Super Bowl Sunday

By Lisa Rarick

Football fans, commercial enthusiasts, entertainment lovers, and food junkies look forward to the first Sunday in February. This is Super Bowl Sunday in America where dreams come true and history is made. According to money.cnn.com, over 100 million viewers tune in each year to watch the NFL’s championship football game between the American Football Conference (AFC) and the National Football Conference (NFC). Even more viewers tune in just to watch the half-time show. Not included in these 100 million viewers is the number of fans watching the big game in bars or restaurants or streaming via the internet. (1) This is it, the big one, the game that determines which team will be crowned as champions and awarded the coveted Vince Lombardi Trophy and diamond studded Super Bowl LI ring.

Fifty-one years ago, the first Super Bowl was played between the Kansas City Chiefs and the Green Bay Packers. Never before had the two rival leagues (National Football League and American Football League) played against each other. After much discussion and debate, the game would be billed as the AFL-NFL World Championship Game. However, this name seemed too long and wasn’t catching on. One of the main founders of the AFL and owner of the Kansas City Chiefs, Lamar Hunt, was tossing out suggestions when he thought about his son’s “Super Ball” toy and the term “Super Bowl” became the catchphrase that stuck. (2)

The Super Bowl has become a magnet for businesses to advertise to an incredibly large and diverse population. Super Bowl Ads have become an annual event all on their own. The buzz surrounding the unveiling of these commercials becomes the topic of conversation around office water coolers, on social media feeds, and as part of newscasts. The day after Super Bowl Ads are aired there are surveys and articles ranking their appeal and popularity. In previous years viewers have looked forward to the creativity of such brands as Doritos, Budweiser, and rival soda companies Coke versus Pepsi. Per ftw.usatoday.com, a 30-second commercial in 2016 was estimated to be about $5 million. (3) A search on YouTube for Super Bowl Ads through the years provides hours of entertainment. The production value and graphics technology of commercials has...
February 2017 Community Events

By: Lisa Rarick

- **Feb 1-14**—Valentine’s Table at USU Campus: Make valentines for friends, family, and extra for the Four Corners Care Center residents
- **Feb 2**—USU Forum: Stanley Nez
- **Feb 4**—BYU Noteworthy at Monticello High School, 7pm (Family $30, Adult $12, Students $6)
- **Feb 5**—USU Campus Super Bowl Party: Soda, Food, Prizes! Come in your PJ’s, relax, and have fun
- **Feb 8**—USU Movie BAEC: Forever Strong
- **Feb 9**—USU Workshop/Forum by real Coach from “Forever Strong”
- **Feb 8-9**—USU Non-Credit Training: H2S Awareness & Respirator Fit at PCTE Bldg 238 North 100 East, Blanding. 5:30-9:30pm $115, contact Jennifer Keith at 435-678-8111
- **Feb 13**—USU Valentine’s Naughty Night
- **Feb 14**—USU Valentine’s Dance
- **Feb 16**—USU Forum: Lou Mueller “How to Avoid Falling for a Jerk”
- **Feb 16—7-9pm**—USU Lip Sync
- **Feb 17**—Blue Mountain Ski/Snowshoe Clinic at Dalton Springs Cross-Country Loop. 1pm. Contact Natalie Randall at Monticello City Office for additional information 435-587-2271
- **Feb 17**—USU Non-Credit Training First Aid CPR @ Ambulance Garage 857 North 300 West, Blanding, 9am-1pm. $50. Contact Jennifer Keith at 435-678-8111
- **Feb 20—NO SCHOOL**
- **Feb 21**—USU Monday Class Schedule: No Leadership Class
- **Feb 22-24**—USU Non-Credit Training MSHA Part 48 New Miner Surface Training at PCTE Bldg 238 North 100 East, Blanding. 8am—5pm Contact Jennifer Keith at 435-678-8111
- **Feb 23**—USU Forum: Alumni Shawn Begay, UNHA Public Health
- **Feb 25**—Lego Building Competition at Monticello Branch of San Juan Library. 10:00am

**EVERY WEEK:**
- **Institute** at the LDS Institute Building each Monday and Wednesday at Noon and Wednesday at 8:00 pm
- **Family Support Group** each Thursday at 6:00 pm at San Juan Counseling for Families of Addicts

**To add your events email Lisa Rarick at lsrarick62@gmail.com**

**Reading Corner**

By: Cindy Behunin

brown girl dreaming
by Jacqueline Woodson

Through vivid verse the author shares the story of her childhood. Gone are boring biographical sentences and a chronological listing of life events. Instead Woodson provides an intimate view of growing up African American in the 1960s-1970s. This is a great introduction to the Civil Rights Movement for readers of all ages. I found it difficult to put down but when I had to it was easy to pick up where I left off.

This book received the 2014 National Book Award, the Coretta Scott King Award, a Newberry Honor Award, the NAACP Image Award, and the Sibert Honor Award.

**Excerpt (page 82):**

How to listen #2

In the stores downtown
we’re always followed around
just because we’re brown.
Single Awareness Day

By: Beth Cecil

Yet again the holiday of hearts, chocolates, and LOVE is rapidly approaching. Shades of pink and purple flood the shelves at local stores. Guys and gals, make sure you pick out a terrific gift for that special someone!

But picture this: you’re walking down the hall on that gruesome day. You see happy couples everywhere goo-goo eyed over each other, and you're walking ALONE. That’s a great feeling. Right? Wrong. Maybe you have a cute friend that everyone loves, and he/she has a billion Valentines and you have a pity Valentine from your mom. That’s enough to make anyone hate the holiday altogether. Valentine’s Day is nothing but Single Awareness Day.

Not only is it Single Awareness Day, it’s also a doomsday for most married men. Many men have horrible memories when it comes to birthdays, anniversaries, and Valentines Day. Maybe if they had Valentine’s Day commercials on ESPN and the Hunting Channel they would remember! Every year it seems to sneak up and win them a one way ticket to the Dog House.

Valentine’s Day is a very gender specific holiday. Guys have a wide range of gifts to choose from for their special someone. They can give anything from a necklace to roses. Girls, on the other hand, may have a more difficult time. What do you get him? A keychain that says “I Love You.” Um no, no guy would be caught dead with that. Not to mention that’s a really lame gift. So girls, get creative.

Valentine’s Day is an economical boost to flower and chocolate companies. What other day has more flower orders than Valentine’s Day? None. The media plays a large role in Valentine’s Day. They advertise all kinds of stuff on T. V. They inflate it’s importance in an effort to make more money.

Valentine’s Day can be the perfect opportunity for a player to strike. Picture this: the player sees a sad girl sitting in the hall because she doesn’t have a Valentine. Her low self-esteem radiating off of her. A light bulb goes off in his head. He runs to the store, buys a wilted carnation with about four petals left on it and brings it to her. Immediately her face lights up and he’s thinking to himself “Score!” She falls in love with him on the spot. Little does she know he’s going to dump her the next day. Yeah, that is what every girl wants! NOT!

Valentine’s Day probably upsets more people about their lives than makes happy. It’s a day that emphasizes singledom. For these individuals the night will likely consist of ice cream, pajamas, slippers, funny movies, and tears. It’s known as Single Awareness Day for a reason.

Now for all you lovey-dovey people out there, sorry for bashing on your favorite holiday. Valentine’s Day can be good. It does make a lot of people feel all warm and fuzzy. It just depends on your relationship status. If you have someone that makes you feel all special, right on. The people that aren't lucky enough to have a significant other are just jealous. They see others enjoying the day and want the same thing. If you do have a special someone, go big and celebrate!

Love it or hate it, Valentine’s Day is coming. It’s up to you whether or not you're going to make the best or worst of it.

www.wardrobeadvice.com
Student Spotlight

By: Cheyenne Chee

The journalism club members were presented with the idea about having a student highlight in addition to the Faculty Feature and Staff Spotlight. It was a no-brainer. We couldn’t believe he did not think of this ourselves! We thought about who our first ever “student highlight” should be and it was unanimous: Tommy. He was our first suggestion and fit perfectly because of how well known he is on our campus. I am very pleased to be writing the first article, especially since I got the opportunity to interview Tommy.

Like me, you may have seen the charming and talkative Broncos fan around campus. Tommy Fury (21), is a current student on the USU-Eastern Blanding campus, and hails from Dove Creek, Colorado. Additionally, that is where he graduated high school.

Tommy’s plans are to get his Associate’s degree with a major in General Studies. He is undecided about his future plans after getting his degree.

Outside his academics, Tommy enjoys spending time with his family, and of course, he LOVES sports, ESPECIALLY football. If you did not already know, he is a die-hard Denver Broncos fan. In fact, when told to describe himself, Tommy replied: “I’m a huge Broncos fan.” Afterwards, he went on to describe his experience of attending a Bronco’s football game in Denver. In addition to his love of playing and watching football, Tommy also likes basketball and wrestling.

In anticipation of February 5th, I HAD to ask Tommy about the “Big Game,” so here is what I asked: “Who do you think is going to make it to the Super Bowl?” Tommy replied, “I hope it’s gonna be the Packers and Patriots, and that the Packers win the Super Bowl.” As we now know it’s the Falcons vs. the Patriots but we have no doubt it will be an exciting game.

Along with pursuing his education and academics, the two F’s are close to Tommy’s heart: family and football. With the combination of these three things, it is no wonder Tommy is always joyful and uplifting with his conversations. His positive attitude is always a boost to our spirits. Tommy is a wonderful individual, which is why he is a great addition to our student body. Without Tommy, we would not know who won the football game last night.

(Courtesy Cheyenne Chee)
Bullying, Part 2: How to Get Help

By: Larenz Esplain

Bullying comes in different forms. In the past, it was a lot easier to deal with a bully due to the lack of technological devices now common in our day-to-day lives. However, just because bullying has taken on different forms, that doesn’t mean there is no help available. Before continuing, it is important to understand that if you or someone you know is being bullied, do not use revenge as a tactic to solve it. Revenge is not a reasonable solution.

One of the best things for any victim of bullying to do is not associate with the bully anymore. If possible, leave the situation to avoid additional physical and/or emotional injury. This is a very important step because the bully wants to think they have the power over the victim. Once the victim stands up for themselves by preventing personal harm, the bully loses a significant portion of their power.

There are instances where the bully will continue bullying even after the victim tries to avoid them. In this case, the victim needs to find outside help. This can include a friend, a parent, or other trusted adult (including a teacher or staff member). If the bully is harmful to the victim’s health or wellbeing, it may be important to involve local law enforcement. This step is important because the victim learns that there is help available.

If you observe the bullying of a friend or other individual, it is important to identify any differences in your friend’s behavior. These signs could be anxiety or depression, difficulty completing tasks, or a lack of personal care. If you notice any of these signs, it is vital to talk to your friend. Notify a trusted adult and keep the suicide hotline number near just in case of an emergency. Following these simple steps will help anyone going through a bullying situation. Remember that there is always help. No one is ever alone.

24/7 Crisis Intervention Hotline: 855-268-6967
USU-E Campus Assistance: 435-678-8225

Valentine’s Day Fun Facts

Compiled by: The Newsletter Club

❤️ More than 9 million pet owners are expected to buy gifts for their pets on Valentine’s Day. ~Lisa Rarick

❤️ The saying “wearing your heart on your sleeve” is from the Middle Ages. Boys at this time would draw names of girls to see who would be their “Valentine” and then wear the name pinned on their sleeve for a week. ~Beth Cecil

❤️ Valentine’s Day is also known as Single’s Awareness Day for those not in relationships. ~Larenz Esplain

❤️ Every Valentine's Day, the city of Verona, where Romeo and Juliet was set, receives more than 1,000 letters to Juliet from young girls going through heartbreak or hoping for some romantic advice. ~Emma Squires

❤️ 15% of US women send themselves flowers on Valentine’s Day. ~Lisa Rarick

❤️ In 1537, England’s King Henry VII officially declared February 14 the holiday of St. Valentine’s Day. ~Cindy Behunin

❤️ It takes only 4 minutes to know if you like someone. ~Cheyenne Chee

❤️ The most popular theory about Valentine’s Day origin is that Emperor Claudius II didn’t want Roman men to marry during wartime. Bishop Valentine went against his wishes and performed secret weddings. For this, Valentine was jailed and executed. While in jail he wrote a note to the jailor’s daughter signing it “from your Valentine”.

(some facts were taken from www.list25.com)
Faculty Feature

By: Larenz Esplain

Curtis Frazier grew up in Little Water, New Mexico, on a farm where he was given the opportunity to explore the outdoors and work with his hands. As a young boy, Curtis also found a passion for solving problems. Because of this it is no surprise that Curtis pursued a career in mathematics and engineering.

Curtis started his education at Brigham Young University pursuing a Bachelor’s degree in engineering and it was at BYU where he met his future wife, Teresa. He continued his education finishing a Master’s degree in mathematics at Utah State University. With an engineering background, Curtis worked for the Boeing Company as an aerospace engineer for 20 years. Besides work with Boeing he spent a lot of time coaching his boys in their favorite sports like baseball and soccer.

Several years after his move to Blanding, Curtis started working for the college as the director for different grants, including the NASNTI grant. In 2016, Curtis accepted a position as one of the college’s newest faculty members in the Applied Sciences and Technology & Education department. His classes range from trade mathematics to communications technology. He enjoys teaching because he loves working with his students and the supportive staff around him.

When Curtis is not working, he spends time with his family. His hobbies include being outdoors and golfing. Curtis Frazier is a hard-working man who believes in the power of a college education. He has taught this to his children and hopes to inspire his students with his own successes.

Staff Spotlight

By: Larenz Esplain

College is an important, but to some it is more than just a degree. Teresa Frazier grew up in American Fork, Utah, where the importance of education was instilled in her. In high school, Teresa became involved in student council which helped her move forward in her education.

After high school, Teresa pursued an Education degree at Brigham Young University. It was there that she met her husband, Curtis, and they have been a power couple ever since. After completing her undergrad, Teresa’s next goal was a master’s degree in Education Leadership, from Northern Arizona University. In 2000, the Frazier family moved to Blanding and Teresa began working for the College of Eastern Utah as a recruiter. She met and worked with individuals throughout the Navajo Nation and southern Utah. In 2006, she took on a different role as the Student Life Coordinator working directly with student council and teaching Principles of Leadership. Three years ago, Teresa accepted the position of Upward Bound Director. As the director, she serves about 100 high school students across San Juan School District and Red Mesa High School who will be first generation college students.

Her job can be stressful because of the fast pace and necessary travel, but she manages to destress and stay on top her work. She loves spending time with her hubby outdoors hiking, camping, hunting, fishing, and exploring the Four Corners region. Their four boys enjoy exploring with them.

Teresa values a college education and believes it helps students explore opportunities to become better leaders. She is proud that her whole family has pursued educational opportunities and that she is now in a position that allows her to share this passion and inspire others to pursue a better future.
Movie Report Card

By: Cheyenne Chee

Genre: Adventure, Drama, Romance
Rating: PG-13
Report Card Grade: A

“Passengers,” starring Jennifer Lawrence and Chris Pratt, debuted last year on December 21, 2016. This movie was actually the 25th and last movie I watched in 2016!

According to www.imbd.com, “Passengers” is about “a spacecraft traveling to a distant colony planet and transporting thousands of people,” and “a malfunction in its sleep chambers [causes] two passengers [to awake] 90 years early.”

Like me, you were probably intrigued with the preview you probably saw on TV or from those annoying YouTube ads. Being interested in outer space (and personal relationships), I watched “Passengers.” The movie was great! It took you on an fascinating and romantic (but not TOO cheese) journey. You got to experience a falling star (or meteor), and see the interesting and unique amenities the space craft had for its passengers. I have to admit, the main reason why I enjoyed this movie was the spaceship. It was pretty awesome! So, go buy a ticket and watch Passengers this weekend (with some popcorn, of course!).

34 Date Ideas For Couples

Compiled By: Beth Cecil

1. Grab an ice cream cone
2. Take a scenic drive
3. Take a convertible ride - Go to Olympic Park in Utah
4. Go visit each other for lunch
5. Go out to dinner at a new place
6. Play cards or checkers after the baby is in bed
7. Have an at home spa/massage night
8. Go to the movies or rent one and cuddle
9. Cook a fancy meal together
10. Indoor camping
11. Go to a local play
12. Play frisbee golf
13. Go miniature golfing
14. Play a game on the Wii or Xbox
15. Bowling
16. Trampoline Park
17. Go-karts
18. Go for a walk
19. Play bocce ball
20. Go for a motorcycle or moped ride
21. rent jetskis
22. Go skiing, snowboarding, or snowmobiling
23. four wheelers
24. laser tag
25. zip line
26. horseback ride
27. make a craft together (holiday decor, home decor, kites, etc.)
28. take a local hike
29. make a music video
30. Go for a run or work out
31. Climb trees
32. swing in a hammock and watch the sunset
33. Make some treats and deliver them to your friends
34. Do something nice for someone
Valentine Night Strawberries

20 fresh strawberries
1 pkg cream cheese, softened
2 TBS walnuts, chopped
1 1/2 TBS powdered sugar

Dice two strawberries and set aside. Cut the stems off of each of the remaining strawberries, forming a base for the strawberries to stand on. Starting at the pointed ends and cutting most of the way, but not completely through the stem end, slice each strawberry into four wedges.

Beat the cream cheese until fluffy; stir in the diced strawberries, walnuts, and powdered sugar. Spoon or pipe about a teaspoon of the mix into each strawberry.

Influential African Americans Through History

Compiled By: Cindy Behunin

- Daniel Williams (1856-1931), Surgeon. First successful open-heart surgery.
- Charles Hamilton Houston (1895-1950), Legal Strategist. Mastermind that dismantled the Jim Crow Law.
- Katherine Goble-Johnson (1918-), Physicist, Mathematician, Space Scientist. Worked with NASA and helped put John Glenn in space.
- Mary Jackson (1921-2005), Mathematician and Aerospace Engineer. NASA’s first African-American female engineer.

Happy Valentine’s Day Boggle

By: www.partygamesnow.com

How many words can you make from the letters below? Play this fun paper version of the popular Boggle game. All letters in the word must connect, and you can’t use the same tile twice in one word.

4 letter word=1pt  5 letter word=2pts  6 letter word=3pts  7 letter words=5pts  8+ letter word=11 pts

Valentine & Love related words earn 2x the points!

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changed and improved immensely in the past 50 years adding to their creativity and appeal.

The Super Bowl half time show has grown in viewership becoming more spectacular with each year. Prior to 1991 the half time show of the Super Bowl was theme based and entertainment was provided by marching bands and drill teams. Super Bowl XXV on January 27, 1991 introduced a new format. The New Kids on the Block became the first popular group to perform for the half time show. Each succeeding year pop music performers and groups have entertained the fans. Iconic performers include such artists as Michael Jackson, Diana Ross, Tony Bennett, Stevie Wonder, Aerosmith, Prince, Paul McCartney, the Rolling Stones and many others. (4)

Super Bowl Sunday would not be complete without the food. Pizza, chicken wings, beer, soda, chips and dip, are among the favorites for many party goers. Some sites such as pursuitist.com estimate that 1 billion chicken wings and 325.5 million gallons of beer are consumed on Super Bowl Sunday. (4) Coincidentally the Monday after Super Bowl Sunday also sees a 20% increase in antacid sales.

Super Bowl LI featured a showdown between the New England Patriots (regular season 14-2 record) and the Atlanta Falcons (regular season record 11-5). Gambling odds favored the New England Patriots with a 3-point spread. Which team did you cheer for? Did they win? Super Bowl LI didn’t disappoint. After the Falcons dominated the first half of the game, the Patriots overcame a huge deficit in the second half to tie the game at 28-28. For the first time in history the Super Bowl game went into overtime. The New England Patriots prevailed scoring a touchdown to make the final score 34 to 28 giving them the title as Super Bowl LI Champions.

The hope for the first AFL-NFL Championship game, Super Bowl I, was that the game would be bigger than baseball’s World Series. “That mythic game has become the grandest, grossest, gaudiest annual one-day spectacle in the annals of American sports and culture.” (2) Who knows, maybe Super Bowl Sunday will become the next nationally recognized holiday in the United States.

(1) money.cnn.com/2016/02/08/media/super-bowl-50
(2) time.com/4181367/the-first-super-bowl/
(3) ftw.usatoday.com/2016/02/how-much-does-super-bowl-ad-cost
(4) pursuitist.com/how-much-food-will-be-consumed-during-the-super-bowl/

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Journalist: Lisa Rarick
Faculty Advisor/Editor/Journalist: Cindy Behunin

WANTED:
Guest Journalists/Photographers/Illustrators

Have an essay you would like published? Are you an illustrator or photographer that would like to have your work included in the newsletter? Email submissions to: cindy.behunin@usu.edu by February 20, 2017 for consideration.