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USU CELEBRATES DIA DE LOS MUERTOS



PHOTO COURTESY OF **MCT Campus**

By **Shanie Howard**
WRITER

Utah State University's Latino Student Union brought Dia de Los Muertos to USU on Nov. 2. Dia de Los Muertos, or Day of the Dead, is a deeply meaningful cultural festival held annually in Mexico and other Latin American countries.

Many of the customs that are associated with Dia de Los Muertos are actually combinations of Aztec ritual and Catholicism, brought to the region by Spanish conquistadores. Some of the customs associated with Dia de Los Muertos include decorative ofrendas (altars) with fabrics, flowers, candles, pictures, food and hand-made sugar skulls in honor of loved ones who have passed and the lives they lived.

Because of the importance of the holiday to the Latino population, the LSU made sure to bring these customs to USU.

"We want to give the Latino students a chance to celebrate one of their traditions and allow USU students to honor anyone they've lost, as well," said Angela Enno, adviser over LSU and one of the head planners of the event.

Many students appreciated the opportunity, including the Psi Sigma Phi fraternity, which decided to participate in the holiday and create their own ofrendas for Felipe Benetiz, a member of the fraternity who passed away a few years ago.

Other students took the chance to commemorate some of their own family members, including Evon Carrillo, a dietetics and Spanish

major, who lost her uncle to cancer two years ago.

"I am happy I get to celebrate Dia de Los Muertos. It helps me remember my uncle in a positive way instead of the negative way he was lost," Carrillo said.

But it wasn't just grieving USU students who took the chance to participate in the festival.

"I don't know much about the Day of the Dead other than what I've seen in "The Book of Life" movie, so this is a great chance to learn more about it," said Stephanie McMahon, a psychology major.

Throughout the day, students got the opportunity to decorate a sugar skull in honor of their loved ones who have passed, get their faces painted, participate in an open mic to speak about and share stories and memories of

their lost loved ones, and watch the movie "The Book of Life" at the Taggart Student Center free of charge.

Additionally, the LSU sold Pan de Muertos — a special bread for the holiday — hot chocolate and one-dollar tacos to help fund scholarships for Latino students.

"I am so happy we were able to put on this event. It really helps a lot of people with the grieving process after losing a loved one and also helps the Latino students share some of their culture with USU," Enno said.

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New assessment program helps police and CAPSA identify more assault victims



PHOTO BY **Matthew Halton**

By **Danielle Green**
WRITER

"Utah has one of the highest domestic violence rates in the nation. The rate is one in three women, which is higher than the national average of one in four," said James Boyd, development director of CAPSA, Citizens Against Physical and Sexual Abuse. He described the need for a newly established inter-

vention for domestic violence in Cache County.

The Lethality Assessment Program, also known as LAP, was officially established within the Logan City Police Department as of Sept. 1 of this year.

Founded in Maryland, the LAP is a list of questions used at crime scenes for reports on domestic violence. These questions are designed to evaluate the victim's risk of homicide

with the goal to protect those who are suffering in abusive relationships. According to CAPSA's recent press release, the LAP has seen a 30 percent drop in domestic violence homicides from 2007 to 2013 once implemented.

According to the Cache County Sheriff's reports, the number of local incidents labeled as domestic violence in 2014 was 113. This figure does not include child victims or other crimes that fall into subcategories of domestic violence, so the actual number of incidents is much greater.

"Qualifications vary a bit when assessing how to fully address an individual's needs," Boyd said.

The LAP program has given them an effective protocol in pinpointing when a spectrum of abuse — including verbal, physical, emotional and even financial — is present in a relationship and how it is affecting the individuals involved.

The assessment determines the level of necessity for a direct connection to CAPSA from a crime scene.

"When they score high, they have a high risk of being killed," Boyd said. There is a bright side, however. "The services are 100 percent

confidential and free."

CAPSA offers a fairly large and diverse range of services for both men and women, from sheltering victims to prevention education. They will also offer help to secondary victims, such as children of an abusive couple. It does not matter how mild or severe the situation is, they are always willing to help those who are experiencing abuse of any kind.

"If you contact us, we aren't trying to tell you how to live. We are just here to support you in every way possible," Boyd said.

Dr. Michael Twohig, professor of psychology at Utah State University and expert on PTSD, helps to further expound on the LAP's effectiveness and the process of helping those who seek help.

"Not everyone who has a trauma has a PTSD reaction," Twohig said. "The question is how are they responding or reacting to the traumatic event. It makes a difference in what you do for therapy."

Twohig said it is important to match the treatment to the person. It is also extremely important for the assessment's questions to have validation.

see **CAPSA** page 2

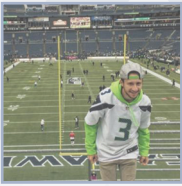
TWEETS OF THE WEEK



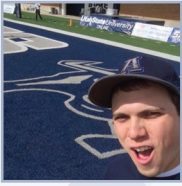
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Skyroom restaurant reaches potential with remodeling

By **Veronica Stephen**
WRITER

The Skyroom Restaurant had its grand re-opening Thursday and Friday after being redesigned.

The Skyroom is a hidden surprise on the Utah State University campus. Located in the Taggart Student Center on the fourth floor, it has a diverse history that has been marked with ups and downs. With the latest redesign, a level of class has been added to the Skyroom restaurant, making any USU visitor's experience memorable.

Apart from the physical redesign, which entailed getting new chairs, picking out new fabrics and reorganizing the whole restaurant, there was a change of staff. USU Dining Services chose a chef from catering to be the head chef of the Skyroom.

Alan Andersen, executive director for dining services, said it is working out better than the system they had before.

"It's a much better match. There's a natural crossover. We used to consider it more of a retail operation, but this is a much better fit," Andersen said.

Amy Rasmussen, the Skyroom's general manager, said they ended up doing more than they had originally planned.

"The equipment, such as the tables and

chairs, had been there for about 30 to 40 years, so there definitely was a need to upgrade the equipment up there. We thought that while we were doing an equipment change, we might as well update the look of the Skyroom as well," Rasmussen said.

Skyroom employees hope it has reached its potential. They were going for a classy, yet laid-back atmosphere that allows one to feel welcome to the USU campus.

"I've been here six years, and I've always seen the Skyroom with this huge potential," said Cory Cozzens, chef of the Skyroom.

The restaurant's weekly menu is buffet style. Any student who has a block meal plan can use cash equivalency to eat at the buffet, which is part of the new organization. Previously, the restaurant had a menu from which customers could order, but Chef Cozzens decided a buffet would be a good way to keep things laid back, relying on the atmosphere to keep it classy.

"I think we went above what we thought we would do. It's beautiful," Cozzens said. "The buffet line was expensive, and the return on investment is going to be a few years because we are going to stop buying fuel. I found the justification of going electric, and that was the sustainability side of me."

In addition to the aesthetic changes, but it is



PHOTO BY **Dane Rasmussen**

also saving energy and trying to be more efficient and sustainable.

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CAPSA

from PAGE 1

"It's a research process," Twohig said, "and you want to use a system that measures what you want it to measure. Like with depression. Through multiple tests, you want to prove that you are measuring depression."

This explanation provides a lot to consider for those completing the assessment so that CAPSA's services can fulfill their optimal potential.

Building on other considerations, Twohig also mentioned the importance of addressing the other side of abuse.

"There's a fair amount of research that shows that the perpetrator also needs some form of therapy. They need to learn proper skills on how to handle things and handle their emotions," Twohig said.

While it is clear that CAPSA of-

fers strong support to victims of abuse, it is not clear how the perpetrator is handled on their part. The exception, according to CAPSA's website, is a protective order. This is intended to protect cohabitants from developing or continuing an abusive relationship.

A benefit to the LAP is that it raises awareness of the help that's available, including education on pre-

venting abuse.

"Education on how to handle the current situation is key, which is different from coping with the trauma of domestic violence. They need to learn how to restructure their lives around the situation," Twohig said.

SAAVI, or Sexual Assault & Anti-Violence Information, is another program that addresses similar situations and is located just north of

USU's main campus. There is always support available for anyone who is currently experiencing abuse or has in the past.

Logan City Police Department can be contacted at (435) 716-9300, and the CAPSA 24-hour crisis hotline is (435) 753-2500. The SAAVI hotline is (435) 797-RAPE (7273).

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3 free news apps for students

Brenna Kelly

FOR THE RECORD



If you're a college student looking to get informed, you're in luck — thousands of news apps have updated their design and streamlined their content, all so you young techies can slip in a few engaging articles during the 15 minutes before your next class. But as a college student, you probably don't want to spend any money on subscription fees or app purchases.

Here are three of the best free news apps for students.

SmartNews:
Rating: 8.5/10
Compatible for iPhone and Android.

You might spend ten minutes on a big-name news site to find an article that seems relevant to you and/or important. Some sites are getting better about this, organizing their

home page to show you breaking news toward the top and feature-y articles toward the bottom or side. But in general, you still have to sort through a lot of text. That process is streamlined by SmartNews, an app that sorts through all the top news sites to provide the top, trending stories.

The interface allows you to skim headlines quickly, and there are dozens of channels for you to customize your news — from sports, to business, to world news, to entertainment.

The major disadvantage to SmartNews is you only see what's trending. You miss out on the quirky articles you'd find buried in the far corners of a news site.

Digg:
Rating: 6.5/10
Compatible for iPhone and Android.

Unlike many news apps, Digg doesn't throw a bunch of headlines and text at you. Consequently, it's not as effective at informing students as thoroughly as possible in a small amount of time — grazing through headlines on the crowded New York Times site, while draining, can be informative. The interface only allows about one story to take up screen space at once, and the

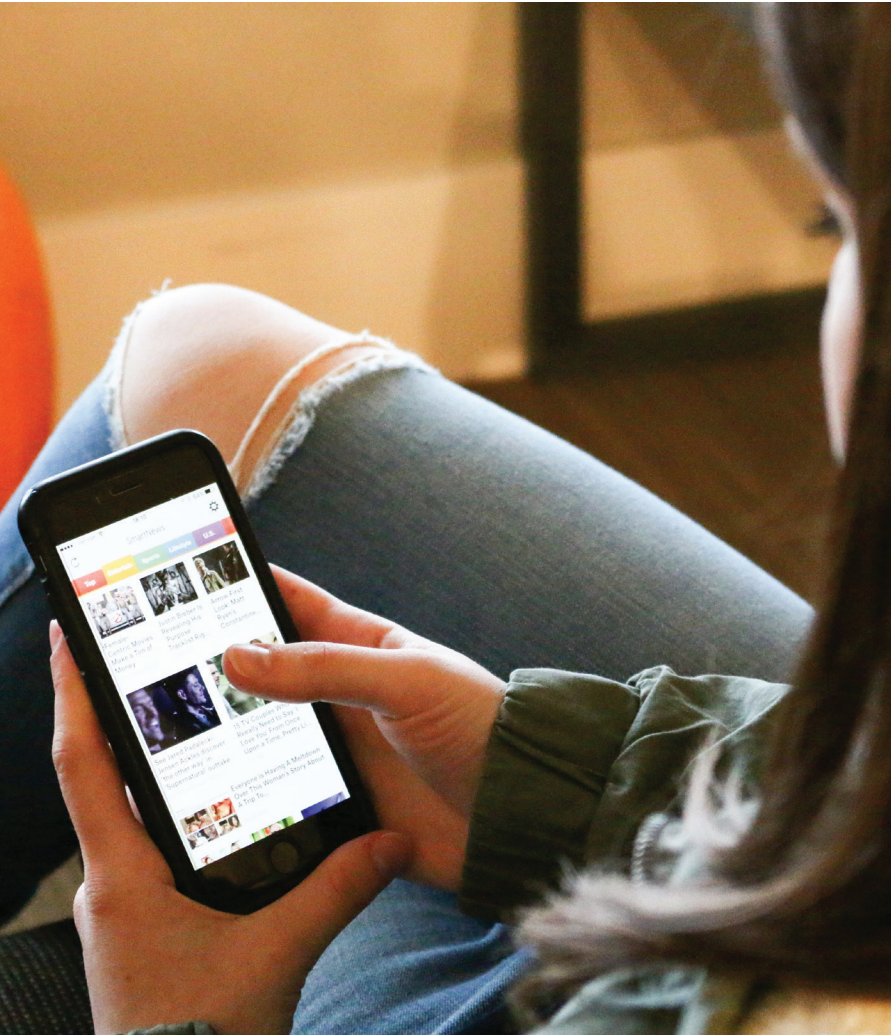
top story has a short explanation of the article.

Unlike apps from publications, the stories on Digg are chosen by a community, not editors. Most of the material is topics light news readers would be interested in — none of the "dry" stuff. Even if you're interested in the dry stuff, (politics, data, law) there are channels for that. It just takes a few taps to find it.

Paper:
Rating: 8/10
Compatible for iPhone.

Paper is a customizable news app from Facebook. It includes stories from your Facebook feed — stories from your friends — which you can quickly scroll through in the sleek and sophisticated interface. The top half of the screen slides through the main stories, which have eye-catching photos. The bottom half shows a few stories in a vertical fashion, which you can slide through.

There are 11 sections to choose from — there's "score," a sports section; "flavor," which features food-related news; and even an LOL section. It also has features



Cole Hammond | PHOTOGRAPHER

you can add, including "read later" and autoplay for videos.

If you're like me and your Facebook feed has basically become a news feed, Paper is the app you're looking for.

— Brenna Kelly is a sophomore majoring in journalism, with minors in multimedia and political science. She mostly writes articles, but occasionally tweets. Contact her with suggestions at brennakelly818@gmail.com and [@bckelly8](https://twitter.com/bckelly8).

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PHOTOS BY **Kyle Todecheene**
BERNICE MCCOWIN POSES in front of the paintings she helped choose.

By **Brenna Kelly**
COPY EDITOR

"See, that's what the walls looked like before — blank."

In front of the six paintings hanging outside the Taggart Student Center ballroom, Bernice McCowin flips through the photos from 2006, which show the blank white walls. She was — and still is — the alumni representative for the TSC policy board, and the group told her they were concerned about the empty walls.

"They asked me if I would do something about it, and I did," McCowin said.

McCowin graduated from Utah State University with a bachelor's degree in education in 1949 — "when all the fellows came home" from WWII.

"It was an exciting time to be at school," McCowin said. "So I've been around for a long time."

She returned to USU in the 1990s, when she was in her 60s, for her master's degree. The school awarded her an honorary doctorate in 2005, as well. Since then, she has served on several committees at the university. Beautifying the walls outside the TSC ballroom was one of many projects she has taken on.

A hand-colored Giclée print of Larry Winborg's painting "Homecoming" hangs outside the ballroom. All the pieces are Giclée prints — meaning they were created with a high-quality inkjet printer — but Winborg

added paint to "Homecoming" after it was printed.

"It gives it texture and enhances the color, which I like," Winborg said. "It's an extra expense, but well worth it."

Winborg earned his undergraduate and master's degrees at Utah State in 1966. He said he had a wonderful experience at the university.

"I believe artists are born, not made," he said. "But they need to develop and work on their talents."

That's what Winborg did at USU. He said through his formal education and career, he's always believed "everyone can teach you something." He also developed after graduation, but he has used every skill he learned at USU. Winborg started a studio and gallery in the valley more than 15 years ago, he said, but art has been a lifelong affair for him.

"I wanted to do it since kindergarten," he said, "and it's all I've done in 50 years."

"Homecoming" depicts a fall scene on campus — spots of red, green, orange and gold cover twisting trees on a yellowing Old Main Hill. It's morning, and some light breaks through thick gray clouds — it could be the brief moment when the sun graces an otherwise rainy day.

"I captured the feeling that I have when I'm on Old Main Hill in the fall, with the leaves and the colors — that's what I feel like when I go up Old Main Hill," Winborg said.

Winborg's son, Jeremy Winborg, also has a

painting featured outside the ballroom. "Entering Our Cache Valley Home" depicts pioneers as they first enter the valley on Sept. 15, 1856. It is captioned, "When we got to the mouth of the Canyon, we stopped to look at the beautiful Valley before us." Jeremy Winborg also hand-colored his Giclée print. The Winborgs have contributed many masterpieces to private and corporate collections, and their art — which is inspired by Cache Valley scenery — can be found throughout the community.

The four other paintings also come from artists with connections to Utah State or Cache Valley. Most of them either studied at or taught at the university.

Colleen Howe lives in Cache Valley, and a print of her painting "Poplars in Fall" hangs next to Jerry Fuhriman's Giclée print, "August Travelers." Furhiman is a graduate and professor emeritus at Utah State University. His wife, Sue, framed the paintings.

"She was tremendously helpful in getting these done, beautifully framed," McCowin said. Sue Fuhriman still runs a framing shop in Logan.

"And then, of course, Harrison Groutage," she continued, gesturing to his piece, "Winter in Logan." He was the art department chair for seven of the 34 years he taught in Logan. Groutage passed away in February of 2013.

"Anyone who has one of Harrison Groutage's paintings is thrilled to have it," McCowin said.

"Winter in Logan" — one of his better-known paintings, McCowin said — shows the side of a hill coming out of Logan Canyon, with Old Main and the Logan temple in the distance.

Kent Wallis's piece, "Exquisite Flowers," hangs at the top of the stairs leading up to the second floor of the TSC. Wallis earned his master's degree at USU and lives in the valley.

"He often does lovely pictures with colorful flowers, and so we thought this would be perfect here," McCowin said. "When people come up the steps, it's the first thing they see, is this lovely painting."

In 2006 alone, McCowin spearheaded four projects for updating the TSC artwork, all of which still remain.

"There are still other artists. Maybe someday we'll include a few more," she said.

Associate vice president for student services Eric Olsen — who also sits on the TSC policy board — agrees that Cache Valley has many quality artists.

"It was Bernice's suggestion to go with the local artists, which I was supportive of... Really, it wasn't a difficult choice," Olsen said. "She just sort of ran with the project."

McCowin said she enjoyed it all.

"This was a nice project to get these up — give people something to look at while they're waiting in line," she said.

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GOT STRESS? SURVEY SHOWS MOST COLLEGE STUDENTS DO

By **Ashley Stilson**
WRITER

To some students, stress comes in a storm of credit hours, work and relationships.

In the mtvU Associated Press 2009 Economy, College Stress, and Mental Health Poll, about 85 percent of college students reported experiencing daily stress. According to the poll, six in 10 students reported they felt so stressed, they couldn't complete their work.

Utah State University students are no strangers to stress, especially during this seasonal transition from autumn to winter. Even the thought of exams being a few short weeks away is enough to cause anxiety for some.

Last Tuesday, LuAnn Helms taught a stress management and wellness workshop with more than 15 students in attendance. The usual number of students who participate in these workshops averages around four or five, Helms said.

However finding relief from the stresses of college life is as simple as taking a breath.

"Breathe — focus on your breathing," said Helms, who is a licensed psychologist and the assistant director and training director for counseling and psychological services. "In any situation breathing gives us the option to focus on something we personally have control over, when in life there are lots of things we don't have control over."

As students identified personal sources of stress, Helms said it's important to not compare differences in what causes stress.

"When it comes to stress and anxiety management, it is for you as an individual knowing what your personal stresses are, not compared to other people," she said.

From 1 p.m. to 2 p.m. every Wednesday, USU Group Meditation mediator Jake Grossman works with students to practice mindfulness, or paying attention to the present by focusing on breathing.

"There are many benefits that meditation can offer, from peace of mind to more awareness and improved attention," he said. "Meditation can help with sleep and de-

pression. There have also been a lot of studies that have found mindfulness or really any meditation helpful with stress."

Grossman also works with students to cultivate mindfulness and encourage well-being.

"The reason that paying attention to breathing or body sensations is helpful is because those things are only happening in the present," he said. "So it is like an anchor to this moment, which is where life is happening. Life is only happening now. Thus, by allowing oneself to settle into the breath or whatever is actually happening, one can then see things as they are."

see **STRESS** page 9



Kyle Todecheene | PHOTOGRAPHER

STUDENTS READY TO SHOW CALVES OFF AT AGGIE CLASSIC

By **Ellie Dalton**
WRITER

Every morning between 5 a.m. and 6 a.m., Jonathan Blakely wakes up. He's not going to class — not yet. He's going to feed calves.

It's not a duty he can hit the snooze button for. It's crucial that the calves get fed a specific ration of feed in 12-hour intervals if they are going to be ready before sale day.

But Blakely, a senior in animal, dairy and veterinary science and agribusiness, is not a stranger to this kind of work.

"I grew up and spent years showing calves," he said.

In 2011, a friend roped Blakey into Utah State University's Animal Science club calf sale. He loved it and has been helping with the sale every year since.

"It's a nice thing to be involved and work with the stock again while I'm down here going to school. It is something I have always enjoyed," Blakely said.

The club has been putting on the club calf sale for more than 20 years. Every fall, club adviser Brett Bowman and Blakely receive calves from breeders all over the Mountain West. Students then care for the animals and get them ready for the sale. The animals are sold and sent to new homes.

More than 100 students are enrolled in the club, but active membership is usually lower. About 50 students came to the club calf opener and about three to five students make it out each evening to work with the calves.

The students involved in this year's sale work with 20 calves every night for a month. The animals need to be washed, brushed and trained to

lead. Most of all, they need a whole lot of loving.

"The calves come in fresh off the range and they're usually pretty wild," Blakely said. "The kids love on them a bit, and scratch on them with a brush so they get used to a person being next to them or around them."

It is crucial for the calves to be used to wearing a halter and trained to be gentle because the buyers take the calves home for their kids to show in 4-H and Future Farmers of America.

"Getting a calf broke to lead and used to people, that isn't going to run away with the kids is a lot of the reason we get buyers that come back every year," Blakely said.

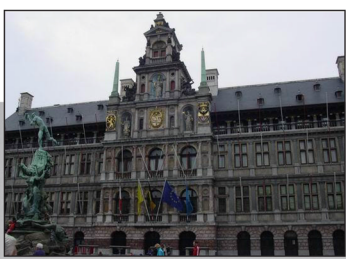
Work also goes into making the calves look their very best before the sale.

"We cut their extra hair and applying product
see CALVES page 6

Matthew Halton | PHOTOGRAPHER

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Matthew Halton | PHOTOGRAPHER

CALVES

from PAGE 5

and fluff their hair," said Lauren Casdorph, a junior in animal science. "It's what women do every day."

When the cutting and styling is over, the calf is then said to be clipped and fit. "It makes the calf look the best they can and it also allows a little bit of give to smooth the calf out and make them look thick, smooth, and blocky," Blakely said.

The club calf program is good for students who come from an agricultural background as well as those who haven't. It gives the students who miss showing and being around animals a chance to have some daily interaction with something they're familiar with. For students who come from urban areas, it gives valuable hands-on experi-

ence with livestock so they can decide if it is something they want to do.

"I have seen the dynamics change as far as their background," Bowman said. "It used to be that 80 percent of students were from a farm or ranch background to almost reversed."

Bowman said he thinks the program is a hidden jewel that the university has. A lot of previous students come back every year to give back to a program that meant so much to them during their college years.

"They'll call up and want to help in any way they can. It's kind of like little league sports. You get involved and you want to come back," Bowman said. "I don't know whether it's the deep-seeded love they have for agriculture or the

good they saw that that it did for them and for the 4-H and FFA kids. They want to perpetuate it."

Each spring the club hosts the top jackpot show in Utah. The Aggie Classic True Blue Showdown is open to all showmen from the Midwest, but a special class is reserved for calves that were purchased from the Aggie Classic Club Calf Sale.

The event kicks off at South Farm on Friday with a preview at 5 p.m., dinner at 6 p.m., and the sale at 7 p.m.

"Friday is a huge day, it's an all-day deal getting the calves ready to go," Blakey said.

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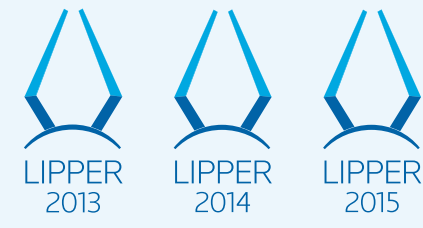
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Aggies to take on Lobos in the desert

By **Emily Duke**
WRITER

Utah State football will travel to Albuquerque Saturday to take on the New Mexico Lobos. The Aggies are coming off of a 58-27 win over Mountain West Conference rivals Wyoming and are currently tied for second in the MW with a 4-1 conference record. New Mexico is coming off of a bye week following a 31-21 road loss at San José State. They are sitting at 2-2 in the conference.

The Aggies are just one game out of bowl eligibility for the fifth year in a row. With a win this weekend the Aggies would be headed to yet another bowl game.

After the win against Wyoming, head coach Matt Wells said, “We’re coming off a very good win against the Cowboys. We got win No. 5 and now we’ve got to go work on win No. 6.”

The Aggies are not overlooking the Lobos, who are tested coming off of a bye week. “I’m excited about this



PHOTO BY **Kyle Todecheene**

DEVANTE MAYS GETS TAKEN DOWN by a Wyoming defender on Friday. The Aggies will hit the road to challenge the New Mexico Lobos on Saturday in Albuquerque.

game,” Wells said in a press conference Monday, “Our players came into the Laub Complex this morning excited about this game.”

The Aggie offense is coming off of a record breaking game, scoring the most points in a conference game since defeating Idaho 63-17 in 1997. They also recorded 592 yards

of total offense, a season high. “The offense played pretty well,” said junior tight end Wyatt Houston. “We punted one time and had one turnover, which we’ve got to clean up, but overall, we ran the football really well and passed the ball really well. It was a good night for us and we put up a lot of points.”

The Lobos’ starting running back Jhurell Pressley has 96 rushes for 449 yards and 5 touchdowns this season. This could cause trouble for the Aggie defense who allowed 270 yards rushing on 49 tries in the win against Wyoming. “We need to stop the run and make them one-dimensional, and then go from

there,” said senior linebacker Torrey Green. Wells is optimistic the work the defense has done this week will show on the field. “The last couple of weeks is not what we’re used to around here from a defensive standpoint,” Wells said. “It doesn’t meet our standards. Our players know it and our coaches

know it. It’s being addressed and it’s being healed, so we’ll be better in that area this week.” With a win on Saturday the Aggies would tie up the all-time series with the Lobos, as they currently trail 11-10.

— emilymarieduke@gmail.com

ARE UTAH STATE FANS POOR SPORTS?

By **Ben Fordham**
WRITER

As a “front-row guy” at the Spectrum, I’ve heard and made some unflattering comments to players of the opposing team.

Welcome to the world of sports! Every student section in the country is guilty of occasionally displaying poor sportsmanship.

Every spectator in the world needs to be aware that there is line that can’t be crossed. It will never be acceptable to make racist, sexist or homophobic comments towards athletes or anyone else. Injuries should never be celebrated. The guy who brought the “How’s Taysom?” sign to the BYU basketball game last year was not clever.

If you think someone is out of line during an athletic event, you should say something to them while you the person near you. If you want to experience better sportsmanship during events, I would suggest transferring to a school like UVU, but that wouldn’t really help.

Remember when UVU fans rushed the court following a big win last year and started an all-out brawl with New Mexico State players? I don’t remember seeing a brawl when Aggie fans rushed the field after beating Boise State

last month. Do we need to question the integrity of UVU’s fan base because a few knuckleheads thought it would be a good idea to throw punches that night? Remember when former BYU quarterback Max Hall called the entire Utah Utes fan base “classless” because a two or three Utah fans allegedly poured beer on his family during a game? Remember BYU’s post-game brawl with Memphis last year and Kai Nacua sucker punched a guy on live TV? Is every BYU football player a thug like Nacua? Generalizations are always going to be exaggerated and dramatic. I hate BYU just as much as the next guy on campus, but it’s not okay to claim that every BYU fan is an overzealous moron just because most of them are. Athletic events at Utah State are incredibly fun when our students are loud and organized. Some of our fans make mistakes now and then, and that’s okay. We aren’t perfect. If someone offends you, tell them directly. Go Aggies.

— bfordhamsix@gmail.com
@bfordham6



Johnny Morris | PHOTOGRAPHER



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OPINION

Easy

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Climate change transparency comes to your couch & computer



Darren Bingham

The White House website offers some exciting news that 81 additional companies joined the White House-led American Business Act on Climate Pledge. This is unprecedented in the movement to transition to cleaner energy and a more sustainable supply chain.

These 81 companies employ over 9 million people, have operations in all 50 states, and represent \$3 trillion in annual revenue. “Companies making the pledge have set significant greenhouse gas reduction and renewable energy sourcing goals for 2020 and beyond, and are focusing on increasing energy efficiency, boosting low-carbon investing and making sustainability more accessible to low-income Americans.” The most important part of this pledge is that these companies are making sustainability more accessible to all Americans and not just the rich.

IKEA personally committed to produce as much renewable energy as the total energy it consumes in global operations by 2020. Best Buy committed to reduce their carbon emissions by 45 percent by 2020. Best Buy and IKEA have unique opportunities to create both political and societal change with their

environmental decisions.

With these public commitments, Best Buy and IKEA have to become smarter and more efficient with their energy usage, water consumption, transportation infrastructure, and waste stream. Transparency is crucial in the way in which these goals are set and how these goals are reached. These commitments must be monitored to ensure companies follow through with their agreements. With this said, companies like Volkswagen that lied about claims of being environmentally friendly will not prosper.

Both companies agreed that they want to remain relevant to millennials, who are becoming the next leaders, employees and consumers of their companies. Millennials are aware of the issues facing our planet and want their jobs to make a difference. By committing and following through, businesses must not only just talk the talk but walk the walk.

IKEA and Best Buy both agreed that a more holistic approach is needed to reduce their carbon emissions. For example, both companies expressed interest in establishing a national regulation for hazardous waste, recycling and e-waste. With the infrastructure this regulation would create, every company in America and its consumers could reduce their environmental footprint significantly. The whole supply chain must be evaluated because carbon emissions are produced in each step of production.

Because climate change affects everybody, that’s the reason why everyone should care.

If you want to make a difference, learn your ecological footprint.

of problems can arise. Lack of energy, headaches, sleeping problems or frequent colds — all are physical reactions to unresolved stress.

Anger, anxiety, indecision or depression are also demonstrate the emotional toll of stress.

Stress can even show in behavioral symptoms like becoming self-critical, accident-prone or a procrastinator.

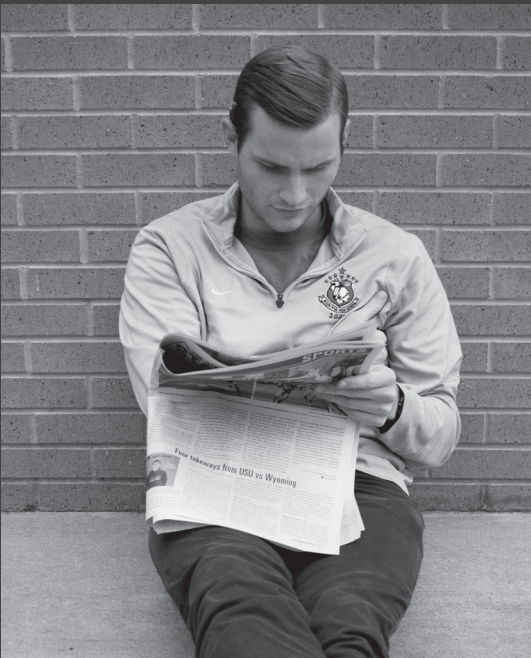
In all the demands of college life, learning to manage stress continues to prove to be a vital skill.

“It does give ourselves space to be with life, to step back a bit and not be so caught up in the storm,” Grossman said.

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GET CAUGHT READING



Name: Matt Clegg
Major: Biological Engineering
Year: Sophomore
From: Bountiful, UT

Letter to the editor: A university attached to an athletic department — the deceit of modern intercollegiate athletics

We all know the hyphenate “student-athlete” with its blissfully wistful connotations of young men and women who spend their days listening to lectures or poring over books and then, in their spare time, engaging in various sports in the name of the university or college they attend. What most of us don’t realize is that “student-athlete” is a term devised by the NCAA to disguise a billion-dollar business enterprise operated at the expense of athletes whose lives they control for the duration of their college careers. It is a fiction — one that a senior advisor to NCAA president Mark Emmert called an “exploitation” embodying the “great hypocrisy of intercollegiate athletics.”

On one hand, the NCAA contends, in filings before one court, that its principal mission is to maintain intercollegiate athletics as “an integral part of the educational program” and to promote the academic well-being of the athlete. The NCAA likewise insists that it is dedicated to the athletes’ education first and foremost — that “at its heart, the NCAA is an education entity.” As recently reported, conference commissioners are “bemoaning a rule they say doesn’t fit the NCAA’s educational values” and object to students having the ability to transfer because the NCAA has “raised” them and “educated” them.

But then, before a different court, however, the NCAA claimed that it has no responsibility to safeguard “the academic integrity of the courses offered” at its member institutions. It further declared that it has no role in ensuring “the quality of the education student-athletes receive at member institutions or [in] protect[ing] student-athletes from the independent, voluntary acts of those institutions or their employees.” The NCAA emphasized that it is far “removed from students’ day-to-day academic experience.” Most emphatically, it contended it has no “direct relationship with student-athletes in the academic realm.”

The truth is that the so called student-athletes are in reality what Bear Bryant confessed they were decades ago — “athlete-students.” When pressed, even NCAA conferences now admit such. In a recent report by the Big Ten Conference, it was noted that the Association is not “living up” to their commitment to educate student-athletes. In an official paper circulated to “important leader[s], thinker[s], voice[s] or influencer[s]

who have the ability to impact the direction in which intercollegiate athletics evolves at this critical moment in [its] existence,” the Big Ten describes this failure as a “national” problem of “systemic” proportion. Although the report found that FBS football and Division I men’s basketball “stand alone” in terms of both generating more revenue and receiving more resources, they are not severable “from the fabric of intercollegiate athletics” as a whole. If those two sports are not healthy, the report concludes, “then the [entire] collegiate model is not healthy.”

Without question, academics have been subordinated to and threatened by athletics — a result driven both by the direction of athletic force and the complicity of the education community. The “athlete side,” the Report finds, vastly outweighs the “student side.” The Big Ten report urged that reforms were necessary to “change the current trajectory” in intercollegiate athletics and reverse the “imbalance.” It is critical, the Big Ten report declares, that athletes “not [be] short-changed.” Educational camouflage, it concludes, is educational “exploitation,” and if the educational value of the athlete’s experience cannot be defended, then the intercollegiate model is “indefensible.”

Elite college sports is a product of a “profitable industrial complex.” The leading architect of the NCAA and its first executive director, Walter Byers characterized the NCAA as “an economic camouflage for monopoly practice,” diverting money and value from those who create it to those who control it. Likewise, civil rights historian and noted journalist Taylor Branch wrote that while college athletes are not slaves, they perform in a system in which “corporations and universities enrich themselves on the backs of uncompensated young men” and women.

The present system is broken and unsustainable. Until athletes have meaningful rights and a meaningful voice in the balanced operation and benefits of the enterprise, college athletics — however popular — will be haunted by “the unmistakable whiff of the plantation.”

— Michael D. Hausfeld

STRESS

from PAGE 4

When deep breathing alone doesn’t reduce stress levels, Helms suggested a personal wellness plan with goals for nutrition, physical activity, interpersonal relationships and creative expression.

“I want you to remember that if you don’t take time, your body will make you take time,” Helms said. “It’s very time-effective to take time for stress management.”

Other stress relievers were expressed by students.

“I exercise a lot. I hang out with my friends or I read,” said creative writing freshman Becca Mackelprang.

Radiology technology junior Jenny Jarvis said she plays guitar.

Without a way to resolve stress, a multitude

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THURSDAY NOV 5

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Eccles Conference Center at USU

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Free, 10:00 am

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Nora Eccles Harrison Museum of Art

Free, 6:30 pm

SHAKESPEARE’S ‘A MIDSUMMER NIGHT’S DREAM’

Sky View High School

\$5-\$10. \$5 for SV students w/ ID. \$8 on-line \$10 at the door. Wheelchair accessible! Family: \$24, 4-6 people, 7:00 pm

USU SCIENCE WEEK: CHEMISTRY DEMO SHOW

Eccles Science Learning Center, Emert Auditorium, Room 130, on the USU campus

Free, 7:00 pm

FRIDAY NOV 6

HACKUSTATE - UTAH’S FIRST INTERCOLLEGIATE HACK-ATHON

Eccles Conference Center at USU

Free, 8:00 am

MICHELLE BAKER - WATER AND PEOPLE FRIENDS OR FOES

Eccles Science Learning Center, Emert Auditorium, Room 130, on the USU campus

Free, 7:00 pm

USU OBSERVATORY PUBLIC VIEWING NIGHT

USU Observatory

Free, 7:30 pm

THE ANTICS COMEDY IMPROV

The Dansante

\$5, 9:30 pm

DOWNTOWN GHOST TOUR

Thatcher-Young Mansion

\$9, 7:00 pm

LOGAN HOLIDAY GIFT SHOW

Riverwoods Conference Center

Free, 10:00 pm

SATURDAY NOV 7

HACKUSTATE: UTAH’S FIRST INTERCOLLEGIATE HACK-ATHON

Eccles Conference Center at USU

Free, 12:00 am

NATIVITIES FROM AROUND THE WORLD

Global Village Gifts

Free, 10:00 am

PUMPKIN TOSS

Elk Ridge Park

Free, 11:00 am

3RD ANNUAL WE SALUTE NIBLEY VETERANS AND THEIR FAMILIES

LDS Stake Center

Free, 7:00 pm

THE ADVENTURES OF SHERLOCK HOLMES

Ellen Eccles Theater-Cache Valley Center for the Arts

\$25-\$39, 7:30 pm

MONDAY NOV 9

MOVIE MONDAY - AVENGERS: AGE OF ULTRON

North Logan City Library

Free, 6:30 pm

TUESDAY NOV 10

IT’S ALWAYS TOO EARLY UNTIL IT’S TOO LATE

Logan Library

Free, 2:00 pm

AVIATION OPEN HOUSE AND AIRLINE VISIT

Logan Cache Airport

Free, 2:00 pm

FAUR QUARTETT

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\$10-\$24. General admission: Regular \$24, Student with ID \$10, Youth \$10. No children under eight, 7:30 pm.

WEDNESDAY NOV 11

WHAT MAKES WOMEN BETTER INVESTORS

USU Taggart Student Center 336

Free, 11:30 am

WHAT MAKES WOMEN BETTER INVESTORS

Family Life Center

Free, 7:00 pm

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