Q: If you had one tip to give young adults that are dating, what would it be?

A: Look for respect, trust, and honesty. If those things are there with a person, you've got a lot of the right pieces to build a strong relationship.

Q: How can couples learn to communicate better?

A: I hear, "We can't communicate," but couples communicate constantly, for better or worse. Especially if you disagree, consider her/his point of view. She/he may return that favor, or probably already does that for you.

Q: What would you say is the biggest detriment to relationships today?

A: Be real, your best self, and look for the best in the other. Research shows us that the better you know a person, the better the relationship.

Q: What are some tips for handling disagreements in a relationship?

A: As cheesy as it sounds, try reflecting back what the other person said. It could be a revelation.

Q: What are some signs of a healthy relationship?

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WASHINGTON (AP) — The Democratic-controlled House on Friday passed a $20 billion-plus aid package for Puerto Rico, where a swarm of earthquakes last month set back the island territory's slow, troubled recovery from the hurricane disaster of 2017.

Friday's debate exposed bipartisan frustration with the federal government's response to Hurricane Maria, which killed more than 2,900 people and caused widespread destruction throughout the island. The legislation, approved by a mostly party-line 237-161 vote, would provide more than $5 billion in emergency appropriations, mostly for housing aid, rebuilding infrastructure, and repairing roads and bridges. It also includes $16 billion worth of tax breaks, mostly designed to extend refundable child tax credits for low-income families and to give the island's residents needed access to an earned income tax credit for low-income earners.

The White House has promised to veto the legislation, charging the island's government of mismanagement and weak financial controls. It arrives in the Senate as a dead letter anyway. Puerto Rico's non-voting congressional delegate, Jenniffer González-Colón, a Democrat, urged lawmakers to vote for the aid package. "This is a great example of how Utah State can unify multiple generations," Jessop said. She said the ramps show how the Aggie family can come together in terms of inclusion and accessibility and how much the community cares about traditions.

She said Aggies young and old can come together over their shared memories of becoming True Aggies, and she wanted to extend the invitation to make a True Aggie Night become a tradition for the community of True Aggies and alumni.

As of Friday, Utah State University now provides wheelchair accessibility to True Aggie Night, the student organization of University of Utah. The ramps were largely funded by contributions of community members, students and alumni. "This is a great example of how Utah State can unify multiple generations," Jessop said. She said the ramps show how the Aggie family can come together in terms of inclusion and accessibility and how much the community cares about traditions.
We’re all here. Your friend has found a significant other and suddenly you’re no longer a priority. You won’t do the same, but chances are, if you find a significant other yourself, you will do the exact same.

Once we begin dating someone or get married, it is all too easy to forget our other friends. Even if you make an effort to keep in touch or make time for them, it will never be the same. Unless you’re single together again. It’s an interesting dynamic once you get married, said Skousen.

Skousen also said Utah’s conservative culture has made it a challenge unique to relationships. “It’s an interesting dynamic where we live in a very conservative area, and while we have the LGBTQ community here, it still definitely occurs and from anybody,” Skousen said. “It’s a struggle for most students who have had great experiences in Logan so far as students who have had great experiences in Logan so far as a student at Utah State University, you need to maintain your friendships. You need to make it easy for your friends to see you more often, to see your friends you don’t live with is so hard, to see your friends more often, to see your friends who have moved farther away. In addition, she said, it is hard for members of the LGBTQ community.

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Many students said the biggest challenge is marriage. “Even with the dating apps, Tinder’s not the best for the LGBTQ community,” Cahoon said. “Tinder is alright, but for my gay side, I like Grindr better.”

With the dating apps, Cahoon described his overall dating experience in Logan so far as massive. “I feel like the LGBTQ community in this area is really small, so there’s not really any options,” he said. “It’s entonces pretty much.”

When asked how many openly gay men he had met so far at USU, he answered that he could count them on one hand.

USU student Nat Skousen, who identifies as pansexual and genderqueer, agreed. “Dating is hard here simply because it’s hard to meet people in the LGBTQ+ community who are single, or willing to date.”

That coupled with the challenges of dating like marriage blows through, they will move on. They’re not being bad friends or unsupportive, they are just unable to adapt to their friend’s marital lifestyle change.

Despite this, Cahoon said, “Remember how important having friends beside your spouse or significant other is. Having a support system that you don’t live with is so imperative.”

In order to do this, she sees her best friends at least twice a month for dinners or game nights, while texting and staying connected on social media with friends who have moved farther away. In addition, she has found new married friends who understand their busy lives. But for the most part, her single friends have been married and are easier to spend time with now. “Just because your best friend doesn’t exclude your past friends,” said Jessica Jacques, another student at USU. “You need to maintain your friendships.”

Jacques graduated Logan from Vernal in August to go to school. “Having friends in common with her husband made it easier to stay connected, although the 4-hour drive now complicates these relationships. She agreed that married people still need a break from their spouses every now and then, as connections with old and new friends are important. She keeps up with them by texting or Facebook, although she said her coaches, going on double dates and having girls’ nights out. Jacques also does what she can to meet up with her single friends although it can be difficult. Although all friendships are not meant to last, it is important to not lose potentially long-lasting friendships due to a relationship.

McCall said, “Holding hands with her in public is almost uncomfortable, and I should let her know, but I just can’t bring myself to do it, she’s kind of hard to ignore people watching.”

For those in the community struggling with dating, McCall advises them to get involved and meet more people.

“Just because you marry your best friend don’t exclude your friends. Even if you make an effort to keep in touch or make time for them, it will never be the same,” she said.

Jacques also does what she can to meet up with her single friends although it can be difficult. Although all friendships are not meant to last, it is important to not lose potentially long-lasting friendships due to a relationship.

Chantelle McCall, pictured far right, with her fiancé at McDonald’s during a night on the town.

Joshua and Drew Osborn said they started dating last year.

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PHOTO COURTE
USU football adds 24 new players

By Jason Walker
SPORTS SENIOR WRITER

On national signing day, Utah State football head coach Gary Andersen announced his second recruiting class since returning to Logan. The 2020 class includes 24 individuals, 19 of which will join the 2020 roster since returning to Logan. The 2020 class in coach Gary Andersen announced his second recruit...
the process, beat Mountain Rim Conference-rivals Boise State for the first time since 2012, 195.675-193.850.

Prior to Friday, No. 35 Boise State had won 35 of the last 36 meetings with Utah State. The 32nd-ranked Aggies (2-6, 1-4 MRGC) grabbed its second win in three contests, also beating Air Force on Jan. 25.

“We were really excited to get back in the Spectrum and do what we did tonight, and it was a great crowd,” said third-year USU head coach Amy Smith. “It was awesome. We had three solid events and closed the most incredibly strong on floor, so that was really fun to see the girls do that. It was a great night.”

Junior Leighton Varnadore won the all-around with a total score of 39.200 and teammate Sofi Sullivan continued to dazzle in her freshman campaign with a second-place finish of 39.175. “It felt really good to be home,” said junior Autumn DeHarde. “We hadn’t beat Boise State since 2012, so it was really exciting.”

DeHarde captured two event titles to lead the Aggies, placing first on floor with a career-high-tying 9.850 and winning the beam with a 9.850. She now has nine career beam team titles, which is tied for third all-time in school history.

“It felt really good,” DeHarde said. “I just went out there and had fun, because that’s what I love to do. Floor is my favorite event to compete, and I love just going out there and showing it off.”

Utah State lost just one of four events on the night: Boise State’s Gabriela Bouza scored a 9.875 on the vault to capture the title in that rotation. Mosadiro finished third in the all-around with a score of 38.300 and was Boise State’s highest finisher through all competi-

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**VALENTINE’S DAY PHOTO GALLERY**

PHOTO BY Iain Laurence

PHOTO BY Chantelle McCall

PHOTO BY Hailey Larson

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**2020**

**SUBMISSIONS OPEN // FEBRUARY 1 - 15**

**EVENT DATE // APRIL 8-9**

**TIME // 9:00 AM - 3:00 PM**

**WEBSITE // RESEARCH.USU.EDU/SRS/**

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**Q&A FROM PAGE 1**

in the relationship, then caring, fairness, and good communication are often there, too.

Q: What are some signs of an unhealthy relationship?

A: Manipulation, dishonesty, and control are “EXIT” signs in a relationship.

Q: Why is visiting a marriage and family therapist useful for couples?

A: While therapy can help couples see their strengths and challenges, relationship education is a great option for most.

For singles in Utah, I strongly recommend our free class, “How to Avoid Falling for a Jerk or Jerkette.” Taught through USU Extension, these classes are available in many counties in Utah. We also have free classes for healthy couple relationships, parenting/fathering, and blended families: https://healthyrelationshipsutah.org/class_descriptions/smrt-dating-class-description.

—alek.nelson@aggiemail.usu.edu

@nelsonalek

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**THE STUDENT RESEARCH SYMPOSIUM IS USU’S LARGEST SHOWCASE OF STUDENT RESEARCH AND IS NOW ACCEPTING SUBMISSIONS FROM BOTH UNDERGRADUATE AND GRADUATE STUDENTS.**

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Why everyone should learn economics

By Kristian Fors

"It is not from the benevolence of the butcher, the brewer, or the baker that we expect our dinner, but from their regard to their own interest." - Adam Smith, The Wealth of Nations

No educational subject exists me more than economics. The word "economics" probably brings to mind images of money, banking and Wall Street, but the field is so much more than that. Economics applies to everything. The insights economics provides to their own interest.”

Humans are not purely rational by nature, and we often make choices that go against our better interests. Economics is a guide on how to maximize our happiness function, even though we’re all different and have different things that make us happy. It also allows us to be more effective agents of change by enabling us to assess the world around us in a more analytical way.

You’re only here once, so you might as well optimize the resources you’ve been given.

KRISTIAN FORS is a resident at Utah State University majoring in Finance and Economics and an opinion columnist for the Utah Statesman. He can be reached at kifers@gmail.com.

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TO PLAY: Complete the grid so that every row, columns and every 3x3 box contains the digits 1 to 9. There is no guessing or math involved. Just use logic to solve.

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**FOR RELEASE: February 7, 2020**

**FROM: NICOLAS MARTINEZ**

**TO: PUBLIC AND PRESS**

**SUBJECT: Snow Goose Festival**

The 21st-annual Snow Goose Festival will take place February 21st and 22nd, the Tuesday of the school year. The event will be held on our campus and features a variety of activities for all ages. For more information, please visit deltagoosefestival.com.

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2/11
Learn About Utah Campaigns!
3:00 pm
David B. Haight Center
Logan, UT
Department of Physics Colloquium
3:00 pm
SER Building Room 244
Logan, UT
Space Dynamics Laboratory/USU Lecture Series
3:30 pm
Engineering Building Room 201
Logan, UT

2/12
Women's Basketball vs. Colorado State
11:00 am
Dee Glen Smith Spectrum
Logan, UT
If I Can, So Can You!
12:30 pm
Merrill-Cazier Library Room 208
Logan, UT
Spring STEM Career Fair
3:00 - 7:00 pm
TSC International Lounges
Logan, UT
“Breathe Easy” Workshop
11:00 am
TSC Room 309
Logan, UT
Entrepreneur Leadership Series: Claire Roberts
6:00 pm
Eccles Conference Center
Logan, UT
Churros and Chocolate with Latinos in Action
9:30 am
TSC Outdoor Fountain
Logan, UT
Women’s Basketball vs. Fresno State
2:00 pm
Dee Glen Smith Spectrum
Logan, UT
Banff Mountain Film Festival World Tour
7:00 pm
TSC Ballroom
Logan, UT

2/13
Churros and Chocolate with Latinos in Action
9:30 am
TSC Outdoor Fountain
Logan, UT
Year of the Woman: Intuitive Eating Workshop
12:00 pm
HER Room 114
Logan, UT
US-Iran Relations Panel
4:00 pm
David B. Haight Center
Logan, UT
Jazz Night at Elite Hall
7:00 pm
Elite Hall
Hyrum, UT

2/14
Valentine’s Day Utah Women Voter Registration Day
Gymnastics vs. SUU
7:00 pm
Dee Glen Smith Spectrum
Logan, UT
Jazz Night at Elite Hall
7:00 pm
Elite Hall
Logan, UT
Banff Mountain Film Festival World Tour
7:00 pm
TSC Ballroom
Logan, UT

2/15
Music Box Concert Series: USU Flute Studio and Special Guests
11:00 am
Chase Fine Arts Center Dalby Rehearsal Hall
Logan, UT
Women’s Basketball vs. Fresno State
2:00 pm
Dee Glen Smith Spectrum
Logan, UT
Jazz Night at Elite Hall
7:00 pm
Elite Hall
Hyrum, UT
Banff Mountain Film Festival World Tour
7:00 pm
TSC Ballroom
Logan, UT

2/17
 Presidents’ Day
No School

happy valentine’s day!