This is the first in a series of articles that attempts to raise awareness on the issue of bullying at all age levels. Bullying is more common than we think. There are many types of bullying, but, no matter the type, it causes emotional, mental and/or physical anguish and can have long-term effects. In 2015, *The Lancet Psychiatry* published a study on adolescents who are bullied by peers are prone to suffer long-term mental health effects versus youths are abused by adults.

Bullying has no age limit. According to *Health Day News* a study was conducted in 2012 indicating 15% of college students reported being bullied and 22% reported they experienced cyber bullying in college. A small study was conducted on our own campus utilizing Survey Monkey where a series of questions asked students and staff regarding this issue. The results were shocking! A whopping 71.4% reported they had been bullied. The survey indicated that the elementary level had the highest rate of bullying experience at 57.1%. High school bullying came in second at 35.7%. The highest form of bullying reported was verbal abuse at 60.7%. There are suggestions that bullying exists beyond schooling, for example, in the workplace. However, most organizations frown on this behavior and have strict policies against it. Unfortunately this does not prevent it from happening.

The worst case scenario as a result of bullying is suicide. A study conducted by Yale University indicated victims of bullying are 2 to 9 times more likely to consider suicide than that of non-victims. The link between suicide and victims of bullying has been discovered in recent years and made known to the public. Prior to that, many people were not aware there was a link between the two. It is important as a parent, community member, educator, professional or counselor to educate yourself of the possible warning signs of suicide and bullying.

Bullying is widespread with several research studies demonstrating this. There is a need within our own community to become more aware of how to handle different types of bullying. Furthermore, we, as community members, can help others by educating ourselves and becoming proactive and reporting bully behavior. There are various programs that will help to inform community members of the signs of bullying. The links at the end of this article give some suggestions and warning signs on bullying.

From my own experience, I was bullied as a child from 6th grade until I graduated high school by the same
group of girls. It was a difficult period in my life. In those days, we didn’t speak about bullying. The counselors weren’t well-versed in bullying and shrugged it off. They thought apologies and shaking hands ended the ordeal. In my case, that wasn’t true. I wouldn’t wish any of these experiences on my worst enemies. However, it made me more aware and protective of my children. When I see bully-like behavior, I step in with a positive demeanor.

If you or someone you know of is facing bullying, become proactive reinforcement and help by stepping in. For more information see the resources below. You could make all the difference.

RESOURCES ABOUT BULLYING

https://nobullying.com/bullying-in-college/
http://www.cnn.com/2015/05/08/health/bullying-mental-health-effects/index.html
https://nobullying.com/
http://www.bullyingstatistics.org/content/bullying-and-suicide.html
http://www.pacer.org/bullying/resources/stats.asp
https://www.stopbullying.gov/kids/what-you-can-do/

Peppermint Meringues (allrecipes.com)

2 egg whites
1/8 teaspoon salt
1/8 teaspoon cream of tartar
1/2 cup white sugar
2 peppermint candy canes, crushed

Prep: 20 minutes   Cook Time: 1 hour 30 mins   Ready: 5 hours

1. Preheat oven to 225 degrees F (110 degrees C). Line 2 cookie sheets with foil.
2. In a large glass or metal mixing bowl, beat egg whites, salt, and cream of tartar to soft peaks. Gradually add sugar, continuing to beat until whites form stiff peaks. Drop by the spoonful 1 inch apart on the prepared cookie sheets. Sprinkle crushed peppermint candy over the cookies.
3. Bake for 1 1/2 hours in preheated oven. Meringues should be completely dry on the inside. Do not allow them to brown. Turn off oven. Keep oven door ajar, and let meringues sit in the oven until completely cool. Loosen from foil with metal spatula. Store loosely covered in cool dry place for up to 2 months.
The Standing Rock Sioux vs. The Dakota Access Pipeline
By Cante Riggle

In July 2014 plans were made public of a pipeline that would run 1,172 miles long with the intent to start in Stanley, North Dakota. It would run through North Dakota, South Dakota and end in Patoka, Illinois (a small town 91 miles south of Springfield, IL). The pipeline is due to be finished January 1, 2017 and is projected to cost 3.7 billion dollars. This pipeline will transfer crude oil at about 45 million barrels a day. Due to environmental concerns, the Standing Rock Sioux opposed this pipeline citing the dangers it could bring to the environment and that the proposed path of the pipeline goes directly through sacred Native American land. They began to make various legal moves to stop the pipeline from taking place but were stopped at every turn. In response to it was decided to begin a peaceful protest which began near the Standing Rock reservation, at a pipeline site, in August 2016. Since they began their protest, nearly 300 Native American tribes have converged to protest the Dakota Access Pipeline (DAPL). There are nearly 4,000 people in the Sacred Stone Camp and more continue to arrive every day. There has been support from countries such as South Korea, Japan, New Zealand, and others. This has been the largest unification of Native American tribes in recent history.

The Dakota Access Pipeline website provides information that includes the possibility of oil spills that have only encouraged more to protest this pipeline. Many are calling on President Obama to put a stop to this pipeline. For more information on the historical timeline of DAPL and the protests visit: http://www.motherjones.com/environment/2016/09/dakota-access-pipeline-protest-timeline-sioux-
December 2016 Community Events

By Lisa Rarick

- **December 5**—YSA Branch Christmas Party at the LDS North Chapel 6:00 pm – Everyone is Welcome to Attend
- **December 8**—USU Forum – Garth Wilson Study Skills
- **December 11**—Messiah Performance 6 – 9 pm at the LDS Stake Center
- **December 12-16**—USU Final Exams
- **December 13**—City Council
- **December 25**—Merry Christmas!
- **December 27**—City Council
- **December 31**—New Year’s Eve
- **January 1**—Welcome 2017!
- **January 9**—USU Spring Semester Starts

**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 make sure your event is listed please contact Lisa Rarick at lsrarick62@gmail.com

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**Movie Report Card**

By Cheyenne Chee

Genre: Action/Drama

Rating: R

After submitting your essay that is due Friday night at 11:59 PM, you should take the time to watch “Hacksaw Ridge.” This movie (released November 2, 2016 and directed by Mel Gibson) tells the true story of Desmond T. Doss, who is drafted into the war. He wishes to follow God’s commandment: thou shall not kill. And thus, he must now go to war “without a single weapon to defend himself.” Without a gun, he saves seventy-five soldiers in the last and bloodiest battle of World War II—Battle of Okinawa.

In the beginning, I was not too sure I would even like this movie since war movies are not my favorite. However, my friend was dying to see it, so we got our popcorn and lemonade (the necessities). I was so surprised! Within ten minutes, I was already laughing. Although this movie does have some serious and sad parts, comedy is still laced throughout. It was executed beautifully. The end includes a short slideshow of the actual interview with the real Desmond Doss. If you do not mind sitting in a theater full of old people, you should see “Hacksaw Ridge.” It will make you laugh, cry (or maybe just tear up), and experience the true story of the legendary Desmond Doss. You will not regret it!

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**Christmas Word Scramble**

lelbs __________  isentpiota __________
cleand __________  gigabrndeer __________
tewhar __________  scralo __________
edinerer __________  gostinck __________
esokoci __________  gngego __________
fitg ____________  leves ____________
tenessrp ________  dranlag ____________
The Ultimate Holiday Survival Guide

By Beth Cecil

Gifts are nestled under the tree, family in from near and far, and a dinner to match the special occasion. The holiday season is a favorite for many, but not for those that work behind the scenes. When walking through the grocery store with my mother a Christmas song came on over intercom. I immediately rolled my eyes because I am a firm believer that Christmas should not begin until after Thanksgiving has occurred, but my mom had a complete different reaction. Her whole demeanor changed and a look of anxiousness came over her face. I asked her if everything was alright, and she replied, “Oh, everything is fine. I just didn’t realize it was already time to start stressing about the holiday season.” I thought about this long and hard, and realized that the holiday season has gotten completely out of control. We are here to tackle three of the largest struggles most people have during the holiday season: Number one, the gifts. Number two, the dinner. Number three, the family.

What should I get them? How can I make it good without spending my entire life savings? The holidays are not all about who can give the best present, but it does feel like a requirement today. The beginning of smart gifting begins when you learn that you are not required to give to all, but keep gift giving to those you are closest with. When gift giving think first about what a person needs and then what they want. If you buy someone something they need, at least you know it won’t end up in the back of the closet. Keep it cheap! DIY gifts are totally in! If you can do it yourself, it shows that you care, and put effort in to the gift, making it easier to appreciate, but if you find a DIY gift, make sure it is cheaper to make than it is to buy. If it is not just buy it. Remember, re-gifting isn’t always awful, but remember where you got it in the first place.

Making the big festive holiday dinner is stressful, especially around my house. We have some very opinionated women in my family and everything has to be just right. I have never contributed to the family dinner, except for the occasional pie or dessert, so I brought in an expert. My mom says that there are three ways to make a meal go smoothly, through pot lucking, tried and true family recipes, and preparation. Making everyone contribute to the meal makes everyone happy, if they don’t like anything else, at least they like what they brought. Keeping staple items is a must. You may switch up little things, but if you have a family recipe that is a go to, use it! Not only do you know it is loved throughout the family, but it helps keep some unity and bring back memories throughout the family. My mom’s favorite tip to a stress-free meal is to make items ahead of time then warm up when it is almost time to eat! Many casserole type dishes, like green bean casserole and sweet potato casserole, work really well.

It’s time to jump to the biggest hurdle: family. My first tip to dealing with family is to have a speech planned about all the wonderful things you are doing with your life. Be sure to include school, work, and the huge success that you have become (even if you have to exaggerate). Next, find a happy place. You will need a place to hide when you become tired of the chaos brought on by everyone being together. Finally, surround yourself with the family you get along with the best. We all have those family members that you consistently get along with, and then there are the ones that make you crazy. Avoid those people as much as possible if you would like to have a peaceful/joyful holiday.

The holiday season is a stressful time of year, but now you have all of the knowledge you need to take the stress and turn it into success. Smart gifting, a satisfying meal, and a good hiding place are all you need to survive the holidays.
Faculty Feature

By Larenz Esplain

Dr. Carla Endres grew up and spent most of her education years in Oregon. As a young girl, Carla loved science so it was no surprise when she attended Oregon State University and majored in molecular biology. With her background in life science, Dr. Endres pursued a research career, which she enjoyed. However, her family always came first, so she decided to focus on a teaching career at Utah State University so she could balance the best of both worlds.

Approaching her 10 year anniversary with USU, Carla has made a mark on the biology department and on the Blanding campus. With classes ranging from general biology to pathophysiology, it is likely we have all met this impressive educator. Her love for her students is clear as she works day and night to best help her them in any way she possibly can. Nothing is more important about her job than her students. Her main goal at the moment is to achieve tenure and become a full professor for the university so she can further benefit her students in her department.

Family is one of the most important things to Carla. Her family influenced and supported her as she worked toward her educational goals. They motivated her to pursue a teaching career and her family is what she loves the best about the holidays. “It’s always been about family,” she emphasized. With her love of teaching and family, it is safe to say that Carla sees her students as part of her family. They provide her with consistent and immeasurable amounts of inspiration and joy as she continues to serve the small tight-knit community we all call home.

Staff Spotlight

By Larenz Esplain

Frances Susie Bolland, known around campus as Susie, is the sweet lady we greet when entering the cafeteria. Her warm smile and generous compliments make us feel better even when we are having a bad day. Without her presence, the kitchen staff would miss the sparkle it needs to complete the team.

When Susie isn’t working, she is a grandmother and a great-grandmother to 13 grandkids. She loves her family and declares they are her biggest accomplishment. The only thing she wishes now is to watch her grandsons play sports in high school. She emphasizes that she doesn’t want to change anything in her life. It’s no surprise that her favorite holiday memories are of family. She remembers being with her father and going around the neighborhood to tip over outhouses, even while people were using them.

Susie has been with the Blanding campus for 15 years. What has kept her here for so long? She says, simply “the kids.” No amount of bickering or feuding keeps her away from seeing the students walk along with their platters of food. It is our faces that allow staff members, like Susie, to remain consistently happy working here.
Aggie Sports

By Lindsey Burbank

Logan, UT- On November 19, 2016, the men’s Aggies basketball team won their third straight game against Idaho State at Dee Glen Smith Spectrum. With an impressive start to their season, the Aggies defeated their opponent with a final score of 85-51. At the beginning, the Aggies were led by Senior guard, Shane Rector, with 17 points and 5 steals in the first half. Taking the lead was junior forward, Ngor Barnaba, who completed the night with 10 points and 8 rebounds. Freshman guard, Koby McEwen, added 16 points, 9 rebounds, and 7 assists as well. During the night, the starting five scored high into double digits. Overall, USU had an early 5-0 lead and held a 22-18 advantage with only 8:28 seconds in the 1st half.

Finally, to open the second half a fast break layup by McEwen and two steals leading to buckets from Rector, then led to 48-27 on the board and 18:04 left to play. At the conclusion, sophomore forward, Norbert Janicek put in 12 points and 4 rebounds to clinch the victory.

Random Facts: Christmas Edition

Compiled By The Journalism Club

♦ Santa’s sleigh doesn’t necessarily need to travel at the speed of light because thanks to the International Date Line he would have 34 hours to visit 800 million homes which is indeed possible. ~Cante Riggle

♦ Norwegian scientists have hypothesized that Rudolph’s red nose is probably the result of a parasitic infection of his respiratory system. ~Beth Cecil

♦ Each year there are approximately 20,000 “rent-a-Santas” across the U.S. “Rent-a-Santas” usually undergo seasonal training on how to maintain a jolly attitude under pressure. They also receive practical advice, such as not accepting money from parents while children are looking and avoiding garlic, onions, or beans for lunch. ~Shannon Tooke

♦ The most popular Christmas song ever is “We Wish You a Merry Christmas”. It can be traced back to England, but the author and composer are still unknown. ~Cindy Behunin

♦ There is a pill called ‘Father Christmas’ that makes your farts smell like chocolate. ~Cheyenne Chee

♦ In 1907, Oklahoma was the last U.S. state to declare Christmas a legal holiday. ~Lisa Rarick

♦ During the Christmas Season, nearly twenty-eight sets of Legos are sold every second. ~Donna Blake

♦ Japanese people traditionally eat KFC for Christmas; it’s so popular, that they must place their order two months in advance. ~Larenz Esplain

♦ The Germans made the first artificial Christmas trees out of dyed goose feathers. ~Shelly Totsoni

Reading Corner

Still looking for a last minute Christmas gift for the bookworm in your life? Check out book 1 in the Caretaker trilogy by local English Faculty member, Josi Russell! Take a wild ride with Ethan as he becomes the unwitting caretaker of thousands of sleeping space travelers as they hurtle across space to a new life. Then, someone wakes up and the adventure really begins. Treat your bookworm with the entire trilogy on Amazon (Caretaker, Guardians, Sentinel).
Native American Culture:
String Games
By Shanell Yenchik and Ezekiel Ogden

What are string games you may ask? Well, you might know these games by a different name—Cat’s Cradle. String games to the Navajo are more than a simple game. They are one of the ways we pass down stories, wisdom, and traditional teachings. Not only are they educational, but they are a fun way to keep younger generations learning about Navajo culture.

Although string games are a way to keep traditions alive, they can only be played during a certain time of year. String games are only played during the winter months, and can only be played after the first snow or frost that sticks to the ground. It is debated on when exactly you can play string games.

It is said that Spider Woman taught the Two Navajo Warrior Twins (from the Navajo Creation Stories) how to make these designs and the stories that go with them. There is an old taboo that says that you cannot play string games until winter because the spiders are still out and it is disrespectful to play their sacred game in front of them. Also, if you do play these games, when it is not time, the spider will come to you when you sleep and plug your nose with webs.

Here is an example of one of the string designs and its story. There are, of course, hundreds of designs. This is just one of many.

The Butterfly:

It is said that butterflies are evil. Stories tell that butterflies, in the Navajo Creation Story, used their powder on their wings for witchcraft and evil purposes. It is also said that the dust from their wings is bad luck and can be a bad omen. Another way that butterflies are evil, is that they represent temptation and that is why they are so beautiful.

Christmas Song Matching Game

Match the Christmas Carol to the headline that best describes the title or the song.

EX: Silent Night = Peaceful Power Outage

1. Frosty the Snowman
2. Do You Hear What I Hear
3. All I Want For Christmas Is My Two Front Teeth
4. Santa Baby
5. Santa Claus Is Coming To Town

A. DNA Proves Fat Man Is The Father
B. Dental Desires
C. Cold, Heartless Man Seeks Someone to Melt His Heart
D. Top Northern Dignitary To Visit Town
E. Free Music Downloads on the Internet!
Homemade Holidays
By Beth Cecil and Pinterest.com

Happy Holidays and a Safe New Year’s from your Eastern Aggies Newsletter Staff!

Larenz Esplain—Club President, Journalist
Cheyenne Chee—Club Vice President, Journalist
Cante Riggle—Club Secretary, Journalist
Beth Cecil—Club Treasurer, Journalist
Lindsey Burbank—Journalist
Ezekiel Ogden—Journalist
Lisa Rarick—Community Events, Journalist
Shannon Tooke—Journalist
Shanell Yenchik—Journalist
Abram Bochinclonny—Member At Large
Tinisha Brown—Member At Large
Shelly Totsoni—Member At Large
Roecale Yazzie—Member At Large
Cindy Behunin—Club Faculty Advisor
Donna Blake—Club Staff Advisor, Layout

Join the Newsletter Staff and earn credit with ENGL 2988—Special Topics.

GAME ANSWERS

Christmas Word Scramble

Bells  Poinsettia
Candle  Gingerbread
Wreath  Carols
Reindeer  Stocking
Cookies  Eggnog
Gift  Elves
Present  Garland

members of the Leadership class worked hard to make the most popular snack, fry bread, with sweet and salty accompaniments to fit every palate. Later, the movie presented to the students was the outstanding film, Smoke Signals. Many of the students gathered around in their sleepwear and ate and reminisced about how long it had been since they had seen the film. All in all, everyone enjoyed themselves and look forward to future movie nights.

Blanding, UT—On November 17th, the Leadership class worked hard to prepare a campus heritage day which included a spectacular performance by USU-Blanding’s very own Cultural Ambassadors, (CAPP), sheep butchering, and a traditional Navajo meal. To honor Native American Heritage Month, CAPP performed traditional dances for an enormous crowd. The audience was captivated as the group explained the difference and significance of each performance. Students and faculty were served a delicious traditional meal of mutton stew, blue corn mush, fry bread, and more. A special thanks to CAPP for their inspiring performance and to the Grey family, from Shiprock, NM, for donating food to this important cultural event.

Blanding, UT—On Tuesday, November 15th your very own USU’s Service and Volunteer group bundled up for a chilly evening walking house-to-house in the Blanding community to request food donations. The outcome was successful, but it couldn’t have been achieved if it wasn’t for the class sponsor, Karen Wells, and the participating Utah State University students who took time away from their studies. The food will be donated to surrounding communities with USU ties including Montezuma Creek, Cortez, Monument Valley, and etc.

Blanding, UT—Every week there is an exhilarating event on campus. The activity group planned a Native American Movie Night, on November 16th, for the Blanding community. To begin,