Global Village Gifts is one of the only fair trade stores in Utah. Their mission is to educate the local people on the principles of fair trade and support artisans around the world. Global Village Gifts has products from artisans representing many countries in Africa, East Asia, South Asia, the Middle East, Latin America and the Caribbean. The store supports 29 vendors and has over 1,500 products. The store commits to paying fair prices for artisan products, and they help artisans create economic success, provide for families and improve their future. Items sold in the store include socks, jewelry, lip balm, calendars and much more.

There is also an emphasis on women artisans since women are the sole support for a quarter of the world’s families and the primary support for another quarter. Sally Keller created Global Village Gifts when she opened it as a part of Ten Thousand Villages Utah in 2003. The store currently has over 30 volunteers and a board of directors to help run the store and teach the community about fair trade. Because the store is run by volunteers, they can sell affordable products and pay artisans a fair price.

Kalli Hull is a USU junior studying environmental studies and the store manager of Global Village Gifts. She got involved at the store about a year and a half ago. Hull is thankful for all the people who volunteer at the store. “People who volunteer here are just a different kind of people, like they all are just so passionate about fair trade and giving back to the community,” Hull said. “We really wouldn’t be able to run this place without them.”

Jamie Butikofer, a USU senior majoring in environmental studies and philosophy, recently started volunteering at Global Village Gifts. Her favorite part is interacting with the customers, meeting people interested in fair trade and learning about the artisans and products. “Just come in. As soon as people come into the store, they’ll really enjoy it,” Butikofer said. “We have a lot of cool stuff, and it’s also just a good environment.”

People interested in volunteering can visit the store or find more information at globalvillagegifts.org.

Ariel Snowden, a USU graduate student studying neuroscience, has been to the store multiple times over the last five years and has previously volunteered at a different fair trade store. “Learning about different cultures through crafts is pretty awesome,” Snowden said. “I just love fair trade, and I think it’s really amazing to learn about other cultures.”

According to Hull, Global Village Gifts only purchases items that follow the guidelines of the Fair Trade Federation. Those guidelines stipulate products cannot use child labor. Additionally, companies must have safe working conditions and pay men and women equally.

“There’s a lot of situations in the world right now where people are taken advantage of for their work,” Hull said.

Hull appreciates how the store lets people buy handmade and unique items without harming the earth as much as other stores. Global Village Gifts also promotes sustainability by offering a piece of chocolate to customers who decline to use a bag at checkout.

The store hosts events to educate and engage with the community. “Craftivist” Susan Bollinger leads an “Intro to Sustainable Mending” class where people can learn to fix rips, patchwork and repair by weaving. The store will also be a part of “Women’s Night Out” on March 8.

Carter Ottley is a junior studying journalism and political science. When Carter isn’t writing for the Statesman, he enjoys Chili’s, reading and Imagine Dragons.

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Will 800 Block send students scrambling again?

By Kate Stewart
NEWS REPORTER

800 Block is an off-campus apartment building owned by the Nelson Partners in Logan. According to their website, it is the newest apartment complex for Utah State University students. The complex is located "just 27 feet from campus" with three, four and five-bedroom floor plans.

However luxurious, new and exciting the website makes the facilities seem, 800 Block is notorious for leaving students high and dry come back-to-school season.

And with the time soon coming to start looking for fall housing, the question many students have is — will 800 Block back out on students for the third consecutive year?

The Statesman was unsuccessful in contacting 800 Block via their phone number, as well as their email contact form through their website by the time of publication.

A previous Statesman article published in August of last year explained some of the issues 800 Block has faced over the last couple of years during their construction period.

The article mentioned how 800 Block informed their tenants about the postpone of the original move-in date roughly a month before school started.

This left many students scrambling for housing at the very last minute.

USU Housing Services stepped in to offer the help they could to students seeking accommodations.

The article said, “What has upset would-be tenants more than the unfinished amenities though, is the money they lost and are now fighting to get back after already signing contracts and paying deposits.”

This stressful housing scramble in the fall of 2022 was déjà vu of what happened the fall prior.

USU sophomore Carson Stewart signed a lease with 800 Block in the fall of 2021.

In a text exchange with the Statesman, Stewart explained the difficulties he faced with the Nelson Partners company.

As the fall 2021 semester approached, Stewart hadn't received any updates from 800 Block, and he was unsuccessful in contacting them despite exhausting various methods.

Ultimately, Stewart drove to Logan and saw for himself the apartment building was nowhere near completion for the school year.

They are unresponsive and unreliable in every aspect of their business,” Stewart wrote.

Preston Hatch, a parent of a USU student, faced similar challenges only a year later.

In an email exchange with the Statesman, Hatch wrote, “We were well aware of the fiasco that 800 Block management put students in back in the fall of 2021, but we thought there is no way this could actually happen again, especially a whole year later.”

Hatch then explained the scramble students faced after discovering their contracts were terminated a couple weeks before school started.

Hatch said the marketing efforts put out by 800 Block were misleading to students.

“The infuriating thing with this whole 800 Block situation is that they were actively seeking new tenants on social media all summer long. They should not have been doing that! I even messaged them on Instagram and they assured me everything would be good for the fall semester,” Hatch wrote.

While construction continued during the spring and summer of 2022, 800 Block put out marketing efforts to “promise” future tenants they would be finished by the fall.

Nathan Strain, a USU student, has left various dissatisfied comments on 800 Block's Facebook page.

In a message exchange with the Statesman, Strain wrote, “Every summer we let any incoming freshmen know about 800 Block's inability to house them, and tried to warn prospective students online. It kinda hit a point last summer when they went on an advertising blitz with their ‘800 Block Promise’ that they ultimately went back on.”

Strain also wrote he thinks it's possible for 800 Block to be completed by fall of 2023, although he still discourages any students from signing a lease “with a company that showed no remorse for the hurt they caused to everyone who had to find last minute housing.”

Ben Wheeler, another USU student who had signed with them last fall, said he highly doubts 800 Block will be open in the fall.

“I don’t think anyone should sign a lease with them until they are completely done with construction,” Wheeler said.

Kate is a junior studying journalism and marketing. She is from the Portland Oregon area. She loves all things family, friends, thrifting, outdoors, and dark chocolate.

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‘POLICE BLOTTER’

If you have any more information regarding these cases, contact the USU Public Safety Department at 435 797-1939. Summaries are from USU Police Chief Blair Barfuss. You can find these and other USU reported crimes at www.usu.edu/dps/police/daily-crime-log

**TRAFFIC HIT AND RUN**

JAN. 10 — Complainant reported minor damage to the driver side rear taillight and bumper by unknown suspect. Case report completed. No suspect information at this time.

**CONTROLLED SUBSTANCE**

LIVING LEARNING CENTER

JAN. 4 — Officers responded to a report of burnt marijuana odor coming from a room in the LLC. As the door to the residence was opened, officers observed the odor of burnt marijuana, air freshener, and saw an open window to a room. Officers issued a criminal citation to a student for possession of marijuana and referred the student to Student Affairs for the conduct violation. The student reported to using marijuana for medical reasons, however, marijuana use, medicinal or not, is not allowed on campus or in housing. Case closed.

*If you have any more information regarding these cases, contact the USU Public Safety Department at 435 797-1939. Summaries are from USU Police Chief Blair Barfuss. You can find these and other USU reported crimes at www.usu.edu/dps/police/daily-crime-log

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**Tips to stay safe driving on winter roads**

By Alivia Hadfield
NEWS REPORTER

Winter weather and roads can create dangerous driving conditions for both experienced and inexperienced drivers.

According to the U.S. Department of Transportation, “In 2020, there were 374 fatal crashes and an estimated 25,000 injury crashes that occurred in wintry conditions.”

With the influx of Utah State students traveling back and forth from home to school and more, it is essential to have general knowledge of road safety, particularly in winter conditions.

According to the Utah Department of Transportation, or UDOT, one of the best safety precautions students and Utah residents can take before driving during the winter is checking the weather and roads.

“Before leaving home, find out about the driving conditions. Safe drivers know the weather and their limits,” the UDOT webpage states.

UDOT has many resources for Utah residents, including the UDOT Traffic app. It allows you to check the weather and road conditions throughout the day and notifies you about incidents, construction, snow plows in your area and emergency alerts.

Another winter driving tip is to have an emergency kit ready in the car. According to the National Weather Service, having an emergency safety kit in your car “could become your lifeline if disaster should strike.”

The UDOT Winter Travel Brochure suggests keeping warm clothes, extra food and water, a phone charger, a full tank of gas and proper traction devices in your vehicle.

Along with being prepared for accidents, there are many things you can do while driving to keep yourself safe.

Don’t tailgate; give yourself space. According to UDOT, “It takes extra time and extra distance to bring your car to a stop on slick and snowy roads.”

Another trick is to retrain your brain when using brakes in the winter. In his blog post, Bob Lacivita, writer of Family Handyman, explains why your brakes lock up in the winter.

“Loss of traction between the tire tread and road surface when stopping on wet or slippery roads causes brake lock up,” he wrote. “Even though you’re pushing on the brake pedal as hard as possible, and your tires are no longer spinning, your tires keep skidding on the slick surface.”

UDOT’s advice on brakes in the winter is clear.

“Brake early, brake slowly, brake correctly, and never slam on the brakes. If you have anti-lock brakes, press the pedal down firmly and hold it. If you don’t have anti-lock brakes, gently pump the pedal. Either way, give yourself plenty of room to stop,” their website states.

Another good rule of thumb is to drive slow and avoid abrupt steering maneuvers. UDOT recommends to “drive well below the speed limit and leave plenty of room between cars.”

Utah college students shared their tips for tackling snowy roads too.

“Travel with a buddy. If you can’t have someone in the car, have someone on the phone,” said Elizabeth Christensen, a USU student.

“Keep hand warmers, granola bars, and thermal blankets in your car,” said Ashley Forsgren, a UVU student.

Alivia Hadfield is a first-year student at USU and loves being an Aggie. Her other passions include songwriting, reading and competing in pageants.

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The Delta Center is coming back, and to many, it’s coming back better than ever this summer. The Utah Jazz announced on Jan. 14 via a Twitter promo video that their home court, Vivint Arena, will be going back to its roots with their original name from 1991.
The video, captioned “Welcome home to the Delta Center,” showed past and present clips of Jazz players and the arena. It ends with both the Delta and Jazz logo together.
Within minutes, fans flooded the comments section with positive reactions, many saying they never stopped calling it the Delta Center.
One Twitter user with the username @alanchr5412 even wrote, “Can’t help but think that Larry is smiling from above! This will feel like Home again!” referring to Larry H. Miller, who owned the Jazz franchise from 1985 until his death in 2009, and who built the Delta Center arena over 30 years ago.
The name was changed from Delta Center to Energy Solutions Arena in 2006 and since then, has been changed to Vivint SmartHome Arena and then to Vivint Arena in 2020.
However, in a press conference on Jan. 14, Delta CEO Ed Bastian said he’s been wanting the Delta name back on the arena for a while now and has “respectfully” been discussing it with current Jazz owner Ryan Smith for the past few years.
In the conference, Bastian explained the only reason Delta lost the name in the first place was because of aftereffects from 9/11 — Delta and every other airline took a huge hit.
“We had to make some tough decisions to save costs fast,” he said. “I was the one in the chair and made the decision to take the name off the arena. 16 years later, it still gnaws at me.”
And now 16 years later, older generations are reminiscing on their memories in the Delta Center.
“I remember having season tickets the first year the Delta Center was built back in the day,” my dad, Gregory Caldwell, said. “I watched more games there than I ever did when it had any of the other names combined. Delta just creates nostalgia not just because of the name, but because you know it represents the Jazz.”
Even Utah State University students have memories of the original Delta Center and are eager to be part of its homecoming.
Ryan Sorensen, a USU junior and lifelong casual Jazz fan, said he remembered games in the Delta Center.
“I was very excited to see the arena renamed,” Sorensen said. “I remember when I was young, watching John Stockton and Karl Malone running the show under Jerry Sloan from the Delta Center.”
Student and avid sports fan Verl Johansen said even without any memories of the arena itself, he recalls always knowing it by its first given name.
“I remember growing up hearing my dad and broadcasters continue to call it the Delta Center, even after the name changed,” Johansen said.
And Johansen isn’t alone. There have been so many Utahns who never stopped saying the familiar name that Bastian addressed it in the press conference and admitted it upset him because he felt guilty.
But now, both Bastian and Smith say this has been a moment worth waiting for, and they feel it’s the right move.
“Delta didn’t need this for marketing,” Smith said in the conference. “They did it because they want to do the right thing and have this moment that, like Ed said, needed to be done.”
Vivint has been a sponsor of the Jazz since 2015 and according to a tweet from the Utah Jazz on Jan. 14, they will remain a sponsor of the Jazz for another eight years.
The change will take effect in July as the Jazz celebrate their 50th season in the NBA, and fans can’t seem to think of any better way to commemorate it.
“They say homecomings are sweet, but 16 years later – this is really special,” Bastian said in the press conference. “It’s a real honor to be back, and we aren’t ever leaving.”

Jacee Caldwell is a senior studying broadcast journalism. Other than her passion for writing, Jacee loves boxing, hip-hop, Pepsi, Nike and Colorado boys.
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New thrift shop to open in Logan

By Jack Johnson
NEWS REPORTER

New businesses have been popping up everywhere in Logan over the past year.
Some worth mentioning are Costco, which opened in November 2022, and In-N-Out, which opened in August.
Local businesses have also been opening up, including Barrel and Stave in January 2022 and Prodigy Brewing in July.

With Logan growing so rapidly, other businesses have been seeming to follow suit.

 Indy Clover is keeping the ball rolling, opening a new Utah-based business on Center Street in Logan.
 Indy Clover is a reused clothing boutique that thrifts clothes for people.
 The process is simple — rent out a booth, set it up and bring in your clothes, and then Indy Clover will sell the items over a weeklong period.
 Anyone can rent out a booth and use it to sell whatever they want. They do not need to be at the store to sell their own products — that job is for the Indy Clover team.
 Indy Clover started with two Utahns in Lindon.
 According to a video on their website, Keena and Mia started out selling their clothes through garage and clothing sales, as well as thrifting.
 But Keena said the small amount of money they earned wasn’t worth the hassle. This is where the idea of Indy Clover came to be.
 “The concept is very, very simple. You bring in your clothes. You create the prices. You tag your items. You hang them, you organize them in your booth. Then you leave the rest to us,” Mia said.

 The company is franchised throughout the West, with locations in Lindon, Ogden, Springville, St. George and Gilbert, Arizona.

 Students at Utah State University have thoughts about the business.

 Chandler Justice, a senior studying computer science said he’s seen stores like this before.
 “It’s the traditional vintage store model with a refresh,” Justice said. “It’s not a new idea.”

 Justice said although it is a recycled idea, “we need more thrift stores in Logan. More thrift stores would be optimal.”

 He said the problem is it will be more expensive than a thrift store because the clothes are not simply donated, but sold, which brings up the price of the clothing altogether.

 However, he does like the idea of Indy Clover being a Utah-local business.
 “Utah does that a lot where it’s franchised local businesses, like it’s local to the state,” he said.

 Indy Clover opens on Feb. 11 at 99 W. Center St.

 PHOTO BY Heidi Bingham

Jack Johnson is a USU student studying English and history. When he isn’t staring at the ceiling, he spends his time reading, writing, traveling and rolling in jiu-jitsu.

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Column: Tabletop Roleplaying Games benefit positive mental health

By Harrison Larson
LIFESTYLES STAFF REPORTER

Tabletop roleplaying games have had a massive resurgence in the past few years, becoming a popular pastime for both newer and older generations. The revitalization can most directly be accredited to the massive freedom of creation offered by the vast spectrum of unique rulesets and systems, as well as today's modern streaming world.

Ranging from classic fantasy settings like Dungeons & Dragons and Pathfinder to the massive expanses of the Star Wars universe in Star Wars: Edge Of The Empire, there is a TTRPG for everyone.

The qualities of a TTRPG provide a way for people to connect and express themselves and their ideas. A group of mental health professionals, Geek Therapeutics, want to use those qualities to help people improve their mental health.

Geek Therapeutics focuses on teaching mental health professionals how to use TTRPGs for treatment.

Games to Grow, another group implementing the games in therapeutic settings, expressed that TTRPGs used for treatment can be helpful to people struggling with varying forms of mental distress and illness, especially those suffering from social difficulties and identity discovery.

TTRPGs work in these specific areas because of the ability to experiment by altering different interactions and experiences to suit a patient's particular needs.

While other practices of therapy have the same results as TTRPGs, the element that separates it from the others is the main point of all games — fun.

The goal of TTRPG therapy is to make the experience enjoyable while still providing the benefits of self-betterment.

Spencer Ehlers, an incoming Utah State University student, has been playing TTRPGs for over five years. He said he would be interested in TTRPG therapy being available.

Andrew Stubbs, a student at USU, is newer in the TTRPG hobby community and is part of an online game.

“I think that D&D might have a good space in therapy because I have found out a lot more people play D&D than I thought,” Stubbs said.

While TTRPGs are being used for therapy, it is not the only way they can benefit mental state.

The design of many TTRPGs is to foster a close community among the players and runners of the games.

Whether at a local game store or with a group of close friends, there is a social network of those involved. This network provides a way to make small, consistent connections that benefit mental health.

Beyond the connections made through the game community, a solid connection to self can be made when playing TTRPGs. Direct contact with creative freedom allows players to be limited only by creative expression. Players, as well as game runners, can create scenarios and characters that reflect their own feelings and ideas in a group medium.

While TTRPGs may not have been initially designed to look into the complexities of the human mind, it is hard to deny that they provide a unique peek behind the curtain. Ultimately, it is up to the players and game runners to foster a space for growth and discovery, but casual games are no substitute for professional help.

Harrison Larson is a freshman pursuing his English degree in creative writing. When he has spare time, he loves to explore and find new things to do with friends and is always looking for a good documentary.

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Black Kat Ink and SAAVI spread empowerment

By Avery Truman
LIFESTYLES STAFF REPORTER

Black Kat Ink and the Sexual Assault and Anti-Violence Information Office partnered for a fundraiser on Wednesday, Jan. 11. Participants chose a pre-drawn tattoo that symbolizes anti-violence, and a portion of the proceeds went directly to SAAVI to help survivors in need.

Aubyn Sloat, a student at Utah State University, decided to participate in the fundraiser to show her support to victims and survivors with a new tattoo.

“I love their cause, and I love getting tattooed,” Sloat said. “I have had a lot of people in my life, including myself, that have been affected by sexual violence.”

Sloat said she works on campus, and her department works with the SAAVI office.

“I felt like it was something that I could do to help support them,” Sloat said. “The more people know about it, the more people realize it’s a resource for them.”

Sloat said anything promoting SAAVI is good for the community.

“I feel like getting tattoos — I feel like they kind of correlate,” Sloat said. “Sometimes people having horrible things happen to them feel like they’re outliers, and a lot of people who get tattooed also feel like outliers. So, I feel like tattooing is another way to take back your body for yourself.”

Dani Jones, an apprentice at Black Kat Ink, said all the designs chosen for the event were pre-drawn by the studio’s artists.

“I wanted it to be a little more fierce,” Jones said. “Like with the cat that I drew up, and then a sunrise, like the sun’s going to come up.”

Whitney Howard, a victim advocate for SAAVI, said the organization helps victims through therapy and advocacy.

“We can help them through the reporting process if they choose to report,” Howard said. “It’s also valid if they don’t want to report. We can also help them with emotional support, coping skills and psychoeducation. It’s just a free and confidential resource for anybody connected to Utah State.”

According to Howard, the resource is available for both students and faculty to talk about incidents that happened during their time at USU, or prior.

“I’d say this event is good for the community because sexual misconduct is unfortunately very common,” Howard said. “More common than some people might realize. Even if they themselves are not impacted by it, there’s a chance that they have a friend or family member or a loved one that has experienced it.”

Howard said sexual misconduct affects people not only on an individual level, but also entire communities.

Jones said events like this can spread the word about violence in the community.

“I didn’t even know about the organization at USU before this,” Jones said. “I feel like it’s always important to keep that conversation going.”

Jones said Black Kat Ink is a safe place for everyone. Felicia Gallegos, SAAVI’s outreach and prevention coordinator, is responsible for coordinating all of SAAVI’s fundraising events, training and workshops.

“We have our SAAVI survivor fund, which covers any hardship that a survivor might face along their healing journey,” Gallegos said.

Howard said the fund can help survivors who may have difficulty meeting their financial needs.

“It’s just nice to have our own fund that we can be able to pull from and not have to request any additional funding,” Howard said.

Sexual assault can have unexpected effects on finances, according to Howard.

“It can really mean a lot to somebody that doesn’t have to worry about where their next rent payment is going to come from,” Howard said.

Past fundraisers include a restaurant night and a class with the campus recreational center.

“This was just another opportunity that we thought of,” Gallegos said. “A couple of us were familiar with Black Kat Ink. They are a woman-run, woman-empowered tattoo shop.”

Gallegos said Black Kat Ink was thrilled to partner with SAAVI.

“Not only was it a fun way to raise money for our survivor fundraiser, but just being able to be there was such a cool, awesome energy,” Gallegos said. “There are people that are getting their 10th tattoo, and some people are getting their very first tattoo.”

Gallegos said the environment at Black Kat Ink was a very empowering one.

“It was really awesome to be around people who were not only giving back to survivors but also really empowered by the design they were getting,” Gallegos said.

According to Gallegos, survivors can feel that someone else has taken advantage of their body and “used it for themselves.”

“Getting a tattoo is just one way for a survivor to take back their body, to feel proud of their body — to put something on their body that empowers them,” Gallegos said.

Gallegos said the attendance rate of the event far surpassed what they were expecting.

“When we’re creating fundraisers, we want to have a lot of diverse opportunities,” Gallegos said. “Black Kat is really well known in the community and so they were able to spread the word amongst their community for their business.”

Gallegos said this fundraiser was so successful, it will continue as an annual event at Black Kat Ink for years to come.

“If you’re worrying or wondering if somebody in your life is experiencing or has experienced any type of harm, whether that’s sexual assault, harassment, discrimination, and unhealthy relationships, the most important thing you can do is be a support person,” Gallegos said.

Gallegos cautioned against doubting a survivor’s story.

“Don’t be someone who is judgmental,” Gallegos said.

Gallegos said it is very important to allow survivors to make their own choices along their unique journey.

“You don’t have to be a professional therapist or an investigator when someone confides in you,” Gallegos said. “Your role is simply support that person and empower them, and trust them to make the best decision for themselves, and then support them along the way.”

Avery Truman is a first-year student pursuing environmental studies and geography. She is passionate about astronomy, writing and reading science fiction and learning about wildlife.

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Emma Adkins, owner of Black Kat Ink Studio, tattoos Whitney Howard, Victim Advocate for SAAVI and Utah State alumna.
Cache Smash: Cache Valley's rage room

By Leah Call
LIFESTYLES STAFF REPORTER

It was last year’s New Year’s goal to open a business together.

About 11 months later, Utah State University alumni Jeremy and Jentrie plan to open Cache Valley’s first ever rage room.

“We’re excited too. Things are looking up and going in the right direction. It’s been a rollercoaster, because it was Dec. 9 when we decided we really wanted to go with it, and here we are. It happened late in the year. It took 11 months to get here, but here we finally are,” Jeremy said.

Originally, their goal was to be open by Jan. 15, but due to unexpected circumstances, opening will take a little longer.

“I feel like it started for me before rage rooms were a thing,” Jentrie said. “I’m sure lots of other college students do this, but when me and my roommates were really stressed about something, we would go to DI and buy plates, and we would go to an abandoned parking lot and just get angry. It was so nice to relieve stress that way.”

Some items featured in the rooms include a piano, a car, an organ, televisions, dishware, glass to break and mirrors.

“We have a lot of ‘smashables’ and breakable stuff, but then a lot of it is also materials that we bought back in December,” Jeremy said. “We came home after Christmas, and we had like 12 Amazon packages all over our front porch. And the next day, eight more came. And the next day, six more came. We hadn’t been able to get into the building yet, so we were like, ‘What do we do with all this stuff?’ Our whole garage is full. Plus two trailers.”

There will be 2-4 person and 10-15 person rooms. Visitors can shop around to choose breakable items, then pay per pound before entering the room. There is a lounge area with windows where people can watch others rage.

“It’s kind of a funny thing to be in the business of getting people’s junk, you know? This whole time, people have been like, ‘I have this old TV if you want it’ or other random things,” Jentrie said. “We are basically just collecting people’s junk that they don’t know what to do with, now which has been kind of fun.”

Jentrie graduated with a bachelor’s degree in business marketing with an emphasis in marketing from USU. She said she believes Cache Smash will be a therapeutic safe space for all.

“I just love the idea that, yes it’s fun to smash things, but I’m hoping that it can be a real-life stress reliever for people and to help people’s mental health as well.

To have a safe and fun place to do that so that’s kind of where my motivation is in doing this,” Jentrie said. “We’re also hoping to be a recycler of some sort, where people can come with a collection of old things they would have thrown away, and be able to break them and then have them be recycled properly after. So we’re hoping it can be a win-win all around.”

The name, Cache Smash, came to Jeremy in what he called a “stroke of genius”.

“I don’t even know how it happened but one day the name just came to me — Cache Smash,” Jeremy said. “We were like, ‘That’s it.’ I honestly couldn’t tell you where it came from; it just popped in my head.”

In addition to the rage rooms, there will be family-friendly paint splatter rooms. For a $20 or $25 fee, visitors can purchase a blank canvas, three paint colors, a poncho, goggles and booties. For 30 minutes attendees can splatter as much paint on the canvas as possible.

The Hales are currently looking into the logistics of making the business mobile as well.

“We love Cache Valley, we’ve been here for eight years, and in the winter, there’s only like four things to do in the valley, and once you’ve done them, you’ve done them,” Jentrie said. “But we really want to add value to this space and we think a rage room like this would be great for people to get out and do it in the winter great for people to relieve some stress in a healthy way.”

Leah Call is a junior pursuing her degree in print journalism. In her free time, she loves finding new music to jam to and is always on the lookout for the perfect iced chai tea.

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Campus Recreation provides self-defense classes for the community

By Caitlin Keith
LIFESTYLES STAFF REPORTER

Have you found yourself in a situation when you felt unsafe and wished you knew how to defend yourself?

Utah State University offers self-defense classes meant to help those who seek skills to protect themselves.

Katie Burns, the associate director of campus recreation, teaches and organizes these classes alongside Amanda Bray, the assistant director of healthy lifestyle programs and community engagement.

“R.A.D. stands for rape, aggression, defense, and it was started in 1989,” Burns said. “And it is an international program.”

R.A.D. classes are offered at universities and in communities all around the world.

These classes have been offered regularly at USU for academic credit, and two classes are offered every semester, listed as PE 1407.

USU’s R.A.D. classes are a cooperative effort between Campus Recreation and the police department. Officer Nick Bowman works with Burns and Bray to teach portions of the class.

Last summer, Campus Rec started offering weekly R.A.D. classes in the evening, open to students and anyone else in the community.

The classes currently take place once a week for two hours, over the course of five weeks.

“We wanted to provide more opportunities,” Bray said. “That is why we’re doing the evening classes now — that is open still to students and faculty staff as well as the community members. And the reason why we do this is because we think it’s such a great resource and tool for USU campus and surrounding community.”

The classes are currently open to those who identify as female, but they are working on developing a new version of the class open to those who identify as male.

Burns said the classes would be held separately with different curriculums, but would come together a few times for certain exercises.

“We’re working on developing a men’s version of the class,” Burns said. “Officer Bowman is going to lead the charge on what that looks like. So changing the curriculum a little — we certainly don’t want to live in a world of only women are victims and only men are attackers, because we know that’s not true.”

Ken Conroy, a student at USU, is registered for the current session of evening R.A.D. classes.

“I started to take this class because I'm a young woman who lives alone,” Conroy said. “I've been in some pretty scary situations myself where I kind of just froze, and I don't want to feel like that ever again. I want to be able to defend myself if the situation ever arises.”

Those attending the class learned they have six weapons on them at all times — their voice, head, elbows, fists, knees and feet. The most important of these weapons is the voice.

“Women especially learn how powerful our voices are, and I think Hollywood makes us think when you get attacked, you either don’t say anything or don’t do anything, or you scream,” Burns said. “But the third option there would be yelling, which is different than screaming. And the power that we have just by yelling to get other people’s attention to get the help, we need to scare off a potential attacker.”

The class is taught both in the gym and in the classroom.

“The hands-on self-defense is just one piece of the class,” Burns said. “I think that when we think self-defense, we all think about throwing a punch or kicking or whatever, right? But so much of self-defense is thinking about, ‘What situations am I putting myself in before I get there?’ Not that we need to live in bubble wrap, but just knowing.”

Bray said R.A.D. is important because it provides more awareness for everyday life, taking care of yourself and having the resources to protect yourself.

“The biggest thing is awareness and noticing your own risk,” Bray said.

Burns and Bray said with the success of the current and previous evening classes, they are hoping to continue providing evening sessions open to the community.

Future evening R.A.D. sessions can be registered for online through the campus recreation portal recportal.usu.edu.

“We're teaching you to be aggressive and defensive because you are number one — your safety is the priority,” Bray said.
Dear Aggie,

a new advice column coming to the Statesman.

email
dearaggie@usustatesman.com

with any burning questions or restless thoughts.
Competing in the fourth annual Best of Utah meet on Jan. 13, Utah State Gymnastics needed a strong beam performance from their anchor to stay within striking distance of two top-25 opponents. Their senior anchor was tasked with wiping a 9.625 to keep the Aggies’ chances alive.

One rotation later, after a 9.900 routine, the Aggies found themselves in second place.

Sofia Sullivan — who prefers to go by Sofi — produced that 9.900, her fifth-best beam score in her career.

“It was perfection,” said White. “No doubt in my mind she is one of the best beamers in the entire country.”

Since being named the 2020 Mountain Rim Gymnastics Conference Freshman of the Year — thanks to her solid performances as an all-around competitor — Sullivan has been a strict beam performer the last two seasons. During her freshman season, she set the school record and a career-high with a 9.975 on beam, and her 9.883 single-season average earned her second all-time in Utah State history.

Sullivan, who hails from Manhattan Beach, California, was granted an additional year of eligibility due to coronavirus, and she is determined to get a perfect 10.

“If she would’ve competed in her sophomore year without the injury and in her junior year, she would’ve been an All American,” said Sullivan’s father, Paul.

Paul said Sofi’s dislocations started when she was eight or nine years old, and once, she dislocated her shoulder at practice doing bars.

Sofi, who turned 22 on Jan. 18, has suffered nine dislocations to her left knee.

“My patella isn’t really in the right place — I have dislocated my left one like 10 times,” Sofi said, laughing. “I needed surgery for life, not just for gymnastics. I couldn’t walk, and surgery was just required this time,” Sofi said. “I ended up getting an MPFL reconstruction, and hopefully it’ll last me this last season.”

The MPFL is the medial patellofemoral ligament, which lies near the patella. Post-surgery brought painful rehab to get her back to a competitive level.

“It was incredibly hard to get back on track. I did physical therapy three times a week, and it was a struggle for me going through the pain,” Sofi said. “Coming back into gymnastics after being off for a really long time was a struggle.”

Sofi said the surgery didn’t just affect her physical health, but her mental health too. Since then, she has become a mental health advocate.

“Being a student-athlete is really hard and taxing. I think it is really important to find even 10 minutes out of your day to find something you like and have someone to talk to,” she said.

Despite the challenges, Sofi is glad she made the choice to return to gymnastics.

“I am really happy that I did it and happy with where I am at now,” she said.

Sofi received an offer from Utah State when she was just a junior in high school. But she didn’t attend a typical high school.

“I was actually homeschooled in middle school and high school so I could do gym,” Sofi said. “My parents have been so supportive throughout mine and my siblings’ sports careers. They spent so much time with me, driving an hour and a half to practice — there and back every day.”
Being homeschooled allowed her to train with some of the top gymnasts in the world.

“She kept bugging me for two years that she wanted to go to gymnastics. We finally took her because we got a coupon for a free lesson,” Paul said. “She was just a natural, and she trained with the Chinese coaches at Gym-Max that coached McKayla Maroney.”

Maroney won a gold medal for the United States at the 2012 Summer Olympics.

“She was on the Elite Training Squad when she was just nine years old, trying to get on the national team, but got injured a few times and didn’t ascend because of it,” Paul said.

Though injuries have plagued Sofi, she continues to dominate in her sport and has plans to grow this season, in beam and beyond.

While competing in all-around events her freshman year, she had 9.850 scores or better as her career highs in all four events.

“Beam is my best event, and I really do love doing it. It makes me happy helping my team in that event,” Sofi said. “Surgery made floor hard on my body; I am hoping to get back into the bar lineup and compete this season. I want to help my team the most I can.”

Her team spirit does not go unnoticed. Brooks said she is “the best teammate.”

“We go back to back with each other. She has my back, and I have her back,” Brooks said.

Sofi and the Aggies are looking to prove people wrong this season. The team sported “Something 2 Prove” shirts at the Best of Utah meet, referencing the people who “wrote off” the Aggies after the departure of former head coach Amy Smith and other key athletes.

“We had a whole program switch. (The shirts) are to show everyone that even though we lost our lineups and coaches, we are still an amazing team, and we are going to prove to everyone we can win a championship again,” Sofi said.

Sofi’s quest for a perfect 10 and the Aggies’ desire to get back to the top will continue this week when they host BYU on Jan. 27 in the Dee Glen Smith Spectrum at 7 p.m.

**Basketball**

**Men’s**

- Jan. 25: @ San Diego State 9 p.m., San Diego, California
- Jan. 28: @ Fresno State 5 p.m., Fresno, California

**Women’s**

- Jan. 26: vs. Wyoming 6 p.m., Dee Glen Smith Spectrum
- Jan. 28: vs. New Mexico 2 p.m., Dee Glen Smith Spectrum

**Track and Field**

- Jan. 27-28: UW Invitational Seattle, Washington
- Stacy Dragila Invitational Pocatello, Idaho

**Gymnastics**

- Jan. 20: vs. BYU 7 p.m., Dee Glen Smith Spectrum

**Tennis**

**Women’s**

- Jan. 28: vs. Western Michigan Lincoln, Nebraska
- Jan. 29: @ Nebraska Lincoln, Nebraska
Spectrum Magic is back in full force

By Jake Ellis
SPORTS EDITOR

It was incredibly loud inside the Glen Dee Smith Spectrum last Tuesday. Utah State Men’s Basketball was hosting UNLV, and the crowd was fully invested.

“I couldn’t even hear myself like 80% of the game,” said Luke Messerly, a first-year student. “I was right in that front row, and it was crazy.”

More than 7,600 fans crowded the Spectrum to support the Aggies and see Mountain West basketball.

“It was electric,” said Jace Long, another first-year student. “I’ve never felt that at a Utah State game. It felt like I was at like a professional level playoff game.”

And as the game came down to the wire, the crowd was a big factor in helping the Aggies secure the 75-71 victory.

“Our fans were amazing,” head coach Ryan Odom said. “It’s incredible how loud it is throughout the game… The HURD is a big part of helping us win games.”

But it wasn’t just the student section. Nearly the entire arena was on their feet, cheering on the Aggies in the crucial final possessions — a phenomenon that isn’t always present.

“Throughout my entire time at the Spectrum, I knew that there would always be the HURD in that corner, and the question is, ‘What is the community going to bring?’” guard Steven Ashworth said. “Down the stretch on defense, I’d say Cache Valley came in clutch.”

It was the return of Spectrum Magic or at least the crescendo, as USU senior Jacob Nielson puts it.

“I don’t think Spectrum Magic ever left,” Nielson said. “I think that it’s maximized this year… It’s reaching its potential.

Nielson, a sports reporter who covers the Aggies, said it was probably the loudest it had been in the Spectrum since his first year, when Utah State took down Boise State.

“Queta had this block at the end of that game to kind of seal the two-point win, and it was just shattering noise,” Nielson said. “I don’t think Tuesday superseded that, but perhaps it matched it.”

And since it’s only January, Nielson thinks the Spectrum has the potential to get even louder.

“I think it’s really exciting because you have a combination of some of the best teams in the conference have yet to come to the Spectrum, and all the biggest games are weeknights,” Nielson said.

The weeknights aspect is important because Nielson says it helps students get to the games instead of doing other activities.

Nielson predicted the New Mexico and San Diego State home games will have “really insane atmospheres,” particularly the game against the Aztecs.

“That has the potential to have the rowdiest Spectrum in years,” Nielson said.

The Aggies’ next chance to pack the Spectrum comes on Wednesday, Feb. 1, when USU hosts New Mexico.

— jake.ellis@usu.edu
@JakeEllisonair
Declare Your Candidacy

Declare by Monday, Jan. 30th, 2023 at 7 am

elections.usu.edu

Student Affairs
Utah State University

Sudoku puzzles are provided by www.sudokuoftheday.com.

Last week’s solution:

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