methods Feb. 26-28 in FAV 104 and FAV 121 from 9-4 p.m. These events are free and open to the public.

The Human Library offers "living books" to be checked out for a conversation. The Feb. 27 Human Library will be focused on **religion and spiritual pathways**. Each human book is unique and has something to share regarding his or her experiences, perspectives, values, or beliefs. Readers are invited to select books that offer new experiences and viewpoints so that both the book and the reader can learn something new and foster understanding through a shared conversation. Conversations can be up to 30 minutes long.

OPTIONS for Independence is hosting

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"See The World Through My Eyes." Come see some **amazing art work**, talk to artists, and enjoy refreshments. There will be a drawing with awesome prizes from different businesses in the community such as Beaver Mountain and Rock Haus passes, Aggie Ice cream and lots more. The fundraiser will be Feb. 28 from 6 - 8 p.m. at Lundstrom Student Living Center. No entry fee, however donations are welcome and appreciated. All proceeds will go to the new youth program at OPTIONS for Independence.

On Feb. 28 USU's Alumni Association will be hosting an event on campus called **Love a Donor Day**. Booths will be set up from 9-2 p.m. in Library RM 101, outside the ballroom on the 2nd Floor of the TSC, and at the Alumni Center for students to write a quick thank you note to some of USU's donors. Everyone that writes a thank you note will be entered into a drawing to win prizes donated by local businesses.

*More Calendar and FYI listings, Interactive Calendar and Comics at*

The **Utah Statesman**

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