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Indoor plumbing

Midnights

West Side

LIFE

happiness

THANKFUL FOR THE OPPORTUNITY TO GO TO COLLEGE

My brother

great friends/coworkers

The occasional relief

Books!

my mom

Hope

Cold medicine

my education

USU

call leaves

Tacos

deodorant

My

My wife

Biblings

the maverick down the street

The Scotsman

Food!

Del Taco

KAPPA DELTA

My awesome Mom

Cute Pets

HEATER

Music!

My Boyfriend

vanilla syrup, Dr. Pepper + vanilla cream

USU forms agreement with Fort Valley State University

By Alivia Hadfield
NEWS REPORTER

On Oct. 28, Utah State University President Noelle Cockett and USU Student Association President Clara Alder flew to Georgia to meet with Fort Valley State University to sign an agreement that would benefit both land-grant universities.

The agreement, known as a memorandum of understanding, or MOU, lasts for five years and focuses on the two institutions' agriculture and political science colleges, as well as student support and involvement services.

The idea for this agreement sprung up with multiple collaborations taking place from late spring through summer of this year.

Student leaders from both schools were able to travel to each other's campuses and take part in research and leadership opportunities.

Three students from FVSU also enrolled in USU's summer semester for a research internship program at the College of Agriculture and Applied Sciences.

At the signing, Cockett described her excitement about the change.

"We anticipate this being a very fruitful and rewarding relationship, with both institutions reaping benefits," Cockett said. "Most importantly, people of diverse backgrounds, cultures, and experiences will become true and lasting friends."

Alder also shared what she was looking forward to about the agreement.

"One way that we'll definitely collaborate is through an extension and through agriculture internships, as well as political science. We've got a strong agriculture and a strong political science department on both ends," Alder said.

Along with research and learning opportunities, Alder is looking forward to collaborating on a student leadership level after talking with FVSU Student Government Association President Aniyah Ragland.

"She's ecstatic about the ways that we can collaborate," Alder said. "A lot of what a student may experience at FVSU is different than what they will experience at Utah State, and so creating these opportunities to have culture learning experiences and classroom learning experiences and just overall growth I think is so powerful."

USU student Mia Branson also shared a positive opinion on the MOU.

"I think it's a really good thing. I think it also makes people want to come to Utah State more if Utah State is doing deals like this," she said.

Besides the MOU encouraging collaboration on a student level, it also has major benefits for faculty, according to Alder.

Some of these benefits include a larger pool of faculty



USUSA President Clara Alder and USU President Noelle Cockett met with the Fort Valley State University president and student body president on Oct. 28. SUBMITTED PHOTOS



support, more diversity and unique experiences when collaborating, and a series of lectures from researchers at FVSU and USU.

When asked about the future of Utah State collaborations with other universities, Alder said she's optimistic.

"My perspective is that every university is wanting to expand and grow its abilities in working with other universities," she said. "I definitely foresee other universities reaching out and likewise, Utah State University reaching out to create a stronger system,

because truly what we're doing with Fort Valley State University is empowering."



Alivia Hadfield is a first-year student at USU and loves being an Aggie. Other than writing, Alivia's passions include songwriting, reading and competing in pageants.

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PHOTO ILLUSTRATION BY Kate Smith

The downside to all that food on Thanksgiving

By **Kate Stewart**
NEWS REPORTER

Thanksgiving is the start of holiday festivities for many people. However, fun and festive as that feast can be, it is accompanied by some issues that are oftentimes overlooked.

Food waste happens year-round, but times like Thanksgiving generate even more waste.

According to the National Resources Defense Council, 200 million pounds of turkey go to waste every Thanksgiving.

In addition to the wasted turkey, the Center for Biological Diversity reports 150 million pounds of side dishes and 14 million pounds of dinner rolls are also thrown out during the holiday.

Stacy Bevan, professional practice associate professor in the Department of Nutrition, Dietetics and Food Sciences at Utah State University, said we see additional food waste in November that we wouldn't see at other times of the year.

Bevan suggested several ways students and people can prevent food waste in their homes. She said a big part of prevention is planning what to make ahead of time, and determining what foods people might have at home that can be incorporated in what they are making.

Meal planning and preparation for meals such as Thanksgiving helps reduce the

potential of wasting a large amount of food.

Bevan said everyone should think about how many people they are going to cook for, so no one overestimates the amount of food they need to buy.

"Savethefood.com is a super user-friendly website that allows you to pick the foods that you're going to serve, and then it estimates how much you would need to buy to prepare the appropriate amount for that many people," Bevan said.

Meghan Adair, a USU dietetics student, said the opportunity to do research on food waste has been super eye-opening to her.

"Food waste can be tough for college students because this is generally their first experience away from home. For many, they are still learning how to meal plan, grocery shop, and cook effectively. These skills are important to prevent food waste," Adair wrote in an email exchange with the Statesman.

Adair did point out that college students aren't the only ones who produce more food waste during this time.

"As a general whole, there will definitely be an increase in food waste around this time. I challenge all college students to do their part in preventing food waste by taking leftovers home," Adair wrote.

Bevan also suggested considering using Thanksgiving leftovers later in the week in

different meals to prevent any waste.

Katie Fairbourn, one of the co-directors of the Student Nutrition Access Center at USU, said she is really passionate about food insecurity and education on subjects related to food waste.

"We just would eat leftovers for the whole weekend, so we wouldn't ever really have food waste," Fairbourn said when talking about what her family did to prevent Thanksgiving food waste. "But I can see it being a huge problem that people didn't grow up with leftovers and things like that."

Adair said Thanksgiving leftovers are inevitable, as people typically make too much food.

"Knowing how to repurpose those leftovers following the big feast is what is key," Adair wrote.



Kate Stewart is a junior studying journalism and marketing. Kate is from Portland and loves all things friends, family and the outdoors.

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'You can choose your stars' — USU's police officer's path from struggle to success

By Jenny Carpenter
NEWS REPORTER

On Oct. 12, police officer Jesse Cardeña stood in front of a group of students, professors and counselors, preparing to tell his story — one he seldom told anyone.

Cardeña spoke at an event titled "Life of a Latinx Leader," which was held by a program that highlights influential Latinx individuals, celebrating their stories of struggle, survival and success.

The officer discussed how his poverty-filled past brought him to a prosperous present.

"My goal is to try not to cry," Cardeña said, a tissue clenched in his hands. "I can't guarantee that because I don't share my personal life very much, but I think this is a good thing to tell my story."

Cardeña began by talking about his mother, who raised him and his siblings single-handedly as an immigrant. He and his family grew up poor — living out of their family van, a mobile home with no utilities and a warehouse.

"We lived in areas of high gang violence and drugs, and the reason we lived there was because it was affordable — because it was better than living in a van," he said.

His family would often get groceries and meals from churches and faith groups, Cardeña said.

"I am so thankful and grateful for all religions out there, all faiths that are kind and compassionate, because whether it was a Christian church or a Catholic

church, a Mormon church, Jewish — they helped us," Cardeña said.

He became an officer because police also helped him. "When I was a kid, we endured a lot of things. There was abuse in the house, and there was an officer that came and took us away from that," Cardeña said. "It was the officer that really influenced me."

Cardeña said he has over 13 years of experience in law enforcement. He started in North Park, then served in the Cache County Sheriff's Office, the Mantua Police Department, and now, the USU Police Department.

He's also worked as a member of SWAT, Sheriff Emergency Response Teams for the Cache County Jail, gang units, defensive tactic teams, high risk transport units and as a court bailiff.

Cardeña said the USU Police Department's care for the community was what drew him to apply.

"It's never been about wearing a badge or having a gun. That's the big thing, that having a heart is valued here," Cardeña said.

According to USU Police Captain Kent Harris, Cardeña has been with the department for close to six months. However, Harris has known him for much longer — 20 years.

When Cardeña started attending USU, they would talk often.

"He and I have always had a great relationship," Harris said.

Then, Harris saw Cardeña's application to an opening within the USU police department.

"I was extremely excited because Jesse is the type of person that just fits what we want to do here at USU Police to a T," Harris said. "He wants (the students) to know that we're here, that the police department is here, but that we're here for service. He's very service-oriented."

According to Harris, Cardeña translated an entire freshman orientation for the Spanish-speaking students.

"The parents (of the students) talked with the organizers of that orientation and just said what a wonderful experience it was, that they were glad he was there to communicate with them," Harris said.

"He has not only a unique perspective on not only public safety, but university needs," USU Police Chief Blair Barfuss said.

Barfuss also mentioned how Cardeña's experience as a father brings a greater understanding of the students' needs.

"Jesse is the kind of guy that will literally give you the shirt off his back because he's been, at one point in his life, where he needed that," Barfuss said.

Cardeña has also made an impact on USU's Latinx Cultural Center, according to Celina Wille, the center's associate director. They met at a Cinco de Mayo community fair just after Cardeña moved to Utah.

"We went from there to look at possibilities of building bridges (with) the police department," Wille said. "We thought it would be informative for us to make this connection where students would be aware of what's going on, so as to build that trusting relationship."

Wille said she wanted Cardeña to not only get to know and identify with the Latinx student population, but also to voice public safety's mission.

"To protect, to help the population, not to intimidate and punish," she said.

Pamela Arias Allcott, the Latinx Cultural Center program coordinator, noted how students feel safer with Cardeña in the police department.

"I think the difference with him, with our Latinx community, is that he's a part of us, and that makes our students a little more comfortable to go to him. Some students said, 'He looks like us,'" Allcott said.

Even as Cardeña has influenced the police department and Latinx community, he said he frequently had support to help him get to his current success.

"I always say that I didn't do it alone. I had friends and people that took interest in me. I've been influenced by great people," Cardeña said.

One of those great people is his wife.

"I always say the biggest turning point in my life was 1998, when I met my wife," Cardeña said. He said meeting her was both a funny story and a romantic one.

While living in San Jose, California, Cardeña called to activate his phone and the voice on the other end was none other than his now wife, Sonia.

"We hit it off as friends, and this was before Myspace, this was before Facebook or Snapchat, any of that social media — none of it existed at the time. But I fell in love with her accent, with her voice," Cardeña said.

They continued talking on the phone, becoming best friends. After he asked her to marry him, she asked him to move to Utah.

"And I did. It's the best decision I've ever made," Cardeña said.

Read the rest of this story at usustatesman.com



Jenny Carpenter is a junior studying journalism, Chinese and English. In her spare time, Jenny loves writing novels, reading novels and watching Netflix.

— A02398371@usu.edu



PHOTO COURTESY OF Utah State University

USU police officer Jesse Cardeña poses with his dog.

The impact of new businesses making their way to Logan

By Tanner Thomsen
NEWS REPORTER

Several new businesses are coming to Logan, including Costco Wholesale, Raising Cane's Chicken Fingers and Black Rifle Coffee.

Costco is opening their doors on Nov. 18, Raising Cane's announced a location coming to Logan via Twitter on Oct. 22, and Black Rifle Coffee submitted a site plan at the corner of 400 N. and Main Street in September.

While many residents are excited for the new consumer options, others expressed a variety of concerns.

One major problem that was brought up in Logan is parking. The situation is particularly challenging on Main Street and surrounding areas.

However, Jessica Lucero, chair of the Logan Planning Commission, is optimistic.

"Each project we approve must demonstrate adequate parking and/or submit an alternative parking plan that will address any site-specific parking deficits," Lucero wrote in an email exchange with the Statesman.

With incoming businesses, particularly Costco, plans were already in place to deal with the increased vehicular traffic long before construction started.

But that has only increased the fear that with more growth, the already poor traffic congestion may worsen.

According to Lucero, there is no doubt that traffic will increase, but it isn't something the city is just ignoring.

"Our city is starting to branch out a little more from Main Street, and I think that's a positive direction for

traffic flow/congestion," Lucero wrote.

Another fear is the effect outside companies will have on small businesses.

USU student Elena Petersen pointed out that many non-local restaurant chains may see a hit.

"A lot of the people I do know are more willing to spend their money on the bigger businesses because of that convenience factor," Petersen said.

Petersen said she isn't sure what the exact impact will be on the smaller businesses in town, but she personally tries to support local places whenever possible.

Petersen suggested using sites like Logan Foodies to get more information about local cuisine.

Lucero said even with the arrival of outside businesses, local places can still be successful.

"More and more businesses with corporate offices headquartered outside of Cache Valley are interested in tapping into the growing consumer base here," Lucero wrote. "But local shops and businesses will continue to benefit from the loyal customer base they built in the valley."

But however loyal Logan residents may be, Petersen said the local places are getting harder and harder to find.

"The visibility of small businesses may be threatened because a lot of these places are popping up on Main," she said. "Certain places are very valuable to the student body here in Logan that have been closing. They



The Costco Wholesale will open on Nov. 18 at 1160 N. 1000 W.

PHOTO BY Claire Ott

are missed."

One of these locations is The Eastside Coffee Company, a coffee shop close to campus that recently shut down after their lease was taken over by a corporate company.

"Those institutions should be allowed to prosper in a college town," Petersen said.

But according to Lucero, the increased growth from the new outside businesses is expected to fuel economic growth.

"The growing tax base from all new businesses will help support the infrastructure and vitality of the city, contributing to upward economic trajectory," Lucero wrote.

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'POLICE BLOTTER'

RAPE RICHARDS HALL

OCT. 26 — Delayed report of a sexual assault in on-campus housing unit between known parties. Title IX and criminal investigations are ongoing and active at this time.

*If you have any more information regarding these cases, contact the USU Public Safety Department at 435 797-1939.

COUNTERFEIT TAGGART STUDENT CENTER

OCT. 31 — USU student sold their ticket to the HOWL to an individual who paid for the ticket with a \$100 fraudulent bill off campus. Due to this transaction taking place off campus, the victim was referred to Logan City PD who is now investigating this fraud/forgery. The suspect who produced the fraudulent bill has been identified. Two additional \$100 fraudulent bills were recovered from others attending the HOWL while fraudulent tickets for the HOWL were also recovered.

Please be careful and cautious when selling or buying tickets to events outside of authorized platforms or apps.

*Summaries are from
USU Police Chief Blair Barfuss

CONTROLLED SUBSTANCE AGGIE RECREATION CENTER

NOV. 2 — USUPD responded to the ARC on a Found Property call. The found property was identified by officers as a vape pen which contained marijuana/cannabis extract. Officers were able to quickly identify the owner of the lost property, and issued them a citation for Possession of Controlled Substances Marijuana/Spice in violation of UCA 58-37-8(2)(D).

*You can find these and other USU reported crimes at www.usu.edu/dps/police/daily-crime-log

Turkey troubles: Poultry costs rise in Cache County

By Carlisle Price
LIFESTYLES STAFF REPORTER

Scrolling through Instacart for the local Smith's Marketplace, it has become clear there are no turkeys being sold for less than \$12 per pound — about double the cost since last year's holiday season. This isn't just the case at Smith's; Walmart has also had to raise prices.

In the spring of this year, the Utah Department of Agriculture and Food confirmed the first diagnosis of Highly Pathogenic Avian Influenza on April 15.

The disease has spread across the United States, which has caused the cost of poultry to rise as farms have experienced high losses.

Cache County is one of nine counties in the state that have reported cases.

With a rise in turkey costs, what are Aggies planning to gobble this Thanksgiving?

Lower numbers of turkeys have caused people to reserve turkeys online from grocery stores, or straight from poultry men and turkey farmers themselves.

Others have decided to skip out on turkey entirely. Instead of dressing the table with a very large and expensive bird, traditions are changing this year.

Utah State University Student Association President Clara Alder wrote in an email her family is already a little less traditional and loves to explore new recipes together. They try something new every year instead of sticking to turkey and stuffing.

"One of my favorite years was the year that we made salmon and steak on the grill, and made vibrant side dishes," Alder wrote.

Some of her family's past dishes featured Indian homemade pasta, as well as Japanese, Thai and even Swedish dishes.

Another alternative is skipping out on the meat completely.

Kendal Witbeck, a Cache County resident, wrote via text she has a long-standing favorite way of replacing turkey with a vegan-friendly dish. It's a king oyster mushroom "turkey."

"It's pretty cool," Witbeck said. "You just shred king oyster mushrooms the way you would turkey."

She then seasons and bakes the mushrooms the same way one would prepare a traditional turkey. Her go-to recipe for this dish is featured on Wicked Kitchen, a website that posts plant-based recipes.

Another easy option is a classic ham. According to USU student Colin Martinez, it's the most underrated item on the menu.

"It prepares us for a post-turkey future and is arguably just as good, if not better," Martinez wrote. He also enjoys all dishes that include green beans.

Thanksgiving is notoriously stressful, and the added cost and limited stock of turkey won't alleviate that stress.

"To me, Thanksgiving is more than the food," Alder wrote. "It's about cherishing the people you make the meal with, and discovering new ways to give to those around you, and those who could use extra love."



Carlisle Price is proud of her extensive magazine collection which has surpassed 50 editions, all of which have been read thoroughly. She would never skip to the cover story.

— A02311769@usu.edu

Food supplies are available at local grocery stores for Thanksgiving dinner alternatives.

PHOTO ILLUSTRATION BY Paige Johnson

Clothesline Project supports survivors

By Alexis LeBaron
LIFESTYLES STAFF REPORTER

October was National Domestic Violence Awareness month. In support of survivors and first responders to those experiencing domestic violence, Utah State University held the annual Clothesline Project.

The Clothesline Project was started by a group of women in 1990 during the Vietnam War. They calculated 58,000 soldiers had been killed during the war and compared the number to the approximately 51,000 women who had been killed during the same time period in domestic violence-related encounters.

During this time, laundry was often hung in semi-public places and was a common meeting place for women in the community.

While analyzing these interactions, one of the project founders, Rachel Carey-Harper, encouraged women to paint their shirts with specific signs to indicate knowledge of domestic violence.

This development was one of the first successes in the battle against domestic violence. The first project in 1990 spread across the nation and became a common forum for victims or first responders of domestic violence to report abuse.

To this day, the majority of states hold an annual Clothesline Project to raise awareness of domestic violence and to provide resources to help survivors and first responders.

Today, approximately 33% of Utah women will experience some form of domestic violence in their lifetimes.

Over 370,000 Utah adult women have already, or will, directly experience this type of violence.

Additionally, 21.4% of Utah men experience intimate partner physical violence, and 40% of adult homicides in Utah are domestic violence-related, equating to

approximately 95 deaths every year.

The USU Inclusion Center implemented the Clothesline Project. Jane Irungu, Vice President of Diversity, Equity, and Inclusion, said the project is a way for survivors to share their stories and highlight the overlooked reality behind the statistics of domestic violence.

“Each shirt in this project was created by a victim of violence, or by someone whose loved one was a victim,” Irungu said.

“My shirt that I made for the USU project was done for my neighbor,” an anonymous project participant said. “Unfortunately, she passed away last year. It was terrible to see how domestic abuse affected her life and the lives of her children. I wish more people knew about the resources available to them about abuse, and how there are people willing and wanting to help out there. I just hope people reach out.”

In association with the USU Inclusion Center, the Utah Marriage Commission released a podcast with Jill Anderson, CEO of CAPSA, discussing strategies and techniques for survivors and first responders of domestic violence.

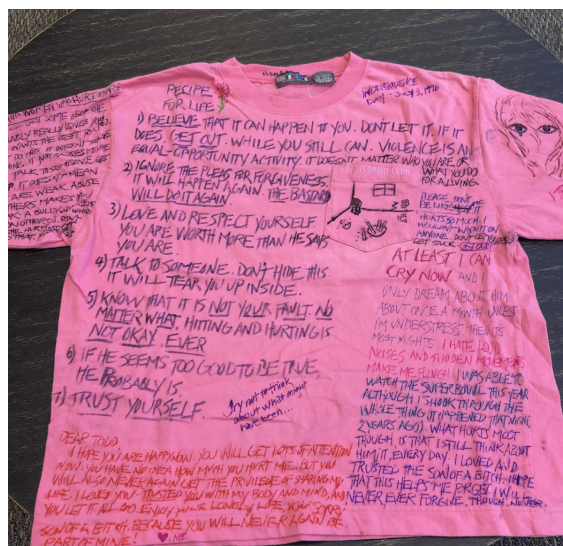
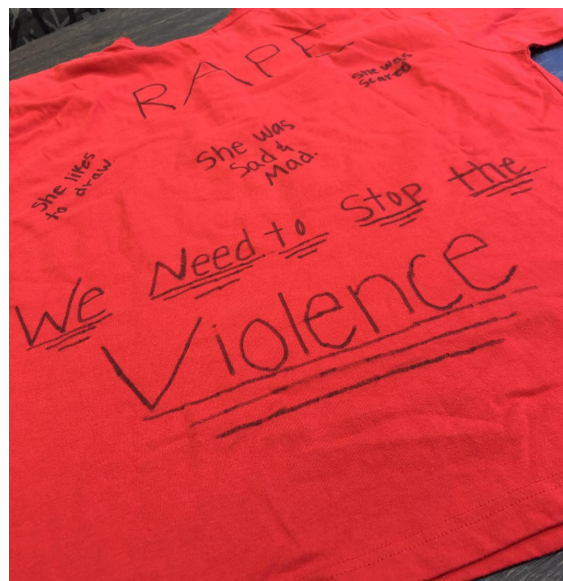
In the podcast, Jill Anderson outlined the resources available to survivors on capsa.org, showcasing CAPSA's main message: “We believe you, we can help you.”

“You are loved, valued and supported. Reach out, you are not alone,” Kiersten Wilson, CEO of the Utah Marriage Commission, said.

For those experiencing domestic violence or know of someone experiencing domestic violence, visit

CAPSA.org or contact the 24-hour support phone line at (435) 753-2500.

— alexis.lebaron@usu.edu



PHOTOS COURTESY OF USU Inclusion Center
Shirts displayed in this year's Clothesline Project on the Logan campus.



Taylor Reggie Schlieper is an undeclared Sophomore who is shooting for a Japanese Minor. He is currently the President of his fraternity and when he isn't in a meeting he's fighting the biggest monster of them all... Procrastination.



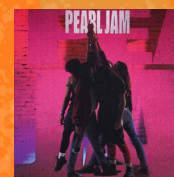
Float On
Modest Mouse



She Wolf
Shakira



Being so Normal
Peach Pit



Even Flow
Pearl Jam



Escape
Rupert Holmes

Sky Olson & the Valley: A dive into

The musicians were tinted green from the strobe lights. Energy oozed from the crowd right into their fingertips as the band jammed out their final song of the night. The ever-present sounds of applause and cheering were undertones to the final notes of the saxophone, guitars, drums and keyboard playing in perfect harmony.

Local band Sky Olson & The Valley are fresh and ready to take the Logan music scene by storm.

On Nov. 22, they will be headlining Kilby Court, a music venue in Salt Lake City. Their new single “Shattered Glass” will release on Nov. 15, a week before the show. Opening for them will be The Johns and Zenization.

For tickets or more information, go to skyolsonmusic.com. To carpool from Logan to Salt Lake for the Kilby Court show, visit the link in the band’s Instagram @skyolsonmusic.

In an interview conducted on Oct. 31, lead singer Sky Olson and guitarist Fish discussed music, their project and what they have planned next.

“If Fish says anything dumb, I reserve the right to strike it from the record,” Olson said as the interview kicked off.

Q: Who is a part of Sky Olson & The Valley?

Olson: “We got me, Fish on guitar — he just goes by Fish — Ari Calles on drums, Alex Pope on bass, Benton Wood on keys and Rudy Cord on saxophone.”

Q: Tell me about the history of the band. How did you get your start?

Olson: “Sky Olson is me. That got started when I was born. I started my music about a year and a half ago. I wrote my first song, and I didn’t have any intention of putting it out there or starting a band or anything. But I showed some people close to me, and they were like ‘This is amazing, you should submit to a contest.’ So I submitted my first song to the John Lennon Songwriting Contest, and I ended up winning that for a song called ‘Dear Katie.’ It gave me this confidence and energy to be like ‘Hm, maybe I have something that’s worth sharing or maybe I have something worth listening to.’ For a while there, it was just a solo project, but I would go to shows at WhySound and saw a band, Sorrymom, perform at the first show I ever went to. I didn’t know anyone in the music scene and went by myself. I thought, ‘Look at these guys doing it. They sound so good. I want to be like that.’”

January 2022 was the first show Olson ever played with a band.

Olson: “At that point it was the Sky Olson Trio. But I wanted to add more to it. And I thought, ‘Hm, that dude from Sorrymom, [Fish], he’s pretty rad at guitar.’ A flier

for a come-one, come-all jam session was made, a way to dip my toes into the music scene here in Logan.”

Fish: “The drummer at the time dragged along now-saxophonist, Rudy, to the session. He said he was going to a jam and Rudy was like, ‘Can I come?’ And the drummer was like ‘Yeah, I’m sure you could.’”

Olson: “Basically I want my songs to be like a sandbox for really, really good musicians to have fun and play around with it. Like the song we start every show with is ‘Oxygen,’ and we’ll play the song, but then there’s these moments where Fish will be the star for a moment, and he can riff on guitar, and then he’ll pass it to Rudy on sax, and having it be that way is really gratifying for me because I wrote the song, but then people like Fish and Rudy are taking it and putting their own stamp on it. I like to go up there and play my song and be surprised by what these guys bring to the table that day.”

Q: What genres or artists do you identify with or pull inspiration from?

Olson: “People say I sound like John Mayer. It’s like a meme at this point. People will come up to me after a show to tell me that. I was with somebody and a John Mayer song was playing, and the person I was with was like, ‘I didn’t know you had a new song out.’”

Fish: “There was a minor joke where whenever we were listening to a Sky Olson song, we would say, ‘Wow, this John Mayer song sounds awesome,’ but now it’s gotten to the point where if I hear an actual John Mayer song, I’ll think, ‘This Sky Olson song sounds so good.’”

Olson: “I would say though, songwriting-wise, lately I’ve really been appreciating — especially lyrically — Phoebe Bridgers. I wouldn’t be as conceited to say that she’s informing my music, but I definitely listen to that and think she’s doing something special and different there that I want to try and incorporate.”

Q: What is your songwriting process?

Olson: “I need to be able to have alone time with songs, and I need to be able to listen to it over and over and over again — and this is not an exaggeration. I’ll make the song and put it on repeat in my room, and walk in circles for an hour and a half and analyze every single thing. Finding the right rhythm for collaboration is super

important because if there’s not a structure or hierarchy, it’s challenging to get anything done because everyone has ideas and music is so subjective. I decided early on in the songwriting process that there can only ever be one other person in the room working with me.”

Fish: “You’ve got to have people you can trust their opinion. When you write a song and they say ‘Eh,’ it’s like, ouch, but also ‘Okay, let’s see what we can do with



Sky Olson band performing at WhySound as part of Logan City Limits in April.

it then.”

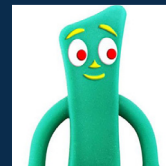
Olson: “I’ve had some projects where the respect isn’t there, the hang isn’t there, I didn’t like being around those people, and it can be very demoralizing, right? Like, at least for me, songwriting is a very vulnerable thing; I have to dig deep. And when I’m putting my song out there, it’s a part of myself, and to have anybody shit

TWEETS
of the
WEEK



@sydneyjo_smith

mantua? more like get this man AWAY from ME



@wnbagirlfriend

did you seriously just tickle my fancy

to the history of the Logan band

on that, it's — you got to have people you can trust that have your back.”

Q: Tell me more about the John Lennon Songwriting Contest. What inspired you to apply? And what was the application process like?

Olson: “So I won the Weekly Contest for ‘Dear Katie.’ Then I wrote ‘Broken Time Machine,’ and that won the John Lennon Love Song Competition, and that also

know, gotten that pat on the back pretty early on.”

Q: What does a typical practice look like? And where do you practice?

Fish: “When the band started, it was very tricky. I just remember the first rehearsal where Sky let it be as open as possible, which was awesome for the first two minutes, and then we realized we were trying to jump straight into fire, you know? There was so much going on, and it just — like any band, it just takes a minute to get that groove going with everybody and knowing how people communicate with their instruments — we all had to take a minute and read Sky as an artist.”

Olson has gradually invited people into the project, starting with three other people, then adding a fourth and eventually a fifth to create Sky Olson & The Valley.

Olson: “Every time we add more to the sound, I want to make sure we’re not stepping on each other’s toes. Fish can have his moment and Rudy can have his moment, but they can’t have their moment at the same time, because that’s not fun for anybody.”

Practices are held at WhySound, a local Logan venue.

Fish: “It’s a good, safe space for musicians here.”

Q: What are you most looking forward to as you pursue your career in music?

Olson: “I didn’t think we’d get this far.”

Fish: “I’m looking forward to playing music with people I like, and continuing to do that. If I’m in a situation where I don’t even know the person to my right’s name, that’s not what I live for when it comes to music.”

Olson: “I think for me, music is connection, and I’m getting that right now. I know some people just want to endlessly climb ladders, worrying about getting to the next big thing, or getting signed to a label, or getting this many streams, and it’s an endless ladder, you know? But what feels the best is to look at it and appreciating it for what it is. Appreciating the journey and the ride and not looking at it from a point of climbing higher.”

Q: Fish, you’ve been involved in other projects in the past. Are there changes in dynamics or differences you’ve experienced being a part of this band?

Fish: “I’m not really there when you’re [Sky] writing the song, but I feel like I’m part of a writing process. And I feel like it’s a good balance for me, personally too. In

other projects I’ve been in, it’s been more like us sitting in a room for two hours, wanting to shoot each other, trying to write a song that’s three and a half minutes, and it’s still way fun to do that, but the dynamic is way different. The hang aspect is important too. And I’ve been in projects where it hasn’t been a good hang, and it sucks to be there for an hour and a half. And it’s hard because we sound good together, but like, I don’t like half the people in this room, and they don’t like me. Would you want to spend a three-hour car ride with these people? If the answer is no, then you don’t want to be in a band with these people. Doesn’t matter how amazing you sound — if you feel like throwing a pencil at them in a three-hour car ride, you shouldn’t be in a band with them.”

Q: What has been the most difficult aspect so far? Has there ever been a moment where you thought about giving up?

Fish: “Oh my God, like every week. Every week I’m in the music program. But then I sit down with my instrument for a long time and don’t do the things I’m “supposed” to practice, and just write something. I kind of visualize a person or an artist I want to show or sound like, and I do that and it’s like, ‘Oh yeah, that’s why I play this instrument several hours a day.’”

Olson: “If you’re not experiencing impostor syndrome, then you suck. You’re not going to be good. I think every good musician has to go and listen to other musicians and think they could never do that or bring that to the table, because there’s something energizing about that, because after that you think, ‘I could maybe bring that to the table,’ or even just accepting what you bring is just as valuable as what others do. I go to some of these shows and see these musicians, and they’re just absolutely stellar, and I think to myself, ‘I’ll never be that good.’ But then I think to myself, ‘None of them have had my experiences that inspired me to write the songs that I have.’ Like that literally could have only been me to write that song, and there’s value in that.”



STATESMAN FILE PHOTO

advanced to being a finalist in the full contest. So I paid an application fee, which goes toward their nonprofit. It’s a nonprofit started by Yoko Ono back in the late nineties. They have judges that listen to every song and analyze the lyrics and melody of the artist’s music. The John Lennon Songwriting Contest — I owe them a lot. I probably wouldn’t be out here doing stuff at all if I hadn’t, you



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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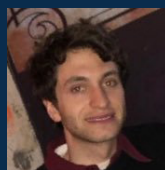
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Every day I go and spit in the great Salt Lake to help the water levels. What are you doing to help?



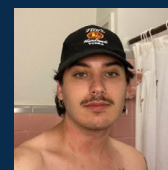
@chunkbardey

so dark outside rn what is this one million pm???



@emonormie

i can’t explain it but lin-manuel miranda and scrappy doo exude the same insidious energy



National Signing Day roundup

By Jake Ellis
SPORTS EDITOR

Utah State teams signed 24 new student-athletes on National Signing Day on Nov. 9. Here's a breakdown of the future Aggies.

Gymnastics

USU Gymnastics signed six future Aggies. Head coach Kristin White said her team has "hit the ground running" to create the 14th-best signing class in the country, according to College Gym News Ratings and a USU Athletics press release.

The new signees are Alexis Boone from Waxhaw, North Carolina; Sydney Jelen from Carpentersville, Illinois; Nyla Morabito from Welland, Ontario; Riley Sorrell from Holly Springs, North Carolina; Isabella Vater from Las Vegas, Nevada; and Mya Witte from Greenacres, Florida.

"Lexi, Sydney, Nyla, Riley, Mya and Isabella are going to become one of the most historic signing classes in our school's history," White said in a press release. "We have leaders, motivators and determined young ladies joining Utah State, and our fans are going to really enjoy watching them all on the competition floor."

Men's Basketball

Head coach Ryan Odom announced three signees for his 2023-24 signing class. Odom is confident all three will be "crowd favorites in the Spectrum."

"All three are tremendous young men who fit in perfectly with our program and culture," Odom said in a press release. "They each hit it off instantly with our players and staff, and I know we are all excited that they made the decision to be Aggies."

The Aggies will add size with the near seven-footer forward Kalifa Sakho from Rouen, France.

"Kalifa is a high-level athlete who is a terrific shot blocker and rim protector," Odom said in a press release. "He runs the floor well and can finish inside. He will be an elite defensive presence for us."

The next commit is forward Karson Templin from Lucas, Texas. Odom called Templin "an explosive forward with a high motor."

"He is a tremendous rebounder with a nose for the ball and is a skilled and physical offensive player," Odom said in a press release. "He will stretch the floor for us. Karson fits our program perfectly on and off the court."

Guard Garrison Phelps from Phoenix rounds out Odom's recruiting class.

"Garrison is an explosive wing with a lot of potential," Odom said in a press release. "He will fit in well with our style offensively and will be able to stretch the defense. He is also a tough defender. As the son of a coach, he grew up around basketball and has a great feel for the game."

Soccer

Head coach Manny Martins continued his trend of recruiting Utahns as six of ten commits are from the Beehive State: Summer Diamond from Uintah, Gracie East from South Ogden, Brooklyn Smith from South Jordan, Abby Schofield from West Point, and Solena Sellers and Presely Ray from Highland.

Kasie Vigil from Gilbert, Arizona; Kate Christian from Kennecott, Washington; Shay Kercher-Pratt from Broomfield, Colorado; and Kayla Sato from Mililani, Hawaii round out the rest of the future Aggies.

Another trend in the 2023 signing class was an emphasis on offense. Seven of the 10 athletes are forwards. Schofield may be one of the most impressive of the forwards—she totaled 40 goals and 40 assists in 47 games during her career at Syracuse High School.

"Abby is a very fast and skillful attacker that can threaten opposing back lines with her speed and her ability to break lines on the dribble," Martins said in a press release. "Abby's ability to score as well as create for others makes her a threat in any attacking position."

Diamond is another signee to watch, with 27 goals and 18 assists during her career at Bonneville High School.

"Summer is a very talented and intelligent midfielder with a knack for making those around her better," Martins said in a press release. "Her passing, dribbling and finishing ability, coupled with her industriousness, make her impactful in every phase of the game."

East, a fellow Bonneville Laker, will "immediately add depth" to the Aggies' center backs, according to Martins.

"Her individual defending, aerial presence and passing range will be welcomed assets to our back line," Martins said.

Softball

Head coach Steve Johnson inked three Californians in this signing class for USU Softball.

"This class is small, but it's a strong one as it meets all

of our needs at various positions," Johnson said in a press release. "All three signees have tremendous character that fits well into our culture, care about their academics and are versatile athletes who can play multiple positions."

Johnson added all three have known each other for many years and played together at various times.

Middle infielder Emerson Meggers from Vacaville, California headlines the class. Last season, Meggers smacked a .727 batting average and four home runs for Vacaville Christian High School.

"Emerson is a very athletic middle infielder," Johnson said in a press release. "Offensively, she's a left-handed bat who can hit for average and power. As someone who's still growing and developing, her ceiling to continue improving as an athlete is extremely high."

Catcher Zereniti Sousa from Wheatland, California, "is one of the best catchers in the west," Johnson said.

"Her ability to get low and then receive and frame pitches is going to make her a pitcher favorite as she gets strikes for them," Johnson said. "At the plate, she's a true ballplayer as she hits for average with a power potential and runs well on the bases."

Johnson's class is rounded out with outfielder Tatum Silva from Rescue, California "who will be a fan favorite with her infectious attitude and constant smile," according to Johnson.

"In the outfield, she can play all three positions and has both great range, to track down fly balls, and a strong arm, to throw out runners," Johnson said in a press release. "Hitting from the left side, Tatum is a true table setter. As a slapper, she has the ability to frustrate defenses by slapping or bunting her way on and then stealing a base or two."

Women's Basketball

Head coach Kayla Ard welcomed forward Gracie Johnson from Nyssa, Oregon and guard Ali Wetta from Castle Rock, Colorado.

Jake Ellis is a senior studying journalism. When he's not covering the Aggies, Jake likes to listen to "Bodak Yellow" and is secretly a Yung Gravy fanatic.

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Womxn & Weights: The gym is for everyone



PHOTO BY Heidi Bingham

A USU student lifts weights at the Womxn & Weights class on Oct. 19.

By Caitlin Keith
LIFESTYLES REPORTER

Womxn & Weights is an introductory weightlifting class hosted by Campus Recreation. The class is held once a month in the Aggie Recreation Center for all female-identifying people. It aims to help women feel more comfortable in the gym and especially in the weight room.

The class started last fall in an effort by Campus Rec to help more people feel included and welcome in the ARC.

Haley Manus, the graduate assistant for Fitness and Wellness at Campus Rec, mentioned her thoughts on the purpose of the Womxn & Weights.

“We got a lot of feedback from students that they were interested in learning how to lift but also that a lot of women didn’t feel comfortable coming into the recreation center, specifically the weight room,” Manus said. “And our goal was to try and shift that and to try and make everyone more comfortable coming into the gym.”

Different lifts are chosen each month to be the focus of the class. During the October class, the focus was on deadlifts, and in September, it was squats.

Womxn & Weights is held in the Multi-Activity Court and weight room on the first floor of the ARC. Both rooms are closed off to the public during the class.

The October session began with a warmup and a 30-minute demonstration of the lifts they would learn that night.

The group then split up into groups, each led by one of the Campus Rec trainers. Groups spent 15 minutes with each trainer and rotated to the next one to work on a different lift.

“It’s really designed so that you can get the most out of each session you’re going to, learning about

three different lifts at each one,” Manus said.

The three different rotations for the October session were deadlifts and hip thrusts done in the weight room and an arm workout routine led in the MAC.

After the rotations, everyone returned to the MAC where they did a 15-minute core workout.

After the core workout ended, the attendees were given 30 minutes of open gym to explore the ARC, practice what they learned and ask questions.

Those who attend receive one-on-one attention and advice on how to improve. They are also in an environment where they can feel comfortable to try new things

and ask questions.

About 15 people attended the class in October.

USU student Glee McKnight said, “I thought it seemed like a really great environment to learn how to do weightlifting as a beginner, and just do it with a bunch of women, which seemed super empowering.”

Taylor Davis, the coordinator of Fitness and Wellness for Campus Rec, is in charge of running the Womxn & Weights class. She attended a women and weights class when she was in college and has a goal to grow this program.

“My goal is eventually to do it more than once a month, and eventually to do it at least twice a week, every other week,” Davis said.

Womxn & Weights is one of the programs Campus Rec has to help specific groups of people to be included.

There is a Womxn Climb Night every Tuesday at the climbing wall in the ARC, run by the Outdoor Programs department. Campus Rec’s nutrition department also holds Male Body Image sessions.

“I feel like I learned the basics of weightlifting and that was really helpful to just get all the forms down,” McKnight said. “All the trainers were so kind and patient and willing to help you learn and become better.”



Caitlin Keith comes from Utah and is currently a junior studying journalism. Other than writing, she enjoys watching and ranting about TV shows, speaking German and eating snacks.

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This Week in Aggie Athletics

Basketball



Men’s

Nov. 14: vs. Santa Clara
7 p.m., Dee Glen Smith Spectrum
Nov. 17: @ San Diego
8 p.m., San Diego
Nov. 22: vs. Oral Roberts
7 p.m., Dee Glen Smith Spectrum

Women’s

Nov. 15: @ Utah Tech
7 p.m., St. George
Nov. 19: @ Arkansas State
2 p.m., Jonesboro, Arkansas
Nov. 23: vs. Ball State
2 p.m., Dee Glen Smith Spectrum
Nov. 26: @ USC
2 p.m., Los Angeles

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on Aggie Radio 92.3 FM.

Volleyball



Nov. 17: @ New Mexico
6:30 p.m., Albuquerque, New Mexico
Nov. 19: @ Air Force
1 p.m., Colorado Springs, Colorado
Nov. 23-25: Mountain West Championships
Fort Collins, Colorado

Football



Nov. 19: vs. San Jose State
7:45 p.m., Maverik Stadium
Nov. 25: @ Boise State
Boise, Idaho

Listen live to all USU Football
on Aggie Radio 92.3 FM.



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Thomas: There's nothing like being an Aggie

Tension grew in the Spectrum during the first men's basketball game of the season as the clock ticked down and the points on the scoreboard went up. I heard snippets of conversation around me:

"75 points, right?"

"Are they still doing the free ice cream thing?"

"I want ice cream!"

Minutes later, confirming our speculation, a white banner appeared on the big-screen.

"2 points from free ice cream!"

The volume level in the Spectrum amplified. It seemed as though everyone was on their feet. I covered my ears, smiling at the pandemonium. Finally, the two points necessary to win free custard from Culver's were scored and every student was on their feet, dancing, jumping, and yelling with excitement. I looked around the Spectrum at the chaos and laughed as I saw many students sprinting up the steps, even with 30 seconds still left on the clock, undoubtedly trying to beat the inevitable crowd that would gather at Culver's after the game.

To my surprise, my normally die-hard friends who always stay until the end of the game grabbed me on their way out of the aisle and yelled, "We gotta go to Culver's!"

As we made our way out of the stadium, we sang along loudly to the enthusiastic pep band's rendition of "Hail, Utah Aggies", signifying that we had won the game, and relished in the moment.

Spectrum Magic was back.

My innocent obsession with Utah State men's basketball began when I was in high school when I attended two college basketball games: one at Brigham Young University, and one at Utah State.

The BYU game came first: my friends and I went and were amazed by the large stadium, the nearly sold-out crowd, and the halftime show: a live performance of the song "Rolex" by the band Ayo & Teo, accompanied by the Cougarettes and the school mascot, Cosmo the Cougar.

Later that season, a friend and I joined the Utah State pep band in a high school recruiting event where we got to play our instruments during a game. The halftime show at the Utah State game? A local jump rope team.

Further research has shown me that the jump rope team has also performed at BYU, but the experience stayed with me. BYU may have been glamorous with their glitzy halftime show and expensive stadium, but the smaller (and louder) Spectrum with its yellow and orange seats, rambunctious student section, and fun halftime show had character, and I wanted to be a part of it.

As a freshman in the 2018-2019 season, I went to nearly every home game, even if I had to go by myself. My favorite player, of course, was Sam Merrill, and I felt like I was his number one fan. The last home game of the season was against Nevada and was completely sold out, in fact, there were more people at the game than seats available in the stadium. The students stormed the court after the game, and the feeling of camaraderie and happiness was so strong it was almost tangible.

While I was on my mission for the Church of Jesus Christ of Latter-day Saints, my dad called me one day and was so excited he almost couldn't explain what was happening. On March 7, 2020, Merrill had scored a buzzer-beating 3 pointer that made Utah State the Mountain West Champions and secured their place in the NCAA tournament (which ended up being canceled shortly thereafter.) The Salt Lake Tribune said of the moment, "It was the shot heard 'round Logan. Quite probably the greatest shot in Utah



SUBMITTED PHOTO

State basketball history." My dad played the audio of the game for me over the phone, and we celebrated together.

I think of the many other experiences I've had at games: Yelling "Bean!" with the rest of the audience to celebrate shots made by Justin Bean, cheering for Brock Miller as he helped clean up some blood on the court, teasing the opposing teams with clever chants led by the front row of the student section, and laughing at the kiss cam, dance cam, and my friends trying to get on the big-screen.

Utah State men's basketball has been an integral part of my college career. Although some seasons have turned out better than others, the experience of being in the Spectrum has increased my school pride and love of the student body.

There's nothing like being an Aggie.

Reagan Thomas is a junior studying political science and journalism at Utah State. She enjoys going to sporting events, hanging out with her friends and catching up on current events.

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By Joseph F Myers
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7	2	4	8	5	3	1	6	9
3	1	6	7	9	2	4	5	8
5	9	8	4	6	1	7	2	3
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2	3	7	9	8	6	5	4	1
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