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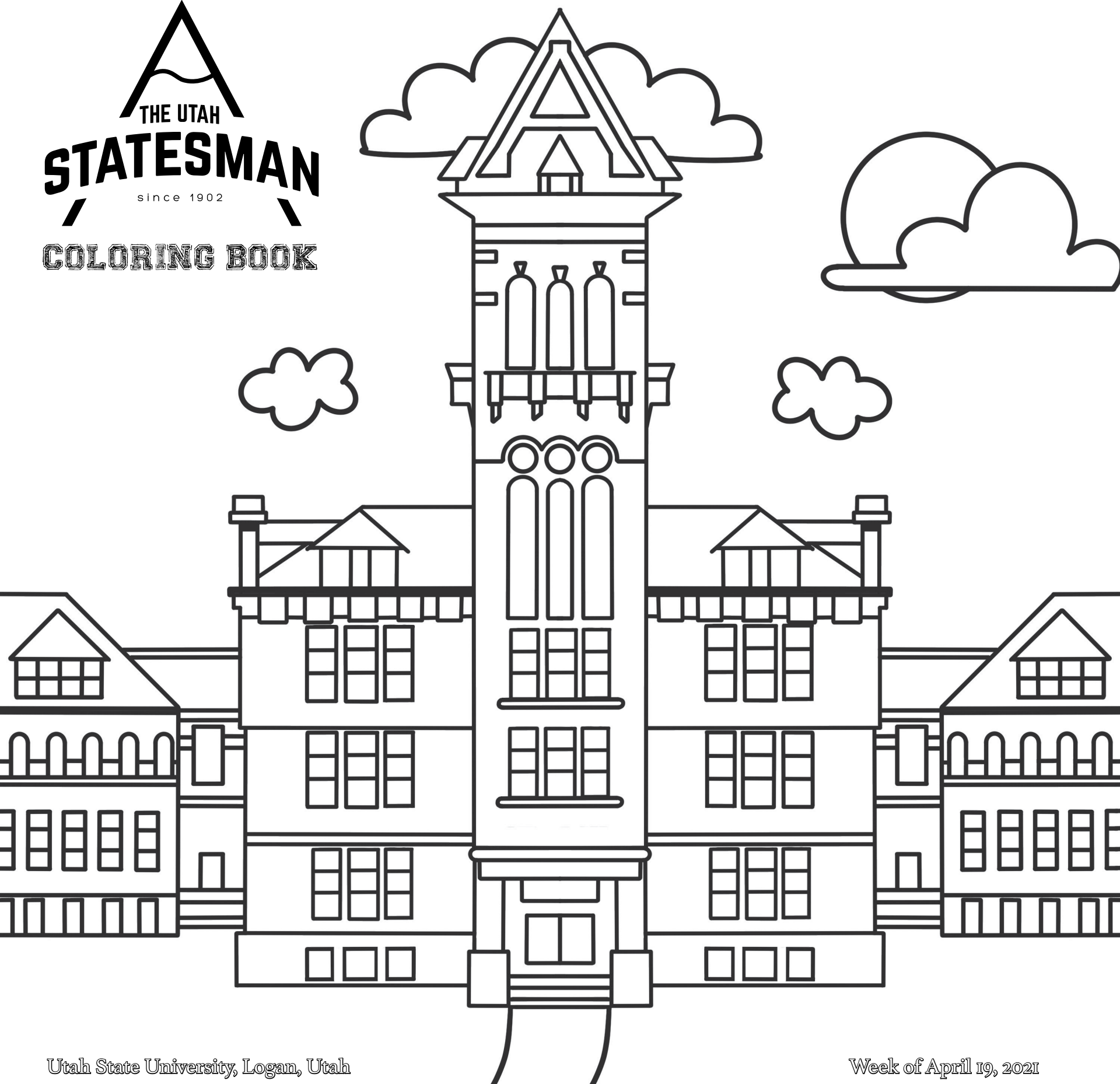
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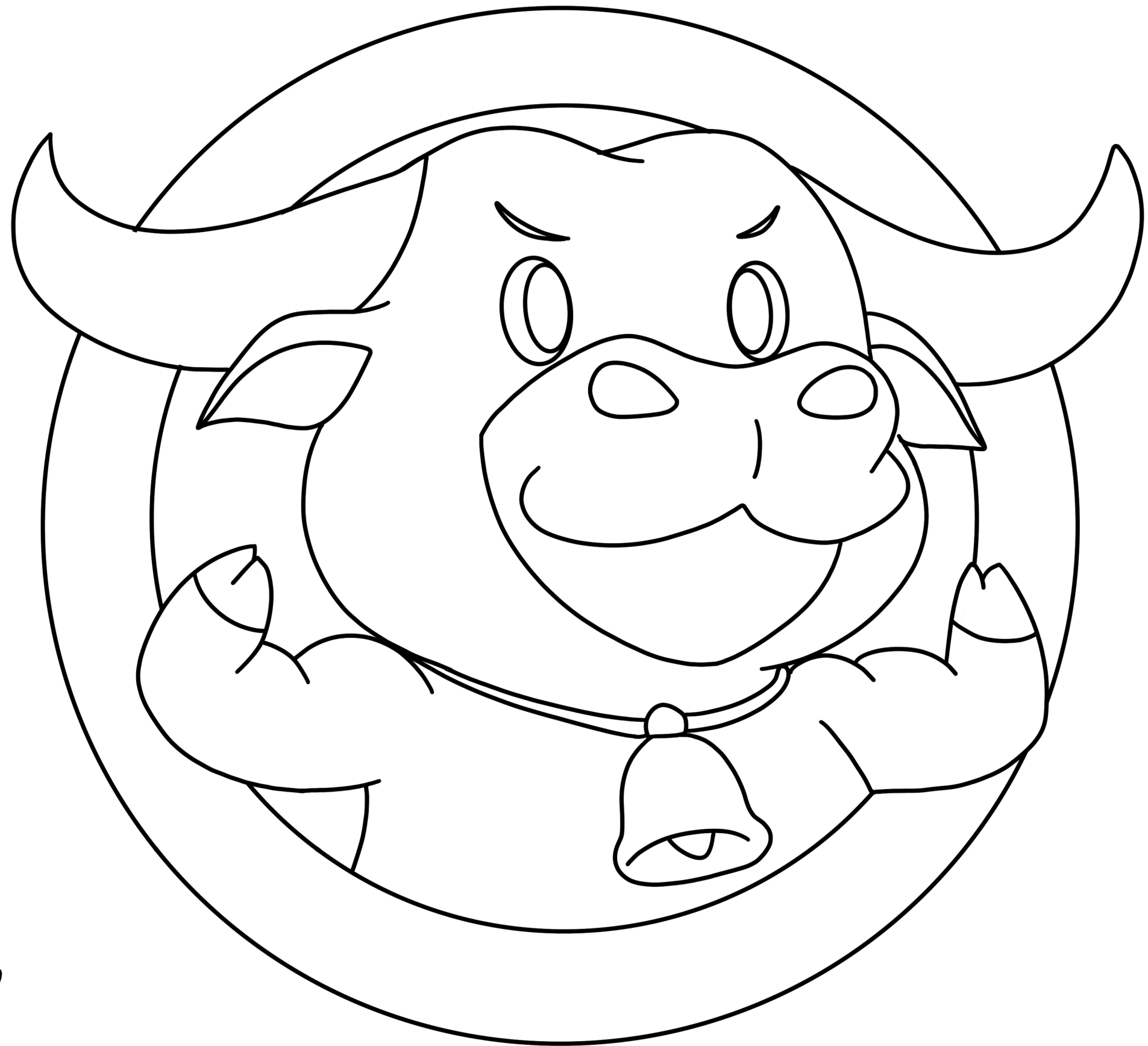
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THE UTAH
STATESMAN
since 1902
COLORING BOOK







USU's Queer Student Alliance invited students to light Old Main rainbow colors in support of BYU's LGBTQ students.

Photo by Bailey Rigby

'We stand with you'

Old Main rainbow lit in solidarity with LGBTQ students at BYU

By Darcy Ritchie
LIFESTYLES STAFF REPORTER

Students and faculty at Utah State University braved 30 mph wind Tuesday evening to light Old Main in rainbow colors in solidarity with LGBTQ students at Brigham Young University.

A crowd of over 150 participants gathered at Old Main for this event coordinated by the Queer Student Alliance. Each person in attendance was given a piece of colored paper to tape over the flashlights on their phones and shine toward Old Main.

As Old Main was lit with rainbow lights, the crowd chanted, "We stand with you!"

Macy Keith, the gender and sexuality program coordinator for the USU Inclusion Center, said that she only expected maybe 25 people to show up.

"I am super excited to see this many people," Keith said. "Honestly, the minute I saw everybody walking over it brought tears to my eyes."

Keith said QSA wanted to make a public

statement of support for LGBTQ students on USU's campus and show that they are aware of the other students across the state.

"Just kind of showing support, saying we see you, we love you for who you are, I think that makes a really big impact on students," Keith said. "Even if they're not here on this campus, just knowing people across the state see that, I can have a space there, is really awesome."

Emilee Harmon, the campus diversity vice president at USU, said that it was great to see the Aggies come together to support the LGBTQ community.

"This event was specifically aimed at showing support to the students at BYU after the events that happened last month," Harmon said. "It's just kind of our way of saying we see you, we hear you, we support you all the way up north."

This event was also targeted toward LGBTQ students and staff at Brigham Young University. BYU's Honor Code does not allow gay dating and is unaccepting of trans-

gender individuals.

BYU senior Bradley Talbot started the kindness campaign Color the Campus in 2019, created with the mission to "support, protect, befriend and love members of the LGBTQ+ community" at all Church Education System schools.

"One of the main reasons why I started Color the Campus was because I felt like there were plenty of people that were homophobic and queerphobic and discriminatory that were surprisingly very comfortable expressing their views at these schools, and they had no problem saying things that were really harmful," Talbot said. "I was really frustrated with that. I was like, we need to create a space for people to feel comfortable showing support, you know, and kind of overwhelm them because they tend to be the loud ones, even though I think we've been able to see that they are the minority."

The rest of this story is available at usustatesman.com



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Meet your Athletics and

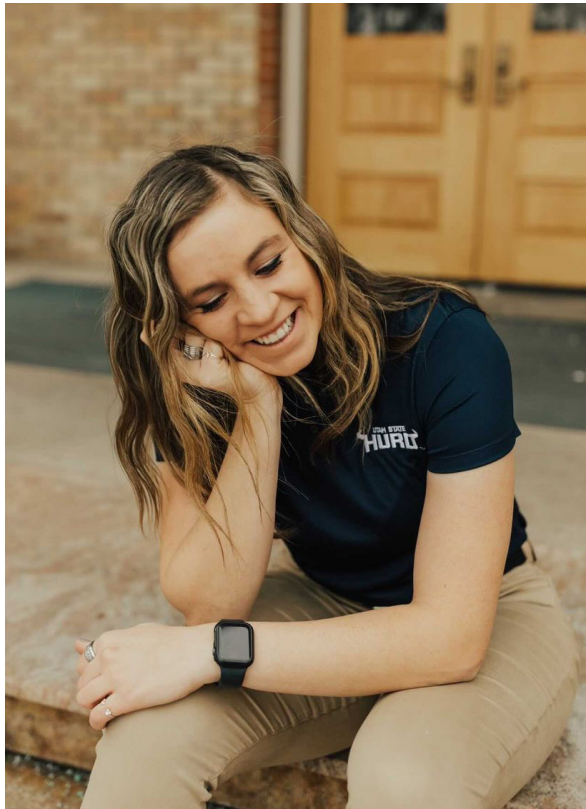
Campus Rec VP: Taylor Sampson

By Emily White
LIFESTYLES SENIOR REPORTER

Taylor Sampson has been working with Utah State University Athletics since her sophomore year, and next year as a fifth year senior, she is ecstatic at the opportunity to continue working with USU's athletic programs as the new Athletics and Campus Rec Vice President.

Sampson had to pave her own way at USU. "I'm a first generation college student," she said. "So when I first got to college, I had no idea what was going on."

She joined the USU student section, the Hurd, as a videographer during her sophomore year (2018), and found her way to USU's marketing program through her friends there.



PHOTOS BY Mikayla Moorehouse

Taylor Sampson is serving as the 2021-2022 Athletics and Campus Rec VP.

One of those friends is sophomore Shelby Gatherum, who worked with Sampson in public relations and marketing for the Hurd.

"Taylor is a professional," Gatherum said. "In athletics, she knows what she's doing."

Sampson gets her professionalism from her passion and experience. After her first few years at USU, Sampson has two career paths: sports marketing and content creation for digital media.

While USU helped Sampson discover her career path, her entrepreneurial experience helped her gain professional experience in marketing. Sampson has run her own videography business since high school, managing marketing and sales on her own. She quickly moved from working at wedding receptions to recording sports games.

"I grew up cheering so I was always on the sidelines during football and basketball games," Sampson said. "After joining the Hurd, I became the Hurd videographer so I was making all the hype videos and the atmosphere was just so fun. How can you not be happy at a basketball game?"

That's when Sampson realized that athletics was where she needed to be. Executive Vice President Porter Casdorff couldn't agree more.

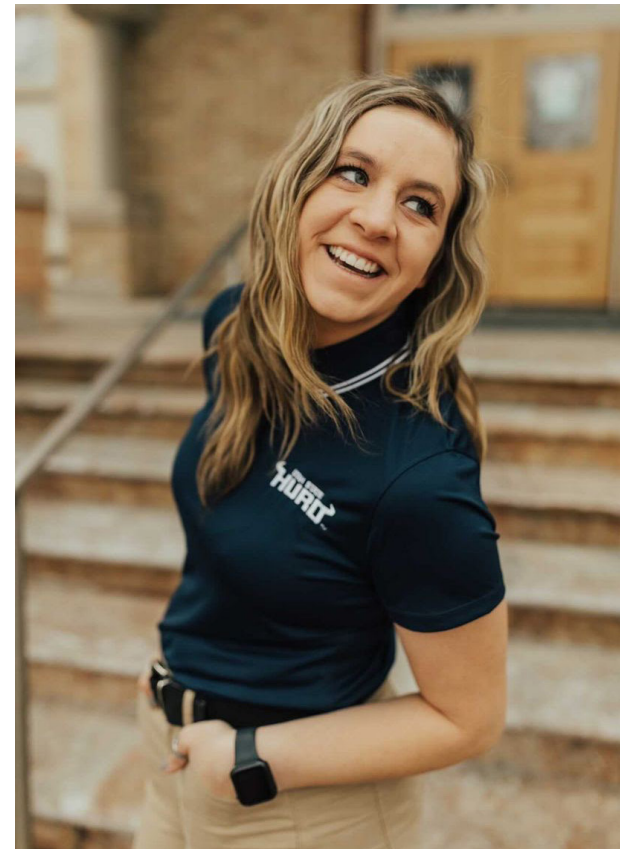
"I'm a big Taylor fan," Casdorff said. "If I had a foam finger that said Taylor Sampson, I would wear it."

Casdorff has known Sampson for three years and the two have worked together quite a bit. In fact, Sampson was Casdorff's campaign manager last year when he won the race for Student Events Vice President.

"She was there to help me design everything, she was there to wipe my tears during moments of stress," Casdorff said, "and she was there in the happy moments after we won."

One of the biggest responsibilities Sampson will have as the Athletics and Campus Rec VP will be to keep students at USU informed about athletic events. Sampson already has big plans to update and redesign the Hurd website so that everything athletics is in one place.

"I just want to bring the Aggie spirit back," Sampson



said. USU's student section has been affected by the recent pandemic but things are starting to look up.

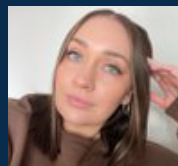
"Taylor is the ultimate hype woman," Casdorff said. "I genuinely feel with her in charge, I'll have a good time, win or lose."

Emily White is a junior studying English and broadcast journalism. She is currently serving as the senior writer for the Lifestyles section of the Statesman.

—emily.white@usu.edu

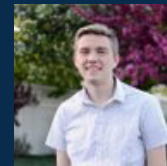


TWEETS
of the
WEEK



@GabrielleMcKeon

The Johnson and Johnson vaccine was just pirates of the Caribbean water wasn't it



@tmonson23

Having someone else be in the kitchen at the same time as you is so aggravating for no reason

2021 IDEA SRI's

Describe your progress on:

Gaining a basic understanding of how to mute yourself on Zoom calls

- No Apparent Progress
- Slight Progress
- Moderate Progress
- Substantial Progress
- Exceptional Progress

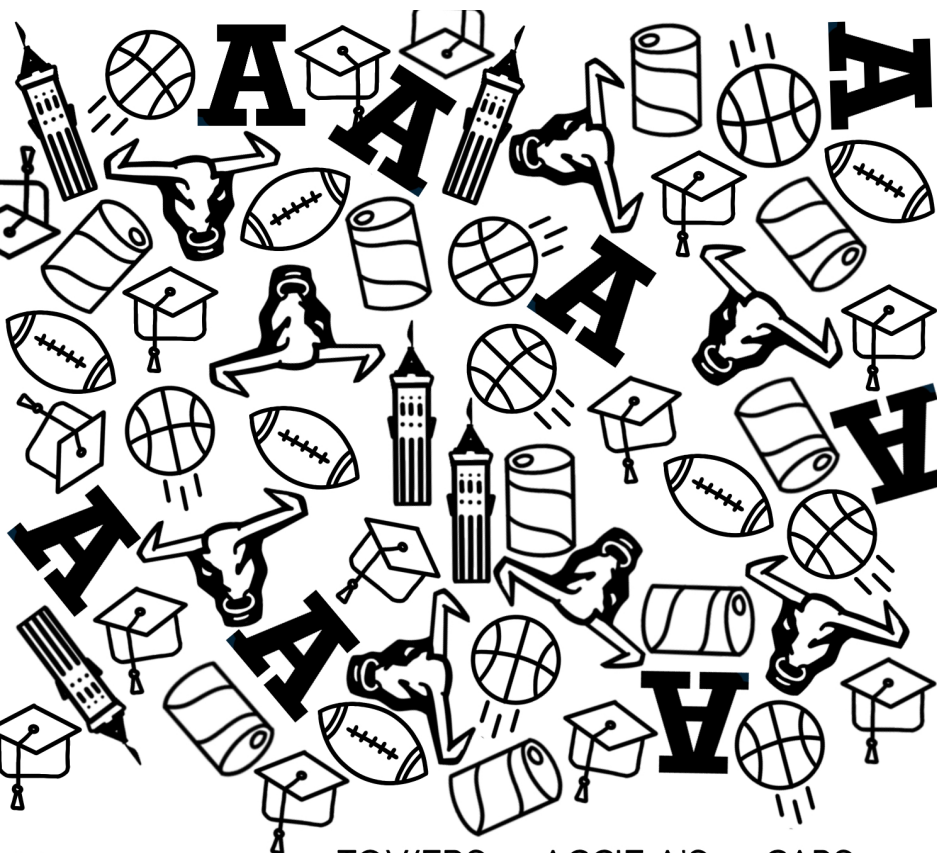
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CARTOON BY Keith Wilson



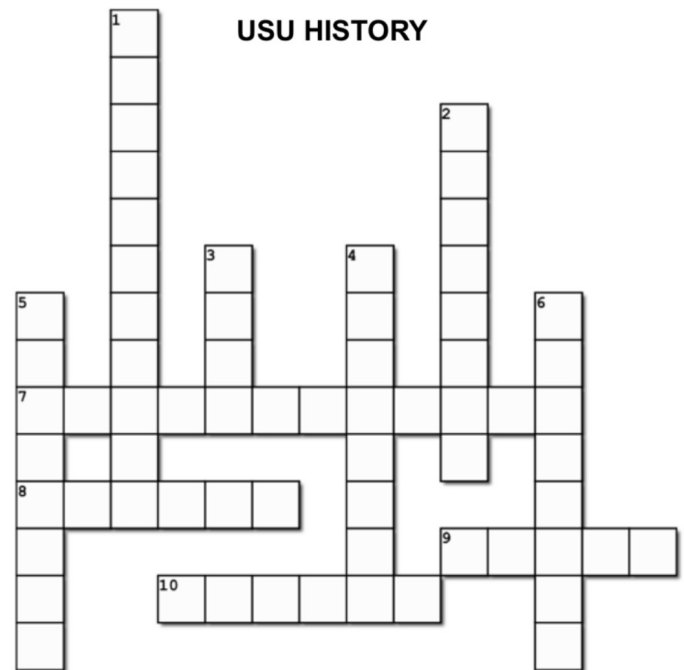
BLUE MINT
I BELIEVE
SCOTSMAN
BINGO
HOWL
HUNTSMAN
USUSA
SPECTRUM
OLD MAIN
QUAD
QUICKSTOP
MARV N JOE
SAGEBRUSH
FLOURISH
ENGLISHMAN
MAY SWENSON
POBEV
GWAGGIES
TRUE BLUE
ESTES
BIG BLUE
COVID
QUETA
LOGAN

Play this puzzle online at : <https://thewordsearch.com/puzzle/2217860/>



How many.... TOWERS__ AGGIE A'S__ CAPS__
FOOTBALLS__ CANS__ BULLS__ BBALLS__

USU HISTORY



Across

7. Original name of the newspaper
8. First name of the USU president
9. The month USU was founded
10. We are the....

Down

1. The first given graduate degree was in...
2. Oldest USU building on campus
3. School color
4. Mascot
5. We have the oldest continuously operating... school in the West.
6. In 1970 this building hosted its first men's basketball game on December 1, against Ohio State.

Multiple signings set to join USU men's hoops

By Jacob Nielson
SPORTS STAFF WRITER

Recently hired Utah State men's basketball head coach Ryan Odom is bringing his staff with him from the Chesapeake Bay to the Rocky Mountains.

As reported by Jon Rothstein the morning of April 15, Odom's three assistants at UMBC — Nate Dixon, Bryce Crawford and Matt Henry — will assume their same roles as assistant coaches in Logan.

Utah State is expected to make the three hires official shortly, pending approval from the administration.

The university allotted Odom a pool of \$530,000 per season to pay his assistants, two of which have worked with him for nearly a decade.

This will be Dixon's fourth stint working with Odom. They first came together at Charlotte, when Odom was an assistant coach as well and Dixon was a technology and scouting assistant. After the coaching staff got fired, he followed Odom to division two Lenoir-Rhyne in North Carolina. He then followed Odom again to UMBC where he has been an assistant on his staff for five seasons.

Dixon started coaching in 1997 at division two Belmont Abbey. He's had several stops along the way including Stetson (2001-03), Florida (2003-05), Louisiana-Monroe (2005-07), New Orleans (2007-09) and Louisiana-Lafayette (2009-10).

Henry joined Odom at UMBC in 2018 after a five-year



PHOTO COURTESY of USU Athletics

Utah State's newest men's basketball coach Ryan Odom will be bringing familiar faces with him from Baltimore to Logan this offseason.

stint at St. Peters — where he helped lead the Peacocks to a CIT championships in 2017.

Henry started his coaching career at Trinity University (2001-03). Following that, he was the director of basketball operations at Georgetown (2004-10) before becoming an assistant at Mount Saint Mary's (2010-12).

Crawford has also worked with Odom since the Charlotte days, where he was a graduate assistant from 2011-2013. He was a technical assistant at Texas (2013-15) before rejoining Odom at Lenoir-Rhyne and then UMBC.

Crawford recently graduated from Ohio State where he was a four-year student manager.

Other news that broke April 15, UMBC senior forward Bran-

don Horvath announced he will transfer to Utah State for his final year of eligibility.

The 6-foot-10, 210-pound forward has been a bucket-getter across his four seasons in Baltimore, averaging 13.1 points this past season on 47.5 percent shooting. He also has the ability to stretch the floor, shooting 15-44 (34%) from beyond the arc in conference play last season.

Beyond being a double-digit scorer, Horvath is a solid rebounder. He averaged 8.7 rebounds in the 2020-21 season and was No. 312 nationwide in offensive rebound percentage (8.6) and No. 235 in defensive rebound percentage (20.1) per KenPom.

Horvath's signing is a step in the right direction in Odom's quest to replace Neemias Queta and Alphonso Anderson in the frontcourt. His scoring and ability to clean up the glass should compliment forward Justin Bean nicely.

—sports@usustatesman.com

@jacobnielson12



Brandon Horvath @bhorvath11 · Apr 15

The next chapter... 🙌🏻👏



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459





GRAPHIC BY Keith Wilson

Psychology of coloring

As finals week approaches, I know many of us are too stressed to sleep or even eat at times, but there are tons of relaxing activities that we can take part in in order to relax. Yoga, healthy eating habits and meditation can be stimulating activities that calm us down, but how do we stimulate the brain, relax and have fun at the same time?

Coloring in between studying and working can give your mind time to breath. Coloring reduces anxiety as you focus on a single project in front of you, gives you quiet mindfulness, and gives you a sense of satisfaction.

Emily Silber from PsychologyToday talked about a study done in Psychological Science where those who took breaks away from problem-solving and let their minds wander during simpler tasks did better in subsequent tasks: "There's also some evidence that, in combination with other activities, repetitive penciling can increase concentration."

Additionally, Beaumont described coloring for adults as a cathartic stress reliever: "Coloring has the ability to relax the fear center of your brain, the amygdala. It induces

the same state as meditating by reducing the thoughts of a restless mind." Coloring regularly can improve motor skills and function, sleeping and focus from opening up the frontal lobe.

Taking the time to color intricate pictures can be a great way to get you in the right mindset for studying. As students, we have to prioritize our health during stressful times. It's important to know that while passing our classes is important, our mental, emotional and physical health are even more important.

There are a variety of ways to balance our mental health during finals week, but coloring may result in some fun art to hang around the house while also helping us to destress.

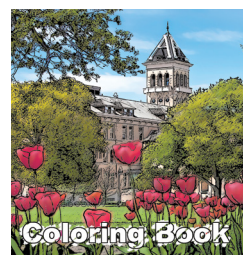
Megan Cowdell is a freshman opinion columnist studying for a bachelor's in Communications. She loves music, reading and wants to write books for a living.

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Stress break with more Utah State University coloring pages in the Aggie Print Coloring Book available to purchase from Aggie Quick Print in the Taggart Student Center, first floor.



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