

UTAH STATE

SPRING 2024

From Panic to Peace

Chari Hawkins'
Olympic Dream
Nears Reality



MEET
THE CHALLENGE

Cultivating A Brighter Future



Photo by Levi Sim.

The topic of mental health and well-being is truly multifaceted, and it's more crucial than ever to shed light on it positively. We're living in a dynamic era where it's understandable to feel anxious amidst the various challenges we encounter daily. Yet, amidst these challenges, there's an opportunity for growth and resilience.

On college campuses, where the vibrancy of student life intersects with the pressures of academia, we've seen a rise in mental health concerns by nearly 50% in the past decade. However, this is

not a struggle exclusive to students — it affects our entire community, including faculty, staff, and alumni. At Utah State, we're dedicated to utilizing all available resources to empower our Aggie Family and beyond to embrace resilience and take charge of their own paths to happiness and wellness.

Despite the complexities of the world around us, it's essential to consciously cultivate moments of joy and gratitude daily. Even the smallest acts of reflection can have profound positive effects on our mental wellbeing. Through the

experiences, resources, and insights shared within these pages, we aim to foster resilience and showcase the remarkable efforts being made by the Utah State University community to tackle mental health challenges head-on. Together, we can navigate these complexities and create a brighter, healthier future for all.

Sincerely,
Elizabeth Cantwell
President, Utah State University

Do you miss Utah State? We miss you!

We're collecting fun facts and updates on our Aggies and we want to hear from you!

We have so much to share — whether you're hoping to network with fellow alumni, you'd like to get an invitation to an alumni chapter event, or you're just wondering what's new at your alma mater, we'll keep you in the know.

Scan the QR code to update your info.
usu.edu/alumni/update

Advancement
UtahStateUniversity

Help Our Community Thrive



From individual counseling and group therapy sessions, to crisis intervention support, Utah State University offers a range of mental health services tailored to the diverse needs of students, faculty, staff, and members of our surrounding communities.

A contribution to one of USU's mental health support funds directly impacts the well-being of our community, creating a supportive environment where everyone can readily access essential resources to navigate life's challenges and thrive.



Create Your Aggie Impact by supporting USU mental health services today at give.usu.edu/mentalhealth. Scan QR code to learn more.

Advancement
UtahStateUniversity



Tim Olsen graduated from USU in 2009 with a bachelor's in print journalism before earning a master's degree in magazine, newspaper, and online journalism from the S.I. Newhouse School of Public Communications at Syracuse University in 2011. He's worked at Utah State University since 2014, picking up an M.B.A. from the Jon M. Huntsman School of Business. He's pictured here with his grandfather, Hyrum Olsen, and his son, T.J. *Photo by Levi Sim.*

You Are Not Alone

It's been 21 years since I graduated high school (shout out Sky View Bobcats!), and during my senior year I discovered I had a herniated disc in my lower back at my L5S1 vertebrae. There was no single moment I know of where the injury happened, but as I geared up for my senior year of track, persistent pain through my sciatic nerve and down my right leg led me to get an MRI and ultimately discover the injury.

Following the diagnosis, I embarked on a rehab journey that included a lot of physical therapy and multiple epidural injections into my spine. Unfortunately, I couldn't compete in track that spring as I recovered — a disappointment since we were returning the majority of our 4x100 meter relay team that had taken seventh in state the year prior. However, I was able to more or less return to normal activity without major pain or issues.

After high school, I planned on serving a mission for The Church of Jesus Christ of Latter-day Saints and spent nearly all of the nine weeks of language training required for that mission in Provo at the Missionary Training Center, but the herniated disc flared up and instead of traveling to Germany with the group I'd been training with, I returned home to take care of my back.

I had more epidural injections, visited with specialists, and eventually had surgery — a microdiscectomy — in January of 2004. Weeks of therapy followed, and as I recovered, I began my undergraduate studies at Utah State. Fast forward to today, and it literally took me writing this to realize I've now been dealing with my injured back longer than I enjoyed a healthy one.

I tell you all this, because as we have been building this “Mental Health” issue of the magazine, it really hit me how much of my time and energy behind the scenes, is spent just “dealing” with my back pain every day. I've always thought of my back as strictly a physical ailment rather than something I also have to deal with mentally, but working on this project has really hammered home for me personally how incorrect that is.

Whether you're dealing with chronic pain, anxiety, depression, the loss of a loved one, or something else, you are not alone.

Timothy R. Olsen '09, '18 M.B.A.
Editor, *Utah State Magazine*



Illustration by
Elizabeth Lord '04.

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From Panic to Peace: Chari Hawkins' Olympic Dream Nears Reality

How the former Aggie All-American addressed years of panic attacks, embraced her true self, and put herself in position to achieve her dreams one step — or bite — at a time.

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Despite dealing with myriad injuries and ailments, nothing could derail Marneen Fields from the high-flying heights she was bound to reach.



Watch for these QR symbols throughout the magazine to view web extras such as videos, conversations, and survey data.

On the Cover: Former Utah State Track & Field athlete Chari Hawkins recently represented the United States at the World Athletic Outdoor Championships in Hungary and the World Athletic Indoor Championships in Scotland, and now has her sights set on the Paris Olympics this summer. *Photo by Levi Sim.*

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Center of Attention: USU's Sorenson Center for Clinical Excellence is a Resource for the Entire State

With its integration of research, academic, and clinical services, the Sorenson Center is not just a training facility, but a community-facing entity offering services throughout the state.

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Where is This?



Photo by Levi Sim.

First right answer wins Aggie gear.
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SPECTRUM MAGIC

The Utah State University men's basketball 2023–24 season was one of the most improbable in all of college basketball. Not only were the Aggies breaking in a new coach, but the team didn't return a single player that scored a point during the previous season and welcomed 13 new players total.

Picked in the preseason to finish ninth in the Mountain West, the Aggies instead finished first with a league-best 14–4 record to secure USU's first-ever outright regular season championship in the conference. At one point, Utah State even boasted the nation's longest winning streak, reeling off 15 consecutive victories.

The Aggies clinched the league crown on March 10 in thrilling fashion, as senior guard Darius Brown II buried a contested 3-pointer as the shot clock expired — and only 4 seconds remained in the game — to break a tie with the New Mexico Lobos and propel USU to an 87–85 victory. Following the win, Utah State's famous 3,600-member student section, the HURD, stormed the court to celebrate the victory.

The Aggies had claimed a share of the regular season Mountain West championship in 2019, as well as back-to-back MW Tournament Championships in 2019 and '20, but this was their first outright conference regular season title since USU was a member of the Western Athletic Conference, winning four consecutive regular season titles from 2008–11 under legendary coach Stew Morrill.

Though USU fell in the semifinals of the Mountain West tournament, the magical season continued as Utah State earned its first NCAA tournament victory in 23 years with a resounding victory, 88–72, over TCU in the first round before falling to eventual national runner-up, Purdue, in the second round of the tournament. **A**

The Utah State men's basketball team celebrates winning the outright Mountain West regular season championship for the first time in program history. *Photo courtesy of Utah State University Athletics.*



FOREVER HOME: USU NAMES COURT AFTER STEW MORRILL

By Jeff Hunter '96



Standing on an Aggie blue carpet, surrounded by dozens of championship trophies, awards, and basketball nets his teams cut down during his 17 years as the head coach at Utah State, Stew Morrill's eyes suddenly locked in on a particular part of the floor of the Dee Glen Smith Spectrum about 15 feet away.

"I spent a lot of time over in that spot," Morrill said, gesturing towards the coach's box area of the Spectrum sideline.

"A lot of time" would be an understatement.

While it's impossible to calculate exactly how much time the winningest coach in USU history spent on or near the Aggies' bench, considering that he coached 280 games at the Spectrum during his tenure, that adds up to well over 11,000 minutes. Throw in countless hours of practice time, and it's hard to argue anyone has spent more time than him on the floor of the Spectrum.

And now his name is literally on it.

During the weekend of Feb. 9–10, the USU Athletic Department hosted Morrill, his wife, Vicki, and the couple's four children — along with their families — as the university officially designated the basketball floor at the Spectrum as Stew Morrill Court.

Utah State's winningest men's basketball coach, Morrill made the honor all but inevitable after guiding the Aggies to 402 total victories between being hired on Aug. 7, 1998, and his retirement at the end of the 2014–15 season. But it still took a substantial fundraising effort by deputy athletic director Jerry Bovee to make it a reality. Backed by longtime USU boosters Jim and Carol Laub — along with other donors — Bovee kicked off the effort last spring while serving as interim athletic director. The campaign brought in well over \$2 million to help fund the project and aid the Aggie basketball program.

"It's really an honor to be involved with this, and really I'd like to thank Jerry



Bovee because it was his vision, and he really completed the task," USU athletic director Diana Sabau said.

Morrill's big weekend began with a private unveiling for him and his family at the Spectrum on Feb. 9. After coming down the Aggies' tunnel, he was greeted by four tables' worth of hardware from his coaching tenure at USU. The 71-year-old Provo native then stood off to the side as two of his grandchildren pulled back a cloth covering his signature in blue, which now sits at midcourt just below the U-State logo.

"It's like nothing I've ever felt before," Morrill said with a grin. "When I'm long gone and my grandkids turn on the TV and Utah State's playing, unless they sand that thing off, they'll be able to see their grandpa and it's his name on the court, and that's pretty dang special."

On Feb. 10, Morrill reconnected with many of his former players during lunch at the West Stadium Center. He was then honored in front of a sellout crowd at the Spectrum that night during halftime of the Aggies' game against Boise State, a contest which, thanks to Tim Duryea and Larry Eustachy's inclusion on the BSU coaching staff, also led to a brief gathering of seven total Aggie coaches: Danny Sprinkle (2023–24), Duryea (2016–18), Eustachy (1994–98), Kohn Smith (1989–93), Rod Tueller (1980–88), Dutch Belnap (1974–79), and, of course, Morrill.

Flanked by his family while more than 60 former Aggies lined up along the sideline, the winningest coach in USU history took the microphone and thanked the older USU fans "for remembering me" and the student section "for pretending to remember me."

The driving force behind seven conference titles, six postseason championships and USU's 2001 NCAA Tournament victory then thanked his family, former players and assistant coaches, and the current USU administration before sharing the details of a recent "dream" with the crowd.



During his 17 seasons as head coach, Stew Morrill's teams won multiple regular season and conference tournament championships. The winningest coach in USU history with 402 victories was recently recognized as the university named the court at the Dee Glen Smith Spectrum in his honor.

Photos by Jeff Hunter.

"I was walking on campus, and this guy says, 'Is that the old Aggie coach?'" he recalled. "And the other guy says, 'No, he's dead.'"

As the crowd erupted in laughter, Morrill proclaimed: "Well, I am still alive. And I am still an Aggie." **A**

EDITOR'S NOTE: This article discusses suicide and may be distressing for some readers. If you or someone you know is impacted by these issues or is considering suicide, a list of resources is available by contacting the 988 Suicide & Crisis Lifeline by calling or texting 988 or visiting www.988lifeline.org.

THE DEEPEST GRIEF

Blake Anderson Seeks to Help Others in Need Following Another Tragic Loss

By Jeff Hunter '96

It's a bluebird day in Cache Valley. One of those winter days beloved by skiers and snowboarders when the skies are blue and clear, and the sun is shining brightly the morning after a snowstorm.

And inside of Blake Anderson's office on the east side of the Jim and Carol Laub Athletics Complex, Utah State's head football coach realizes that on this day the glare coming through the large window behind his desk might be a little too much to handle due to the pristine blanket of snow covering Merlin Olsen Field at Maverik Stadium.

"Sometimes when the sun's out, and it's glaring off the snow, it gets too bright in here," Anderson notes as he pulls the blinds partially closed.

"But I love looking out at the field when it's just untouched snow that no one has walked on yet."

And like that unblemished field of white outside his window, Anderson also viewed coming to Cache Valley as a blank canvas when he was hired in December 2020. He was hoping for a fresh start personally and professionally following

a painful period when he lost his wife, Wendy, to breast cancer in August 2019, and his father, Scotty Anderson, nine months later.

Previously the head coach at Arkansas State, Anderson guided the Red Wolves to one of their biggest wins ever, a 35–31 victory at Kansas State in September 2020. But soon after, COVID-19 hit the team hard, forcing the program to cancel its ensuing two games. Anderson also caught the virus, losing nearly 20 pounds before finally fighting it off as Arkansas State wrapped up a disappointing 4–7 season.

Despite those struggles, former USU athletic director John Hartwell liked what he saw in Anderson, who won 51 games in seven seasons in Jonesboro, and hired the Texas native as the Aggies' next head coach. And somehow, during recruiting and getting ready for spring practices, Anderson also found the time to marry Brittany King, a woman he met at his church in Arkansas. At the time of their meeting, Brittany was mourning the loss of her mother, Mary DeClerk, who, at the age of 62, had died just 12 days after Wendy.

Anderson, who has three children — Coleton, Callie, and Cason — from his 27-year marriage to Wendy, also ended up adopting Brittany's young daughters, Collins and Ellison, after the couple was married in Brittany's hometown of Pochontas, Arkansas.

"I think it's been really good for me," Anderson said during an interview in June 2021. "It's been great, personally. The change of pace that I was hoping it would be. I still have bad days like anybody, but

it's about starting to create new memories, and just starting to create good, positive thoughts and relationships. That's really what I was looking for."

Anderson's new beginning in Logan also paid off professionally during the 2021 season, when the Aggies won at Washington State in their season opener and kept on rolling. Picked to finish fifth in the Mountain Division, Utah State won its side of the Mountain West, defeated No. 19 San Diego State in the conference championship,

and upended Oregon State, 24–13, in the Jimmy Kimmel LA Bowl on its way to an 11–3 season.

"I remember telling somebody I kind of felt like I'd gotten to a point where I could kind of take a deep breath," Anderson says. "We had been through a lot in the cancer journey with Wendy and losing my dad the way I did, and then Brittany dealing with the grief of losing her mom. And just the fact that we met at all and ended up falling in love and the fresh start here was real, man.

Following his wife's death after an arduous battle with cancer, Blake Anderson left Jonesboro, Arkansas, for a fresh start in Logan. In his inaugural season he led Utah State to its first Mountain West Conference championship and found happiness off the field as well, getting married. However, a little more than a year into his tenure, it all came crashing down again with the death of his son, Cason. *Photo by Jeff Hunter.*



“I felt different here. It was a fresh start and a breath of fresh air for me, and I think for her and the girls, too. And you can’t write a script any better than to go win a championship the first year.”

Anderson then adds quietly: “But all that came crashing down.”

Just as it appeared Anderson’s “fresh start” was even better in reality than he could have envisioned, that untouched snow was trod upon one late February day. The sun disappeared once again, its warmth and light cruelly replaced by the return of an agonizing darkness.

Shock Beyond Words

By all accounts, 2021 was a pretty good year for the Anderson family. And to celebrate, Blake went back to Texas to spend New Year’s Eve with his mother, Donna, his brother, Bryan — who died on April 20, 2024 after a battle with Stage 4 colon cancer — and the rest of his family at a river house near Austin. Cason, who was working as a welder for Bryan’s business in Texas, was unable to make the trip to Los Angeles for the bowl game, so Anderson was excited to spend time with his youngest son, as well as the rest of his family.

“We had a few great days and hung out and laughed and cut up. We fished and floated and everything else,” Anderson recalls. “And Cason was Cason. He was laughing and smiling.”

“... Life was normal. He was normal.”

During the first couple months of 2022, Anderson was busy reshaping his team and getting the Aggies ready for spring ball, while he and Brittany also geared up to move their family to a newly built home in Cache Valley.

“The 2021 season felt like maybe a little bit of hope for us after grieving so heavily for my mom and Wendy and Blake’s dad,” Brittany says. “Things seemed to be going in a better direction for us since we had left Arkansas, and we felt like we could maybe embrace that and be happy about it.”

After going away to Park City for a celebratory weekend in late February with the rest of the USU coaching staff, the Andersons returned home to find out they had an offer to attend the Academy of Country Music Awards if they could make it. And on the morning of Monday, Feb. 28, the couple had been on the phone with each other trying to decide if they could logistically make the trip to Las Vegas work or not.

“I said I would call a babysitter, but then he called me back a few minutes later,” Brittany says. “I was expecting him to call me about if we were going to go or

not, but then he didn’t say anything ... and I knew it was bad.

“It was like whiplash. We went from one of the best weekends of celebrating to the deepest grief that we’d ever experienced and just shock beyond words, all within 24 hours.”

“It still doesn’t feel real, to be honest,” Brittany adds softly.

What Anderson was unable to say over the phone was that Cason had been found dead in his apartment.

Bryan Anderson became concerned when his always reliable nephew didn’t show up for work and wouldn’t respond

to texts or phone calls, prompting him to request a welfare check by the local sheriff’s office. Deputies discovered Cason’s truck out front, but when he didn’t answer the door, they requested permission to break into the apartment.

Twenty minutes later, Bryan called Anderson with the devastating news that Cason had taken his own life at the age of 21.

“I talked to him on that Thursday, and Cason was laughing and cutting up and being his typical, smartass, sarcastic self,” Anderson says quietly. “And I texted with him on Friday.”

“Then we lost him that weekend sometime after late Friday night.”

Mental Health Matters

Losing Wendy at the age of 49 came incrementally. It was two years from the time she was diagnosed with breast cancer until her passing became following a valiant fight.

Losing Cason was very different. It was terrifyingly abrupt and unimaginable.

“Cancer is a really, really tough battle to watch, and so just the thought of losing a child or a sibling to suicide in your mind is really not fair,” Anderson says.

Anderson says neither he nor his children saw any signs of Cason’s mental struggles, but that his son had “demons

I could not see.” Somewhere beneath his quick wit and happy demeanor around his family and friends was something that Cason tragically viewed as too much to overcome.

“Blake came home that day, and I didn’t say much because I didn’t even know what to say other than, ‘Have you ever known a family that has endured this much this quick?’” Brittany remembers. “We kind of just sat there and cried until it was time to have to get up and do something.”

“It felt almost like a movie because only in movies do you see ridiculous storylines like that. Some good things and some bad things, all within three years.”

Following Cason’s funeral in Anderson’s hometown of Hubbard, Texas, Blake and Brittany drove Cason’s truck back to Utah. Brittany says that difficult trip ended up being somewhat therapeutic as they had time to discuss how to navigate the impact of another tragedy. It was also spring break at USU when they returned to Cache Valley, which meant things were a little quieter when Anderson got back on campus and the couple turned much of their focus towards moving into their new home in Hyde Park.

Over the next few months, Anderson didn’t talk much about Cason’s death publicly. But that changed in late September 2022 when he released a video through USU Athletics telling Cason’s story as a part of Suicide Awareness Prevention Month.

“Coming back from Texas, we talked about trying to do something good, something that could help other people,” Brittany explains. “But we weren’t sure of the outlet, and he felt he needed to be in the right mindset and have clarity to speak out in a way that would honor Cason and be impactful. It was so hard for him to find the words, but I think the timing was good.”

In Anderson’s video, he stated that Cason “never let on” what he was dealing with and implored others with suicidal thoughts to seek help.

“If you are hurting, if you are dealing with dark thoughts, if you are depressed, if you are dealing with grief so heavy that you don’t know what to do with it, please reach out,” Anderson stated. “There are people around you that want to help you. There are people that God has put in your life that want to carry your burden. They would much rather carry your burden than carry your coffin.”

“Mental health matters,” he continued. “I encourage you, if you or someone you know is hurting, step up, speak out and do everything you can to help them find the resources they need. Staying silent is too costly. I pray that those that are listening — if you’re hurting — that you won’t wait.”

The video was incredibly powerful, and its impact was felt right away, including inside the Aggie football program. Thanks to Anderson being open about an extremely painful subject, some

“I needed to find purpose in the pain.
And show people also that if you’re
struggling, it is OK to be broken.
It is OK to ask for help.” — Blake Anderson



Despite the pain and grief the Andersons have endured, there is also joy and excitement for the future as Blake and Brittany are expecting a baby boy this summer. *Photo courtesy of the Anderson family.*

of his own players ended up reaching out to him and others for help with their own mental health challenges.

“People that are hurting need to know they’re not alone,” Anderson says. “And it’s OK to reach out and ask for help because there are so many good resources here in the valley. ... We all just need to be willing to speak up, and the rest of us, if we’re having a good day, we can’t just assume everyone else is. We need to be willing to keep our eyes open and be available.”

A year following the release of the Utah State-produced video, a short segment featuring Anderson was shown on ESPN’s College GameDay program during the 2023 football season. Titled “Finding Purpose in the Pain,” the seven-minute segment revealed Anderson’s heartbreaking story to an even larger audience. Now six months later, Anderson says he still has people reach out to him through letters, emails, or social media.

“Since that came out, players have probably been more open with me than ever before about what’s going on with them,” Anderson says. “And it’s not uncommon for me to get an email or have a letter on my desk from someone telling me about something they’re struggling with, or they’re thanking me for sharing because it came at a good time to make a difference in their lives.”

The very moving ESPN piece by reporter Jen Lada ends with Anderson sharing how he’ll often stand on the porch of his new home and visit with his late son while looking out over Cache Valley.

“I can sit up there and just talk to Cason. Tell him I love him. I tell him I miss him. And I tell him I’m sorry.

“I needed to find purpose in the pain. And show people also that if you’re struggling, it is OK to be broken. It is OK to ask for help. And it’s avoidable.



It’s possible to stop it before it gets to that point, and we’ve got to do everything we can to keep it from happening.”

Joy Comes with the Morning

The Utah State Athletic Department announced in September 2022 the establishment of a special fund in memory of Cason. The Robert Cason Anderson Mental Health and Wellness Fund was created to, “provide enhancements to the USU Athletic Department’s mental health and wellness resources,” the fund’s website states.

“Through these enhancements, Utah State will provide increased

mental health and wellness counseling services, educational opportunities, training and programming for student-athletes, coaches, and support staff. Continuing to develop USU’s mental health and wellness program through the Robert Cason Anderson Fund will help increase awareness and tackle the stigma surrounding mental health challenges, while offering greater support to Aggie student-athletes.”

As Brittany points out in the ESPN segment, with Anderson’s position as head coach of the Aggies, he interacts with more than 100 student-athletes on a daily basis who are similar in age to his late son — “they’re walking, talking Casons” — and who are also statistically one of the most vulnerable demographics for suicide.

That means Anderson is looking at his players just a bit differently as he prepares for his fourth season at the helm of the USU football program.

“I just keep reminding myself and my staff that we have to be available, we’ve got to be open,” Anderson says. “And we’ve got to be willing to stop football and do life, and let these guys know that if they need us, man, we’re here.

“I didn’t do a good job with that before, I really didn’t. I was like a lot of guys who just want to focus on the job, dust yourself off and keep moving forward, even when I was struggling myself. Through the grief of losing Wendy and my dad, I probably did a poor job of self-care.”

But now Anderson, who turned 55 in March, has something else to look forward to just before the start of fall camp in late summer. He says when he and Brittany first became a couple, they talked about the possibility of adding to their blended family, but that he felt he was “done” after helping her raise Collins and Ellison, who are both still in elementary school.

However, after losing Cason, Anderson says his heart was “softened a little more,” and he prayed about it and “asked God what was really right for us.”

Ultimately, the decision was a painful one for Anderson — mostly because it required a vasectomy reversal.

“I wouldn’t advise to anybody,” he says with a smile while shaking his head. “It’s not much fun.”

“The doctors thought we were crazy,” Brittany adds. “They basically told us not to even waste the time or the money or going through the healing process because there was such a slim chance. But we felt strongly that if we didn’t try now, we’d have regrets in not trying.”

Despite having a mere 2% chance of Brittany getting pregnant, Anderson underwent the reversal surgery late last summer, which made fall camp rather uncomfortable for the veteran coach. But in late December, Anderson shared the news that Brittany was pregnant and due in July 2024.

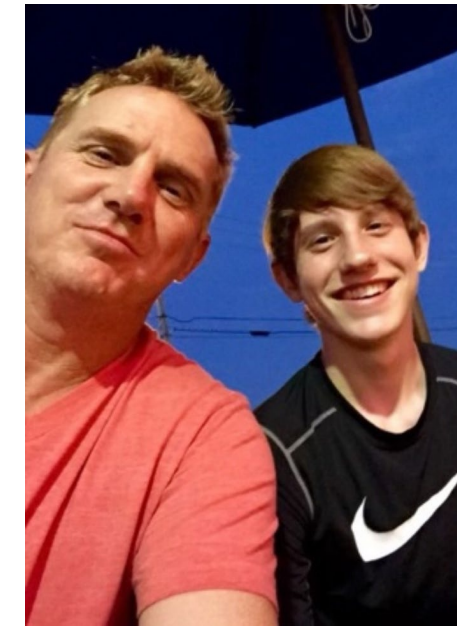
A month later, the Andersons revealed their baby would be a boy.

“We could not be more excited,” Brittany says. “I think it’s actually been, in some ways, healing. And, of course, being a baby boy has been emotional, as well. The reaction we’ve had — from his side of the family especially — has been, you know, just one of overwhelming emotion.”

At the time of their gender reveal on social media, the Andersons shared a Bible scripture from Psalms 30:5 — “Weeping may last through the night, but joy comes with the morning.”

And Anderson anticipates more joy in July after many nights of weeping.

“There’s not a day goes by that I don’t miss Cason like crazy,” he says, his voice cracking with emotion. “But I’m super excited about the possibility of raising another little one.” **A**



Anderson with son Cason. *Photo courtesy of the Anderson family.*

“We have to be available, we’ve got to be open ... And we’ve got to be willing to stop football and do life, and let these guys know that if they need us, man, we’re here.” — Blake Anderson



Hope and Healing

Mental Health Support for Agricultural Communities

By Julene Reese '85

Utah's farmers, producers, and agricultural workers grapple with challenges often beyond their control—unpredictable weather, financial strains due to fluctuating commodity prices, labor shortages, relationship complexities, and the delicate balance between work and family life, which are often intertwined. Compounding these difficulties is a general reluctance to talk about mental health challenges, further jeopardizing their overall well-being.

Statistics from the National Rural Health Association show that agricultural workers are at a higher risk for mental health stressors, causing a suicide rate 3.5 times higher than the general population.

Josh Dallin, a Utah State University Extension associate professor and rancher himself, says USU Extension is acutely aware of the challenges faced by those in the agricultural community.

In 2020, the Agricultural Wellness Program (AgWellness) was established to provide education, support, and mental health resources for farmers, ranchers, and their families.

In partnership with the Utah Department of Agriculture and Food, AgWellness offers the Mental Health Assistance program, which connects farmers who need mental health support to local therapists. The program provides up to \$2,000 per person through a voucher system to cover behavioral health care appointments and services (outpatient,

virtual, or hospital) for Utah farmers and their immediate family members. They can receive help for anxiety, depression, attention deficit disorder, bipolar disorder, grief, insomnia, mood swings, panic attacks, post-traumatic stress disorder, relationship challenges, stress, substance use disorders, and many other conditions.

Dallin says in 2023, the vouchers helped around 250 individuals statewide, covered over 1,600 therapy appointments, and paid approximately \$263,000 in behavioral health expenses. The funding supported things such as admission to behavioral health centers, family therapy and counseling for farm succession planning, substance use disorder recovery, weekly therapy visits for anxiety and depression, and post-traumatic stress disorder treatment from farm-related work injuries.

"The biggest takeaway here is that those who have sought help have seen a big difference in their lives," Dallin says. "Our office is getting 10–20 calls a week about the vouchers, and we are optimistic that we will be able to find the funding to continue helping those in need. In the meantime, the Extension AgWellness website includes information on other helpful programs we have available, including a podcast and two online courses."

AgWellness team members have been astounded by the response from those in the agricultural community who need

help. The program became so popular that, as of December 2023, federal grant money for the mental health care vouchers unfortunately ran out. Dallin says the program is seeking other funding sources, including state funding, private donations, and additional grant options.

Sadie Wilde, USU Extension assistant professor and a member of the AgWellness team, often fields calls for the program. She says it has been incredible but also heartbreaking to hear the stories of those who finally mustered the courage to reach out.

"I think everyone on our team has shed tears over the touching stories and thank you letters from individuals and families we have had the privilege of supporting this year," she says. "We have also had some close-call situations, including someone who had a suicide plan for the very evening they called in. We know this program has saved lives this year, and I am so grateful to be part of such a meaningful effort."

As part of their education, AgWellness team members participated in a mental health first aid training course that provided suicide prevention education.

When Dallin participated, he felt like the information was helpful, and he hoped it would be useful to those in attendance. But in the back of his mind, he didn't think he would personally ever use it. He felt like things were going well

Created in 2020, AgWellness is a growing program that helps provide education, support, and mental health resources for farmers, ranchers, and their families. *Photo by Levi Sim.*



The AgWellness program provides up to \$2,000 per person through a voucher system and helped an estimated 250 Utahns in 2023. Photo by Levi Sim.

The more we talk about it, the more normal it will become to seek help.

in his life and in the lives of those close to him. But two weeks later, everything changed.

“I was visiting my parents, and my little brother, who is very successful and has a lot of great things going for him, sat across the room from me,” Dallin recalls. “To my shock, he told me he had contemplated suicide and didn’t want to live anymore. I had absolutely no idea. It turns out he had been suffering for years, and he knew something was wrong, but he didn’t want to admit it.

“Little did I know that all the things I learned from that training were going to come into play, and they were coming quickly. Questions I needed to ask him, how I should respond — they were readily available to me because of that training. This started a movement for me personally, just because it hit so close to home. I thought, ‘If my brother is one of those people I had no idea about, then how many other people’s brothers and sisters and moms and dads are also struggling?’”

Dallin says they learned his brother had a traumatic brain injury earlier in his life, and something physical was causing his issues. He finally got the proper treatment and is doing well. In fact, he became an ambassador, trying to help break the stigma and encouraging people to reach out for help if they feel something is wrong.

“If you had a tractor run over your foot and break it, you’d definitely go to the doctor,” Dallin says. “You’d wear a boot, you’d wear a cast, you’d do whatever you had to, to fix it. But for whatever reason, a lot of people don’t think the same way when it comes to their mental health. They feel ashamed or embarrassed and don’t consider getting help for these issues as they would for physical health issues. But we have to realize that the more we talk about it, the more normal it will become to seek help. Our AgWellness program has multiple resources to help encourage people to open up and share.”

The AgWellness Podcast explores mental health in farming and ranching communities. Podcast moderators Dallin and Jacob Hadfield, also a USU Extension assistant professor, share stories about the impact of mental health challenges and provide information about where to obtain resources. The AgWellness podcast website includes 13 episodes.

In addition, there are two free online courses. Through self-guided learning modules, the AgWellness Course helps participants learn skills to manage stress and improve well-being. The Mental Health Awareness and Advocacy for Ag Course helps participants identify mental health concerns, locate community resources, develop skills to identify someone experiencing a mental health challenge and refer that person to the appropriate resources. Dallin and Hadfield have also taught “The Biggest Asset is YOU,” a class they’ve delivered 20 times to groups around the state.

“We are excited to be part of this program and see the positive changes it can make for those in agriculture who need mental health assistance,” Hadfield says. “Though many in the ag community perceive it as a weakness to admit they are struggling, it is just the opposite. Having the ability to admit we need help is truly a strength.”

For further information about the program and resources, visit the Extension AgWellness website. In addition, those wishing to donate to the program can visit the USU giving website. **A**



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One Bite at a Time

Chari Hawkins Has Reached New Heights
in Self-Discovery Journey

By Timothy R. Olsen '09, '18 M.B.A.

Chari Hawkins clearly remembers the day in February 2019 when she realized she could no longer just “live” with her panic attacks and anxiety. By that point, it was something the former Utah State University All-American heptathlete had battled with during every competition for nearly a decade.

However, this particular episode — which took place at the 2019 USA Track & Field Indoor Championships in Staten Island, New York — was one of the worst yet. She was hyperventilating, losing her vision, sobbing uncontrollably, and couldn't think straight. She describes it as a “full-blown breakdown.”

After the meet, where Hawkins ultimately recorded a DNF (Did Not Finish) due to only competing in four of the five pentathlon events, something finally snapped and she told her parents, “I'm done with this.” At first, they thought she meant her track and field career, but she was referring to the panic attacks.

“I decided that I'm going to get over this, I'm going to figure this out,” Hawkins recalls. “I actually said that statement in New York City in 2019 to my parents. It was a declarative statement,

and I said, ‘I am done with it.’ I looked them in the eyes, and I said, ‘I will not cry or panic, and I'm going to figure out what's going on with me mentally. I'm not doing this anymore.’”

The declaration was her first step. Her second step was to start asking questions. She asked friends, coaches, other athletes, people she didn't know, anyone who would listen. And through those questions, she discovered two things that really hit home for her. One, she wasn't alone — far from it in fact — and two, she was negatively basing her self-worth on her performance as an athlete.

“I realized that I had put so much of my value as a human being on my performance. That I was basically gambling my worth as a human every time I competed. I mean, who wouldn't have a panic attack? If you don't do well, you're no longer worthy as a human. That's the story that I was telling myself, and I had no idea that was the story I was telling myself,” Hawkins says. “So, then I was like, ‘Wow, OK, I'm going to take one step forward every day. I'm going to remind myself that win, lose, or draw, I'm worthy.’”



Hawkins has always had talent, but it was a focus on her mental state, not her physical strength, that helped her move into the top 10 in the world rankings.

Photo by Levi Sim.

Sic Parvis Magna

Sic Parvis Magna is a Latin phrase that means “greatness from small beginnings,” and that’s exactly how USU track and field head coach Matt Ingebritsen describes Hawkins. He was Hawkins’ throwing coach while she was competing for the Aggies from 2011–15 and says he knew USU had something special shortly after the Rexburg, Idaho, native arrived on campus.

“Greatness from small beginnings, that’s Chari to a T. She’s from this small town in Idaho and we bring her in because we could see it when she was [competing in high school]. And then she immediately started making waves,” Ingebritsen remembers. “Her throws took a minute to come together, but as a hurdler and a high jumper and all those other things, she was immediately a factor. When she went down to Hawaii and won her first [Western Athletic] Conference title [as a freshman in 2011], we were just like, ‘Man, this girl’s really special.’”

The youngest of Bill and Peggy Hawkins’ five children, Chari developed a love of sports at a young age. She competed in basketball and volleyball at Madison High School in Rexburg, but it was track and field where she really excelled, finishing as a four-year letterwinner with a state championship, multiple individual accolades, and 84 Division I scholarship offers.

Bill, a renowned high school boys basketball coach in the Gem State who spent 29 years coaching at Madison — winning five state titles in 10 championship game appearances — cites his daughter’s work ethic, coachability, and positive attitude for her success. He says all his children, including a pair of sons who played on his championship teams, were hard workers but that Chari was a cut above in that regard.

“I think that her work ethic is unbelievable. All our kids’ work ethic has been really good, but she has an unbelievable work ethic,” Bill says. “And then the other thing is that she’s very, very coachable. I mean, I think sometimes to a fault. But she is very, very coachable.”



Hawkins made an immediate impact at USU, winning her first conference title as a freshman. *Photo courtesy of Utah State University Athletics.*

Along with her work ethic and coachability, Ingebritsen says, Chari’s positive attitude and desire to learn have been instrumental to her success — even if that positivity would sometimes lapse into playfulness. One of his favorite stories to tell about Hawkins is when they were at an indoor meet in Boise, Idaho, waiting for her turn to compete. Ingebritsen remembers she was holding a shot put and he told her to drop it and just roll it forward with her feet to avoid burning unnecessary energy. Chari did indeed drop the shot, but then proceeded to kick it rather forcefully across the track.

“I was like, ‘OK, it’s going to be one of those kinds of days,’” Ingebritsen recalls with a chuckle.

One Step, Or Bite, At a Time

Hawkins has a favorite example for how she approaches obstacles in her life, an example she uses as a metaphor for many things. As she recounts, she was looking to park at a grocery store on a busy day and all the spots were filled. Finally, annoyed, she found a spot in the very back and started the long walk to the store entrance. While walking, though, she explains she had an epiphany.

“I’m going to remind myself that win, lose, or draw, I’m worthy.” — Chari Hawkins

Despite the long walk and the annoyance of not finding a closer parking spot, the more she kept moving the closer she got. She didn’t have to run, nor was it something she had to do all at one time, but once she finally began her journey, all she had to do was keep moving to make progress toward her goal.

“I think that’s true with any single thing you want to accomplish, no matter how far it looks, really just taking the first step forward,” Hawkins says. “Making one bite at a time happen — that’s how you’re going to eventually reach your goal.”

She relayed this story while “cleaning the sink” at Angie’s restaurant in Logan during USU’s Homecoming weekend this past fall, hence the “one bite at a time” reference.

Regardless of whether she’s measuring by steps or spoonfuls, though, the soon-to-be 33-year-old is on the cusp of reaching one of her loftiest goals — securing an Olympic bid. This past August she represented Team USA at the World Championships in Budapest, Hungary, finishing eighth overall in the heptathlon. She was also selected to represent the United States at the World Athletics Indoor Championships in Glasgow, Scotland, in March, taking seventh overall in the pentathlon, which included a first-place finish and personal best time in the 60 meter hurdles.

All of this has Hawkins in prime position to represent the United States this summer at the Olympic Games in Paris.

“It’s such an unrealistic goal for anybody in this world,” she quips, though her mom, Peggy, notes that competing in the Olympics has been Chari’s goal since she was 15. “It’s so big, but it’s fun to look at something that doesn’t seem realistic for anybody and go for it. I think there’s something really fun about that.”

The 2024 U.S. Olympic Team Trials for track and field will be held at Hayward Field in Eugene, Oregon, from June 21–30.

Establishing Value

Three months after her February 2019 panic attack, Hawkins found herself in Austria for an international competition that was, at that time, the biggest stage she’d competed on in her career. During those three months — along with her regular training — she’d spent time researching anxiety and panic attacks, asking questions of others, and building a positive relationship with herself.

On the day of the meet, she says she promised herself that regardless of the outcome she would remember her value as a person outside athletic competition, and remind herself that her accolades were not a reflection of her self-worth.

The outcome?

“I’m going to be honest. I think

I jumped better in high school than I jumped in the high jump as a professional athlete that day,” Hawkins remembers with a laugh. “I didn’t clear the bar and I shrugged my shoulders and I laughed. I came back to the other girls and I was like, ‘Well, that’ll get ya,’ and they all started laughing.”

But it’s what happened next that really cemented in Hawkins’ mind that she was on the right path. She was approached by Katarina Johnson-Thompson — at the time Hawkins’ idol, now one of her best friends, and the reigning heptathlon world champion. She says “KTJ” told her that she really admired Hawkins’ attitude after laughing off her high jump struggles and that the reaction was really “refreshing.”

“It was this lightning strike in my body and in my soul. That was an ‘aha’ moment for me, where I just thought to myself, ‘I just did the worst I’ve done since high school and somebody whom I admire is telling me that they admire me,’” Hawkins recalls.

“It really showed me that performance had absolutely nothing to do with my value as a human being. I’d worked really hard on practicing that my value has nothing to do with my performance, and I was just shown all the things that I was practicing this whole time. It shifted a lot for me.”

It’s been a little more than five years since Hawkins made her declarative statement in New York. It has not, however, been five years since her last panic attack — something she thinks is important to

mention to avoid romanticizing success. By any rational metrics, going from a panic attack every competition to just one in the past five years is a resounding success, but it's still something she struggles with and she must train her mind just as much as she trains her body.

"There are still moments of sadness and moments of doubt and moments of worry, because those still exist, but now the challenge is finding them, embracing them, and taking steps forward to overcome them over and over and over again," she says. "It's not just about commitment, it's about recommitment after the fall."

Becoming a Lioness

Studies have shown that a lion hunting on its own only triumphs in its pursuit of prey about 20% of the time. That means the majority of its hunts, roughly 8 out of every 10, is a failure. An avid watcher of nature documentaries, this stat jumped into Hawkins' mind when her sports psychologist started talking to her about adapting the mentality of a lion.

She says the original message was more about being aggressive, assertive, the king of the jungle in competition. And while that message was well-received, she says it was her own interpretation of the message that really hit home.

"I made this connection of when you're approaching life, and you're approaching competition, and even practice, I'm here to win every time. When a lion hunts, they give their all because they don't know when that 20% is going to be, and they don't think about that, they give their all every time. But they can be patient ... because they don't need to win 100% of the battles," Hawkins explains.

"For me, I want to approach my competitions, and honestly life, in this way. I will give my all every single time because that's what a lioness does. But if everything doesn't work out perfectly well, I am still going to survive. So, it doesn't need to be a fight-or-flight, life-or-death situation."

"I will give my all

After suffering from panic attacks during every competition for 11 years, Hawkins, working with a sports psychologist and a new coach, has only had one panic attack during the past five years. *Photo below courtesy of Geoff Lowe, photo page-right courtesy of World Athletics.*



every single time because that's what a lioness does." — Chari Hawkins

Between the panic attacks, self-doubt, poor metrics for measuring self-worth, and injuries, the transformation into a lioness has been a slow process. Part of that process has included working with Sheila Burrell, the current San Diego State University track and field head coach.

A former two-time Olympian, competing in the heptathlon in the 2000 and 2004 games, and a five-time U.S. National Champion in that same event, Burrell says when she first began working with Hawkins during the 2018–19 season that she had to repeatedly tell Chari to just be herself and "stop trying to be special."

Burrell says when she first started working with Hawkins, she was trying to be special all the time. A mindset that, ultimately, was holding her back. Through their time working together, Burrell says Hawkins is now much more comfortable in her own skin and more trusting of her own talent.

"I think she accepted that she's not like everyone else and that her path and her journey are not like anyone else's," Burrell says. "And once she embraced that, it just got a lot easier for her."

"She embraced the hardships of [training]. She embraced the challenges of it. And she fought for every little thing," Burrell recalls. "You have to realize that Chari was never anybody's favorite. She was never the 'it' girl, never the one to pick, but she was always there."

And now through that training, through overcoming pain and adversity — both mentally and physically — Hawkins is on the cusp of accomplishing something

she's dreamed of for two decades. No matter what happens, though, whether the hunt ends in success or failure, this lioness has developed the skills to handle whatever the future holds.

"That's what happens with life is we go through hard things — we learn and we get wiser and we get better and we grow. Every opportunity for us to feel some sort

of emotion that's going to make us better and make us more resilient, is a time that we're going to get better," Hawkins says. "There are so many times where I take deep breaths knowing that I'm having a really hard time, thinking I am honored for the resistance that I have right now. Because I know resistance, just like physical strength training, makes you stronger." **A**



Center of Attention:

USU's Sorenson Center for Clinical Excellence is a Resource for the Entire State

By Timothy R. Olsen '09, '18 M.B.A.

Mental health concerns are on the rise across the United States throughout all demographics. Data from the Center for Disease Control and Prevention's Behavioral Risk Factor Surveillance System shows nearly 16% of adults nationwide report "frequent mental distress" — a more than 4% increase since 2017.

Those percentages are even higher in Utah, especially amongst women, as more than 20% reported their mental health was not good for 14 or more days in the past 30 — the baseline measurement for frequent mental health distress.

And, while there are myriad factors that affect a person's mental health, the Sorenson Legacy Foundation Center for Clinical Excellence at Utah State University, through its integration of research, academic, and clinical services is working to understand those factors better while also providing insight and treatment.

"We study these things as isolated incidences, so we can understand them. But I don't believe I've ever worked with somebody who had just one thing going on," says Sara Boghosian, a clinical assistant professor in USU's psychology department. "Either there are big ripple effects from one thing — so now we've got a bunch of little fires to put out in addition to the big fire — or more often, there's just multiple things that are going on."

Boghosian, who is originally from California, received her doctoral degree from USU in 2011 and then returned to the university as an employee in 2015.

Though the center, which opened in 2018, is located on Utah State University's Logan campus and housed within the Emma Eccles

They're enjoying a day at the lake while you're there, wrestling with that beach ball.

Jones College of Education and Human Services, it doesn't only cater to students. While it is a training facility for graduate students within various disciplines — marriage and family therapy, speech language pathology, audiology, psychology, and social work, amongst others — those students are closely supervised by knowledgeable and experienced faculty.

"I think maybe not everyone realizes that we're a community-facing clinical services building. We're not here just for students — students can come here, but that's not really our mission. Our mission is to provide services to the community of Cache Valley, and actually to the state of Utah, because we can do telehealth ... most of our services can be done wherever you are in the state."



Chronic Pain: Not A Day At The Beach

A native of Germany, Maria Kleinstaeuber has spent more than a decade studying the line between mental and physical health and applies both a clinical and health psychology perspective in her current role as assistant professor in the Combined Clinical and Counseling Psychology Ph.D. program at USU.

Her main area of focus is Somatic Symptom Disorders or SSD, which is the phenomenon of having difficulties adjusting to persistent physical symptoms, such as chronic pain or tinnitus (constant ringing or buzzing in the ears), and then developing psychological distress as a reaction to that persistent discomfort.

Kleinstaeuber says she and her team have been doing a lot of research on the process or lifecycle of a symptom as it moves from being an acute occurring symptom into a persistent and disabling one. She says not a lot is known about that process at the moment, but they're trying to identify factors early in the symptom-developing process that will help predict how people will do later.

"For patients, it's really so important to understand that pain itself is the phenomenon that actually develops in our brain," Kleinstaeuber says. "And then also not just considering the brain as there is one pain center, very simplistic, but within the brain we have a complexity of different centers that are constantly in interaction with each other ... like our emotion center, or the center of our brain that triggers the stress response, and so on. That directly connects with the rest of the body and makes it clear there are so many points where somebody can address the pain through their complexity."

Put simply, while the aching in your lower back from a herniated disc might be the big splash you see when you throw a rock into the still water of a pond, the ripples emanating out from that initial point of impact affect the entire entity. Your mood, ability to handle stress, interactions with others, appetite, and various other factors



Located on USU's Logan Campus, the Sorenson Center for Clinical Excellence has the ability to serve clients throughout the state of Utah. Sara Boghosian (left) and Maria Kleinstaeuber (right) are two of the USU professors who oversee work within the Center. *Photo by Levi Sim.*

are all affected by the amount of energy spent mentally dealing with constant pain.

Boghosian likens coping with pain or distress to attempting to hold a beach ball underwater at the lake. She says while the task of holding a beach ball under the water is certainly doable, it takes all your energy, all your focus to do it. Meanwhile, while you're wrestling with the beach ball, everyone else is engaging with each other and their surroundings. They're enjoying

the day at the lake while you're there, wrestling with that beach ball.

"That's what it is to try to hold pain at bay, be it emotional pain or physical pain," Boghosian exhorts. "You just miss so much, right? And you start to view your body as the enemy, and you stop listening to it completely or you become hypervigilant to cues from your body and find yourself responding in ineffective ways."

These areas of focus — chronic pain and tinnitus, eating disorders, perfectionism — are just a small window into the Sorenson Center's offerings.

Eating Disorders: Learning To Listen To Your Body

There are a variety of common stereotypes that accompany eating disorders. Categorizing those struggling with anorexia nervosa as extremely underweight or those dealing with bulimia nervosa, or binge-eating disorder, as very overweight are just a few examples of those common misconceptions.

However, in reality, it doesn't play out that way. Those extremes are more often the exception than the rule says Rachel Rood ('92, '94), a registered dietitian who works in the Sorenson Center's Behavioral Health Clinic, but also operates her own private practice.

"I've seen people at normal weights with binge eating disorder and I've seen people at normal weights with pretty severe, restrictive, anorexic behaviors. Different bodies respond to food behaviors differently," she says. "I think it's really more about focusing on the person's relationship with their food and their bodies."

Rood, who spent more than 12 years as the lead dietitian at a residential eating disorder treatment facility, says one of the side effects of dealing with eating disorders that doesn't get talked about enough

is the affect they have on relationships. She points out that most social gatherings involve some kind of food element, which can lead to social avoidance or isolation for those dealing with eating disorders or unhealthy relationships with food.

While eating disorders have long been a struggle, Boghosian, who, like Rood, specializes in that area, says she's noticed an increase in a specific type over the past few years, largely due to social media.

Orthorexia nervosa — though not listed as an official diagnosis in the Diagnostic and Statistical Manual of Mental Disorders — can best be described as an obsession with healthy eating and its associated restrictive behaviors. Boghosian says that though eating disorders have always generally affected all demographics, orthorexia used to be most predominant in wealthier neighborhoods. However, with the ease of access to social media and the rise of influencer culture, those barriers have been broken.

"You just have so much more access to folks who are talking about stuff that isn't very science-based and it's kind of cloaked as wellness," Boghosian laments. "I'm very, very worried about the influencer wellness community, because I think what's being recommended, really, really appeals to someone who

has a predisposition to develop anorexia. Food is kind of branded as both the solution to all the ills of the world in those communities, but also as kind of the devil."

Both Boghosian and Rood advocate for intuitive eating, an approach popularized in the mid-'90s by Evelyn Tribole and Elyse Resch and their book *Intuitive Eating: A Revolutionary Program That Works*. While there are 10 principles in the book, Rood says the two overarching principles are to eat consistently to avoid getting overly hungry, but then to stop eating once your body reaches "gentle fullness."

While this idea sounds simple on the surface, Rood says there are a variety of reasons people might not get consistent hunger or fullness cues. Because of this, people have to learn to be attuned to their bodies, which can take some time and practice.

"I think the biggest thing is people think, 'Well, that won't work for me. If I let myself have whatever I want I'll eat too much, I'll eat too much of the wrong things,'" Rood says. "People think, 'Well, if I eat more often during the day, I'm going to eat way too much.' Right? But when we're eating, when we're just gently hungry, it's much easier to stop at gentle fullness rather than if we don't eat all day and we're ravenous when we get home. And that's what I see a lot of."



Perfectionism: Solutions Through Acceptance And Commitment Therapy

Korena Klimczak and Marissa Donahue are both graduate students at USU working towards a degree in the Combined Clinical and Counseling Psychology Ph.D. program. The duo constitutes 20% of the 10-student cohort of the Acceptance and Commitment Therapy (ACT) Research Group.

That group is dedicated to research, training, and clinical services based on Acceptance and Commitment Therapy, which is a form of psychological intervention that uses acceptance and mindfulness strategies in conjunction with commitment and behavioral-change strategies to increase psychological flexibility.

In other words, the goal of ACT is to help people develop acceptance of

unwanted personal experiences that are out of their control, while also providing pathways toward living a valued life. Klimczak describes it as being able to live your best life or be your best self when you are in touch with your values.

As part of the ACT Research Group, and at the time of this writing, Klimczak and Donahue are in the midst of leading a group therapy session geared towards dealing with perfectionism. The idea for the group is loosely based off a book — *The Anxious Perfectionist* — written by USU professor of psychology Dr. Michael P. Twohig who also serves as one of the directors of the ACT Research Group.

“There are all kinds of things that get in the way of pursuing our values, right? Like, I’m too anxious to do that, or I feel too sad to get out of bed,” says Klimczak, who is in the fifth year of her program. “And so, applying this kind of theory to perfectionism, it’s all about how your perfectionism gets in the way of living your values.”

The goal of Acceptance and Commitment Theory is to help people develop acceptance of unwanted personal experiences that are out of their control, while also providing pathways toward living a valued life.

It would be easy to assume that perfectionism simply means striving to be perfect all the time, but Donahue, who is in her fourth year, says it goes a lot deeper than that. She recalls a time during her training where she was hit with an “Aha!” moment, realizing perfectionism isn’t just about achievement, but also the avoidance of failure. That even though someone may not be striving to be the best all the time, they’re spending an inordinate amount of time and energy trying not to fail, which is a side of perfectionism not often discussed or recognized.

“People that really hold themselves to high standards and are very achievement oriented, I think that’s a part of it,” Donahue says. “I think another part is the presence of really self-critical thoughts around those expectations and rules that people have for themselves, as well as self-worth being tied into performance. I think those are three different categories.”

As they’ve been leading the group, Klimczak and Donahue say one of the biggest surprises for them has been the varying age range of the participants. Initially they expected mostly college-aged people in the group, but instead ended up with a wide range of ages from 18 to 60. And, along with that diverse age range, they’ve been able to work with individuals at different levels in their own efforts of trying to cope with perfectionism.

These areas of focus — chronic pain and tinnitus, eating disorders, perfectionism — are just a small window into the Sorenson Center’s offerings. With opportunities for research, teaching, and collaboration, it is not just a resource for Utah State University students, faculty, and staff, but for residents throughout the state of Utah.

“I think everyone from a 2-year-old to however old we’re living these days, we have a lot of services across the lifespan here at the Sorenson Center,” Boghosian says. “There’s a lot going on here, a lot that’s innovative. **A**”

Olivia Lee (left), Austin Smith (middle), and Alivia Hadfield (right) all began their educational journey at USU's Logan Campus but moved to USU's Statewide Campus system to pursue their passions while pursuing their degree. *Photo by Levi Sim.*



Statewide Campuses

Provide Access to Education Even Through Life's Changes By Marcus Jensen

If there is one thing that can be predicted with certainty, it is that life can certainly be unpredictable.

Oftentimes, students feel like they have their higher education journey figured out. But then, unexpected opportunities and challenges pop up that can derail those plans. However, with one of the more unique systems in the country, Utah State University and its Statewide Campuses help students navigate those challenges and opportunities while keeping their educational goals on track.

"Even though everyone starts at 'A,' there is more than one way to get to 'Z,'" says Vanessa Liesik, USU's director of Statewide & Online Recruitment. "Our system has so many options."

With multiple locations throughout the state — 30 to be exact — USU is willing and able to work with students as they seek the right fit for their education and pursuits.

"As our students are progressing through their life journeys, if they have other opportunities they want to pursue, moving into Statewide can make sense for them to help maximize these options," Liesik says. "They can have their cake and eat it too — they get to have all of the good stuff. They can continue their education and pursue their dreams, all at the same time."

The following are three examples of how USU worked with students who started their journey at the Logan campus, but through life's unexpected opportunities, were able to continue their education through Statewide Campuses and stay on track to graduate, while pursuing other passions and dreams.

High Flying Goals and Aspirations

From a young age, Olivia Lee saw the effects that higher education could have on a life. While Lee was in middle school, her mother returned to college while raising a family. The impact of her mother's education and subsequent employment opportunities left a big impression on Lee and created positive change for her family.

"She went back to school and finished her degree, and it completely changed the trajectory of my whole childhood," Lee recalls. "We had much greater stability at home."

Lee was inspired by her mother's example and noticed how the university she attended saw her not only as a name on a list, but as a person with specific needs and circumstances.

"It was inspiring to watch her go back, and to see that the university saw her as more than just a number," Lee says. "They recognized she was a mom and a working professional. They saw all of the different aspects of who she was. That really changed my view around education."

Seeing the impact education had on her mom, Lee prioritized her education above anything else in her life, even her passion of being an aerialist. Lee's passion for acrobatics helped her earn a spot on USU's Spirit Squad — first as a cheerleader and then as an Aggiette — during

“The flexibility and the individualized approach

that I was able to have during my educational journey, it is something I don't think I could have gotten anywhere else.”

— Olivia Lee

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A former member of the USU Spirit Squad, Olivia Lee finished her studies at USU's Salt Lake Center, which allowed her to complete her degree while pursuing her passion of being an aerialist. *Photo courtesy of Utah State University Athletics.*

her time on the Logan campus. She even performed her aerialist routine at the halftime of USU basketball games, showcasing her incredible skills.

Lee loved her time at USU Logan, but there was a part of her that wanted to pursue this skill at the professional level. Yet, she had set school as her number one priority and could not see how to fit performing into her school schedule.

That all changed one day when she was speaking with a friend who went to school at the USU Salt Lake Center. Her friend was recovering from an intense surgery that required him to stay lying in bed for six straight weeks. Her friend told her how his advisors at USU worked tirelessly to make sure he could continue his classes online while recovering from home. Seeing USU go the extra mile to accommodate her friend's specific needs, she thought, 'Maybe USU can adjust for me too.'

"After seeing the support that Statewide offered to a peer of mine, I said, 'I think I'm going to do it.' I spoke with my advisor and asked how many semesters I could do down in Statewide,"

Lee remembers. "And I worked closely with my advisor to be able to complete two of my semesters in Salt Lake. I got to perform in an awesome show, which was a good foundation that provided me with a lot of awesome opportunities with other performances here in Salt Lake."

Lee went on to perform in a production of *Seussical: The Musical* at the Hale Center Theater. She loved being able to do her performances while balancing a job at the Salt Lake Center as a facilitator and taking 18 credit hours. She graduated with a degree in Communication Studies in 2020.

"It felt like the stars all kind of lined up perfectly for the transition into Statewide," Lee says. "When I realized that USU could support not just the student piece of who I was, but also support the other things I was interested in, like working and performing and being close to my family, it was super meaningful for me."

Lee is now the admissions specialist at USU Salt Lake Center. After graduation, she worked in the private sector for a short time, but felt like she just kept coming back to wanting to be a part of USU. She wanted to be a part of changing lives, just like hers and her mother's were changed.

"I tell people all the time as I speak with them that the flexibility and the individualized approach that I was able to have during my educational journey, it is something I don't think I could have gotten anywhere else," she says. "Whether it is working with a traditional-aged student looking for flexibility and an individualized approach to their education or working with a post-traditional student who is reminiscent of my mom and her journey, I feel like I have personally benefitted from it, which makes me that much more motivated to help and support others' unique journeys too. It quite literally changed my life, and I don't say that lightly."

Lee now helps students find their specific path and works to do everything she can to have USU adjust for them. No matter what life throws their way, as Lee says, "USU always seems to have a really good answer."

Nashville Dreams

Alivia Hadfield grew up with a guitar in her hands and songs in her heart. Throughout her early years, Hadfield loved to sing, perform, and write country songs. She also has a passion for journalism, which led her to USU.

Hadfield wanted the true college experience, which meant moving away from home and branching out on her own. She stepped onto the Logan campus in fall 2022, joining the staff of *The Utah Statesman*, USU's student-run newspaper. During this time, she thought she had to put her music aspirations on hold. That was, until a unique opportunity presented itself. Out of nowhere, someone reached out after viewing her music on Instagram. She was offered an opportunity to join an artist development program.

"I got a rare opportunity when I got picked up from my Instagram," Hadfield says. "I was able to have some really cool experiences."

As amazing as this opportunity was, it also meant she needed to live closer to home, so she could have more time to practice her music — sometimes needing to sing four hours a day. She started to worry about how she would continue school during this time, thinking she might need to transfer.

"I was really starting to stress out, because I didn't want to be switching schools," Hadfield recalls. "I had already transferred over my high school credits, and I had taken around 30 credits in my first two semesters. So, I didn't really want to switch over."

Just by luck, Hadfield saw an advertisement for the USU Orem campus. Realizing that Statewide Campuses had locations near her home, Hadfield contacted her academic advisor, and together they worked out a plan that allowed her to finish her general education requirements at the USU Orem campus.

"I learned that I could transfer my credits to the Orem campus and do some online and broadcasting classes while I get my music situation figured out," Hadfield says. "It has been a great transition, and it



A chance opportunity to pursue her musical dreams necessitated a move closer to home for Alivia Hadfield who has continued her studies through USU's Orem Campus. *Photo courtesy of Alivia Hadfield.*

was super easy. And I'm getting the same level of education that I received up in Logan."

For the time being, Hadfield is taking advantage of classes at USU Orem while also creating music. She says she's incredibly grateful that USU worked with her to manage both of her passions.

"Being able to do both and having the flexibility of having online and having professors that understand and allow me to pursue this has been a great blessing," she says. "It is amazing that I can pursue both."

"USU follows you wherever you go, they have you backed up fully, 100%. There has never been a moment during my transition where I ever felt alone or didn't know what I was doing. For students who have a crazy opportunity and are scared what their school life will look like, don't you worry. USU is the school that follows you and will support you, all the way."

“USU follows you wherever you go, they have you backed up fully, 100%.”
— **Alivia Hadfield**



“In the end, they want you to have your career, and they’ll work with you to make school fit in your specific circumstances.”

— Austin Smith

Austin Smith will graduate with his degree this summer, but has already been working full-time for two years thanks to USU Online. *Photo by Levi Sim.*

Jumping at an Opportunity

Austin Smith came to USU after applying for and being accepted into the school’s Ambassador program. Receiving a full-tuition scholarship made his school decision easy. However, after starting his finance degree, Smith got the urge to begin his job search.

“After about two years, I started to get the itch to start working more in my field,” Smith remembers. “But I still wanted to finish my degree, because I had made a lot of progress.”

He first looked for opportunities to work in Logan, so he could continue his degree progress. However, he was unable to find a good fit. So, Smith expanded his search to Salt Lake County. After applying for several opportunities, Smith was offered a job that was too good to pass up.

But he still wanted to continue his schooling and get his degree. So, he got

in contact with his academic advisor and worked out how to begin taking courses online.

“I talk to my academic advisor at the beginning and sometimes at the end of each semester to make sure I have my classes available online at whichever campuses I need,” Smith says. “For some of my classes, I’ve had to get some restrictions removed, so I could get into some of them. But they have made adjustments, and it hasn’t been a problem for me.”

Smith worked his full-time job and was taking between 13-14 credit hours per semester after transferring fully online. He says he’s grateful that his academic advisors worked with him to find him courses to take wherever he could, and that they worked hard to find solutions that worked for him. He will graduate this summer with his bachelor’s degree.

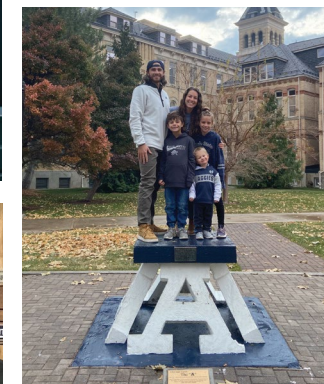
“I had a team working with me, instead of me doing it on my own,” Smith recalls. “I didn’t have to figure it

out on my own, which was helpful having people who understood the system and who made the effort to make sure I could successfully get through everything. It was pretty smooth, and I didn’t really have any hiccups.”

Smith continued his work as an ambassador by joining the USU Wasatch Region’s pilot Ambassador Program. His advisors worked with him to find roles that fit with his work schedule and allowed him to continue to receive mentorship and participate in service projects, outreach, and recruiting.

“Everyone I’ve worked with at USU has been very accommodating, and I’m very appreciative,” Smith says. “With my work schedule, everyone has been very graceful. In the end, they want you to have your career, and they’ll work with you to make school fit in your specific circumstances. Working with people who understand the system and who make the effort to make sure I can successfully get through everything — it’s been really great.” **A**

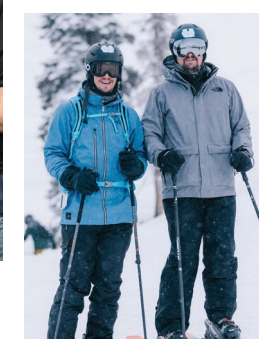
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USU Center Helping To Develop **Early Dementia Screening Test**

By Anna Sadler '20



In a collaboration with Arizona State associate professor Sydney Schaefer (middle), USU's Alzheimer's Disease and Dementia Research Center director, Elizabeth Fauth (right) is working to improve early dementia detection with a simple motor test. *Photo by Levi Sim.*

Funded by an appropriation from the State Legislature in 2022, the Alzheimer's Disease and Dementia Research Center (ADRC) at Utah State University is increasing research across the state to find ways to better understand Alzheimer's and dementia, as well as support people living with those diseases.

Recently, the ADRC partnered with Neuroassessments, a Los Angeles-based company focused on bringing science to senior care, to improve early dementia detection with a simple, noninvasive motor test.

Currently some older people avoid cognitive testing with their doctor because they think the tests will be challenging, and they feel anxious about it. The motor-based test is designed to be more like a game. Individuals use a spoon with their non-dominant hand to scoop up dry kidney beans into cups in specific sequences.

"We're testing the brain's ability to improve on the task," says Elizabeth Fauth, USU's ADRC director. "As they move the beans around, their brain is trying to learn strategies to move faster and to be more accurate. We now know that people who don't improve on [the test] likely have some underlying impairment."

In collaboration with Sydney Schaefer, an associate professor in Arizona State's School of Biological Health Systems, and Jill Love, a geriatric care manager and co-owner of Neuroassessments, the test has already been shown to detect neuropathology and neurodegeneration in older adults who exhibit little to no symptoms of dementia.

In 2023, Neuroassessments was awarded a Small Business Innovation Research grant of \$370,000 from the National Institutes of Health. The award enabled the team to develop and test the reliability of a clinical version of the assessment, referred to as the Quick Behavioral Exam to Advance Neuropsychological Screening (qBEANS) which can be administered by a nurse or medical assistant during a routine doctor visit.

Fauth is working with students at USU, as well as older adults in the community, to test qBEANS in a mock clinical setting.

Currently, fewer than half of primary care providers (48%) offer cognitive testing to their patients.

With only 16% of older adults in the U.S. currently receiving regular cognitive testing, the research team is hoping to provide medical practitioners across the country with a new tool that helps people feel comfortable doing early assessment.

"Detecting that a person may be experiencing cognitive impairment before they are noticeably impaired gives people a better chance to get into clinical trials and more time to prepare finances, make care plans, and so on," Fauth says.

If the assessment is adopted into primary care standard practices, it will assist physicians in determining older patients' cognitive health. Currently, fewer than half of primary care providers (48%) offer cognitive testing to their patients. Instead, most providers conduct their own screening by observing the patient and using their clinical judgement or a patient's self-assessment. Now, using the results of the screening, physicians will be better equipped to determine whether a patient should be referred to a specialist.

"It has taken years to develop qBEANS in the laboratory," Schaefer says. "We're ready to gather the evidence needed to help integrate it into a marketable product for use in primary-care and other settings." **A**

Learn more about how USU researchers are working to better understand Alzheimer's and dementia.



More Than Just Talk: **Music Therapy** Speaks Beyond Words

By Bryan Stalvey · Photos by Levi Sim

As we explore mental health and the diverse options available in taking care of ourselves, music therapy offers a unique and effective evidence-based approach that stands out among other methods. With nearly five decades worth of experience, USU's Department of Music continues to deliver the educational experience for students aiming to practice music therapy.

Corinne Pickett, a 2017 Utah State University graduate and now adjunct instructor, initially aspired to be a choir teacher before changing course due to the transformative potential of music therapy. While enrolled in USU's music program, she found a fulfilling blend of musical passion with the ability to positively impact individuals in need.

"Music therapy provides a unique perspective, allowing you to witness the profound ways music influences and impacts individuals on a personal level," Pickett says. "Through the process of self-expression, clients can gain insights into their emotions, navigate challenges, and

find resilience in both the actions they take and the coping mechanisms found through music therapy."

Extending far beyond individual narratives, the music therapy program at USU prioritizes equipping students with the skills and knowledge to deliver transformative interventions across diverse settings. Through evidence-based practices and community engagement, students gain real-world experience in hospitals, schools, and various therapeutic environments.

"We offer a competitive, resourceful, and motivating course of study that encourages excellence in a professional field," remarks Dr. Maureen Hearn, the program's director since 2004. "No one individually could achieve our collective success, but together we strengthen one another and create a unique program."

Hearn is an accomplished therapist, specializing in guided imagery and music. Her experience in working with survivors of domestic violence includes support for and participation in organizations such as CAPSA.

Music therapy is currently seeing major growth as an industry as the number of businesses offering the modality increased by 142% from 2017-'21.

Photo by Levi Sim.

Clinical Assistant Professor Allison Fox, who has been with the USU music therapy program for five years, credits its success to the people involved as well as the program's educational framework.

"I believe the effectiveness of the USU music therapy program can be attributed to its comprehensive curriculum, experiential learning opportunities, dedicated faculty, interdisciplinary approach, research and innovation, clinical supervision and mentorship, collaborative culture, and commitment to diversity and

inclusion," she says. "These factors combine to provide students with a high-quality education that prepares them for successful careers as future music therapists."

While music therapy studies reside within the Department of Music in the Caine College of the Arts, it stands as a distinct bachelor's professional degree program. It offers a unique avenue for students passionate about both music and healing arts, attracting individuals with an innate musical inclination and a desire to contribute to others' well-being.

Hearn underscores the multifaceted significance of music therapy, from fostering community healing to facilitating individual transformation.

"A client might feel that music therapy was the important factor in giving definition to their life, enabling physical or mental process, maintaining a quality of life that had been compromised, or opening a door of transformation into a completely new way of being," Hearn says.

In fact, interest in music therapy truly is growing. According to Globe Newswire

the number of music therapy businesses in North America increased by 142% between 2017 and 2021.

"Music therapists work with clients to develop individualized treatment plans that leverage music-based interventions tailored to assist clients in addressing a wide range of physical, emotional, cognitive, and social needs," Fox says. "From prenatal care for expecting parents to end-of-life hospice and palliative care, music therapists offer their services across the entire spectrum of life's journey."



Not only is music therapy diverse in application, but the studies of this program at USU cover these topics while preparing students for board certification and jobs in the real world. Students receive hands-on clinical training with board-certified professionals in the field in diverse clinical settings.

“This practical experience is essential for building clinical skills, developing therapeutic relationships, and applying theoretical knowledge in real-world scenarios, which are crucial for success on the board certification exam and in professional practice,” Fox adds.

Music therapy’s effectiveness lies in its ability to harness the intrinsic therapeutic qualities of music. Through listening, writing, improvising, and using music in various ways, music therapists can help clients explore and evaluate their emotions in a less painful and potentially less direct way.

There are many forms of art therapy and expressive therapy — ways to dissect the inner human workings and process emotions, thoughts, and memories without talk therapy. Music therapy falls under expressive art therapy, deeply connected to our emotions and experiences.

“It’s a very different thing sitting down and talking face-to-face about your issues and walking through it,” Pickett explains. “This can be challenging for some people, but playing an instrument — beating a drum, improvising with a group, writing something that connects to your experience — is an entirely different form of vulnerability.” **A**



Music therapy is a type of expressive art therapy and provides people with the opportunity to process emotions, thoughts, and memories in a format other than talk therapy, which can be hard for many people.



Dr. Maureen Hearns (right) has been the director of USU’s music therapy program since 2004. Corinne Pickett (left), now an adjunct instructor, initially aspired to be a choir teacher. *Photos by Levi Sim.*





A gymnast at USU in the early 1970s before gymnastics became an official varsity sport, Marneen Fields was forced to return home to California due to an unfortunate injury. Photo by Levi Sim.

A Death Defyin' Life:

The Aggie Gymnast Who Went **Hollywood**

By Jeff Hunter '96

Life was a challenge for Emma Heare in 2013. But help came in a rather unusual form.

Following the birth of her third child, the 2004 graduate of Utah State University found herself struggling with post-partum depression. But one day amidst another daily mental battle, a long-forgotten scene from the television series *Scarecrow and Mrs. King* suddenly emerged in her mind.

"I don't know what triggered it," Heare says, "but it was as clear as day."

Centered around a divorced housewife who becomes involved with a spy, *Scarecrow and Mrs. King* starred Bruce Boxleitner and former *Charlie's Angels* icon Kate Jackson in the title roles. Heare remembers as a child she would sometimes watch the show, which ran on CBS from 1983 to '87, but not religiously.

And yet the scene that played out in her head was almost a spiritual experience, something so vivid that Heare immediately sought out the series' DVD collection at her local video store.

"Fortunately, they had it. So, I checked out the first season and I watched the whole season in like three or four days,"

Heare recalls. "Honestly, that show was like my saving grace. It brought me out of the depression I was in as I watched the other seasons. I thought, if Amanda (Jackson's character) could do it, I could do it."

Emma's husband, Tim Heare, who admits that he has almost no recollection of *Scarecrow and Mrs. King* from its original run, also came to appreciate the show because of the positive impact it had on his wife. In fact, Tim embraced the program so much that he discovered an online fan group dedicated to keeping the production's memory alive, and in 2018, the couple flew to Los Angeles to attend a 35th reunion of the cast and crew.

The Heares enjoyed themselves to the extent that Tim, who graduated from Utah State with a degree in marketing and has extensive experience in writing, volunteered to serve on the promotional committee for the show's 40th reunion. But what Tim failed to realize as he compiled the biographies of those scheduled to be on the reunion panel is that he and Emma had something in common with one of the special guests.

Marneen Lynne Fields, a former Hollywood stuntwoman who sometimes took on a dual role as an actress, appeared in a 1983 episode of *Scarecrow and Mrs. King* in a flashback scene where she played a former compatriot of Boxleitner's character known as Dorothy who is shot and killed.

While not a long appearance, Dorothy's role is significant to the series, so her addition to the reunion was an exciting one for *Scarecrow* fans. And when she was asked during the panel to share her story, she quickly noted, much to the Heares' surprise, that during her youth, she had performed as a gymnast for Utah State University.

"When she said that, Emma and I both looked at each other, jumped up, raised our fists in the air and yelled 'Go Aggies!'" Tim recalls. "That made Marneen smile and laugh. And then everyone else laughed."

Taking Her Chances

It's safe to say, that the remarkable decade-and-a-half run that Marneen Fields enjoyed as a stuntwoman in Hollywood began in the wide-open spaces of North Dakota and eastern Montana. Her father, Bob Fields, was a crop duster — a fearless profession in itself — and he often took Marneen and her older brother, Robert, up for rides featuring all sorts of airplane acrobatics.

"And my parents said when I was 'itty bitty' — like just over a year old — that my dad would balance me on the palm of his hand, and that I'd also jump off the couch and he'd catch me," Fields says. "I think that really instilled some of my ability to flip in the air."

Bob Fields was also a bit of an entertainer, serving as one of the most-sought-after square dance callers in the region. But eventually, he found employment further west, and when Marneen was 8 years old, he and his wife, Ruby, moved the family to Southern California.

Fields ended up graduating from Royal High School in Simi Valley in 1973, but that achievement didn't exactly come easy due to an array of ailments and injuries. Born with an enlarged heart, Fields also suffered from childhood emphysema and wasn't expected to live past the age of 5. And just before she was supposed to begin kindergarten, Fields was badly burned in a kitchen accident, leading her to be "wrapped like a mummy all the way from my neck to my pelvis," and miss the entire school year.

A few years later, she was playing in the yard when she tripped over a sprinkler while being chased by her brother. The toes on her left foot were nearly all severed but, fortunately, were able to be stitched back on. Then there were some severe injuries to Fields' right ankle from cheerleading in high school that led to a couple of surgeries.

However, despite her physical challenges, Fields excelled at gymnastics as a teenager.

"How did I do anything? It's only by the grace of God, and **I have the scars to prove it.**"

— Marneen Fields

"How did I do anything? It's only by the grace of God, and I have the scars to prove it," says Fields, who also lost the hearing in her left ear when she was 18.

But even though she was one of the top-rated young gymnasts in the state, the 5-foot-4 Fields wasn't certain what to do with those skills until a friend from California went to Utah State to join the wrestling team. He encouraged her to try out for the USU gymnastics squad, which was still a few years away from becoming a varsity sport in 1978 under legendary coach Ray Corn.

At that time, the Aggie program, overseen by Lucille Chase Clark, competed in some casual events referred to as "play dates" with other regional colleges and universities, as well as some larger meets sanctioned by the AIAW (Association for Intercollegiate Athletics for Women). Essentially a club sport, the gymnastics team only received a very limited amount of funding through the P.E. department rather than USU athletics, and Clark

didn't get paid for much of the nearly 10 years she served as coach.

"It was pretty low-key," says Clark, a retired schoolteacher who still lives in Cache Valley.

Home meets were held on the second floor of the HPER in the space still utilized as a practice facility by the Aggie gymnastics program, which meant the few fans in attendance had to line up against the walls. Food for road trips was taken out of the university cafeteria, and most of the athletes came out of the gymnastics class that Clark taught.

"I was pretty much self-taught, which is good and bad," says Cathy Heyrend Elliott, a Salt Lake City native who competed for the Aggies for three years in the mid-70s. "I did take some gymnastics classes in college, and once I was on the team, Lucille did everything she could to try and build us up. She was a wonderful coach."

What Clark didn't have, though, were "elite gymnasts" who'd already been trained by experienced coaches. But that started to change with the arrival of Fields and another California athlete in the fall of 1973.

"They came in already doing all sorts of things that the other girls were just starting to get to," Clark says. "... She was just at a higher level. We didn't work with her as much. She kind of worked on things on her own because she was at a much higher level than we were."

That's probably one reason why Elliott describes Fields at being "kind of quiet" but also "a lot of fun" when they did interact. She adds that it was easy to tell from the very beginning that Fields already had a "very good foundation" by the time she arrived at Utah State.

"She was a very good gymnast," Elliott says of her former teammate. "She had clearly already been trained for some time, while some of the other girls on the team, not so much."

Fields, who pursued a bachelor's degree in health education with a minor in theatre arts at USU, still speaks very fondly of her gymnastics coach.

"She was my first real mentor, and she was the most wonderful woman," Fields declares. "I was very, very close to her."

"We trained hard. I practiced every day," Fields adds. "Gymnastics was my life."

That all paid off in March 1975 when Fields, Elliott and two other gymnasts qualified for the Intermountain AIAW competition in Tempe, Arizona. The small but feisty group of Aggies fared relatively well, with Fields finishing third in the floor exercise and fifth on the beam. But unfortunately, that was the apex of Fields' gymnastics career. Towards the end of her junior year at USU, she was practicing a complicated routine on the beam that led to a "horrible fall" that included torn ligaments and broken bones in her already battered right ankle.

"I had to move back home because I had to have major reconstruction surgery on my foot," Fields says. "They put a calf's tendon in place of the ligament in my foot. And that calf's tendon is still in my foot. It's actually outlived the procedure; they no longer use calf's tendons."

Risky Behavior

A well-known adage states: "When God closes a door, he opens a window."

And in Fields' case, the window was on the third floor. And she jumped out of it.

While she was recovering from ankle surgery in Ventura, California, in 1976, her older brother, Bobby, introduced her to Paul Stader, a veteran stuntman who had doubled for the likes of John Wayne and Cary Grant. Stader made extra money away from the big screen training new stunt men and woman, and he instantly saw potential in the 20-year-old Fields.

"I think Paul recognized the champion gymnast in me," Fields says. "There wasn't anything I couldn't do in those years. So, he took me under his wing, and I said I'd give it six months. If I hadn't got my Screen Actors Guild (SAG) card in six months, I'll go back to Utah. ... And six months later to the day, I landed a big stunt on the *Movie of the Week*."

Fields (bottom left) with other members of the USU gymnastics team along with head coach, Lucille Chase Clark (bottom right), from the mid-1970s. *Photo courtesy of Marneen Fields.*

The Spell on NBC featured a young Helen Hunt and a scene custom-made for Fields: a young woman climbing a rope at school falls backwards to the ground. That stunt — and three lines of dialogue — earned Fields her SAG card, which led to many more jobs in the entertainment industry.

"I stayed in contact with Lucille for a while, and she'd ask me 'When are you coming back?'" Fields recalls. "I'd say, 'I'll let you know coach.' But by 1977, I was one of the top stuntwomen around and was doing stunts on all these TV series at Universal Studios and Warner Brothers."

While she was never able to complete her degree at USU, Fields ended up graduating instead from, quite literally, the "School of Hard Knocks."

"There's always something that goes wrong with stunts," she notes. "You end up bruising your tailbone or getting whiplash or hitting your head. But I kept doing it because I was trained for it, and I accepted everything that came my way for 15 years."

Fields ended up working alongside James Garner in *The Rockford Files* and Lee Majors in *The Fall Guy*, fighting Lynda Carter in *Wonder Woman*, and doubling for Shirley Jones in *Beyond the Poseidon Adventure* and Jane Seymour in *Battlestar Galactica*. Her IMDB credits are about five-dozen long in both stunt and acting categories, with one of her most pivotal being an appearance in the *The Gauntlet* starring Clint Eastwood in 1977.

In her scene, Fields doubles for a woman in a biker gang trying to rough up Eastwood and his co-star Sondra Locke on a moving train. While actress Samantha Doane delivers the line, "You wouldn't hit a lady, would ya?" it's actually Fields who ends up flying off the train and onto some dry, unforgiving Arizona terrain after getting "punched" by Eastwood.

"Clint was so handsome, I could hardly do it," Fields says with a laugh, adding the shot took only one take. "But that basically launched my career overnight. After that, I never had to hustle. Work just came to me. I was very fortunate."



"You wouldn't hit a lady, would ya?" Though Fields didn't utter the famous line in *The Gauntlet*, she is the stunt woman who goes flying off the train. *Photo courtesy of Marneen Fields.*

A well-known adage states: "When God closes a door, he opens a window."
And in Marneen Fields' case, the window was on the third floor. And she jumped out of it.

Unfortunately, that run came an end in 1991 when real life, cruelly mimicking a Hollywood stunt, dealt Fields a near fatal blow. She was driving through Culver City, California, when her car was hit by a drunk driver — nearly cutting it in two — and landing her in the hospital with serious internal injuries.

Numerous abdominal surgeries

followed over the next couple of years, including one that her doctors didn't think she'd survive.

"I was healed by Jesus and God, and I got back on my feet slowly," Fields proclaims. "And today I'm basically pain-free and moving forward with my career."

While Fields has certainly endured much, even now, at age 68 — "But I don't



Fields reconnected with her Aggie roots by happenstance due to her role in the 1980s show *Scarecrow and Mrs. King*. Photo by Levi Sim.

“She’s been able to overcome some pretty horrific things and **not let it change who she is.**” — Tim Heare

look 68,” she clarifies with a chuckle — it’s clear she still longs for the days when she was falling off tall buildings in a robe and fuzzy slippers or rubbing shoulders with the likes of Dick Van Dyke and Priscilla Presley.

“I was 33 when I had my accident,” says Fields, who was honored with the Legendary Stunt Woman of the Year award at an event in Las Vegas in 2018. “I feel like I lost almost all my 30s and some of my 40s as I was getting pieced back together. And those are really crucial years.”

Hanging On

Thanks to their mutual admiration for *Scarecrow and Mrs. King*, and their shared history with Utah State University, Tim and Emma Heare became friends with Fields and they stay in touch via email and social media.

The couple, who reside in Centerville and now have a child attending USU, have come to realize the courage that Fields displayed when she was a spunky gymnast in college and then as a fearless stuntwoman in Hollywood movies and TV shows was just the tip of the iceberg.

Marneen Fields has been a survivor her entire life.

“She’s had a lot of challenges in her life,” Tim notes. “And the more I found out about her life, the more blown away I became. First off, by all the things that she’s done. She’s a hidden gem who few people know about. And second, even though she’s been through some very traumatic things in her life, she’s kept such an amazing attitude. That’s so impressive to me.

“There’s a documentary making the rounds in LA — *The Remarkable Resilience of Marneen Fields* — and I think that pretty much sums up her life,” Tim adds. “She’s been able to overcome some pretty horrific things and not let it change who she is. The kind of things she’s gone through would cause just about anyone to become a very bitter person, but I think it’s only helped her become stronger.” **A**

“ The Huntsman School of Business not only has amazing courses, but also facilitates so many experiences outside of the classroom. I was able to attend a Women in Business club event where we traveled to several companies in the Salt Lake area and got to know a tech recruiter at Pluralsight. Through this personal connection, I interned as a Machine Learning Engineer and received a return offer to be a Data Scientist following my graduation.

Madison Sperry

Data Analytics '23
Data Scientist, Pluralsight



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Jon M. Huntsman
School of Business
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THE DARK VIEW

Utah's Night Skies Offer Unique Connections to a Clear Cosmos

By Georgie Corkery and Lael Gilbert

Utah is a place of outdoor wonders with iconic arches mountains framing picturesque communities, otherworldly salt flats, birding hotspots, and some of the greatest snow on earth. And yet, the state has another, less appreciated outdoor treasure of world-class status — a vast, dark, and incredibly starry night sky.

Someone spending time under the canopy of the Milky Way might be reminded of their humble status as a human speck, a tiny life floating through the cosmos on the surface of an insignificant planet. An experience like that can philosophically wallop a person. But in an increasingly well-lit world, these context-widening perspectives — something humanity has had in common for millennia — are getting harder to come by.

Modern communities tend to produce an abundance of artificial light. Streetlamps, digital signage, and big box parking lots are just a few of the things making it increasingly difficult to pull detail from the night sky. This is known as light pollution. For city dwellers who, after dusk, move through a seemingly eternal glow of nighttime light, the effect is akin to sitting inside a bright room trying to peer through a dark window.

Some urban areas have become so filled with ambient light that any view of the stars is now obscured, says Lisa Stoner,

coordinator for the Colorado Plateau Dark Sky Cooperative, based in the Institute of Outdoor Recreation and Tourism at Utah State University.

But find a place that's really dark, a spot where the after-hours inky blackness is actively preserved, and that window to experience an astronomical sense of awe can still be opened. And Utah is the place to find these dark skies. According to Stoner, the state has the most extensive naturally dark night skies and the greatest concentration of internationally recognized Dark Sky Places anywhere in the developed world.

Light pollution is more than just a nuisance to recreationists and astronomers. It can have negative effects on physical health. Artificial light at night disrupts sleep cycles by hindering the production of melatonin in the brain. Triggered by darkness, the role of this hormone is to keep human day and night routines on a rhythmic track. Low production of melatonin has been linked to increased rates of diabetes, obesity, and cancer. So, having nightly breaks from artificial light is important to our long-term physical wellbeing.

There are negative effects of light pollution on mental health, as well. Increased exposure to light at night — both indoors and out — is associated with increased symptoms of depression,



Chase Lamborn (right), a researcher in the S.J. and Jessie E. Quinney College of Natural Resources, stargazes with his family. *Photo by Levi Sim.*

Utah is home to the first international Dark Sky Park, Natural Bridges National Monument. *Photo by Levi Sim.*



anxiety, bipolar disorder, and other mental health-related issues. Age-related neurodegeneration is also associated with exposure to artificial light at night. Similar to other forms of pollution, light pollution also has the largest impact on low-income communities, adding an extra strain of mental and physical health challenges to already struggling individuals.

The good news, is that for many deprived of dark nights, there are still places to settle into a comfortable dark.

“Utah is an unrivaled dark sky destination,” says Stoner, whose work focuses on outreach, development of educational programs, and partnerships to increase awareness of the value of dark night skies in the western states.

Not only are all of Utah’s “Mighty 5” national parks certified as International Dark Sky Parks, but so are six national monuments, 10 state parks, one county park, and four International Dark Sky Communities (Torrey, Helper, Springdale, and just recently, the Town of Castle Valley).

That’s a total of 26 International Dark

Sky Places within the state, accounting for 13% of the 200 locations around the globe formally recognized by DarkSky International. Utah is also home to the first international Dark Sky Park, Natural Bridges National Monument, which achieved the status in 2007. However, despite having an unmatched number of protected night sky views, Utah is not a well-known destination for premier-quality stargazing opportunities.

So, What Exactly is Light Pollution?

Based out of USU, the Colorado Plateau Dark Skies Cooperative delineates four kinds of light pollution that can interfere with a clear view of the cosmos — glare, light trespass, clutter, and skyglow.

Glare is an intense and blinding light that shines horizontally, reduces visibility, and causes visual discomfort — like a car coming at you with its brights on. Light trespass occurs when unwanted artificial light spills onto an adjacent property,

lighting an area that would otherwise be dark, such as a floodlight or streetlight. Clutter is when there is an excessive grouping of light sources that are bright and potentially confusing, such as the Las Vegas Strip. And skyglow is the bright halo that appears over urban areas at night and is a product of light being scattered by water droplets or particles in the air.

The tool used to measure light pollution is called the Bortle Scale. It categorizes brightness of the night sky and the visibility of celestial objects based on the amount of light pollution present in a particular location. It ranges from Class 1, which is an excellent dark sky, to Class 9, a severely light-polluted sky. This scale is widely used by astronomers, astrophotographers, and those interested in preserving and enjoying dark skies.

As astrotourism becomes an increasingly popular outdoor recreation activity in Utah, it could offer economic potential for many of Utah’s rural communities, says Stoner. When light pollution is minimized and controlled, this affords an opportunity for communities

The good news, is that for many deprived of dark nights, there are still places to settle into a comfortable dark.

to attract visitors to experience a brilliant starry night.

As a sustainable form of outdoor recreation, astrotourism allows visitors to experience nature in a new way and encourages them to travel to out-of-the-way destinations. Cosmic events like the annular solar eclipse in October 2023, the great conjunction of Jupiter and Saturn in December 2020, the annual meteor showers of the Lyrids, Perseids, and Leonids, and deep space phenomena only visible with telescopic aid, are attracting more visitors for hands-on night-sky experiences across the state.

A Passport to the Stars

The Utah Dark Sky Passport is a new, after-hours cousin to the national parks passports. The destination-focused resource can be found at visitor centers across the state. The program was launched initially for a young audience by the Colorado Plateau Dark Sky Cooperative but is now being adopted as a bucket-list itinerary for stargazers of all ages. It encourages broad appreciation for what Utah skies have to offer, says Stoner.

The project debuted in 2023 and was funded through USU Extension. In it, nighttime explorers learn what a dark sky is and how it may differ from where they live, best practices for reducing light pollution, where to find a star party, dark sky activities that can be done at home, and even the chance to receive a Dark Sky Passport certificate.

Research from USU is supporting the expansion of astrotourism in Utah. A project within the Institute for Outdoor Recreation and Tourism surveyed state and national park visitors about how they valued and experienced dark skies. The work found that more than half of

visitors spending a night in parks had participated in activities that depended on a dark sky — such as stargazing — and they overwhelmingly supported actions to protect night sky quality. The majority of those surveyed also showed an interest in learning more about night sky topics.

“There is a lot of interest, appreciation, and use of dark environments,” says Chase Lamborn, a researcher in the S.J. and Jessie E. Quinney College of Natural Resources and coauthor on the study. “We found a lot of broad support for actions aimed toward reducing light pollution.”

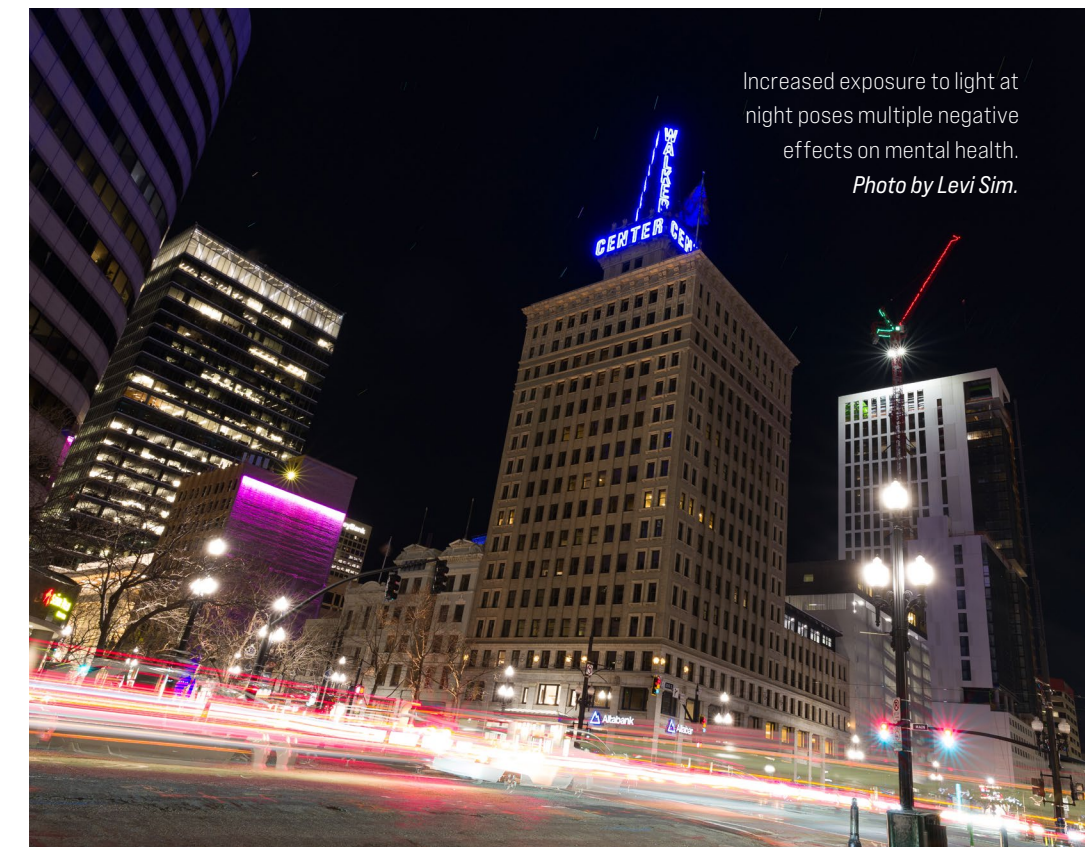
Lamborn says the results of this study will help decisionmakers gauge community support for actions aimed at reducing light pollution.

“Our results show there is a high appreciation for dark environments,” he says. “When managing a place to create dark skies, decisionmakers have

the chance to think more broadly about cultivating dark environments for visitors looking to get away from all things developed.”

The trick is striking a balance between an experience that is accessible and comfortable, while still providing the full outdoor experience. Managers must navigate a fine line for designing spaces that preserve the dark and still serve a broad section of the public, including those who may not be comfortable outside in remote and wild areas. Lit pathways in campgrounds, for example, help some people feel comfortable, but using a minimal number of dim lights close to the ground to cut down on ambient light also reduces light pollution.

“What park managers can take from this research is that, across the board, people are coming to these areas to get away from a developed experience, so they tend to support efforts to maintain darkness,” Lamborn says.



Increased exposure to light at night poses multiple negative effects on mental health.

Photo by Levi Sim.

Getting Comfortable with the Dark Side

Reducing light pollution is also important for animals and other creatures who depend on the night. Skyglow is specifically disorienting for animals that use the stars to migrate — especially birds.

Artificial lighting at night draws birds to urban areas where they are at higher risk of colliding with building windows and vehicles. Bird-window collisions, which also occur during daylight hours, are the second-leading cause of dwindling bird populations, after habitat loss.

In the United States, it is estimated that anywhere from 365 million to nearly 1 billion birds collide fatally with windows annually. Light pollution and bird-window

collisions are of such big concern there are initiatives across the country to turn off superfluous outdoor lighting during migration season, including the Lights Out Salt Lake project from the Tracy Aviary in Salt Lake City.

Predatory species that hunt at night and insects that are drawn to light are other species affected when there is too much light pollution. A well-known example of how artificial light at night affects animals is the disruption of sea turtles hatching and instinctively crawling from the beach towards the moon's reflection, leading them back to the ocean. Light from urban areas confuses these hatchlings, causing them to crawl in the wrong direction.

Along with the negative effects to our mental and physical health and the environment, light pollution is also hurting

our wallets. Outdoor lighting makes up approximately 8% of global energy use, with about 60% of that wasted as unneeded, over-lit, or poorly aimed lighting. In the United States, approximately one-third of all lighting is wasted, and estimates suggest that nearly \$7 billion of energy is wasted as light pollution annually. For every \$100 spent operating a dusk-to-dawn light fixture, \$45 is wasted on light that never reaches the ground.

Turning off lights that don't have a clear purpose, as well as using motion sensors, warm-colored bulbs, and light fixtures that shine down are all simple ways to reduce light pollution. **A**

To find out more about light pollution, Dark Sky Places, or how to get an area designated a Dark Sky area, visit darksky.org.

Along with the negative mental health effects for humans, skyglow is also disorienting for animals that use the stars to migrate.

Photo by Levi Sim.



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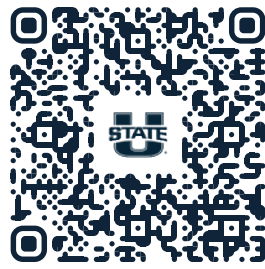


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Grad Gift Guide

Something to Celebrate

2024



IN BRIEF // NEWS AT USU

USU Industrial Hygienists Perform Noise Assessment for Army ROTC Cannon Crew

Firing the cannon by Utah State University's **Army ROTC Jim Bridger Battalion** is a beloved, time-honored tradition at Aggie home football games. In exciting pageantry and delight to Aggie fans, cadets shoot off a round from a 75-mm howitzer at kickoff and after each USU touchdown and field goal.

During the Veterans Day game this past November, the cadets collaborated with USU industrial hygiene students, to conduct a noise assessment of the exuberant cannonade.

A peak noise level map the industrial hygienists compiled revealed the cadets

performing racking and reloading tasks on the left side of the cannon received the highest noise level exposures. Cadets and others standing behind the cannon received lower exposures, but the noise levels still exceeded OSHA and Department of Defense safety limits.



Scan for the full version of the articles in this section. Follow this link to learn more about any of the stories in this section, many of which include video components.



USU President Cantwell Launches Podcast in Collaboration with Utah Public Radio

From the start of her presidency at Utah State University, Elizabeth Cantwell wanted to start a podcast. With the help and collaboration of the University Marketing and Communications team, **Utah Public Radio**, and currently enrolled students, that dream is now a reality.

The "Future Casting With Utah State" podcast ties perfectly with USU's mission to envision the future and empower all people to lead successful lives of involvement, innovation, and impact.

The podcast explores our ever-changing world, technological breakthroughs, future planning, and proactive issues both now and for the years to come.

The collaboration with Utah Public Radio extends the podcast's reach, bringing more public awareness to the statewide impacts of Utah State's research and can be enjoyed on UPR.org or anywhere you get your podcasts.

USU Announces New Appointments to President's Leadership Team

On March 1, John O'Neil and Kerri R. Davidson officially stepped into new leadership roles at Utah State, as **O'Neil** was named vice president for operational strategy and special advisor to the president, while **Davidson** was named the vice president of institutional affairs, as well as president Elizabeth Cantwell's chief of staff.

O'Neil was formerly vice president of research at the University of Arizona, also a land-grant university. There he successfully led research administration, research development, and secure research operations for the university, which ranks in the top 20 for research and development expenditures.

Davidson is joining USU from Arizona State University, where she served as the first executive director and chief of staff of the ASU Public Enterprise. ASU is the largest R1 university in the U.S., and Davidson concurrently led its Office of the Executive Vice President and served as chief operating officer.



USU Professors Research Adapting University Instruction to Indigenous Learning Styles

Utah State University professors in the Department of Social Work have been researching how to adapt university-level instruction for Indigenous students. **Julie Stevens**, USU Southwest clinical assistant professor, collaborated with **Charlie Bayles**, USU Blanding clinical assistant professor, on adapting instruction to Indigenous learning styles and perspectives. Right now, their research is showing that, on occasion, these learning styles are not consistent with how content is taught.

Stevens and Bayles began to look at their course materials through an Indigenous lens. Stevens, who is of Navajo heritage, has personal experience with the challenges of adapting to collegiate coursework, having completed her bachelor's degree coursework at USU Nephi, and later a master's degree in social work from the University of Utah. Working together, Stevens and Bayles designed a test preparation course for students.



Aggie Ice Cream Celebrates Grand Opening of its Second Store in Logan

The makers of Utah State University's iconic Aggie Ice Cream recently opened a second store location at **Blue Square, 1111 N. 800 East, Logan**, next to the Aggie Chocolate Factory. The grand opening event in September 2023 featured a ribbon-cutting ceremony and Aggie Ice Cream party.

With a storied history dating back more than 100 years, Aggie Ice Cream has been serving up delightful flavors produced from cow to cone by USU students and faculty, becoming an integral part of Utah's cultural, educational, and culinary heritage. The new location's opening represents a milestone in the university's commitment to offering the community its handcrafted ice cream, which is made on-campus by dedicated staff and students in the food science program.

In addition to its ice cream, Aggie Ice Cream has long been an essential part of food science education in USU's Department of Nutrition, Dietetics and Food Sciences, providing hands-on experience in dairy production.

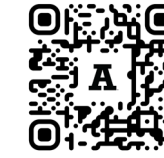


Beyond Spiders and Abuzz With Possibilities: USU Researchers Explore Nature's Ancient Biomaterials

For more than a decade, Utah State University scholars have pioneered research on the production and structure of synthetic spider silk. Building on lessons learned, researchers in the lab of biology faculty member **Justin Jones** are branching into organisms beyond the eight-legged arachnids to explore a broader range of potential candidates for production of replicable, recombinant fibers.

Among these organisms are the eel-like hagfish and the transparent ctenophore. In addition to these rather exotic creatures, undergrad researcher Jackson Morley and doctoral student researcher Oran Wasserman, both Jones Lab members, are exploring an organism more familiar to Utahns: the bee.

Tradition, Innovation Combine as Themes During Investiture of USU Pres. Cantwell



Utah State University celebrated the Investiture of Elizabeth R. Cantwell, the university's 17th president, on Friday, April 12. Follow this link to learn more about the event, which included the unveiling of USU's new mace and a special "President's Choice" Aggie Ice Cream flavor.

Tradition and change were recurring themes of the investiture of Utah State University President **Elizabeth R. Cantwell** held in the Daines Concert Hall on April 12.

At the event, an academic ceremony with centuries-old roots, Cantwell and other speakers spoke of overcoming new challenges while recommitting to central values.

"We are a public higher education institution that is, in fact, poised to play an even more critical role in the future," Cantwell said. "We will remain, as we always have been, a key driver of innovation, of social mobility and societal well-being."

Cantwell began her presidency in August 2023. Investitures traditionally happen during or at the conclusion of a university president's first year in office and celebrate a new era of leadership.



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Sharing Wonder: USU Physics Students Practice STEM Outreach at NASA's Kennedy Space Center



This past November, members of Utah State University's NASA-funded Atmospheric Waves Experiment (AWE) Science Team accompanied USU Physics faculty members to the Cape Canaveral launch of the AWE instrument, built by USU's Space Dynamics Laboratory, to the International Space Station.

The student team members spent two days prior to the trip in intensive communications training with SDL public relations director Eric Warren, in preparation for three pre-launch days at Florida's Kennedy Space Center explaining the mission to visitors of all ages.

"As a teaching assistant at Utah State, I've always enjoyed instructing peers," says undergraduate student and AWE team member Joe Pigott. "But the trip to the Kennedy Space Center may have solidified my decision to make teaching my career. Seeing the kids at our exhibit struggle with new concepts, then finally connect the dots was one of the best feelings in the world."



USU Researchers Use Last Year's State- Record Snowpack to Investigate Predictive Models

More than 75 feet of snow in 191 days. That's what Alta Ski Area reported during the 2022–23 season — beating the previous high, as calculated at the Collins Study Plot, by more than 150 inches. Across the

state, snow totals accumulated to a high point of 30 inches of snow water equivalent — which broke a 40-year record by about 4 inches. By that same metric the state was, at times, more than 200% above the median snowpack.

This is all to say that from a statistical standpoint, the winter of 2022–23 stood out.

Because of that, USU researchers wanted to know how it aligned with what predictive models forecast it would be. Climate science doctoral candidate Matthew LaPlante, with help from faculty members Luthiene Dalanhese and S.-Y. Simon Wang, investigated whether tropical ocean sea surface temperatures predicted the precipitation anomaly that hit the state in force.



Curtain Call: Corey Ewan to Retire After 25 Years at USU Eastern

After years of entertaining audiences and instructing theater students, USU associate professor Corey Ewan has announced his retirement.

Ewan began his university education at the College of Eastern Utah, earning his associate degree before transitioning to USU in Logan. After graduating with a doctorate from BYU, Ewan came back to join the USU Eastern faculty in 1999. During his early years, he worked with several of the professors that taught him when he was an undergraduate student. He enjoyed these times even though they were fraught with extra hours building sets and creating costumes.

"I owe so much to the education that I got here, and seeing those professors again, they were so welcoming and proud," Ewan said. "We would build sets and create costumes. The costume department used to be in the basement. We had a lot of responsibilities, and we were trusted to get things done. It was a fun time."

USU Named Best Employer in Utah

Utah State University is the best employer in Utah according to a study by Forbes. More than 70,000 full- and part-time employees throughout the U.S. participated in the Forbes survey. The questions examined working conditions, diversity, compensation, development opportunities and more.

Mental health initiatives have been crucial for supporting employees. To address the need for increasing services, HR recently partnered with Aetna to expand talk therapy offerings for employees through Talkspace, as a component of the Aggies Thrive initiative in the university's Employer Assistance Program.

Forbes considered 39 businesses in the state, although some also had headquarters outside of Utah, such as Costco, Amazon, and Adobe.



To the Stars We Return: USU Alumna, NASA Astronaut Mary Cleave Dies at Age 76

Utah State University alumna Mary Cleave, a trailblazing veteran of two NASA shuttle spaceflights, died Nov. 27, 2023. She was 76.

Cleave was the 10th woman to fly in space. She flew as a mission specialist aboard Space Shuttle Atlantis mission STS-61B in 1985, and again on Atlantis mission STS-30, in 1989. During the latter mission, Cleave and fellow crew members successfully deployed the Magellan Venus exploration spacecraft, the first planetary probe to be deployed from a space shuttle.

Cleave earned a master's degree in microbial ecology in 1975 from USU and then embarked on a doctoral degree in civil and environmental engineering, which she completed in 1979. While working at USU's Utah Water Research Laboratory in 1979, a colleague urged her to apply for a position with NASA's expanding space shuttle program. She did, and by 1980, Cleave became an official NASA astronaut.



USU Soccer Star Kelsey Kaufusi Drafted to the National Women's Soccer League

Kelsey Kaufusi became the first-ever Utah State Aggie to be selected in the National Women's Soccer League draft in January 2024, as she was selected by the Portland Thorns. She will graduate this May with a Bachelor of Science in Human Development and Family Studies from the Emma Eccles Jones College of Education and Human Services.

Kaufusi's impressive four-year USU athletic record includes Mountain West Defensive Player of the Year for 2023 and First-Team All-Mountain West for

2023 — a year in which the Aggies also won their first-ever Mountain West championship with Kaufusi as lead defender. She started all 76 games she played with the Aggies over her four-year tenure.

"Kelsey is a force to be reckoned with on the soccer field," says Manny Martins, head coach of the USU women's soccer team. "Her fierce competitive mentality and phenomenal athletic qualities make her one of the best 'shutdown' defenders in the country."



We welcome your thoughts. Please email letters to mageditor@usu.edu. Include your full name, address, phone number, email, and class year, if available, for confirmation of your identity. Letters should be 200 words or less and respond directly to an article in a recent issue of Utah State magazine. Letters may be edited for length, style, and clarity, and fact-checked as appropriate. While Utah State magazine endeavors to publish all letters that meet the guidelines, space is limited, and letters from members of the Utah State community that contribute to a diverse range of perspectives will be prioritized. Letters that violate USU's Principles of Community will not be considered.

FALL 2023: FAMILY & RELATIONSHIPS



WINTER 2024: SERVICE



Care to comment on this issue? Scan the QR code below and share your thoughts with us.



LOOK BACK: USU Demolishing Reeder, Greaves, and Moen Residence Halls (Fall 2023)

It's awesome reading about the backstories of these three dormitories. I've stayed in 2 of them, particularly for previous summer internships. So many fond memories were created with roommates in the Moen and Reeder Halls (I'll miss these dormitories), then again, I look forward to new changes for our Aggies.

— Lindsey Burbank-Pete '19

I lived in Reeder Hall my freshman year, 1958–59. We were kind of a revolving door apartment with some new roommates added each quarter to make six residents. Women left at quarter's end for marriage, lack of money, or not just sure university life was a fit for them. I loved the mix, trying to stretch weekly money to feed us all. We even cooked together in those days and took assignments to keep our shared spaces livable. I remember early mornings studying for tests out in the stairwell — it was warmer than the very glass paned kitchen for that last review before an exam. It was a great transition space for me as I moved into adult life. I am still in touch with some of the women who shared that space with me as a freshman.

— Georgia Beth Smith Thompson '62

I lived in Reeder Hall for almost 2 years, 1972–73. It was a good place for me, reasonable rent, and great people to meet. So sad to see it go down. Its cinder block construction was made to endure for decades, and it serves many of us well. Mountain View Towers were brand new when I started at USU in the fall of 1971. I lived there one quarter, and now they are the old dorms.

— Julie West

My husband and I met in Merrill Hall, and I also met my best friends living there. I have been dreading the day they tear it down — so many fun memories there. Three generations of my husband's family have lived there, we loved it!

— Karla Poulsen

My wife and I met in Merrill Hall. Then years later, a son and a daughter (once it was coed) lived there. Too bad they didn't ask me before deciding to tear it down. 😞

— Richard Gardner '91

MAN ON A MISSION: USU Graduate Greg Carr Has Spent The Past 20 Years Leading Restoration Efforts In Mozambique's Gorongosa National Park (Winter 2024)

This was an amazing article! I can only hope to make an impact in the world as Carr has!! This was so motivational and now I'm so interested in following his work!! Good luck to you!! You are the type of people I would love to place myself and my life around!!!

— Cassidy Stevenson

Greg Carr, something in the spirit of us who were born 1959. What a wonderful time to grow up — experiencing a Civil Rights Movement, love songs everywhere and seemingly respect for family, children, and elders. Work ethic was instilled — and had I not been a product of affirmative action, I doubt that I would be “celebrating” the character and altruistic-nature of Mr. Carr. Thank Our Creator that such examples of humanitarianism still exist — especially in times when my fellow Americans are bombarded by the media reporting on so many expressions of hatred and evil-spiritedness. Salute to Mr. Carr and may his spirit become contagious.

— Lindsey Burbank-Pete '19

After watching 60 Minutes this evening and learning of Greg Carr's wise and generous example of how we need to be aware of making our world a better place for people and animals — and how education plays the most important role in every step taken... Thank you!

— M. Silvi

Please pass along to Mr. Carr my boundless admiration for all he has and is doing in his work in Africa. An amazing man and an inspiration.

— Lindsey Burbank-Pete '19



Greg Carr poses for a photo for the Winter 2024 cover story, “Man on a Mission.” *Photo by Levi Sim.*

ical dynamics and the ethics of competing claims. The elephant (or ungulate) in this room is the livestock industry, whose impacts on western ecology are legion, and viscerally assault the senses of anyone exploring public lands. Their population dwarfs that of horses by several decimal places, and their non-nativity is not in question, their breed names resembling a European map index.

Because today's Anthropocene West has less rain and fewer predators than the world of ancient *E. ferus*, artificial control of horse populations at some level is appropriate. But in supposing that level, our country (and range managers) should keep some quantitative and chronological perspective on who is actually placing novel, gratuitous, unreasonable burdens on western ecology, particularly in view of the human health nightmare of beef as a mass-production commodity at all.

— Jim Steitz '03

PUTTING DOWN ROOTS WITH NATIVE PEACHES (Fall 2023)

I loved this very much! I'm also a USU alum (C/O 2019). I completed my studies at USU-Blanding and went on to serve my time with elders in the Central Agency as a C.N.A. for about 2 1/2 years. Originally, I'm from Many Farms, AZ as well, but I'm also connected to the Chinle community. After 3 long years, I've decided to go back to school here on the main campus in Logan, Utah. Knowing that my shi'ma sani had a green thumb for planting vegetables and fruits in our backyard still gives me the hope & purpose to start my own garden when I return to our Dine' Bikeyah. Thank you to Regan Wytsalucy and Josua Toddy for sharing their line of work and plans to keep our traditions alive.

— Lindsey Burbank-Pete '19

Very much enjoyed Kristen Munson's article on Reagan Wytsalucy's research and community work with Navajo Peaches. Please pass on my congratulations to Kristen and Reagan. The story gives me some hope for our dying planet.

— Christopher Conte

I just finished watching 60 Minutes that highlighted your efforts in Gorongosa and I was amazed and inspired. Few people, when near life's end can look back and honestly say that they did their best for the good of mankind and the planet, but you can. I envy your life, your ability to see a wonderful future for the people and the beasts that you are transforming. I am going to save my pennies to someday visit your African paradise. God bless you.

— Kathy Luban

CAMPUS SCENE: The Return of Tranquil Waters (Fall 2023)

Yay! I began to think that fountain would never work again. I graduated from USU in 1991 and now live on the East Coast; I get back to campus about once/year. I saw the working fountain 2 months ago.

— Richard Gardner '91

UNBRIDLED IMPACT: The Wicked Predicament of Wild Horses on Public Lands (Fall 2023)

As a 1988 USU alum and an advocate for wild horses and burros on public lands, I was dismayed at the article, “Unbridled Impact: The Wicked Predicament of Wild Horses on Public Lands.” The author asserts that wild horses “aren't native to North America,” but in fact they originated and evolved here over 50 million years ago, spending all but .009 percent of their natural history in North America.

More broadly, the article regurgitates disinformation by the Bureau of Land Management and the livestock industry to justify the eradication of our wild herds to benefit taxpayer-funded livestock grazing. The BLM's own data shows that it is millions of livestock, not 80,000 equines, that are damaging the rangeland ecosystem; meanwhile, public lands ranchers and livestock companies continue to pour their invasive cattle and sheep onto the range in vast numbers while complaining about “too many horses.”

The real “wicked predicament” is the BLM's campaign to mislead Congress, the news media, and the American public about the cause of harm to our western public lands. Sadly, the article overlooked the BLM's ruse and repeated its lies. Livestock are ruining the range, but wild equines are taking the blame!

— Scott Beckstead '88

I read with interest “Unbridled Impact” about conflicting ideas for free-ranging horses in the American West. Whether we call them ‘feral’ or ‘wild,’ we should not call them ‘not native,’ as the author does, lest we exhibit the pedantic hair-splitting no longer favored in biology. What died with the Pleistocene was not a ‘horse-like ancestor,’ but a lineage that is genetically grouped in *Equus ferus* along with the domesticated horse, the latter designated subspecies *E. ferus caballus*.

As often in wide-ranging species with continuous distributions, dividing lines are somewhat arbitrary, and our policy should be informed not by pseudo-syllogisms involving native vs. non-native, but by ecolog-

IN MEMORIAM // *Through Apr. 12, 2024*

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1930s

Marie C. Johnson (Cooley) '38, Mar. 23, UT

1940s

Barbara D. Balls (Bracken) '48, Sept. 15, UT
Day L. Bassett '48, '50, '52MS, Dec. 4, WA
Rose M. Breinholt (Earl) '49, Aug. 25, UT
Charlotte M. Burgoyne (Tillotson) '49, Oct. 19, AZ

Jack R. Carter '49, Nov. 4, CO
John R. Cochran '49, '50MS, Sept. 25, NM
Charles S. Collier '49, Jan. 1, CO
Frances C. Eichelbaugh '49, Nov. 17, CA
Eros H. Frary '45, May 28, CA
Beth Noyes (Clark) '45, Oct. 11, NM
Gene Rich (Munns) '48, Sept. 30, UT

1950s

Luke L. Adams '56, Oct. 1, UT
Connie L. Allen (Garr) '59, Mar. 9, UT
Lamont D. Allen '59, Aug. 18, UT
Cleon Dee Anderson '59, Dec. 13, CO
Sharlene H. Anderson '57, Nov. 1, UT
Jane H. Arbon (Harris) '55, Mar. 18, ID
Stu Auld '52, Sept. 27, MD
Arlan Randall Baird '59, '64MS, Dec. 8, UT
Ruth Bartholomew (Baird) '50, Sept. 8, UT
Audrey Beishline (Andelin) '56, Feb. 1, UT
Lila F. Bell (Allen) '57, Feb. 11, UT
Maralyn Bingham (Bunderson) '51, Feb. 21, ID
Claudia C. Bishop (Winther) '56, Nov. 13, UT
Jerry J. Blackard '59, Sept. 2, TN
Royal H. Brooks '52, Feb. 4, UT
Myrna R. Brown (Wilkes) '58, '58, Oct. 27, UT
Marian Budge (Underwood) '56, Dec. 5, UT
Richard A. Capener '59, Mar. 2, UT
Kay S. Caskey (Staheli) '58, Aug. 2, NV
Lee L. Chamberlain '57, Sept. 15, UT
Louise Blood Chaput '59, Feb. 6, UT
Reuel H. Christensen '59, '64MED, Mar. 19, UT
M. Chris Clark (Christensen) '51, Nov. 11, UT
Don R. Cook '56, Mar. 11, UT
Albert G. Cox '56, Nov. 18, ID
Earl D. Crozier '58, Jan. 2, HI
Roy H. Daniels '58, Feb. 28, UT
Floyd G. Davis '53, '66MS, Oct. 22, CO
James L. Dean '58, '60MS, Nov. 18, OR
Margene P. Edwards '56, Mar. 22, UT
Marlene J. Wilson '58, Jan. 11, UT
William L. Ellett '58MFA, Nov. 1, CA
George W. Enyeart '56MS, Feb. 14, ND
Marian F. Enyeart (Lay) '56, Apr. 20, ND
Bert H. Erickson '56, Feb. 12, TN
Nita Farness (Colletti) '57, Aug. 14, ID
Edward Favero '59, Jan. 8, UT
Ben W. Fenton, Jr. '54, Mar. 7, VA
Gloria May Johnson Firth (Johnson) '54, Feb. 3, UT
Bonnie W. Gardner (Whitney) '51, Aug. 14, ID
Edna Daniels Garrett '58, Dec. 7, ID
Sally T. Glauser '54, Oct. 29, UT
Dorothy R. Graff '56, Aug. 23, UT
Carmen Petty Gray (Petty) '54, Jan. 2, UT
John E. Gundersen '54, Jan. 9, UT
LaPrele H. Hall '56, Oct. 2, UT
Ray D. Hansen '59, Mar. 5, CO
LeMar O. Hanson '53, Nov. 16, UT
Helen Daines Harvath (Daines) '59, '75MS, Dec. 6, UT
Stanley C. Hatch '55, Sept. 27, CA
Trevor Clarke Hughes '57, '72PHD, Mar. 16, UT
Eldon R. Huggie '54, Jan. 10, UT
Larry Mark Hyatt '58, Feb. 2, UT
Reed M. Izatt '51, Oct. 29, UT
Wallace James '57, Jan. 2, UT
Lujean Jenkins (Hogan) '54, Sept. 25, UT
Barbara Jensen '56, Dec. 1, UT
Sheldon A. Johnson '54, Jan. 3, UT
Norval R. Jones '55, Aug. 15, UT
Velma W. Jordan (Whitehouse) '57, Jan. 7, MT
Joan H. Kenney '54, Nov. 9, UT
Aizad N. Khan '57, Aug. 20, VA
Bryant L. Christensen '62, Nov. 15, ID
Rod Clark '65, '78MS, Nov. 12, UT
Wayne E. Cook '61, Dec. 6, UT
Lewis B. Coons '64, May 31, TN
Dale A. Coray '68, Dec. 1, UT
Gerald L. Cox '63, Nov. 13, UT
Mary L. Cox '61, Oct. 3, UT
Rita June Critchfield (Williams) '65, Oct. 8, ID
David W. Cutchen '67, Mar. 1, UT
Kenneth N. McCoy '59, '63MS, Oct. 17, CA
Dorothy S. Merrill (Stevens) '56, Dec. 26, UT

John D. Merrill '51, Jan. 22, CA
Kelly Mirci '55, Feb. 24, CA
Wendell F. Moody '55, Feb. 22, TX
Ione H. Mortensen '59, Jan. 7, UT
Wilma L. Newman '56, Oct. 21, UT
Gerald L. Nielsen '58PHD, Oct. 11, NM
Ross E. Nielsen '58, Sept. 14, UT
Betsy N. Ogden (Nelson) '54, Dec. 28, UT
Wendell S. Ogden '59, Feb. 28, WV
Rita M. Olsen '54, Sept. 26, UT
Joseph C. Orme '57, Oct. 16, ID
Daryl P. Perrenoud '58, Aug. 30, MS
Joseph Louis Peterson '55, '57MS, Sept. 17, UT
Lorraine E. Peterson (Ekstrom) '56, Aug. 28, UT
Richard L. Pitkin '56, Oct. 18, UT
Leo S. Prestwich '59, Oct. 23, UT
Nelda Prestwich '52, Nov. 1, UT
Marvin L. Rallison '54, Mar. 10, UT
Thomas J. Ramage, Jr. '58, Sept. 20, UT
Juel B. Rasmuson '57, Oct. 15, UT
Lynn Richards '51, Dec. 19, UT
Larry J. Ricks '67, Nov. 23, ID
Ronald W. Robins '51, '56MS, Mar. 25, UT
Jake Rogers '50, Jan. 4, UT
Devon J. Roper '59, Jan. 1, UT
Patricia W. Russell (Williams) '55, Feb. 9, CA
Paul Freeman Short '59, Nov. 7, UT
James G. Smith '55, Dec. 8, AZ
Dent G. Sorensen '52, Dec. 7, UT
John L. Sorensen '51, Jan. 9, UT
Loren J. Spencer '50, Oct. 5, UT
Max C. Sperry '56, Oct. 4, UT
Jack N. Stephens '59, Nov. 12, UT
Warner Stuart '59, Dec. 1, ID
Eleanor D. Swain '58, Mar. 6, ID
Thomas M. Tarbet '55, Oct. 9, AZ
Lyle Taylor '50, Aug. 22, UT
Marilyn Taylor (Olsen) '50, Feb. 21, UT
Gary L. Theurer '51, Jan. 7, MD
Dec J. Thompson '57, Feb. 17, UT
Derle Thorpe '59, '65MS, Oct. 20, UT
Glen J. Thorsted '53, Apr. 2, WA
Ann Knight Todd '57, Aug. 1, CO
Molly M. Tucker '59, Sept. 12, UT
Beulah J. Turner (Jackson) '50, Oct. 14, UT
Karin Ulrich (Olson) '52, Nov. 1, UT
Robert E. VanCleave '52, Aug. 21, TX
Carole K. Warner (Kimball) '52, Nov. 18, UT
Boyd A. Whitty '55, Oct. 26, UT
Emery H. Willes, Jr. '58, Sept. 30, UT
Jeanette R. Wilson '54, Dec. 1, UT
David S. Winn, Jr. '59, '72MS, '77PHD, Mar. 25, UT

1960s

Kenneth Abel '61, Nov. 3, VA
Linda A. Allred (Aiken) '62, Dec. 21, UT
Judy A. Andersen (Mickelson) '62, Nov. 19, UT
Kent Andersen '62, Aug. 13, UT
Cecil Archibald '67, Oct. 5, UT
Beverly M. Arcus (Edwards) '64MED, Jun. 27, TX
Lawrence Page Bailey '60, Feb. 1, UT
Marcus W. Barnes '61, Dec. 6, ID
Stephen E. Bastian '66, Jan. 3, ID
Jerri A. Bateman '65, Aug. 1, NV
Philip D. Baugh '64, Apr. 4, CA
Kay Larue Berry (Parker) '62, Aug. 31, UT
Lynn C. Biddulph '67, Feb. 28, UT
Brent Blackburn '68, '76MFA, Feb. 28, NV
Joseph P. Blanch '69, Nov. 10, UT
Richard Kay Brimhall '67MS, Sept. 6, UT
Edward Jacob Brudz '64, Aug. 15, MA
Jay W. Burr '67, Aug. 11, CA
Dwayne R. Buxton '64, '66MS, Sept. 24, ID
DeAnna C. Cain Holdt '61, Dec. 19, UT
Helen B. Cannon (Beach) '60, '88MA, Mar. 7, UT
Michael O. Caulfield '65, Nov. 5, UT
Robert William Chadwick '67PHD, Oct. 13, NC
Brian Chambers '65, '74MS, Dec. 11, UT
Kallubasanna R. Channarasappa '66MS, Sept. 11, PA
Nancy D. Cherosnick '68, Mar. 15, NC
Bryant L. Christensen '62, Nov. 15, ID
Rod Clark '65, '78MS, Nov. 12, UT
Wayne E. Cook '61, Dec. 6, UT
Lewis B. Coons '64, May 31, TN
Dale A. Coray '68, Dec. 1, UT
Gerald L. Cox '63, Nov. 13, UT
Mary L. Cox '61, Oct. 3, UT
Rita June Critchfield (Williams) '65, Oct. 8, ID
David W. Cutchen '67, Mar. 1, UT
Kenneth N. Cutler '65, Dec. 15, UT
Dwayne Alvin Czupka '69, Aug. 30, IL

Gail Lynn Dalton (Elwell) '64, '82MED, Nov. 13, UT
Gaye Deamer '62, Feb. 10, UT
Frances R. Durham (Fehrenbacker) '63, Dec. 4, UT
Gary D. Dutton '67, Nov. 7, UT
Marilyn J. Eatchel (Canoso) '65, Jan. 23, UT
Carol H. Eckardt '61, Jan. 7, UT
Kay P. Edwards (Pace) '62, '64MS, Dec. 20, UT
Guy A. Erikson '64, Sept. 9, ID
Deloss Everton '66, Aug. 12, UT
Keith E. Farrar '64, Dec. 24, ID
Neil Folks '69MS, Aug. 31, CO
Robert George French '65, '72MS, Mar. 7, ID
Monte Cordell Fullmer '65, Jan. 21, ID
Kathryn S. Gardner (STAUFFER) '67, Jan. 11, UT
Michael E. Giboney '62, Oct. 13, VA
Janis McKinnon Gitlin '69, Aug. 16, UT
Blair L. Glead '62, Mar. 25, UT
William Lamont Glover, Jr. '60, Nov. 7, UT
Leroy R. Goodey '66, '81MED, Feb. 9, UT
Hazel L. Hale '62, Sept. 2, OR
Clyde R. Hammer '60, Nov. 13, UT
David Thatcher Handley '68MS, '70PHD, Mar. 12, UT
Craig R. Hansen '69, Oct. 11, UT
Douglas R. Harnisch '65, Nov. 27, ND
Phil Rees Harris '66, Feb. 16, UT
Beth E. Hartmann (Frandsen) '61, Aug. 11, UT
Nevada J. Harward (Ellison) '64, Feb. 10, UT
Erlene G. Hedrick (Gordon) '60, Sept. 17, UT
Edgar R. Hibbard '66, Sept. 2, UT
Loran L. Hirschi '68, Sept. 4, UT
Don W. Hobbs '66, Nov. 28, AZ
Alvie L. Holyoak '60, Sept. 12, UT
Robert M. Hull, Jr. '69, Oct. 25, ID
Jane R. Humphreys (Roberts) '66, Jan. 4, UT
Robert S. Hunsaker '60, Feb. 29, UT
Delores M. Imrie '61, Feb. 8, WA
Colonel Gerald E. Ingalsbe '65, Mar. 9, UT
LaVone Dunn Ingersoll '60, Nov. 26, UT
Sandra J. Jensen (Scott) '66, Feb. 25, UT
Jack C. Johnson '67, Mar. 12, UT
Joan Johnson (Tingey) '64, Sept. 30, UT
Ronald Douglas Jones '65, Feb. 12, UT
Farrokh Jooyan '63, Aug. 13, AZ
James K. Kamprud '67EDD, Oct. 25, CA
Robert C. Kuehn '67, '69MBA, Jan. 1, WA
Hal W. LaBelle '60, Jan. 22, UT
Juanita Larsen (Wood) '68, Oct. 26, UT
Ray T. Larson '63, Oct. 11, UT
Leo W. Lawhorn '69, Jun. 24, KS
Dennis Layne '61, Nov. 1, UT
Janet Anderson Leming (Anderson) '67, Oct. 4, UT
Ruth Ann Lewis '62, '67MED, Mar. 24, UT
Richard J. Little '60, Nov. 20, UT
Bryan T. Lufkin '64, Nov. 19, WA
Richard S. Magley '61MS, Oct. 1, VA
Shao S. Mai (Yam) '66MS, Oct. 15, VA
Vicki Mailhot (Vonlester) '61, Jan. 16, CA
Robert S. McAllister '62, '66MS, Dec. 27, UT
Patricia P. McFerson (Pieper) '62, '66MS, Sept. 25, UT
Ruth B. McMurdie (Blanchard) '62, Oct. 8, UT
Bill Bronson Meador '60, '67MS, Oct. 5, UT
Grant Wesley Mogle '61, Jan. 14, UT
Michael S. Morby '67, Nov. 21, UT
Richard L. Morgan '60, Sept. 6, UT
William K. Mortensen '61, '64MS, Oct. 23, UT
Walton Muir '68, Oct. 22, NV
Lawrence J. Neugebauer '66MS, Sept. 19, NJ
Patricia Newman (Thornock) '60, Jan. 5, UT
Cantril Nielsen, Jr. '63, Nov. 5, UT
George W. Nixon '62, Mar. 24, UT
Patrick J. Norris '66, Mar. 21, MD
Richard R. Olson '60, Dec. 22, UT
Armstrong L. Owen '62, Jan. 21, UT
Isabelo F. Palalay '61, Jul. 9, HI
Clark Passey '65, '89, Dec. 8, CA
Millicent Wade Paul (Wade) '62, Nov. 25, UT
William D. Pearson '67MS, '71PHD, Dec. 24, KY
Leon B. Perkes '64, Feb. 10, ID
Bruce H. Petersen '62, Feb. 8, UT
Karen M. Petersen (Miller) '61, Aug. 31, NV
Joan A. Peterson (Jensen) '63, Feb. 12, UT
John Milo Peterson '62, '64MED, '65EDD, Feb. 29, UT
Keith E. Petrie '66, Jul. 1, CA
Lujuanna Pettigrew (Wilson) '63, Dec. 11, UT

Geraldine Pezely (Bates) '68, '75MS, Dec. 25, UT
Michael A. Phillips '64, Mar. 23, CA
Georgia K. Rasmussen (Kenney) '68, Dec. 26, UT
Lee C. Rasmussen '63, Feb. 5, UT
Milton O. Ravsten '67, '69MS, Oct. 31, ID
Russell L. Ray '63, Feb. 3, UT
A. Spencer Raymond '62, Feb. 23, UT
Larry C. Raymond '65, '71MS, Feb. 27, UT
Ida L. Reaveley (Willardsen) '63, Feb. 10, UT
Duane H. Reeder '66, '68MS, Dec. 23, AZ
Lois J. Reeder (Williamson) '67, Nov. 26, UT
J. Warren Reynolds '64, Jan. 16, UT
Olinda L. Reynolds (Hoehne) '69, Dec. 22, UT
Lavar Roberts '60, Oct. 6, UT
Judith D. Rodriguez (Draper) '67, Apr. 28, CA
Frank J. Rosbach '64, May 21, KS
Jack Hall Rowsell '66, Oct. 15, AZ
Calvin L. Rowse '60, Sept. 22, ID
Venita P. Roylance (Parry) '62, Nov. 13, UT
Edna M. Sampson (Miller) '62, Nov. 30, AZ
Jack C. Sargent '60, Feb. 7, UT
Patricia Ann Sargent '69, Dec. 23, UT
John P. Schalling '69, Sept. 1, AP
James N. Seiber '67PHD, Jun. 1, CA
Sharon Sessions (Erekson) '60, Oct. 28, UT
Arvol Dale Smith '67, Oct. 18, UT
Carole G. Smith '63, Sept. 19, UT
Ellis T. Smith '63, Jan. 13, UT
Ralph L. Smith '63, Jan. 31, UT
Roland Edward Smith '63, Feb. 8, UT
Margaret A. Soderborg (McNeil) '69, Dec. 8, UT
Nathan J. Solomon '64, Oct. 3, CA
Blaine L. Sorenson '65, '67MS, Sept. 26, UT
Jerry R. Springer '61, '65MS, Dec. 20, UT
Major Richard E. Squires '64, '67MS, Aug. 21, NV
Harry M. Standing '61, Dec. 13, UT
Hal Stoddard '65, Jan. 10, UT
Charlene Moyes Summers '67, Sept. 1, UT
Roger R. Taur '68MS, '72PHD, Oct. 26, CA
Robert Thatcher '66, Sept. 25, UT
Ruth C. Thomson (Cornaby) '67, Sept. 21, UT
Brian F. Thornley '63, Oct. 19, UT
Anne Thueson (Byram) '63, Jan. 30, ID
Stanley R. Thurman '65, Nov. 27, UT
David Kelland Till '61, Feb. 3, TN
Darrell B. Tomlinson '60, Jan. 20, UT
Carol Torbensen (Whiting) '66, Aug. 19, UT
Richard Lewis Toyn '62, Oct. 31, UT
W. Randall Tyson '63, '65MS, Oct. 5, FL
Roger W. Upwall '66, Sept. 11, UT
Robert L. Vadas '62, Jan. 1, CO
Gene G. Walker '60, Feb. 6, UT
Gilbert J. Walker '62, May 2, UT
Ivon R. Wall '61, Nov. 14, UT
Roger Wangeren '63MA, Dec. 10, UT
Darrell W. Warren '61, Oct. 16, UT
Joseph A. Watts '64, Mar. 11, UT
Sandra L. Watts (Ash) '66, Mar. 13, UT
Kimber C. Webb '64, '66MS, Jan. 27, AZ
Bruce L. Welch '66, Aug. 31, UT
Wayne Western '61, Oct. 23, UT
Earl J. Wheeler '60, Jan. 5, UT
Arthur Brent White '66, Dec. 28, UT
Ronald G. Wilcox '65, Jan. 7, UT
Ann Wilkins (Boston) '65, '70MA, Dec. 7, UT
Emer K. Winward '67MS, Jan. 27, UT
Gayla I. Wise (STOKES) '64, Jul. 11, AZ
Darvin C. Wolford '60, Nov. 4, ID
Mary L. Worthington '63, Dec. 23, UT
Leawia Nielsen Wright '67, Jan. 17, UT
Lanys J. Wright '69, Aug. 14, UT
Paul K. Wuthrich '61, Oct. 29, CO
Lynn Wyatt '62, Mar. 7, UT
Neal Wyatt '61, Sept. 21, ID
Marko Yelenich, Jr. '63, Oct. 18, NV
Ross M. Young '64MS, Mar. 17, ID
Joseph C. Zitting '62, Dec. 16, MO
Donovan J. Zollinger '64, Jan. 4, ID

1970s

James C. Anderson '70, Dec. 8, UT
Marilyn Baker (Murray) '74, Mar. 21, ID
Franklin E. Barbiero '73MBA, Nov. 17, PA
Darrell L. Bennett '72, Sept. 16, UT
Steven Gregg Bennett '77, Aug. 10, CO
Rodger W. Blair '70, Aug. 24, CA
Terry G. Blau '71, Nov. 25, ID

Richard H. Bowman '71, '74MS, Jul. 13, CO
Steven F. Briggs '78, Sept. 9, UT
Ray W. Brown '74PHD, Nov. 27, UT
Nancy A. Bueche '78MS, Oct. 27, NC
Vardie A. Bucche (Jacobson) '73, Nov. 15, UT
Kit L. Christensen '79, Oct. 4, ID
Howard John Christenson '73, Mar. 3, UT
May Yun Chyi (Chung) '75, Dec. 7, CT
Ruth Hinmon Clawson '70, Dec. 6, UT
Mary L. Cleave '75MS, '80PHD, Nov. 27, MD
Gary J. Clews '78, Mar. 5, TX
Steve Creamer '73, Jan. 13, UT
Michael W. Crippen '70, Nov. 20, UT
Julie Ann Curtis (Worley) '74, Jan. 28, UT
Jeremy Curtjos '71, Jul. 3, OH
Joyce C. Dellamore (Cook) '72, Jan. 8, CA
Francis D. D'Evagnee '70, Oct. 20, CT
Charles W. Durr '73, Sept. 2, UT
Ronald R. Durtschi '76, Feb. 8, UT
Thomas A. Dyson '78MS, Nov. 7, UT
Morgan S. Ely '72MBA, '73MS, Dec. 31, CT
Vikki L. England '75, Oct. 14, UT
John Cletus Erlacher '76, '83MS, Nov. 9, UT
Jerry Leland Evans '74MED, Feb. 26, UT
Chris A. Eyre '71, Dec. 4, CA
Dennis P. Ferrin '71, Mar. 7, UT
Ronald Alan Ferrin '74, Aug. 15, UT
Kay Fitzgerald '77, Dec. 18, UT
Paul R. Frischknecht '72, Feb. 2, UT
Craig George '76, Jan. 29, AK
David R. Gill '78, Dec. 12, UT
J. Wayne Gillman '72, Mar. 10, UT
Blair J. Goates '73, Feb. 13, ID
Vern R. Goodey '70, '76MED, Dec. 28, UT
Joel F. Hall '70, Mar. 5, UT
David A. Hansen '77, Jan. 12, ID
Stacy John Hansen '76, Nov. 5, UT
John W. Harris '72PHD, Jan. 28, ID
Kenneth G. Hughes '76MED, Aug. 17, ID
Karen Isom Hunsaker '75, Aug. 14, MI
David Edward Hunter '76, Dec. 7, UT
Richard Israel '71, Oct. 30, ME
Robert L. Jenn '76, Dec. 4, WY
Stuart K. Jensen '72, Mar. 15, UT
Joseph E. Judge '74, '77MF, Aug. 15, CA
Blair D. Kay '72, Sept. 14, ID
Gordon M. Kirkham '71MBA, Dec. 14, UT
Lori Lawrence (Parker) '78, Sept. 3, UT
Lila LeBaron '77, Mar. 15, UT
Col N. Ray Lechtenberg '73, Dec. 14, UT
Linda E. Lewies '78, Aug. 24, ID
Glen E. Logan '71, Feb. 26, UT
Rodney C. Low '70, Feb. 5, UT
Ray O. Madsen '73, Sept. 20, WA
Susan Arrington Madsen (Arrington) '75, Dec. 25, UT
Peter D. Matt '78, Nov. 22, FL
Bruce Wade Merrell '75, Dec. 8, UT
Robert J. Meyers '77, Dec. 2, ID
Barry Kim Miller '79, Nov. 18, UT
Shirley A. Miller (Kitchen) '70, Oct. 4, UT
Reed J. Mitton '72, Feb. 11, MO
Lloyd R. Monroe '77, Oct. 18, ID
Miles O. Moretti '76, Sept. 17, UT
Gary A. Mulvey '71MM, Feb. 29, UT
Sid D. Napper '74, Oct. 20, UT
James R. Nelson '72, Feb. 6, UT
Raymond E. Nielsen '70, Jan. 23, UT
Robert Owen '71, Oct. 19, ID
Cynthia Pace '74, Sept. 10, UT
Clayton F. Parkinson '74PHD, Aug. 30, UT
Joan Penrod '79, Jan. 25, UT
Preston George Peterson '73, '76MS, '87MBA, Aug. 17, IL
Kenneth U. Pierce '71MBA, Mar. 2, UT
Keith L. Pope '78, Dec. 2, UT
James H. Reed '73, Dec. 7, UT
Rochelle Twe Reid '78, Sept. 16, UT
James H. Reynolds '70, '72MS, '74PHD, Oct. 11, UT
Marilyn Gail Richhart (Jensen) '73, Dec. 24, UT
Tom Richins '71, Aug. 24, UT
James Robinson '72, Oct. 15, CA
Lemarr Lock '72, Nov. 16, UT
Carol J. Roundy '72, Dec. 16, UT
Kim E. Samuelson '72, Jan. 2, UT
James William Shaw '76MS, '79, Jul. 19, UT
Judy A. Shea '79MS, Mar. 14, PA
Gloria Wennergren Skanchy (Wennergren) '79, '86MED, '97PHD, Jan. 28, UT
Fred George Skivington '75, Nov. 14, NV
Phyllis Snow (Squire) '72, Jan. 17, UT
Frederick Keith Sorensen '72, Nov. 6, UT

Thomas Richard Stephenson '74PHD, Jan. 7, AR
Richard Stiilaha '71, Feb. 21, CA
Alan R. Stoudinger '73PHD, Sept. 4, IN
Alvan J. Straszypka '72, Dec. 7, UT
Tony Joseph Strelch '77PHD, Sept. 9, UT
John B. Talcott '70, '74MS, Dec. 5, UT
Lewis Riley Taylor '73MED, Mar. 5, UT
Ann Marie McCray Thackeray (McCray) '74MED, Jan. 16, ME
Harold W. Thorpe '73EDD, Jan. 6, WI
Kathryn Tingey '71, Feb. 11, UT
Scott P. Tripp '79, Jan. 3, UT
Gary Lovell Turner '70MA, Feb. 11, ID
Rose M. Ulibarri '77MS, Feb. 23, UT
Julie Ann Van Buskirk-Sturgill '70, Jan. 10, MN
Robert Ventura '74, Mar. 12, CO
Marilyn B. Noyes Waite (Bjorkman) '72MS, Oct. 22, UT
R. M. Walkingshaw '72MS, Sept. 28, UT
Carol D. Ward '71, Sept. 14, ID
David Allan Weber '73MS, Sept. 5, MD
Elayne C. Coombs, Jr. '93, Sept. 3, AZ
Dale R. Cunningham '90, Sept. 20, UT
Janet W. Wilkinson (Wadsworth) '79, Jan. 2, UT
Carol H. Williams (Harward) '79MS, Mar. 20, UT
Janis S. Wuthrich (Stokes) '70MS, Nov. 6, CO
Sheldon G. Yamasaki '73, Oct. 20, UT
Curtis W. Youngman '74, '77MS, Aug. 26, UT

1980s

Kate K. Adkins (Klingens) '83, '93MS, Nov. 5, UT
Lee Jay Alder '80, '83MSS, Dec. 6, UT
Lynn Bagley '82, Jan. 24, IA
Judith H. Beikmohamadi '83, Aug. 11, NC
Nyal L. Bender '85, Oct. 24, UT
Edward Lee Black '84, Dec. 26, UT
Emma Bloxham '81, Jan. 11, UT
Byron L. Borup II '89MED, '01PHD, '04MS, Oct. 17, UT
Bradford Doyle Brown '85PHD, Sept. 5, ID
Curtis Butler '87, Jan. 28, UT
Kyle R. Cannon '87, Oct. 8, UT
Colleen Carlisle (Boss) '87, Dec. 7, UT
Lori Lawrence (Parker) '78, Sept. 3, UT
Shelley Compton (Baddley) '87, Nov. 6, UT
Sharlyn Spencer Coon '85, Nov. 26, UT
Edith A. DeLapp '84, Aug. 28, UT
Cheryl L. Dietz (Zickert) '80, Sept. 21, FL
Donna Kay Dismuke '84, Dec. 5, NM
Brent William Draper '85, Jan. 21, UT
Douglas Voy Fairbanks '85, Sept. 11, UT
Kathy Harris Farnsworth '83, '04MED, Feb. 18, UT
Eileen A. Fesco '86MS, Oct. 28, IL
Saundra J. Fidel '81MED, Oct. 4, UT
J. Daryl Flamm '88, Aug. 26, UT
Lanae Gerstch '87, Feb. 14, UT
Leonard T. Greenland '82MED, '86EDD, Mar. 4, UT
Rick O. Hoskin '84, Sept. 23, UT
Alan P. Huestis '84, Feb. 19, UT
Kelly C. Husbands '85, Sept. 14, UT
Susan E. Johnson (Fredericks) '87MF, Sept. 16, OR
Norma P. Johnston '80MS, Feb. 26, UT
Chris Thomas Larsen '84, Dec. 17, UT
Ruth Lauritzen '83, Dec. 29, WY
Gerald L. Lautenschlager '81, '83, Mar. 23, UT
Lisa Lind (Buttars) '87, Nov. 13, UT
Graham P. Lovelady '85MBA, Dec. 21, UT
Dennis L. Lund '82, Jan. 28, ID
Sheila R. McCully '89, Feb. 28, AZ
Ruth E. Miller (Bark) '86, Dec. 7, UT
Mary J. Morrison '80MED, Mar. 20, UT
Hiep T. Nguyen '82, Aug. 14, UT
Craig Olsen '85, Oct. 25, UT
William Allen Powell, Jr. '87PHD, Nov. 12, NY
Chase N. Rogers '82MBA, Aug. 17, UT
Lynne Telford Roper '85, Nov. 29, ID
Stephen Mayne Rushton, Jr. '80, Oct. 2, NV
Nels M. Sather '87PHD, Sept. 30, UT
Brent Richard Singley '84, '91MSS, Feb. 12, UT
Bob Stephen '86, Jan. 30, CA
Clint A. Strange '84, Nov. 22, UT
Robinette Tueller (Curfew) '87, Jan. 14, UT
Becky Lynn Valdez (Beecher) '80, Sept. 10, UT
Tandy R. Walk '87, Nov. 19, UT
Dean A. Wall '83, Mar. 1, UT
James L. Webster '87, Aug. 30, ID
Brian H. Weight '85, Oct. 13, UT

Gwenna Lynn Wendel (Tucker) '85, Nov. 26, UT
Shelly Wenzl (McGill) '84, Mar. 5, UT
Lola Benton White (Benton) '82EDD, Aug. 13, AZ
Kevin Jay Whitehead '85, Nov. 7, UT
Len R. Woolley '87MS, Aug. 10, WY
John C. Worley '81, Sept. 14, UT

1990s

Vicki Jean Ahlstrom '95MED, Oct. 22, UT
James Frederick Akers '92MS, '96PHD, Feb. 25, UT
Judith S. Asay '93, Dec. 13, UT
Abhay Ramachandra Baji '91, Feb. 5, UT
Dean R. Balaszi, Sr. '91, Nov. 26, UT
Kelly Baum '90, Dec. 2, TX
Hope Ann Bragg '98MS, Dec. 30, AR
David R. Bunnell '99, Nov. 2, UT
Kiersten Kay Bushman '99, Aug. 12, UT
Douglas C. Cloke (Clark) '90MED, Mar. 5, UT
Gayle E. Coombs, Jr. '93, Sept. 3, AZ
Dale R. Cunningham '90, Sept. 20, UT
Jason F. Draney '97, Jan. 1, ID
Kevin Eugene Eyraud '93, Nov. 8, UT
Todd Gray '96, Oct. 17, UT
Carolynn M. Gwyther '98MFA, Mar. 2, UT
Robert Warren Harris '91, Mar. 24, UT
Erin Hawkes (Jones) '93, Mar. 10, ID
Larry E. Henley '96, Feb. 21, UT
Allen J. Hunt '99MED, Dec. 30, UT
Jean C. Jensen (Cox) '96MA, Mar. 15, UT
Christine Jeppesen '96, Mar. 5, UT
Karen J. Krpan '92, Dec. 19, UT
Teann Taylor Murdock (Taylor) '96, '99, Nov. 26, UT
Erin C. Oliver '97, Dec. 20, UT
Brian Timothy Paul '97, Sept. 28, UT
Wayne L. Petersen '90, Oct. 16, UT
Lecann Vonneta Reinhart '95, '98MED, Nov. 20, MO
Patricia J. Richardson '96, Nov. 20, UT
Pamela Rodriguez '93, '93, '97MS, Aug. 11, UT
Aaron R. Schubach '99, Nov. 16, UT
Sonja Shadow '97, Dec. 20, MI
Robert K. Shaw '96, Mar. 3, UT
Ashley E. Stewart '95, Sept. 17, UT
David R. Tait '92MED, Sept. 9, NV
Leslie D. Wall (Bell) '96, '02MRC, Jan. 18, UT
Robert M. Winter '95, Sept. 23, UT
Howard Boyd Wright '94, Oct. 24, ID

2000s

Tiffani Baker '04, Aug. 8, UT
Howard L. Bezzant '04, '12MED, Feb. 7, UT
Andy J. Bingham '02, Sept. 12, ID
Don C. Bragg '00PHD, Dec. 30, AR
Kelly R. Bumgardner '04MBA, Jan. 18, UT
Lani K. Corey (Hasenyanger) '06, Oct. 26, UT
Leonard T. Greenland '82MED, '86EDD, Mar. 4, UT
Rick O. Hoskin '84, Sept. 23, UT
Alan P. Huestis '84, Feb. 19, UT
Kelly C. Husbands '85, Sept. 14, UT
Susan E. Johnson (Fredericks) '87MF, Sept. 16, OR
Norma P. Johnston '80MS, Feb. 26, UT
Chris Thomas Larsen '84, Dec. 17, UT
Ruth Lauritzen '83, Dec. 29, WY
Gerald L. Lautenschlager '81, '83, Mar. 23, UT
Lisa Lind (Buttars) '87, Nov. 13, UT
Graham P. Lovelady '85MBA, Dec. 21, UT
Dennis L. Lund '82, Jan. 28, ID
Sheila R. McCully '89, Feb. 28, AZ
Ruth E. Miller (Bark) '86, Dec. 7, UT
Mary J. Morrison '80MED, Mar. 20, UT
Hiep T. Nguyen '82, Aug. 14, UT
Craig Olsen '85, Oct. 25, UT
William Allen Powell, Jr. '87PHD, Nov. 12, NY
Chase N. Rogers '82MBA, Aug. 17, UT
Lynne Telford Roper '85, Nov. 29, ID
Stephen Mayne Rushton, Jr. '80, Oct. 2, NV
Nels M. Sather '87PHD, Sept. 30, UT
Brent Richard Singley '84, '91MSS, Feb. 12, UT
Bob Stephen '86, Jan. 30, CA
Clint A. Strange '84, Nov. 22, UT
Robinette Tueller (Curfew) '87, Jan. 14, UT
Becky Lynn Valdez (Beecher) '80, Sept.

Denise Rathofer Christian Oct. 22, UT
 Joseph C. Christian III Jan. 12, ID
 Jared Christiansen Dec. 29, UT
 Randy Clancy Apr. 22, OK
 Kelly Jean Clark Feb. 26, UT
 LaVonne Clark Feb. 8, ID
 Bryan E. Clements Mar. 19, UT
 Merrill Junior Clifford Dec. 21, UT
 Greg L. Coleman Feb. 8, UT
 Henry Gene Coleman Nov. 24, UT
 Toni Rivera Aguilar Coleman Dec. 19, NV
 Constance S. Collier Nov. 30, WA
 Betty Jo Bauer Cook Dec. 20, UT
 Mary W. Cook Aug. 25, UT
 Robert L. Cook Oct. 14, UT
 Carolyn Cooper (Maughan) Aug. 17, UT
 Carolyn H. Cragun (Harris) Oct. 7, UT
 Judson D. Critchlow Dec. 29, UT
 Nancy Crookston Nov. 17, CA
 James F. Crow Dec. 1, NV
 Charles Kenneth Curtis Mar. 11
 Judy J. DalPonte (Jewkes) Nov. 22, UT
 Grant Paul Daniels Feb. 27, UT
 Brett M. Davidson May 1, UT
 Scott L. Davies Aug. 31, UT
 Tom A. Davis Feb. 20, UT
 Tristen Davis Dec. 3, CO
 LaMar A. Day Oct. 23, UT
 Donald Denison Jan. 29, UT
 Alan R. Dick Mar. 7, UT
 Walter Dickerson Oct. 15, UT
 Edward Dorsey Jan. 25, UT
 Vicky Ann Durrant Sept. 13, UT
 Robert T. Dye Dec. 17, UT
 Jay Armond Eberling Aug. 8, CO
 Joanne Ekker Dec. 30, UT
 Faye S. Ellgen (Seldomridge) Feb. 21, UT
 Michael J. Elliott Aug. 24, UT
 Margaret M. Ellis (Martin) Jan. 15, UT
 Kay Ellison (Hodell) Jan. 19, UT
 Leslie A. Elmer Feb. 12, UT
 David L. Emery Aug. 30, UT
 Lauralee L. Ercanbrack Jan. 17, UT
 Diane Koster Erickson Aug. 25, UT
 Carole H. Evans Dec. 18, UT
 John D. Faddis Dec. 5, UT
 Vilate Farnsworth (Holyoak) Oct. 11, UT
 Aaron V. Farr Aug. 22, UT
 Lou Anna D. Fifield (Denney) Oct. 2, UT
 Stanton M. Finley Mar. 24, UT
 John D. Flamm Aug. 26, UT
 Robert Bruce Fotheringham Feb. 26, UT
 Lynn R. Frandsen Oct. 6, UT
 Teresa Danielle Franks Nov. 7, UT
 Douglas Cyr Fraser Oct. 9, UT
 Victor Russell Frei Dec. 15, UT
 Jill Frost Jan. 4, AZ
 Clay Fullmer Sept. 26, UT
 Verla G. Furniss (Christensen) Jan. 20, ID
 Teri L. Garn (Wright) Mar. 22, UT
 Jim Douglas Garner Oct. 29, UT
 Richard J. Garrett Oct. 23, UT
 Ed Gerrard Feb. 4, UT
 Robert E. Gibbons Aug. 28, UT
 Stanley Gibson Feb. 18, UT
 Larry K. Gilson Sept. 28, UT
 Laurence D. Gilson Jan. 16, UT
 JoAnn Lynette Glass Jan. 4, UT
 Berniece Godfrey (Paxton) Oct. 5, UT
 Dianne B. Graham Jul. 21, AL
 Denise A. Grako Mar. 7, CO
 Toshiko I. Gregersen Dec. 27, UT
 Coleen Grigg Sept. 15, ID
 Vivian Groscoast (Walters) Dec. 16, UT
 Carrol Grover (Jackson) Nov. 24, UT
 Lester Frank Grygla Oct. 16, UT
 David A. Hale, Jr. Jan. 14, UT
 Robert E. Hales Sept. 22, UT
 Mable M. Hall Nov. 20, IL
 Michael Eugene Hammer Oct. 21, UT
 Eileen E. Hansen Nov. 30, MT
 Richard L. Hansen Aug. 19, ID
 Shari A. Hansen Oct. 4, UT
 Joy F. Hanson Feb. 28, UT
 Ralph M. Hanson, Jr. May 6, ID
 Pamela J. Hart Oct. 7, UT
 Darwin L. Hayes Mar. 13, UT
 Jeanne R. Hayner Oct. 30, UT
 Vicki Eschler Healy May 31, UT
 Wilson Henderson Nov. 27, UT
 Lyle LaMont Hess Oct. 16, ID
 Edna Heward Sept. 4, ID
 Laura Lee Hodson Jan. 8, UT
 Brent Lewis Holman Feb. 28, UT
 Mary Holmes (Brown) Oct. 19, UT
 Jayden Brandon Holt Jan. 23, UT
 Ada Marie Hooper-Jensen (Wood) Jan. 16, UT

Luana Lee Horne (Tams) Oct. 27, UT
 Robert Sidney Hosking Sept. 3, UT
 Brent Martin Hosman Mar. 1, ID
 William Houser Jan. 7, UT
 Anna L. Hughes Aug. 24, NV
 Kumiko Hunsaker Feb. 13, WA
 Darlene Hunter Nov. 26, ID
 Julie A. Huss (Griffin) Feb. 20, UT
 Keith H. Hymas Aug. 26, UT
 Jennifer Spring Jeffs Sept. 6, UT
 Mary P. Jenner (Platis) Dec. 12, OR
 Angie Beth Jensen Sept. 4, CO
 Richard H. Jensen Aug. 15, UT
 Sheldon Rex Jensen Sept. 28, ID
 LaVern Jensen Jan. 18, UT
 Lynn A. Jensen Jan. 14, UT
 Dana C. Jewkes (Curtis) Jan. 3, UT
 Alva Aluna Johnson Sept. 15, UT
 Len J. Johnson Oct. 13, UT
 Norman K. Johnson Sept. 25, UT
 Pearl Alice Johnson Dec. 28, UT
 Ron Johnson Nov. 11, UT
 Brooke Jones Aug. 24, ID
 Kali Nicole Jones Oct. 17, UT
 William Harvey Jones Jan. 25, UT
 Rusty Joufflas Jan. 12, UT
 Eddie R. Justesen, Jr. Dec. 13, UT
 Thomas J. Kalma Oct. 19, UT
 Gust Katsavrias Feb. 27, UT
 Janel Renee Kay Dec. 31, UT
 Jeanne J. Keller Nov. 7, CO
 Steven L. Kemp Feb. 25, UT
 JoAnn Kennedy Dec. 2, NV
 Erna Elaine Kenner (Tanner) Jan. 20, UT
 Mary Colleen Kent Dec. 20, WA
 DelRoy Kimber Sept. 21, UT
 Debbie L. Kirkwood Dec. 17, UT
 Roma Knudsen Jan. 28, UT
 Roger Gene Koss Nov. 28, UT
 Robert Lamadrid Oct. 13, HI
 Merlene J. Lambert (Jeanselme) Dec. 15, UT
 Boletta Langston Feb. 29, UT
 Andrew Emil Larsen Aug. 20, UT
 Jeanine Larsen (Wilson) Mar. 19, AZ
 Mervin Don Larsen Feb. 24, UT
 Larry Lauritsen Dec. 28, UT
 Joy Ledger Dec. 7, UT
 Richard Lee Oct. 26, UT
 Afion J. Lefevre (Stokes) Sept. 12, UT
 Diane L. Leifson Feb. 7, UT
 Patty Lemon Oct. 5, UT
 Daniel W. Lewis Sept. 2, ID
 Emily L. Liddell Oct. 18, UT
 Stacey Lee Liechty Feb. 15, UT
 Bonnie J. Limone Dec. 8, UT
 Bryce B. Little Dec. 2, PA
 Phyllis Littlefield Sept. 6, UT
 Raymond Long Aug. 18, UT
 Nola Longhurst (CROOK) Dec. 28, WY
 Shirley W. Loveland Dec. 3, UT
 George Mack Low Nov. 16, UT
 Dianne Lower Mar. 20, UT
 Charles Mack Luke Feb. 9, UT
 Quinn T. Lund Mar. 16, UT
 Harold J. Lyman Oct. 24, UT
 Richard R. Mabey Nov. 16, UT
 Kaye W. MacFarlane Feb. 21, UT
 Diane P. Mackay Oct. 8, CA
 Diane Mackey Oct. 6, UT
 Rufino Madrigal Jan. 2, CA
 Darlene Maguire Mar. 19, UT
 Tina Ann Maldonado Nov. 21, UT
 Alice R. Mann (Robles) Feb. 21, NM
 Judy Ann Marinoni Cobb (Marinoni)
 Dec. 29, NV
 Dennis R. Marshall Nov. 4, UT
 Daniel Douglas Massman Jan. 30, UT
 Judith A. Mattinson (Pierson) Jan. 10, UT
 Brent Maxfield Sept. 18, WY
 Robert Gary McCormick Sept. 24, UT
 Carmi McDougal Nov. 16, UT
 Gregory Wayne McIntire Nov. 30, NV
 Bradford Craig McPhillamy Nov. 15, OH
 Dwayne Mendenhall Jan. 9, ID
 Charlotte Meservy Feb. 7, UT
 Ray Migliori Sept. 13, UT
 Mont L. Millerberg Feb. 23, UT
 Ken F. Moncrief Oct. 18, NE
 Keith Adams Moore Nov. 1, UT
 Tanner Moore Feb. 12, UT
 Senor E. Mortensen Oct. 4, UT
 Rosemarie Mountainlion Sept. 11, UT
 Paul C. Munns Aug. 15, UT
 Brent Murray Aug. 20, UT
 Gloria Jorgensen Myers (Jorgensen)
 Aug. 25, UT
 Jennifer Lee Neilson Oct. 23, UT

Joel K. Nelson Aug. 31, CA
 Marva Nicholls (Friedli) Sept. 2, UT
 Anita Nicholson (Winn) Aug. 21, UT
 Delmar D. Nielsen Oct. 5, UT
 Jennielean Nielson Jan. 13, UT
 Vendla Zollinger Nilson Feb. 5, OR
 Grant W. Nish Nov. 16, UT
 Ann Nisson (Baty) Aug. 22, ID
 Sharon Norton (Cutler) Jan. 25, UT
 Neldon Noyes Aug. 21, UT
 Gregory J. Nuzio Mar. 14, UT
 Kathy Olsen Jan. 24, UT
 Robert Cima Orme Jan. 25, UT
 Kent Roe Palmer Dec. 23, IL
 Quinton Thomas Palmer Mar. 17, UT
 Jonathan Thomas Park Feb. 24, UT
 Paul Parmley Dec. 3, AZ
 Nila Vanece Partington Jan. 4, UT
 Steve E. Paschall Oct. 22, CA
 Scott H. Pella Mar. 12, UT
 Doral D. Perkes Oct. 22, UT
 Ben W. Peterson Aug. 6, ID
 John Elden Pierce Dec. 7, UT
 Sylvia L. Platis (Liapis) Sept. 29, UT
 John Polito Jan. 16, UT
 Mary E. Poppleton (Case) Jan. 22, FL
 Mary Helen B. Powell (Bunnell) Dec. 15, UT
 Lynda J. Preston Dec. 8, UT
 Dorothy S. Price Nov. 27, UT
 John L. Price Nov. 2, UT
 Pat Pruitt Jan. 18, CO
 George Edward Pypser Sept. 30, UT
 Donna Quebbeman Nov. 4, OR
 Herbert Amos Rasmussen Feb. 11, UT
 Wendell P. Rasmussen Mar. 15, UT
 Carolyn H. Rawson (Hatch) Nov. 29, TX
 Christopher Brian Redfield Dec. 30, UT
 William Redmond Oct. 3, CA
 Donna L. Reid Mar. 18, UT
 Voniel J. Reid (Jensen) Nov. 24, UT
 John R. Reva Oct. 3, UT
 Gail Richardson Oct. 30, ID
 Larry R. Richmond Nov. 29, UT
 Alice Schick Rietz Sept. 18, WA
 Jeannette K. Rigby Nov. 16, UT
 Coleen Lula Rigtrup Oct. 13, UT
 Larry R. Roberts Oct. 25, UT
 Priscilla Ann Roberts Feb. 24, OH
 Robert Lec Rossi Feb. 28, WA
 Neal V. Rowley Nov. 12, UT
 Raline Rowley (Peterson) Oct. 18, UT
 Mike Leander Rymer Aug. 20, UT
 Robert A. Saastamoinen Oct. 14, NM
 Sherri May Salazar Jan. 18, UT
 Charlie A. Sandoval Jan. 12, UT
 Robert Saxton Oct. 31, UT
 Barbara Lynn Sayer Mar. 17, AZ
 Ned E. Scarlet Dec. 2, UT
 Arnold L. Schaer Sept. 8, UT
 Joan Evans Sealy Sept. 28, CA
 Sharon Seamons Mar. 19, ID
 Kobe Sellers Nov. 21, UT
 Kathryn Wanlass Shahani (Wanlass)
 May 11, OH
 Harmon Dee Shannon Nov. 23, UT
 Mary A. Shaw Mar. 20, UT
 Steven K. Sheriff Mar. 21, UT
 Christian Sherrow Aug. 10, UT
 Mary Jane Siddoway Jan. 5, AZ
 Mary A. Siepert (Pappas) Jan. 8, ID
 Gary D. Sisson Dec. 17, ID
 Joey T. Sitterud Sept. 7, UT
 Roger Skaggs Sept. 26, UT
 William Roger Skaggs Sept. 26, UT
 Earlene A. Smart (Allred) Jan. 12, CA
 Nancy Yvonne Siddoway Smith Dec. 17, UT
 Rex Arthur Spackman Mar. 14, WY
 Kierra S. Spence Dec. 30, UT
 Gayle M. Spencer Nov. 26, WI
 Verla Jenkins Spring Aug. 21, UT
 Cristene J. Staley Aug. 14, UT
 Karl E. Starr Apr. 5, UT
 James Michael Steele Aug. 16, UT
 Gai Sue Sterling Nov. 16, ID
 Robert W. Stoddard Aug. 25, UT
 Parker B. Stott Dec. 23, AZ
 Lorelie S. Stowell Nov. 1, UT
 Emery Strand Jan. 19, UT
 Jennell Bryant Stratton Nov. 15, UT
 Joshua Stubbs Jan. 2, UT
 Rebecca K. Stum Dec. 18, UT
 Pauline S. Stutzman Nov. 15, ID
 Kent L. Sutherland Dec. 28, UT
 Robert L. Swain Oct. 3, UT
 Mary Carol Nielsen Swenson Feb. 27, UT
 Ruth Tabor Jan. 19, UT
 Glen Dec Taft Jan. 2, UT

Bonnie Talbot Nov. 4, UT
 Robert S. Tallman Mar. 6, UT
 Joan Taylor Sept. 14, UT
 Marvin D. Tester Mar. 7, UT
 Scott Thatcher Oct. 27, UT
 Griffith Max Thayne Nov. 7, UT
 Jeanne Thayne Sept. 16, UT
 Colton Lee Thompson Dec. 24, UT
 James M. Thompson Mar. 18, UT
 Jon Z. Thompson Sept. 20, UT
 Torry P. Thompson Feb. 2, UT
 Doris B. Thorpe (Britzell) Mar. 17, UT
 Ylonda Thorson Aug. 24, UT
 Jimmy Tidwell Mar. 3, UT
 Gary L. Tobey Aug. 1, UT
 Robert R. Trowbridge Aug. 20, UT
 Anna LaRue Smith Turner Feb. 26, UT
 Gavin Tyler Sept. 15, UT
 Paul Luke Udink Sept. 8, UT
 Richard Vandyke Dec. 16, UT
 Quinton A. VanWeerd Oct. 3, UT
 John Vetere Sept. 10, UT
 Joseph Walker Nov. 13, UT
 Eugene Ward Feb. 24, UT
 LeRoy Ward Feb. 7, AL
 Mildred B. Warner (Boskovitch)
 Dec. 22, GA
 Sharon L. Washington (Richins)
 Aug. 27, UT
 Sandra J. Watkins Nov. 19, UT
 Rhea L. Weber Dec. 6, UT
 Ted Weeks Oct. 4, ID
 Colleen Wells (Snyder) Dec. 14, UT
 Jerry Dean Wheat Dec. 7, UT
 Frances K. Wheeler Jan. 25, UT
 Karen White Jan. 27, UT
 Milo D. Whitehead Nov. 17, WY
 Jackie Whitlock Nov. 20, UT
 Reece A. Wilberg Nov. 12, UT
 Keith A. Williams Feb. 24, CA
 Lenard L. Williams Sept. 25, UT
 Lucinda Williams Nov. 21, ID
 Matthew B. Williams Oct. 21, UT
 Portia K. Williams (Cole) Jan. 2, UT
 Robert C. Williams Jan. 11, UT
 Winona S. Willis Nov. 25, ID
 Robert B. Wilson, Jr. Dec. 21, WA
 Val Jean Leira Wilson Nov. 28, VA
 Helen S. Winder Oct. 21, UT
 Carol Ann Winn (Tippetts) Dec. 14, UT
 Paige Wolf Nov. 4, CA
 Brent L. Wood Mar. 5, UT
 Joan Jones Woodbury Nov. 1, UT
 Karen L. Wright Oct. 29, UT
 William D. Wright Dec. 8, ID
 Mitchel Zeller Sept. 10, OR
 Rosel Zundel Dec. 13, UT
 Taylor Y. Zwemke Feb. 22, UT

EDUCATORS

Lynn Bagley Jan. 24, IA
 Tom P. Baldwin Oct. 15, UT
 Danny L. Bauer Feb. 23, UT
 Marcia A. Beazer Feb. 5, UT
 Frederick S. Berg Sept. 7, UT
 Alexander I. Boldyrev Aug. 26, UT
 Adam M. Brown Aug. 25, NY
 Helen B. Cannon Mar. 7, UT
 Rod Clark Nov. 12, UT
 Lois B. Cobia Mar. 25, UT
 Tyler A. Dahl Nov. 13, MT
 Thomas A. Dyson Nov. 7, UT
 R. Edward Glatfelter Oct. 19, UT
 Pamila E. Hill Jan. 5, UT
 Alan M. Hofmeister Sept. 15, UT
 Patricia K. Huff Dec. 10, UT
 Trevor C. Hughes Mar. 16, UT
 Sonja Hunsaker Dec. 29, UT
 Christine M. Jessen Dec. 17, UT
 Erin C. Oliver Dec. 20, UT
 Grayson Osborne Sept. 16, UT
 Kenneth M. Peterson Oct. 23, UT
 Pat Pruitt Jan. 18, CO
 David E. Rhodes Oct. 6, UT
 Blaine L. Sorenson Sept. 26, UT
 Carla J. Staples Jan. 26, UT
 Derle Thorpe Oct. 20, UT
 David K. Till Feb. 3, TN
 Marilyn B. Noyes Waite Oct. 22, UT
 Carol H. Williams Mar. 20, UT
 Grant Wilson Feb. 26, UT
 Carol A. Winn Dec. 14, UT
 Blaine R. Worthen Nov. 8, UT
 Sheldon G. Yamasaki Oct. 20, UT



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