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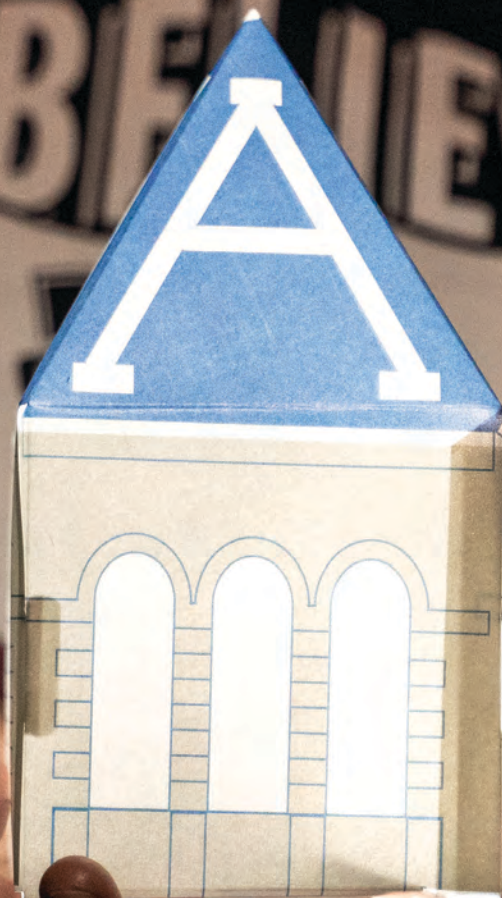
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WELCOME
class of 2024
page 8



PHOTOS BY Alek Nelson
The Hyde Park Instacare Clinic tested almost 300 USU students for COVID-19 on Aug. 30.

QUARANTINED

287 students tested, confined to dorms

By Alek Nelson
MANAGING EDITOR

Two hundred and eighty-seven residents of four on-campus residence halls at Utah State University are being asked to quarantine after elevated levels of the COVID-19 virus were found in wastewater samples.

Affected residence halls include Rich, Jones, Morgan and Davis halls. The news came in a safety alert sent through the university's alert system Sunday.

USU is working with the Utah Department of Health and Bear River Health Department to conduct testing for all 287 residents. According to the alert, residents should

quarantine for three to four days while waiting for testing results.

The university says quarantined students will receive delivered dinners tonight and accommodations will be made for students as the beginning of fall semester begins on Monday.

USU has been testing wastewater of its on-campus residence halls since July 1.

"Analyzing wastewater to monitor an infectious disease was implemented previously to monitor the polio virus," says Keith Roper, a biological engineering professor involved with the testing. "This is the first time, however,

that wastewater monitoring has been performed using modern technologies at a broad scale during a pandemic."

According to the university, this testing allows the school to find COVID-19 cases a few days earlier than traditional testing.

In the alert, USU said the situation highlights the importance of prevention guidelines, like wearing a mask and social distancing.

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USU receives \$2.3M opioid grant

By **Karcin Harris**

SENIOR STAFF WRITER

Utah State University Extension received the Opioid Impacted Family Support Grant, worth \$2.3 million, to provide better training for specialists who help families in Utah affected by opioid addiction.

Professional practice extension professor, Maren Voss, said USU's social work department has been offering training for Certified Peer Support Specialists, for years. The program trains treatment members who can offer clinical support.

"This grant takes the training opportunity to a new level," she said. "Extension has joined the team to make CPSS training more accessible and the grant will fund apprenticeships, which means more people working as peer support specialists in our communities."

Voss said having this grant means people and families dealing with opioid addiction will have more access to experienced professionals who can help them heal and recover.

"Studies show an increase in treatment retention and decreases in criminal justice involvement, hospitalizations, and substance

use or relapse when a CPSS is part of the treatment team," Voss said. "Increasing this peer workforce is shown to improve treatment outcomes, and we need that support from recovery experts to reduce opioid deaths in Utah."

USU Extension has been raising awareness and knowledge of opioid harms, Voss added, which reduces stigma and increases community support.

"When they initially hired me to work on the opioid epidemic, one of the first things I heard was how important it was to have voices of recovery as part of community healing," Voss said. "I am thrilled to be able to bring more training dollars to the state to help ensure that peer support specialists are valued members of treatment teams across Utah."

With the grant, 365 specialists will be trained over the next four years. Voss said these specialists are chosen after going through the screening process from the Utah Division of Substance Abuse and Mental Health.

"Any individual who has passed the DSAMH screening is eligible for the new grant-funded training, education and apprenticeships," Voss said.

According to Voss, the specialists will be eligible to receive a 40 hour CPSS training, a grant-supported six month internship, 12 credits of paid college coursework related to substance use disorder treatment and a grant-supported 12-month apprenticeship. The overall training includes para-professional training certification, on-the-job experience and college courses that support professional development.

Voss said USU Extension also works with the Health Education, Advocacy, Research and Teaching, HEART, initiative, ever since investing two years ago.

"The goal was to reduce opioid harms in Utah and bring more health resources to Utah counties," she said. "My HEART faculty colleagues and I partner with local health agencies and coalitions on needs assessments, programs, and impact evaluation."

Voss said the grant is the newest in over \$4 million in funding that HEART has helped bring to Utah in the span of two years.

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Cover art by Austin Roundy

Statesman File Photo

2,000 Aggies 'pledge' to protect USU



Statesman File Photo

Students gather for Day on the Quad. The event was not able to take place this year due to COVID concerns.

By Karcin Harris
SENIOR STAFF WRITER

Utah State University introduced a “Protection Pledge” for its students and faculty to sign. The pledge states they will protect one another when it comes to COVID-19 symptoms and cases on campus.

James Morales, vice president for Student Affairs, said as of Aug. 29, the pledge had 1,962 signatures. 1,729 student signatures, 111 faculty signatures and 122 staff signatures.

Morales said the driving factor behind the pledge was the concept of “we’re all in this together.”

By signing the pledge, students, faculty and staff prom-

ise to protect themselves, others and the USU community. Toward the end of the pledge, there is a link to a questionnaire for those who test positive for COVID-19.

Morales said the questionnaire is critically to individual cases and positively responding and providing support to the community members.

“The questionnaire alerts our emergency management operations that there is an active case,” he said. “We have a COVID care team that will reach out to the student to provide support as they may be struggling in their isolation to complete courses or access courses remotely.”

Morales added that dining services will mobilize to provide them with food if needed. USU Housing and Residence Life will help them manage their relationships with their roommates.

According to Morales, the university also needs to do case containment on any situation dealing with roommates to try and curve the spread to anyone who comes in contact with the infected person.

“We’re only going to be as successful as every individual who supports and commits to these guidelines,” Morales said. “That’s true of any community. Its success hinges on the individual members. Let’s make sure the individuals of the USU community understand making a commitment means living, acting and behaving according to the guidelines we’ve committed to.”

Morales said the objective is to stay in person and not have to completely move to online learning.

“We’ve been hearing since spring and over the summer from students that they want to be in person. That rests on all of us being serious and abiding by the COVID-19 guidelines,” he said.

Morales said the pledge was created by a team of students and administration over Zoom.

“We’ve reached out to students through social media channels and other communications raising awareness about the pledge and its importance. We’ve done the same with our faculty and staff and encouraged everyone to make that commitment,” he said.

Morales said more reminders about the pledge will be sent out to the USU community in accordance with USU Marketing and Student Affairs.

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By Jacob Nielson

SPORTS STAFF WRITER

Former Utah State football player Brian Suite passed away on Tuesday, September 1st at his home in Honolulu at the age of 28 after a valiant battle with stage four Sarcoma cancer.

Head Coach Gary Anderson, who coached Suite from 2010-2013, released a statement about his death.

“I have no words to describe how I’m feeling. Brian’s family, friends, coaches, and teammates have lost a great one far too soon. He was an integral member of this team and of Aggie Nation that impacted the lives of all he came in contact with both off and on the field,” Andersen said. “He embodied everything that we want an Aggie to be, and his example of positivity in the face of adversity will live on. Our hearts are with his mom, Wendy, and with the Suite family at this time of tremendous loss.”

Multiple former teammates and coaches sent heartfelt messages via Twitter expressing their condolences.

Former Aggie Quarterback Chuckie Keeton said: “Today I found out that my brother passed away and I haven’t been able to catch my breath since...Brian, thank you for being the tremendous teammate, friend, locker roommate, and Kava King. The impact that you made must be passed down. Love you my Bruda. Rest Easy my friend!!!”

Assistant athletic director for football operations Zach Nyborg said: “BSuite will always be a legend. He was a core member of the crew that built & flipped USU. He fought & attacked this disease with the same positivity & tenacity as he did football. He leaves an example of leaving it all out on the field. You are missed, & won’t be forgotten.”

A native of Makiki, Hawaii, Suite came to Logan in 2010 as a fresh-faced, 185-pound kid and left as a 205-pound proven leader and winner, going 30-11 in his career and earning several accolades and recognition for his play.

The tenacious safety got his first opportunity to play in 2012 after a redshirt season and a missed season due to injury. He started in 12 of 13 games, earning a career-high 13 tackles in a game against Wisconsin. That season Utah State went 11-2 and Suite helped the Aggies finish No. 7 in the nation in scoring defense, limiting opponents to just 15.4 points per game.

In his junior season in 2013, he had a career-high five interceptions and was named to both the Sports Illustrated and CBS Sports all-bowl teams after his 11 tackles, forced fumble and interception which helped USU beat No. 24 Northern Illinois in the Poinsettia bowl.

As a senior, he earned honorable mention all-Mountain West honors and finished the season with 76 tackles. He was signed in free agency to the Detroit Lions in 2015 but was cut at the end of fall camp.

Stage four soft tissue Sarcoma is a rare form of cancer where several malignant tumors spread to different parts of the body. It has a low survival rate.

Suite’s father was also diagnosed with cancer and passed away on August 9, 2019.

—sports@usustatesman.com

[@jacobnielson12](https://twitter.com/jacobnielson12)

Brian Suite passes away at 28



PHOTO VIA 247sports

Birth of Utah State football:

By Jason Walker

SENIOR SPORTS WRITER

Utah State may not hold the most prestige as a football program in the Beehive State. They aren't in a Power 5 conference like the University of Utah or have the history BYU built in the late 20th century. USU does, however, have one feather in its cap in terms of history. Its football program stretches back just as far as anyone in the state, further than BYU's program, first seen in 1896 (the year Utah joined the Union as the 45th state) and as far back as the U of U. In fact, the Aggies go back exactly as far as the Utes, with both programs playing their respective first official football games in a contest against each other.

The first indications of organized football for the then-named Utah Agricultural College came in May of 1892 when, according to the Ogden Daily Standard, the college put out a challenge to any team in Cache Valley to face their newly formed football squad. Given a lack of records showing any game or even scrimmage, the challenge apparently went unmet.

Around six months later, it was the Aggies who received a summons to the gridiron. Their fellow Utah Territory-sponsored school, the University of Utah, challenged A.C. to a game of football. With official varsity teams and official referees, it would be the first-ever organized collegiate sporting event for both the Logan-based college and their Salt Lake City counterpart.

Initially, the game was to be played on the November 24, 1892 — Thanksgiving Day

— but a snowstorm postponed the contest. The next day, the snow remained in a thick coat and had to be cleared off before the start of the game. Even with the field cleared, the grounds were a muddy mess.

At 1:45, the Utes showed up to what is now The Quad, where the games was to be played. And immediately a contrast between the two sides became apparent, a difference summed up wonderfully by a writer for the Logan Journal.

"The University team wore brown pants, white jumpers, red stockings and a smile of confidence," the author wrote. "The home team wore clothing to protect them from the wind and weather. In other words they dressed as each man pleased."

This contrast of organized Utes and haphazard Aggies gave the visitors some initial confidence. Even more important was the strategic advantage the Utes supposedly held. The Salt Lake side had been vigorously practicing and had reportedly faced a local Y.M.C.A team five times in scrimmages, giving the Utes experience the A.C could not claim.

The seemingly sole advantage that could be granted to A.C. was the size of many of their players. Nearly every account of the game noted the size difference, including this one from The Herald.

"The University boys felt confident of gaining victory over a team of even weight," wrote the author. "But when their opponents, hardened to life by herding sheep among the mountains or storing their winter's hay, came upon the grounds all saw that the weight of the teams was vastly disproportionate in the A.C.'s favor, and a murmur was then heard among the University fellows that their opponents would carry the day."



PHOTO VIA **USU Special Collections**

Aggies vs. Utes 1892

One of the captains for the Aggies, F. Olsen, weighed in at a for-the-time sizable 225 pounds, or about 50 pounds heavier than the average college-aged male of the time.

This game, as the aforementioned writer from The Herald put it, pitted “science against weight.”

Twelve men are listed in the archives of history as representatives of the Agricultural College on this fateful day, alongside their reported position on the field.

Harry Sanborn (Captain) — Fullback, George Hughes — Right Halfback, F. Olsen (Captain) — Left Halfback, Claude Raybould — Quarterback, Walter Croft — Right End, Frank Crittenden — Left End, John Bimher — Right Tackle, Lynne Ashton — Left Tackle, George Garf — Right Guard, Blaine Olsen — Left Guard, Robert Erwin — Center, Carl Allison — Substitute

Unfortunately, there is no reliable information on what F. Olsen’s full first name is. An article from the Deseret News in 1992, covering the 100-year anniversary of this game, referred to him as Frank Olsen but no other source, be it newspapers at the time or even Utah State’s archives have his name written down in full.

The coin toss — overseen by referee and Agricultural College professor, W.P. Cutter along with umpire, H.C. Oglesby of the University of Utah — went in favor of the Agricultural College and there commenced the first-ever possession for the Aggies. It went absolutely nowhere and the University took over and dominated most of the first half.

“For a time it seemed as though the University would score a touchdown, for they kept the ball within the A.C.’s territory and close to the goal,” said the Nov. 27 account in The Herald.

One play saw the University nearly strike first. The right halfback for the visitors, a man by the name of Jennings, broke through the otherwise stout defensive form of A.C. and seemingly had a touchdown already in his grasp. But out of nowhere came one of the captains, fullback Harry Sanborn, chasing down Jennings (“with the speed of an antelope” wrote the author of a recap that appeared in The Daily Tribune), tackling him to maintain the shutout. The crowd let out a “wild yell” at this spectacular defense play.

When the halftime whistle blew, neither team had scored. Following a ten-minute halftime, the two sides met once more “all covered with mud” and even “a little blood was seen on the faces of some.”

The start of the second half began very much the way the first one went overall, with the University closing in on a touchdown. But in a reversal of momentum, George Garf of A.C. broke a huge run from around midfield for what became the first-ever touchdown in Utah State football history, which was worth four points based on the scoring rules used in that game. F. Olsen kicked the point after, which was worth two points, to set the score at 6-0.

That lead was nearly short-lived as the Utes nearly ran the ball in themselves, this time it was their quarterback, Thomas (his last name, still no first names available for Utah), who broke a big run. F. Olsen attempted to replicate Sanborn’s heroic first-half touchdown-saving tackle, but accomplished the feat in a more unique way.

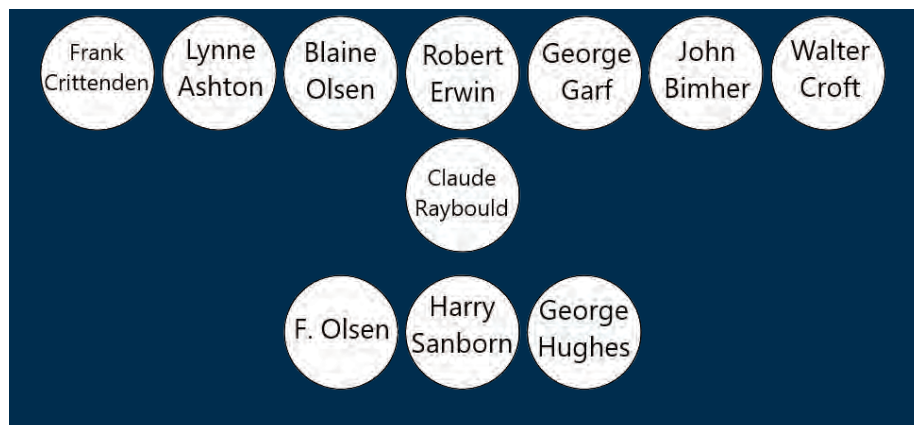
“The wild and wooly captain,” The Herald author wrote of Olsen during Thomas’ run, “in his zeal to prevent the University from scoring, jumped on Thomas and tried to cripple him. It is stated on the authority of an A.C. man, that their captain, immediately before the game, instructed his team to weaken the Salt Lake team by crippling

their best players. He was evidently following out his own instructions.”

As a punishment for his overzealous actions, Olsen was disqualified from the game, replaced by Carl Allison. Also, as to whether Olsen actually hurt Thomas, it was reported that no notable injuries, other than a few sprains were suffered by any of the players.

Though it was a dirty play, Olsen’s efforts saved the Aggies’ lead and not too long after another touchdown was scored by A.C. This roughly 25-yard scoring play effectively sealed the deal as there was less than three minutes left to play when the ball crossed the goal line. It isn’t recorded who scored this second TD but there is a rather choice description of the hectic play from The Daily Tribune.

“With a grand center rush and a terrific cheer from the crowd the ball was carried over the goal line as the two teams were struggling and rolling each other in the mud. As the mass of tugging humanity arose it presented a unique spectacle. Some rose with aching backs, some with bloody faces, some with limping limbs, all torn and mud-besmeared. Even the referee had lost his spectacles in his attempt to see the touchdown.”



Since F. Olsen was not available to reprise his kicking duties from earlier in the game, Claude Raybould attempted the point(s) after kick which went in to bring the game to its eventual final score of 12-0.

When time was called, the Aggies had their victory. “It was science against weight, but the latter trumped” The Herald said. In fact, The Herald specifically stated that the University had “outplayed their opponents at all points in the science of the game,” and yet the size of A.C. was simply too much to overcome.

This size advantage apparently forced a change in strategy for the Utes. According to The Tribune, the University gave up on trying to break through the A.C. defensive front and attempted to kick field goals which in hindsight turned out to be a poor idea.

And so it was on November 25, 1892, the not-yet Utah State University football team defeated its cross-state rival and left the Quad undefeated in its history as a program. Unfortunately, it would be the last time they could say as much as the Aggies’ next game, played in 1896, was a 6-0 loss to Brigham Young College.



Welcome to USU, class of 2024

By Emily White
STUDENT LIFE STAFF WRITER

The incoming freshman at Utah State University got a special treat in their connections classes this year. Though COVID-19 restricted most of the usual connections activities, the class of 2024 still had the opportunity to participate in the fifth annual Connections Luminary.

Normally, connections students begin the Luminary tradition in Dee Glen Smith Spectrum where they receive their lanterns. Connections students would then leave together, behind bagpipes, to the quad and form the shape of an A for Aggies. The students participate in the Scotsman cheer together and drone pictures are taken of the new class. President Noelle Cockett then addresses them and lights the A on top of Old Main blue. Of course, these events would have been much more difficult with social distancing.

According to Lisa Simmons, the director of the Student Orientation and Transition Services, it took all summer to brainstorm and create a meaningful experience for the new students at USU.

“This was a very far-reaching, multi-office, multi-division, complete effort,” Simmons said. “A lot of people have gone above and beyond and put in extra hours to make it happen.”



PHOTOS BY Austin Roundy

To make a more meaningful Luminary for the class of 2024, connections students made a time capsule for their future graduation boxes. In the box is a reflections sheet, where, according to Simmons, “they’re reflecting on some things like ‘what do you hope your highlight video will be when you graduate?’ and ‘what are you gonna do in these next four years?’”

Blue lights originally used for commencement were donated by alumni and scattered all around campus. Instead of listening to Noelle Cockett in person, connections students listened to her speech broadcasted Utah Public Radio and participated in the Scotsman and Aggie cheers together across Utah State’s Logan campus.

Jaedon Johnson, a freshman at USU, explained that, while COVID-19 changed his Connections Luminary, the feeling of unity between students was present.

“I think just being able to shout the chants and the cheers and being able to kind of just feel that unity amongst the students was probably my favorite part,” Johnson said. “I’m super grateful and appreciative to all the faculty, all the deans, all the A-team members, all the student mentors, the advisors, everyone who kind of banded together to make the whole thing run as smoothly as possible, to not only keep us safe but to have us still have fun.”

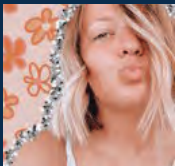
All the faculty and staff involved with USU connections preserved the freshman experience and provided an incredible moment of unity for the class of 2024 they won’t forget.

—emily.white@usu.edu

Scan the QR code to see a video of the event on Instagram



TWEETS of the WEEK



@billye_wilson

my media law textbook is thicc and not in a good way



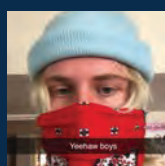
@EliMcCann

So far marriage is mostly just two people pretending not to notice it's time to take the garbage out.



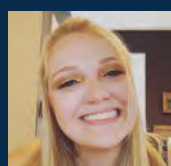
@nelsonalek

I went to the farmer's market on campus today and they must be farming chacos bc I've never seen so many in one place



@lewnitedstates

chapstick under a mask just be hitting different



@DillyDahle

Tik tok really has me falling in love with a hp character I haven't thought about since 2011

Audrey Hepburn's top 5 films

By **Dara Lusk**
STUDENT LIFE STAFF WRITER

Many actresses have dazzled Hollywood's screens, but none have been as iconic as Audrey Hepburn. The Dutch actress, dancer, model and humanitarian rose to fame in the early '50s with her graceful poise, elegant beauty and unique style. She continues to inspire films, fashion and fans nearly 30 years after her death and 40 years since her last film.

There's never a bad time for a classic Hepburn film. So, next Friday night when you're looking for something new to stream, consider finding out for yourself the reason behind her fame with one of her five greatest films:

1. Roman Holiday (1953)

"Roman Holiday" single-handedly skyrocketed Hepburn to stardom following its release, winning her the Oscar for best lead actress in her first-ever leading role.

In this classic romance, she plays Ann, a young princess overwhelmed by her grueling schedule and restrictive life while on a goodwill tour of Europe. She slips away one night in Rome and finally free for the first time she can remember, takes to the streets to find all the beauty the city has to offer. Her guide around the city is the dreamy Gregory Peck, who may or may not have selfish intentions.

A delightfully charming film, it's easy to slip into another world, falling in love with Rome and Peck right alongside Hepburn who is, simply, enchanting.

2. Sabrina (1954)

Daughter to a chauffeur of a wealthy long island family, Sabrina (Hepburn) is lovesick over the dashing, playboy heir who hardly acknowledges her existence. She flees to Paris to mend her broken heart only to return and become immediately entangled in a love triangle between her old flame and his older brother.

Comedic timing at its finest and a lovably relatable protagonist, "Sabrina" is an enjoyable laugh with a romantic spin.

In her second major role, the film scored Hepburn her second Oscar nomination.

Though it didn't win her an Oscar, it did begin a life long friendship and career partnership with designer Hubert de Givenchy. Hepburn quickly became



GRAPHIC BY **Sarie Jenkins**

Givenchy's most beloved muse while on this film and he went on to design her outfits for seven of her films as well as her wedding dress for her second marriage to psychiatrist Andrea Dotti.

3. Funny Face (1957)

Hepburn leads this upbeat musical as Jo, a reserved New York City bookstore worker who spends her days dreaming of discussing philosophy with the great modern thinkers in Paris. Her dream is fulfilled in the most unsuspecting of ways when her store is used as the backdrop of an impromptu fashion magazine photoshoot. Photographer Dick Avery (played by the acclaimed dancer Fred Astaire) is spellbound by her intelligent air and convinces the magazine head to hire Jo as their next big model for a shoot in Paris. While on their Parisian expedition, Jo learns life and love are better experienced than discussed.

For 1957, the cinematography is top-notch. Exquisite costuming, bold sets, vibrant lighting, intricate dances, calming love ballads and boppy jazz songs make this classic stand out as ahead of its time.

An all-around fun experience showcasing Hepburn and Paris in all their beauty.

4. Breakfast at Tiffany's (1961)

In her most iconic role, Hepburn charms as Holly Golightly, a young New York City socialite. To the public

scene, she oozes elegance and drips with wealth, privilege and affluence. But her new neighbor, Paul, comes to know her intimately as a vulnerable pauper trying her best to court the country's richest men so she can have enough money to reunite with her beloved brother. An unlikely friendship starts between the two loners and soon love begins to spark, though both their pasts and desperate deeds threaten to separate them.

This outlandish romance swiftly snatches you away to a strange, yet intriguing world both outrageous and incredibly real. This timeless classic will forever keep Hepburn's name alive.

Hepburn received her fourth Oscar nomination for best lead actress for this role, and it truly is a shame she didn't win. Her performance is nothing short of sensational.

Disclaimer: Caucasian actor Mickey Rooney plays a minor role as Holly's Asian neighbor. The portrayal uses insensitive stereotypes which may be offensive to some viewers.

5. Charade (1963)

Regina Lambert (Hepburn) is the unhappy wife of the mysterious Charles Lambert. On the very day she decides to divorce him, he is brutally murdered, exposing he was in possession of a quarter of a million dollars stolen from the American government. With him dead, the three goons after him set their sights

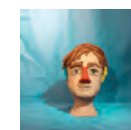


GRAPHIC BY **Rosie Davis**

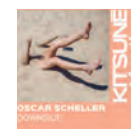
Right Back Where We
Started From
— Maxine Nightingale



Can I Call You Tonight?
— Dayglow



Downside
— Oscar Scheller



Out of My Head
— The Wombats



on Regina, leaving her to run all around Paris with the help of a French detective and dashing acquaintance to keep her skin and find the money before anyone else does.

Punctually advertised as a comedy, romance, mystery, suspense and thriller, the movie manages to combine multiple genres seamlessly for an instant classic which keeps the audience continually guessing who — if anyone — they can trust.

All these films can be found on Amazon Prime Video. "Roman Holiday," "Funny Face" and "Charade" are free to stream. "Sabrina" and "Breakfast at Tiffany's" can be rented or bought.

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THE UTAH STATESMAN



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By Emily White

OPINION COLUMNIST

Oscar Wilde told an unfair truth in his poetry, declaring that “all men kill the thing they love.” Under constant implorations and requests from scholars, prophets and citizens, the human race has yet to be unfailingly kind and loving towards one another. So Wilde’s poetry reads true for all of us.

As the saying goes, hurt people hurt people. Upon further examination, I have come to the unfortunate conclusion that hurt people do not only hurt people, but they hurt themselves in the process.

I am under the impression that humanity does not exist to destroy itself, though it seems bent on doing so. Because of the imperfect nature of humanity, destruction happens frequently. But I believe that we are not wired to hurt each other. This is exactly why humanity is always in a constant struggle with itself.

We are imperfect, so we hurt each other. Because we aren’t made to hurt, doing so destroys us. Not all at once, but piece by piece. The internal destruction stems from a lack of feeling love, but quickly grows as we perpetuate that feeling and push it onto others.

Our expectations of love are vastly higher than the realities of love, so it’s not too shocking that most of us feel unwanted or unloved. We expect a constant flow of kindness, service and adoration.

In other words, we don’t plan on the people around us to have bad days.

Dr. Steven Stosny hit the nail right on the head when he wrote that we assume “no matter what happens, the person you love and trust will ... 1. Care about your well-being and 2. Never intentionally hurt you.” The result of these expectations is pain. When our friends or partners are short with us, cancel plans or say things they don’t mean in anger, we feel an absence of love.

Of course, this does not excuse the unacceptable verbal or physical abuse that takes place in some relationships. However, it does mean that, at times, people expect more than what can be given. Instead of letting go of our expectations, loving ourselves and forgiving those who have hurt us, we lash out.

According to Joanna Pantazi, “we are more likely to be

Hurt people hurt people, and that destroys us.

Sourced from Unsplash.

more aggressive towards people we know best.” This observation makes a lot of sense. Anger is easily expressed around people who know you, and the same goes with happiness, sadness or any other emotion.

Pantazi also suggests that “we hurt others in order to hurt ourselves...this tendency is founded on core beliefs of inadequacy.” In other words, when our feelings of inadequacy are increased, we hurt others to hurt ourselves. Though this form of punishment is subconscious, it is crucial for humanity to bring it to consciousness and analyze those feelings.

In order to end the physical and emotional pain that comes from hurting each other constantly, we need to be ourselves fully and experience life fully. According to Dr. Steven Stosny, “The way out—for betrayers and betrayed alike—is for each person to create more value and meaning in life. This is utterly necessary, whether or not a couple afflicted with betrayal decides to repair the damaged relationship.”

In other words, rather than keeping track of the shallow

things in life, we should be creating and adding value to our lives. It’s about the simple things: we need to write, sing, laugh, swim and run. We need to think about all the things we’ve always wanted to do, and do them!

It’s time we create a life for ourselves that we don’t have to constantly escape from. We need to stop hurting ourselves and others, and start living by looking inward and creating meaning.

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PHOTO BY Helena Lopes

Abuse is everyone's problem.

By Taelor Candiloro
OPINION MANAGER

In April, as the specter of the virus began to make itself known worldwide, another public health crisis unfortunately found itself on the rise: intimate partner violence (IPV).

Abuse in all its forms has long been an issue, but an increase in confinement and isolation has proven to be a catalyst for abusive behaviors while serving to intensify already-present circumstances of abuse.

Intimate partner violence, or domestic abuse, is one of many forms of abuse. Abuse, harassment, and assault can manifest uniquely depending on the circumstances and individuals involved and can sometimes be difficult to recognize. The Sexual Assault and Anti-Violence Information (SAAVI) Office here at USU has shared helpful definitions and ways to help us identify violence, harassment or abuse in our own lives.

We are all familiar with the complexities of life, just as none of us are strangers to the pain that comes with human relationships. At times we have been harmed by someone, often by those closest to us. In other instances, we have imposed that same harm onto another.

It can be easy to treat this duality as dissonance, but I think that we grow when we accept both sides of the coin. To be human is to both inflict harm and feel hurt. But we can minimize the extent of our harm through fostering an awareness of how our capacities to hurt others are inadvertently nurtured.

Sometimes these behaviors become normalized within relationships, but they can also be enabled in cultural and social spheres, making it important to discuss the realities of abuse in social and public spaces.

For example, myths surrounding gender can obscure

the reality that everyone, regardless of gender identity or sexual orientation, can find themselves abused or abusing. Not confronting gender stereotypes or addressing cultural expectations associated with gender can limit our understanding of how to prevent emotional and physical abuse or limit our ability to help ourselves and others heal from those circumstances.

When we don't hold ourselves accountable for the environments we foster and create – whether at work, in the classroom, or in our recreational spaces – we not only fail our communities, but we fail ourselves as well. While organizations like USU's SAAVI, or the Rape, Abuse & Incest National Network (RAINN) offer free support and hotlines, we as individuals also have to do the necessary work that comes with participating in social life.

Abuse is everyone's problem. Harm may never disappear in this world. Regardless of whether human nature or nurturing is to blame for that, we have a collective responsibility to understand harm in all its forms in order to better address it as well as prevent it – we all have a role to play.

Taelor is the opinion manager for the Statesman. She grew up in Raleigh, North Carolina. She is an avid reader, drinks coffee religiously, and makes music sometimes.

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If you think you or someone you know may benefit from information regarding abuse, assault, or harassment, here are a few resources for seeking help, offering help, or learning more:

- USU Sexual Assault and Anti-Violence Office (SAAVI)**
 Taggart Student Center 311
 Phone: (435) 797-7273
saavi@usu.edu
- Counseling and Psychological Services (CAPS)**
 Taggart Student Center 306
 Phone: (435) 797-1012

- USU Reporting Options**
<https://www.usu.edu/equity/report>
- Sexual Respect on Campus**
<https://www.usu.edu/sexual-respect/>
- Citizens Against Physical and Sexual Abuse (CAPSA)**
 24-hour Crisis Hotline: (435) 753-2500
<https://www.capsa.org/>
- RAINN Sexual Assault Hotline**
 (800) 656-HOPE
<https://www.rainn.org/index.php>

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Guest Column: Some thoughts on making the most of this school year

PHOTO BY **USU Today**

Photo of campus provided by USU Today.

By Lucas Steven

USUSA EXECUTIVE VICE PRESIDENT

As the Utah State University Student Association (USUSA) Executive Vice President, I and the other USUSA officers are doing our best to represent and effectively serve every student. Returning students have noticed differences from past years and incoming transfer/freshmen students have begun their journey uniquely as our campus has repopulated over the last two weeks. One of the main reasons I came to USU was for the “college experience.” I’ve loved making new friends by volunteering with various committees, dancing at the Howl, and singing “The Scotsman” at basketball games.

Now beginning my junior year, I’m hoping, as is the rest of the student body, to continue to make these kinds of memories. It’s unrealistic to expect certain experiences while in the midst of a worldwide pandemic, but with so much out of our control, I still believe it’s within our power to have an amazing year full of growth and fun.

Viktor Frankl wrote, “When we are no longer able to change a situation, we are challenged to change ourselves.” I’m writing this guest column to encourage

everyone to make the most of this school year despite COVID-related changes and challenges. I think this can best be accomplished by taking advantage of available opportunities, utilizing resources, and following university prevention principles.

Like many of you, my summer internship was cancelled and a lot of my other plans have changed due to the Coronavirus, but some things have stayed the same. For example, I’m still participating in lectures led by incredible professors, and there are so many exciting opportunities in and out of the classroom! I want to plug one of these. Applications are open and can be found at involvement.usu.edu to become a student-at-large on the student fee board and discuss/vote on proposed changes to how our fees are spent.

Another unchanging opportunity is that of meeting new people and making friends. Just as we all share responsibility in keeping our fellow students safe from the Coronavirus, we also share responsibility in making our campus an inclusive community. Please make a special effort to be kind and accepting of others with different appearances, backgrounds, and opinions.

During the meetings/discussions I’ve been a part of involving university administrators, I’ve been amazed with how

much they truly care about students’ safety and overall success. They make educated, thoughtful, and considerate decisions with our well-being as their first priority. Helpful resources have been created specifically for our current situation like the Student Well-being Resources and Guidelines website and the technology and academic support resources banner displayed at the top of Canvas. I encourage everyone to utilize these as well as other resources.

I think everyone should make an effort to take care of their mental health. Take time to responsibly participate in activities you love, and remember it’s okay to not be okay. If needed, the University has provided The ACT Guide, an online self-help program, and counselors are available through Counseling Services (CAPS).

University administrators believe that students following the four simple prevention principles can keep the Coronavirus at bay. Wearing a face covering, practicing social distancing, practicing prevention hygiene, and staying home if sick will only increase the odds of campus staying open. Please follow these principles! I’m optimistic about students taking personal responsibility to follow

them and overcoming FOMO. I really believe that our Aggie family will err on the side of caution and take care of each other. Everyone’s in this together.

Even though this school year will inevitably be different, we can be better because of it. Let’s engage in our classes, take advantage of existing opportunities, utilize resources, and behave responsibly. Whatever comes our way, I encourage each of us to stand as Hemingway and say, “I am the master of my fate, I am the captain of my soul.” Let’s make the most of this year and be Aggie Strong!

Lucas is the USUSA Executive Vice President and a junior studying Economics and Political Science.

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