

WILDCAT

WSU Alumni Magazine | FALL 2018

Shedding Light
on the Opioid Epidemic





Whatever It Takes

Lexie Green Thompson (left)
McKenna Lloyd (right)

A member of WSU's cross country team, senior **Lexie Green Thompson** wakes up most days at 4:30 a.m. to run for 30 minutes before heading to her clinical rotation at Ogden Regional Medical Center. She works until 2:30 p.m. and has practice at 3 p.m.

McKenna Lloyd, a member of the tennis team, sprints to the tennis courts after class, practices for hours, then heads to her clinical rotation at Ogden Clinic. There's barely time to scarf down a sandwich.

It's hard, but Thompson and Lloyd are up to the challenge of being students and athletes. They say their professors in the radiologic sciences program challenge them and help them succeed.

"On the tough days, when everything seems crazy, and it feels like I can't fit everything in, I step back and remember how cool this experience is. Who else gets to play a college sport with teammates from all

over the world and be in one of the most competitive radiologic sciences programs?" says McKenna, who wants to specialize in ultrasound or MRI imaging.

Thompson, who wants to specialize in either CT or MRI imaging, agrees, saying, "The hardest part of the day is waking up and running at 4:30 in the morning. I motivate myself by thinking about how grateful I am to have the opportunity to run collegiately while getting a great education in a very competitive program."

WSU's School of Radiologic Sciences offers over 50 years of educational experience in medical imaging.

For more information, visit weber.edu/radsci.



WEBER STATE UNIVERSITY

News for Alumni & Friends

WILDCAT

Vol. 23, No. 2, Fall 2018

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DON'T MISS
the spring 2019 issue of *Wildcat*, where we will be introducing the 13th president of Weber State University.

Congratulations

2018 Big Sky Conference Football Champions!

For the first time in school history, Weber State football repeated as Big Sky Conference champions, finishing the regular season with a 9-2 record (7-1 in Big Sky play). Led by coach Jay Hill and the league's top-ranked defense, the Wildcats earned two more program firsts: their third consecutive trip to the FCS playoffs and the No. 2 overall seed.



Photo by Robert Casey

WEBER WATCH

Allison Barlow Hess, Rachel Badali BS '18 and Amy Renner Hendricks MARKETING & COMMUNICATIONS



Best Value

With individual attention, quality instruction and low tuition, we know Weber State is a great value. Others agree.

Weber State ranks second in the country for the lowest student loan debt for parents, according to LendEDU. Using data from over 1,000 higher education institutions, the organization found 500 colleges and universities where parents of undergraduate students had the least Parent PLUS Loan debt. A Parent PLUS Loan allows parents to fill the gap when additional funds are needed after scholarships, grants and other student loans.

LendEDU also ranked Weber State among the nation's top 100 universities in its 2018 College Risk-Reward Indicator (CCRI), which calculates student loan debt and average early career dividends to evaluate the risks and rewards of attending a university.

In addition, a CNBC report on high student debt found that Utah has the lowest average rate of student loan debt in the U.S.: \$19, 975. The report mentioned that the state's most popular colleges are public schools with in-state tuition of less than \$6,000, which includes Weber State.

Also, WSU graduates enjoy an average starting salary of \$51,600 — the highest among all the public institutions in the state — putting Weber State on Smart Asset's 2018 "Best Value Colleges in Utah" list.

And, in 2018, Forbes named Weber State to its third annual "Best Value Colleges" list, which is based on net price, net debt, alumni earnings, timely graduation, school quality and access for low-income students.

Running Down a Dream

On April 16, 2018, the world found out what Weber State has known for a long time: **Sarah Callister Sellers AS '12, BS '13** has the heart and talent of a champion.

Through driving sleet, Sellers came "out of nowhere" to finish second in the Boston Marathon. She had no sponsor; she paid her own race fees; she trained before and after work as a nurse anesthetist in Arizona. Her former Weber State track coach **Paul Pilkington BS '81** provided her training regimen over the phone. Boston wasn't just a second-place finish; it was her second marathon — ever.

As a nine-time Big Sky champion at Weber State, Sellers was honored as the Crystal Crest Female Athlete of the Year in 2012. She also managed to graduate with a perfect GPA in nursing.

Sellers now has an agent and sponsors, and plans to keep herself healthy and running toward new opportunities. *See more on Sellers, WSU's 2018 Outstanding Young Alumna, on page 32.*

Fellow Weber State track alumni **Taylor Ward BS '15, MSRS '16** and **Lindsey Anderson BS '08** also continue to succeed in the racing world. Ward, a former teammate of Sellers, and a bridesmaid at her wedding, finished sixth in the 2018 Chicago Marathon, while Anderson, a former steeplechase Olympian, took 12th. It was Anderson's first marathon.

All three qualified for the Olympic marathon trials.



Bear Researcher Becomes Wildcat

Early in her graduate education, the new dean of WSU's College of Science spent two seasons leading a bear-trapping team to research grizzly and black bear in Yellowstone National Park.

Andrea Easter-Pilcher said she learned two things through those early experiences: First, ensure a snared bear is fully secured before approaching, and second, it's important to ask for what you want in life.

Easter-Pilcher has asked for and received more than a dozen grants for wildlife conservation research conducted around the world. She spent the previous nine years as a faculty member, chair and dean at St. George's University in Grenada, where she and her students studied endangered island birds.

Easter-Pilcher was awarded a postdoctoral research appointment in wildlife ecology from Purdue University and a Ph.D. in biological sciences from Montana State University.



Good Things Come in Threes

As construction crews continue to build, so does excitement for three new Weber State buildings. First, the Ezekiel R. Dumke Jr. & Katherine W. Dumke Center for Interprofessional Education in Healthcare opened in August. The building provides a space for students to learn and collaborate with faculty in various healthcare fields. The building was made possible by generous support from **Ezekiel R. Dumke Jr.** and the Dr. Ezekiel R. and Edna Wattis Dumke Foundation.

A second new building, located on the corner of Monroe Boulevard and 26th Street, opened in November and offers a place for Ogden’s underserved populations to access valuable education resources. The new Community Education Center offers English as a second language and computer literacy courses, as well as other programs to help people advance their education.

After renovations are complete, the aging Social Science building will become the new Lindquist Hall. A state-of-the-art facility with updated classrooms, laboratories, offices, a testing center, computer lab and collaboration spaces, Lindquist Hall will open in January 2019. The name of the renovated building is a tribute to the Lindquist family. **John E. Lindquist**, president of Lindquist Mortuaries, gifted \$5 million to the university to help fund the remodel.



Dumke Center



Lindquist Hall



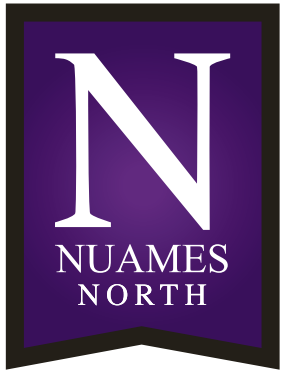
Community Education Center

Welcome NUAMES

For more than 10 years, the Northern Utah Academy for Math, Engineering & Science (NUAMES) has partnered with WSU to provide a rigorous, supportive, early college education to 750 students on the WSU Davis campus in Layton. In the fall of 2018, the charter school, which serves students in grades 10-12, expanded to the Ogden campus.

NUAMES North, as the Ogden location is known, makes its home primarily in Lind Lecture Hall. Eventually, the school will be housed in the new Noorda Engineering & Technology building, which will be built to replace the Technical Education Building. NUAMES will contribute \$7.5 million toward construction.

More than half of NUAMES’ students go on to attend Weber State, and more than half of the seniors earn a WSU associate’s degree upon high school graduation. The Utah Pace Report Card has recognized NUAMES as the No. 1 high school in Utah for the past five years.



Full Circle

In October 2018, WSU celebrated the naming of the Annie Taylor Dee School of Nursing.

After losing her 20-year-old son, **Thomas Reese Dee**, in 1894 to a ruptured appendix and her husband, **Thomas D. Dee**, 11 years later to pneumonia, **Annie Taylor Dee** resolved to build a hospital for the Ogden community. In 1910, Annie formally presented the Thomas D. Dee Memorial Hospital to the people of Ogden. The facility became a training ground for nurses, and in 1932, aligned its course work with Weber College.

The renaming of WSU’s School of Nursing symbolically brings to full circle Annie’s passionate commitment to nursing education and her family’s time-honored association with the university. Annie Taylor Dee’s legacy of giving is sustained through the Lawrence T. & Janet T. Dee and Stewart Education foundations.



A New Leader on Campus

Following a national search, **Brett Perozzi** was named vice president of Student Affairs.

Perozzi has worked in student affairs around the world. He served as chair of the International Advisory Board for NASPA (Student Affairs Administrators in Higher Education) and was a featured speaker at the National Association of Student Development Practitioners conference in South Africa. For his scholarship and leadership, NASPA selected Perozzi as a “Pillar of the Profession” in 2017.

With a Ph.D. from Indiana University in higher education, Perozzi spent 15 years working and teaching at other higher education institutions before being hired at Weber State in 2007 as associate vice president.

Newman Fellow Honored

For her work fostering a culture of sustainable practices on campus, political science major **Aimee Urbina** was named a Newman Civic Fellow. She was one of only three students in Utah to be selected for the national fellowship program.

Urbina arrived at Weber State as a nervous first-generation college student. She credits Latinos In Action (LIA), a program that empowers Latino youth, for setting her educational path.

“If it weren’t for LIA, I wouldn’t be in college,” Urbina said. “LIA opened the door, and environmental ambassadors at Weber State set the tone for what I wanted to be involved with on campus.”

Urbina educates students about sustainable programs at WSU and in the community and listens to students’ concerns regarding the environment. Her résumé includes international service trips to Rwanda and Guatemala.

The Newman Civic Fellowship recognizes and supports students who have demonstrated an investment in finding solutions for challenges facing communities throughout the country.



Photo by Matt Gerrish BS '10, MPC '15



Cruising Forward

Walking doesn't come easy to 8-year-old **Torsten Lambert**. He has cerebral palsy, which affects his balance, movement and motor skills. Now, though, there is something he can do to get around and explore his surroundings — pedal.

Five Weber State University mechanical engineering technology students spent their senior capstone class building a custom-made trike for Torsten. Their hard work resulted in a trike he could both power and maneuver.

Torsten is now learning to cruise on three wheels, which means he's in control of what he does and where he goes.

Torsten's mom, **Jennifer Lambert**, uses one word to describe what the trike offers Torsten — "Freedom."

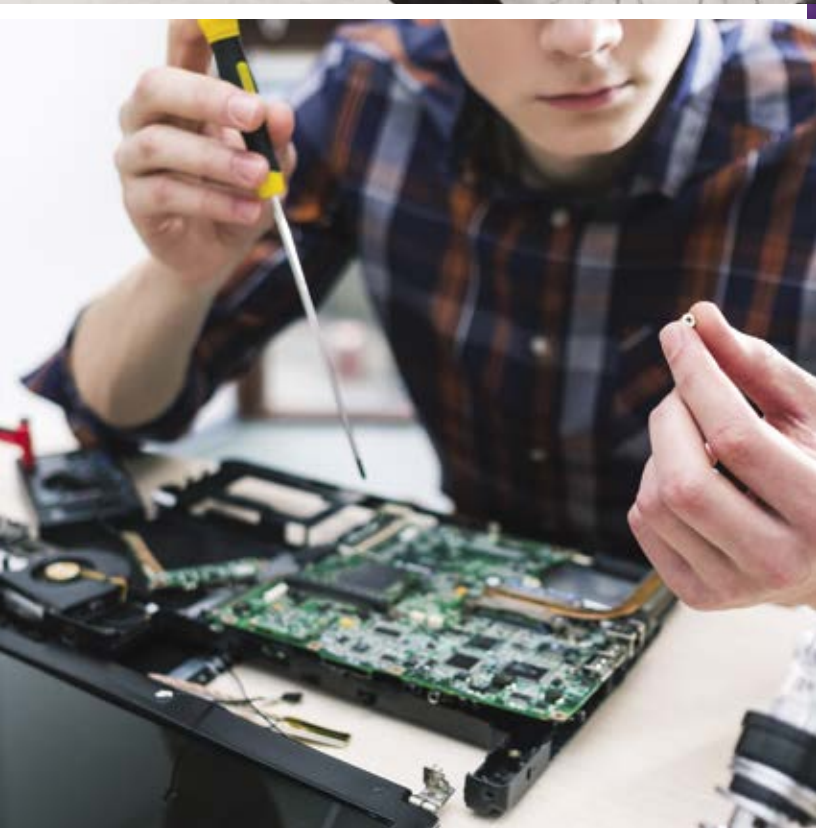


Engineering the Future

New degrees will help students fill positions in engineering and technology fields that are in high demand in Northern Utah and beyond.

Trustees approved master's degrees in computer science and electrical engineering and bachelor's degrees in mechanical engineering and manufacturing systems engineering.

"Engineering is one of the largest and most in-demand degrees in the United States," said **Kirk Hagen BS '77**, WSU engineering chair. "The Northern Utah region is industrially rich with medical-, aerospace- and recreational-related companies. As Weber State begins offering additional engineering degrees, these local industries can be more fully served by qualified college graduates produced in their own backyard."



This program prepared me for a leadership role because the faculty are industry leaders with years of real-world experience. There's only so much you can learn from a textbook.

— **Jordan Clemente, MHA**

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Corie Holmes BS '13 | ATHLETICS

Harris brings more than 25 years of coaching experience to Weber State, including nine

"Thank you so very much," she said. "I really appreciate that. I'm very grateful to be here."





Standing Up for
**Civility,
Helpfulness
and Respect**

An illustration of a woman with dark hair in a bun, wearing a yellow cardigan over a white collared shirt and grey trousers, walking a golden retriever. She is holding a large yellow umbrella. The background is a dark, rainy scene with rain falling. Numerous words related to negative emotions and social interactions are falling around them, including: hate, impolite, coarse, rude, surly, ignorant, animosity, hostility, crudeness, rudeness, and crudeness. The words are in various sizes and orientations, creating a sense of being caught in a storm of negativity.

Weber State University geosciences professor **Carie Frantz** smiled, gazing at the note she posted on the mirror: “Look at you, you beautiful, imperfect, strong, rad human. The world is your oyster!”

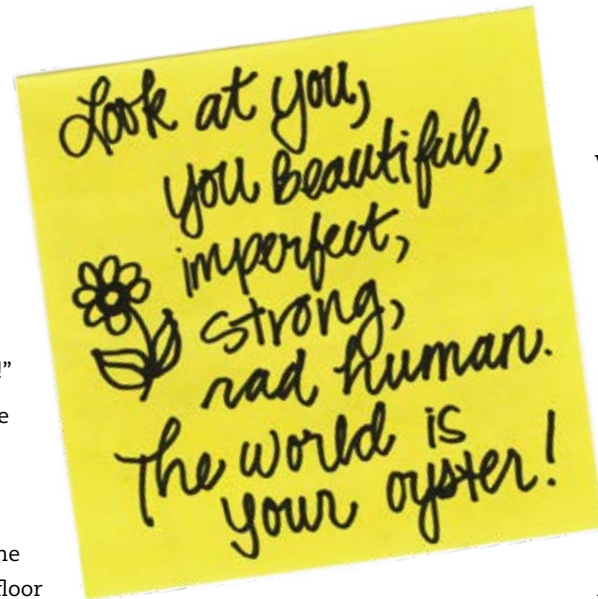
The message went out to anyone who needed it — on a yellow sticky note with Frantz’s sketch of a flower accompanying her elegant cursive. Before leaving the women’s restroom on the third floor of Tracy Hall Science Center, she taped a second note to the mirror, a small card actually. It had instructions: “Leave a kind, positive note for someone to find.”

And find they did. An hour later, Frantz rediscovered her card with someone else’s uplifting message to the world at the Starbucks downstairs.

Across Ogden, **Mike McBride**, Ogden City marketing and communications manager, was training for a marathon when he came across a string of papers on the ground. “They were probably strung out for at least 30 or 50 yards,” he said. McBride thought back to a card he had received that instructed him to: “Pick up 10 pieces of trash within your

community.” He stopped running and began to collect the papers, only to discover they were tax documents.

McBride returned them to a relieved neighbor who mistakenly left them on the roof of her car before driving away. “She just couldn’t thank me enough,” he said.



idea was to engage people in simple behaviors that remind us to live and act as a community.

Challenges ranged from creating a sign or chant to demonstrate an issue you’re passionate about, to showing kindness to animals, to picking up garbage. After completing each quest, participants handed off their cards to somebody else — literally passing on the challenge to spread civility and kindness. Participants then shared their experiences on social media using hashtags #CivilityIs and #WSUCivilityQuest.

“I really appreciate the idea and the message of spreading kindness and decency,” Frantz said. “So many of the cards were just a nice way we should be treating each other. It was a nice reminder to actively think about doing it.”

Why Civility?

The Civility Quest Challenge was one of many civility-based programs featured in the 2017-18 Engaged Learning Series, organized by WSU’s Center for Community Engaged Learning (CCEL).

Every year, CCEL comes up with a new theme for its Engaged Learning Series, looking at issues through six prisms: cultural, economic, educational, health, political and environmental. The 2016-17 theme was privilege, featuring events like Art as a Change Agent, a student art gallery exploring themes of privilege and how art can be used for social activism and advocacy.

Teresa Martinez BS ’11, MHA ’14, CCEL program coordinator, said she became involved in the Engaged Learning Series halfway through the privilege theme. As she began to brainstorm about the next year’s topic, she learned civility was a theme that hadn’t been chosen yet.

“Civility is the practice of giving of yourself to better the community,” Martinez explained. “Someone needs a helping hand, so you help; you notice a flower that needs to be planted

What exactly were these cards that were inspiring people across campus and the community to spread kindness?

They were part of the Civility Quest Challenge, a collaboration between WSU, Ogden City and local businesses. The weeklong challenge kicked off on April 6, 2018, with events at WSU’s Stewart Bell Tower and Ogden’s 25th Street, and culminated with a celebration on April 12, 2018, World Civility Day. The

because it impacts the bees, so you do it — that’s how I’ve viewed civility.”

“I felt it was a timely topic,” she said.

Forrest Crawford BS ’75, professor of teacher education and former WSU assistant to the president for diversity, agreed. He said that, unfortunately, incivility is commonplace in our present culture, emphasized even, and that’s something we need to think about as individuals and as a society.

“One of the things that I have viewed about our civility movement is that it’s not an effort to beat people over the head and force them to change,” Crawford said, “but to have people reflect and authentically grapple in their own thinking about how they see the world around them.”

Paige Berhow, a former WSU police officer and owner of local gift delivery company Deliberate Kindness, said the topic of civility was important, especially in today’s negative climate. “I’m pushing 60, and I don’t remember a time that people were more antagonistic toward each other,” she said. “There have always been political differences, but it just seems like now there’s no civil discussion. What appealed to me about the Civility Quest is it really was an effort to get people to connect.”

Berhow’s Civility Quest card instructed her to refrain from complaining for a whole day. “I’d be lying if I said I completed it successfully,” she said. “But, during that week, we put Civility Quest cards in the boxes we delivered and posted cards every day on our social media.”

During the year of civility, Martinez organized events dealing with politics, diversity, the environment and even the Thanksgiving dinner table, with political science professor **Leah Murray** encouraging people to share and listen with humility and to remember that problems are wicked, not people. Along with Civility Quest, the Engaged Learning Series featured performances, book readings, lectures and more to promote diversity and civil discussion, including a lecture by philosopher and political activist **Cornel West**.

Martinez was sad to see the year of civility end. “But,” she said, “my hopes are that people will take it upon themselves to act with civility regardless.”

A WSU Tradition

Crawford asks the university not to rest on its laurels and to continue trying to “get it right.”

According to Crawford, Weber State’s civility, diversity and engaged learning initiatives are changing how the university sees itself and how it does business. If WSU conveys a trite, narrow scope of this identity, he said, it risks falling short of letting the community know “you belong and are welcomed here.”

While the 2017-18 academic year will be remembered as Weber State’s year of civility, the roots of WSU’s friendly, civil nature took hold decades ago:

“To a stranger or a new student, perhaps the most striking thing about Weber College is its tradition of friendliness. It is a tradition that I hope will never disappear from our campus . . . I hope that you make a lot of friends. This is the easiest thing in the world to do here at Weber.” — Henry Aldous Dixon, Weber president from 1919-1920 and 1937-1953, WC Handy Book, 1951–1952



As a 'Matter of Fact'

The 2018-19 Engaged Learning Series theme is “Matter of Fact?” It focuses on what is fact and what is opinion, where people get their news and how to tell if information is accurate.

For a list of upcoming events, visit weber.edu/ccel/els.html.





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Dept: Market Research
Date: April 19, 1995

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The statistics from the Centers for Disease Control and Prevention (CDC) are staggering: "From 1999 to 2016, more than 350,000 in the United States died from overdoses related to opioids (prescription and illegal). On average, 115 people in the U.S. die every day from an opioid overdose."

Utah is not immune. In fact, the Beehive State has the seventh highest drug overdose rate in the U.S. and is losing six people every week to what the Utah Department of Health (UDH) calls the "opidemic."

Addictions are so prevalent that it's hard to find anyone who doesn't know someone affected by the opioid crisis. A sister. A mother. A neighbor. A church member.

A former Wildcat.

CAUTION: Opioid
Risk of Overdose, Addiction

On Sept. 29, 2007, Weber State University football player **Derek Johnson** suited up for the fourth game of the year. It was looking to be a promising season for the 290-pound nose guard, who, in three games, already had 10 unassisted tackles — just one fewer than he had in all of 2006. He took the field in Missoula, Montana, with one goal: Beat The Griz. An illegal chop block by a Montana player early in the game dashed Johnson's hopes, ruined his knees, ended his season and set into motion a series of events that would almost end his life ... multiple times.

Over the course of eight surgeries, Johnson became hooked on prescription opioids, a class of drugs that includes prescription pain relievers such as oxycodone, hydrocodone, codeine and others (see page 22 for a more extensive list). After the prescriptions ran out, he turned to another opioid, an illegal one — heroin.

That's the nature of the opioid beast.

Prescription opioids and heroin are chemically similar. UDH reports that 80 percent of heroin users started with prescription opioids.

Johnson's 11-year struggle with addiction is no secret. In the summer of 2018, he shared his story with local media during the Ron McBride Foundation's 2018 Love You Man Golf Tournament. "I probably had three or four rock bottoms," Johnson told local reporters. "Every time you relapse, it gets a little bit worse."

His mother, Denece, was with him at the event. She tearfully explained that she didn't know the signs of a heroin problem. "I didn't know finding a silver spoon that was burnt on the bottom meant something (spoons are often used to 'cook' heroin)," Denece said, "or that aluminum foil in his bedroom meant something (foil contains the drug while it is smoked)."

Johnson's former Weber State football coach, **Ron McBride**, was there, too. The Ron McBride Foundation has now joined the fight against opioid addiction.

The foundation supports a number of educational-related causes, including rebuilding libraries and reading programs, but opioid education is something "we just kind of fell into," McBride said. "The more you talk to people in education, to principals, to teachers, to parents, you see this is part of our responsibility."

How Did the U.S. Get Here?

It's hard to say exactly. We now know that prescription opioids are highly addictive, but that's not how pharmaceutical companies originally marketed the drugs. According to the U.S. Department of Health & Human Services website, pharmaceutical companies in the late 1990s "reassured the medical community that patients would not become addicted to prescription opioid pain relievers, and healthcare providers began to prescribe them at greater rates."

The amount of opioids prescribed in the U.S. peaked in 2010, then decreased each year through 2015, according to the CDC.

However, the amount of opioids prescribed in 2015 was still three times higher than in 1999 — enough for "every American to be medicated around the clock for three weeks."

While the opioid crisis has been in the making for decades, it wasn't declared a public health emergency until October 2017. Today, it makes the news on a daily basis. There are billboards about opioids throughout Utah, and just across the street from WSU's Ogden campus, the McKay-Dee Surgery Center and Orthopedics clinic has big banners in its windows that read, "Opioids: Physical dependency can happen in just seven days."

Warning signs are everywhere, which leads to the question: Should opioids be prescribed at all for pain?

J.D. Speth BS '11, a WSU psychology alumnus who earned his Doctor of Pharmacy degree from Pacific University, is a community pharmacist for Intermountain Healthcare. "Yes, opioids have their place," he said. "If prescribed, monitored and used properly, they are not evil. In fact, they can help many people. However, patients need to be educated about the risks, not just with opiates, but with every medication. You can die from an opiate. You can also die from a blood thinner."

In 2016, the CDC released its Guideline for Prescribing Opioids for Chronic Pain, which includes the following recommendations for healthcare providers:

- **Use opioids only when benefits are likely to outweigh risks;**
- **Start with the lowest effective dose and prescribe only the number of days that the pain is expected to be severe.**
- **Reassess benefits and risks if considering dose increases.**

The CDC also recommends that prescribers use state-based prescription drug monitoring programs (PDMPs) to identify patients at risk of addiction or overdose.

"Every controlled substance that an individual gets from a retail pharmacy is logged," Speth explained. "If a person comes in with a prescription for a large amount of oxycodone or a

very high dose of the drug, I can log on to the database and check his or her prescriptions. I might see that, in addition to oxycodone, this person has gotten Percocet from the dentist and Lortab from a surgeon and morphine from another specialist. I can also see that they've gotten some early refills. At that point, I can counsel the patient, or even refuse to fill the prescription."

Speth said he has noticed the number of opioid prescriptions going down, at least somewhat. He explained that much of the misuse and abuse, sadly, comes from diversion — when prescription drugs are obtained or used illegally. He cites the statewide Use Only As Directed campaign, which reports that friends and family members supply two-thirds of all the opioids misused and abused by Utahns.

"My advice is, when prescribed opioids, only take exactly what you need for pain and then safely dispose of the rest. So many times we think, 'Oh, I'll save these for a rainy day.' Then they become a danger. What if your teenage daughter's friend comes over and takes them? What if your friend is in pain and you offer them some of your pills? At that point, you're not using the drugs for what they're prescribed for. The safest thing to do is just get rid of them." Find out how to safely dispose of your unused or expired prescription opioids at useonlyasdirected.org.

Don't Become a Statistic

The CDC suggests there are safer approaches to prescription opioids that may be as or more effective in relieving pain — a subject that interested **Ethan Erickson BS '17**. As an undergraduate majoring in athletic therapy, Erickson conducted research alongside Layton oral surgeon **Todd Liston BA '86** that tested the ability of platelet-rich plasma (PRP) to decrease patients' pain following wisdom tooth extractions.

The results showed that PRP injections into the extraction site did not reduce the perception of pain. During the study, Liston and his partners prescribed the opioid Tramadol. Interestingly, patients only took three to four pills total and managed the rest of their pain with over-the-counter medications like acetaminophen or ibuprofen.

"This led to leftovers of the Tramadol, which can create potential for abuse," said Erickson, who is currently in his first year of medical school at the University of Texas Health Science Center in San Antonio. "The surgeons are now much more mindful of the amount of opioids they prescribe."

While it may be difficult to reject opioids after major surgeries, be sure to talk to your doctor about the risks and don't be afraid to ask about alternatives.

ALTERNATIVES TO OPIOIDS

Courtesy of UDH

Acetaminophen (Tylenol®)	Cognitive Behavioral Therapy
Ibuprofen (Advil®, Motrin®)	Medication for Depression or Seizures
Physical Therapy	Interventional Therapies (Injections)
Exercise	
Massage Therapy	

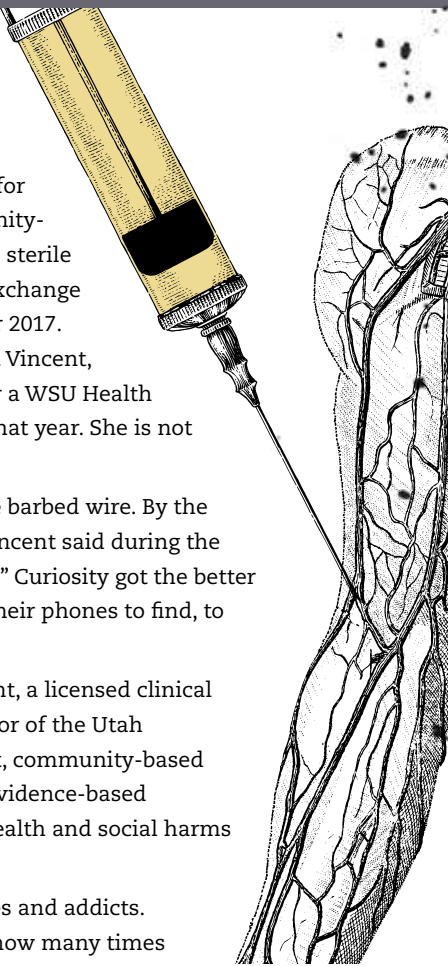
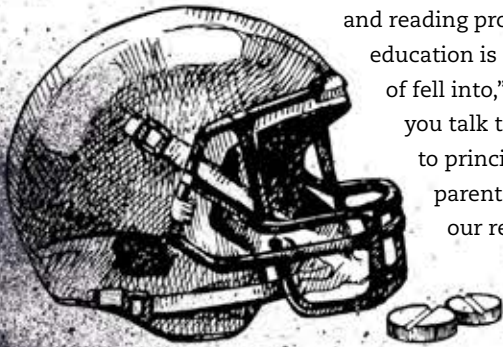
The Need for Needle Exchanges

A spike in heroin use, which some believe is directly connected to the opioid crisis, has intensified the need for needle exchange programs — community-based programs that provide access to sterile needles free of cost. The first needle exchange effort in Ogden was held in September 2017. **Mindy Vincent** organized the program. Vincent, coincidentally, was a guest lecturer for a WSU Health Administrative Services class earlier that year. She is not one to mince words.

"By the second use, a needle looks like barbed wire. By the sixth, it looks like a shark's mouth," Vincent said during the lecture, coaxing the class to "Google it." Curiosity got the better of some students, so they pulled out their phones to find, to their horror, that she was right.

It's shocking to most, but not to Vincent, a licensed clinical social worker and the executive director of the Utah Harm Reduction Coalition. A nonprofit, community-based organization, the coalition provides "evidence-based interventions to help people reduce health and social harms associated with substance use."

Vincent can tell you a lot about needles and addicts. For example, most addicts don't care how many times



Per the Center on Addiction:

An **opiate** is a drug naturally derived from the flowering opium poppy plant.

Opioid is a broader term that includes opiates and refers to any substance — natural or synthetic — that binds to the brain’s opioid receptors, which control pain, reward and addictive behaviors.

All opiates are opioids; not all opioids are opiates. And, just because opiates are natural does not mean they are less harmful.

COMMON OPIOIDS

(Semi-synthetic drugs with opium or morphine-like pharmacological action)

Oxycodone

(e.g., Oxycontin, Roxicondone)

Oxycodone/Acetaminophen

(e.g., Percocet, Roxicet)

Hydrocodone/Acetaminophen

(e.g., Lortab, Vicodin, Norco)

Tramadol

Fentanyl

Hydromorphone

(e.g., Dilaudid, Exalgo)

Meperidine

(e.g., Demerol)

Methadone

COMMON OPIATES

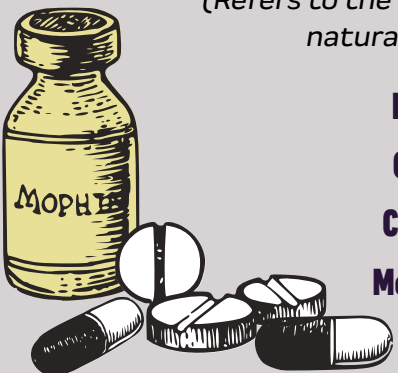
(Refers to the alkaloids only found naturally in opium)

Heroin

Opium

Codeine

Morphine



a needle has been used. They don’t even care if they use tourniquets (a long strip of plastic tied around the arm to raise the vein). “And when they don’t use tourniquets, they fish to find the vein,” she said. “That can cause infections, abscesses, endocarditis (an infection of the heart valves or inner lining).”

Vincent knows these things from her job, of course, but also because she was addicted to intravenous (IV) drugs for 17 years, and because her brother was addicted to heroin, and because her sister died from an opioid overdose. She worked with local law enforcement agencies to develop the needle exchange program in Ogden **(downtown Ogden alone had the highest per-capita rate of opioid deaths in Utah in 2014 and 2015, according to the state).**

The program, which is also present in Salt Lake and Tooele counties, helps remove contaminated syringes from circulation, but it also introduces users to people like Vincent, who can educate them on overdose prevention, refer them to medical, mental health and social services, and offer them information on substance use disorder treatment.

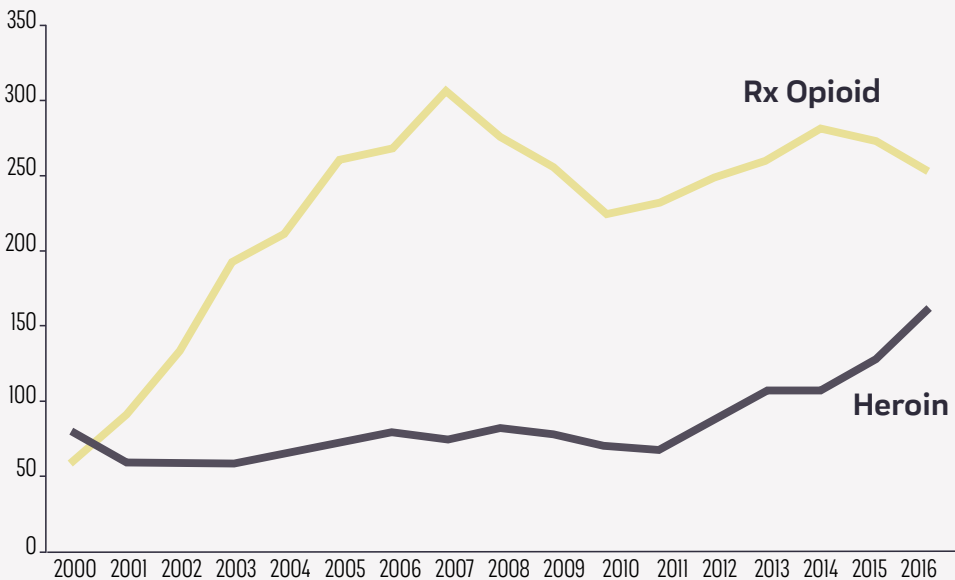
Danielle Croyle BS ’86, a former Ogden City Police captain, is a proponent of community-based programs like needle exchanges. “We, as law enforcers, are compassionate, empathetic. The opioid crisis is complex, and, as with any social issue, multifaceted. I believe community-based programs are beneficial and should be there to help those who need help. Addiction is a disease. Unfortunately, at times, it is a disease that comes with a criminal element. The role of police in the opioid crisis is to ensure laws are adhered to, for the safety of all the people in our community.

“Police work to prevent opioids from being distributed illegally, to make sure distributors are not able to set up shop in Ogden. At the same time, they also respond to many calls about drug overdoses and, sadly, unattended deaths (when people die alone and are discovered later). As first-responders, we carry naloxone (a drug to reverse overdoses), and police officers are trained in how to administer it.”

On the ground level, Croyle has seen the number of opioid offenses increase in recent years. “There are entire task forces to investigate drug abuses,” she said. “Again, police officers, have to enforce the laws on the books. The legislative branch creates those laws. The judicial branch applies the laws. The community-based programs create initiatives to help those who need help. The opioid crisis involves everyone.”

Opioid Overdose Deaths in Utah 2000-2016

Courtesy of UDH



Reaching Out

Most recently, the media has focused on states, cities and counties that are suing prescription opioid manufacturers for aggressively marketing the drugs and downplaying the possibility of addiction. The state of Utah has joined the fight, as has several of its counties, Weber and Davis counties included. Basically, litigants want Big Pharma to reimburse communities for the high costs associated with fighting the crisis.

Justine Murray BS ’15 is the program manager for another community-based program that is on the frontlines of the opioid fight. Youth Futures Ogden is a shelter for vulnerable and homeless youth, but the organization also offers street outreach to both youths and adults. Murray and her team go two times a week to strategic locations in search of youths in need. It’s there where Murray and her team most often encounter people — mostly adults — with addictions. Even though most are over 18, Youth Futures helps them by giving them naloxone kits.

“We give them the tools to save their own lives or someone else’s,” Murray said. “The next week, we follow up with them if we can. These people are struggling, and they know they’re struggling. We simply ask them, ‘What can we do to help you today?’ Sometimes, they just need a friendly conversation, but oftentimes those little steps, that building of a rapport, is just what they need to eventually get the help they need in their fight against addiction.”

Murray has a unique perspective. A double major in criminal justice and social work, she focuses on rehabilitation, not punitive measures. “The punitive side of criminal justice is valid and needed. If you break a law, there absolutely has to be a consequence,” she said. “However, I feel like we need to do better on the rehabilitative side.”

Murray said there is still much work to do in that area, but she believes Utah is making strides. She cited Utah House Bill 119 as an example. Passed in 2014, the bill, known as a Good Samaritan law, establishes immunity for the good faith administration of naloxone. Basically, if you administer naloxone to someone in an effort to save his or her life, and call 911, you cannot get in trouble, even if you have legal problems. The police will address the person who overdosed, not the person who administered the naloxone.

While Murray hasn’t seen many youths addicted to opioids, she has seen families torn apart by drugs. “Most often, the kids who come to our shelter are phenomenal kids,” she said. “They’re great kids who have lost their support systems. Many times they’ve lost their support systems to drugs, and that’s a whole different trauma.”

Murray sees things every day that break her heart, but she loves her clients. She says the best thing we can do in this crisis is stay open minded.

“This is happening everywhere. This isn’t just a Downtown Ogden or Downtown Salt Lake problem. Everyone is being impacted. Don’t be closed off to people who are struggling with addiction. Be a listening ear. Hear people’s stories and struggles. Without support, people with addictions have no chance. None.”

Editor’s Note: This story barely touches the multifaceted opioid crisis in the U.S. There are still the stories of the underground networks of drug dealers, the significant and dangerous drug busts, the demographics involved in the crisis, the controversial solutions (medical marijuana, for example). It’s far too complicated to include in one article, in one magazine even; however, Weber State University has trained/is training an army of people — from social workers, to pharmacists, to doctors, to nurses, to law enforcement officers, to judges, to lawmakers — who will contribute their expertise to battle this crisis.

Does this sound familiar? While skimming through Facebook messages, you stumble on one that trips an internal alarm – a cryptic plea from someone you’ve never met, in a country you’ve barely heard of:

Helo Sir, wel my name is Joel from Liberia, West Africa. Pls I beg u in name of GOD, I need some assistance from u, business or financial assistance dat will help empower me pls.

*Your eyes narrow. Your indignation flares. With a violent jerk, you click “delete” ... unless you’re WSU alumnus and adjunct instructor of communication **Ben Taylor BS '09, MPC '15** who writes back, “Hey, Joel. How can I help?”*

A Leap of Faith, An Unlikely Liaison

Karin Hurst | MARKETING & COMMUNICATIONS

Photos courtesy of Ben Taylor BS '09, MPC '15





Joel's original images were blurry and indistinguishable. After receiving a basic point-and-shoot camera and many photography tips from Taylor, Joel's photos steadily improved.

Taylor didn't believe for one second that "Joel from Liberia" was "legit." He just wanted to string the diabolical cyber-shyster along for as long as possible to keep him from fleecing other, more naïve, internet users. Taylor had good reason to be frustrated. Every year, clever con artists combine new technology with old tricks to rip people off. A Federal Trade Commission report shows that 2.68 million consumers filed fraud complaints totaling \$905 million in losses in 2017.

Joel asked Taylor to send laptops, computers, printers and other electronic devices to a contact in New Jersey who would pack the items into barrels and ship them to Liberia. Taylor didn't take the bait. Instead, he hatched his own scheme. Claiming to work in the photography industry, Taylor told Joel to send pictures. He promised to pay for any he found interesting.

Interesting isn't the right word to describe what Joel sent. The bizarre collection of blurred images may or may not have been Liberian landscapes. Still, Taylor had to give Joel credit for trying. Convinced the source of Joel's questionable photography was an archaic cell phone lens, Taylor purchased a low-end, point-and-shoot Vivitar and put it in the mail. Miraculously, the camera made it to Joel's village near Monrovia, where the eager recipient launched a picture-taking frenzy. Still, the quality of Joel's photos didn't improve.

So, in marathon email exchanges, during which Taylor's wife, Jessica, simply shook her head, the two newbie business partners talked shop. They discussed lighting, framing, composition and how to find interesting subjects. Taylor fully expected Joel to give up. To his surprise, Joel kept practicing, until slowly — over several weeks — the photos began to improve. Taylor was genuinely impressed.

Now, Taylor faced a conundrum. He had "hired" Joel to take good photographs and Joel

had honored that agreement. If Taylor didn't follow through with a paycheck, he'd be the scammer, not Joel. Followers of Taylor's YouTube channel urged him to keep his word.

So, Taylor took 11 of Joel's best shots, created a booklet titled *By D Grace of God* (Joel's catchphrase) and marketed the publication through Indiegogo, a global crowdfunding platform. To his astonishment, sales took off. People all over the world started buying Joel's book. The project raised \$13,000, but cleared only \$1,000 because Taylor had neglected to factor in the exorbitant price of international shipping.

Scammer Or Saint

Next came Joel's moment of truth. As equal partners, Taylor and Joel were to split the profits 50-50, but Taylor decided to put Joel's integrity to the test. He wired Joel the total amount with a request that half be donated to a Liberian charity. He thought he'd never hear from Joel again. But a couple of days later, Joel sent snapshots of beaming Liberian children sporting new backpacks. He had rented a taxi, driven to the marketplace, bought every backpack and school supply he could get his hands on, and delivered them to five local



Joel donated half of his profits to provide school supplies to children in Liberia.

schools. In one unpredictably heroic act, Joel, the would-be scammer, went, in his own words, "from zero to hero."

When Taylor's YouTube viewers started urging him to fly to Liberia to meet Joel face to face, and even sent money for him to do so, the story caught the attention of CBS News correspondent Steve Hartman, who called Taylor and asked if he and a camera crew could tag along.

Hartman's heartwarming tale of a shady solicitation that morphed into a bona fide business aired March 30, 2018, on *CBS Sunday Morning*, an award-winning television news program with an estimated 5.89 million weekly viewers. Hartman concluded the segment with a provocative observation: "Just because a person is poor doesn't mean they're not rich in character. In fact, many are great humanitarians, just waiting on the means."

And while that may have signaled the end of the story as far as CBS News was concerned, Taylor's saga was far from over; in fact, he's still writing the next chapter.

Too Much Too Soon

The *CBS Sunday Morning* piece triggered an avalanche of international interest in bydgraceofgod.com. "We made \$60,000 that day," Taylor told Weber State students, faculty and guests attending a fall 2018 John B. Goddard School of Business & Economics Ralph Nye Lecture. The booming enterprise put Taylor in an even greater position to provide economic aid to Liberia. But with time, came perspective. When Taylor learned that the average Liberian wage earner makes between \$456-\$1,140 U.S. dollars a year, he began having second thoughts about giving Joel that lump sum payment of \$1,000. "I gave Joel way too much money at the start," Taylor admits.



People all over the world purchased *By D Grace of God*, a simple, yet inspiring booklet of Joel's photos.

"When we walked in with our news cameras and he was wearing new shoes, a new watch and had a new roof on his house, his neighbors got jealous. It created a lot of animosity, and he eventually had to move to a new area."

Brady Presidential Distinguished Professor of Economics **John Mukum Mbaku**, a Brookings Institution Nonresident Scholar and attorney, maintains that trying to help one person at a time in a developing nation can backfire. "Individual donors and nongovernment agencies can't help everybody; they can only help certain people who will then move into a different social class," Mbaku explains. "Even if you went to a village and gave everybody \$1,000, you still create a jealousy problem. If you're a father and you get \$1,000, you have to take care of your family, but if you're a 10-year-old kid and you get \$1,000, it's all for you." Mbaku, a former associate editor of the *Journal*



of *Third World Studies* and a consultant to the U.N. Economic Commission for Africa, says before anyone can help Liberia, they must understand its history.

Repeating Racial Repression

Liberia was founded in 1822 by the American Colonization Society as a haven for freed slaves. Its founder believed that former slaves could never successfully integrate into American society and would only reach their full potential as human beings in Africa, the “land of their fathers.” The organization worked with the United States government over time to transport an estimated 13,000 colonists to a small stretch of West African coastline, later named Monrovia in honor of U.S. President James Monroe. The African-American repatriates called themselves Americo-Liberians.

In 1847, the freed slaves proclaimed their independence — a move that Mbaku says had grave repercussions. As settlers built schools and churches and an economy fueled by agriculture, shipbuilding and foreign trade, the Americo-Liberians expanded their property boundaries deeper into the African hinterlands. Instead of creating a society of independence and opportunity, however, the ex-slaves replicated the cruel plantation culture under which they had suffered.

Dressed in hoop skirts and tailcoats and comfortably housed in lavish mansions reminiscent of antebellum New Orleans, they lorded over the area’s multiple indigenous populations, denying them political and property rights and forcing some into a repressive system of labor tantamount to slavery.

For generations, Liberia’s economy both drove and reflected this larger political narrative. The path to prosperity for a well-to-do Liberian was through connections in Monrovia politics, not through business itself. Most unconnected Liberians were subsistence farmers or petty traders. Foreign investors filled in the gaps by establishing market domination

in unprotected sectors. As a result, Liberia’s nondiversified economy was characterized by large foreign natural resource interests, nonresident trading houses, and weak, insulated Liberian firms.

A Nation Unhinged

In the 1960s and 1970s, Monrovia was an opulent playground for the local elite and their foreign friends. But smoldering beneath Liberia’s impressive economy were decades of tension between Americo-Liberians and native populations. The conflict exploded in 1980 when 28-year-old native soldier Samuel Doe and his army stormed the executive mansion, assassinated President William Tolbert, and publicly executed eleven members of his cabinet.

Doe’s leadership was marked by economic devastation and escalating violence. “Samuel Doe promised to establish a system of democracy, but then he acted just like the people he had removed from power,” says Mbaku. “He didn’t come to power through a democratic process; he forced his way through to power by killing people.”

In 1989, rebel warlord Charles Taylor mounted a counter-insurgency that dragged Liberia into 14 blood-soaked years of intermittent, but ferocious, civil war that left 250,000 people dead and gave rise to rampant reports of cannibal warlords with terrifying monikers, child soldiers pumped up on speed, and the systematic rape, torture, exploitation and mutilation of African women.

In 2003, the United Nations sent 15,000 troops — its largest ever peacekeeping mission — to Liberia to support a cease-fire

CBS News correspondent Steve Hartman (left) accompanied Taylor on his journey to Liberia to meet Joel. The story aired on the popular *CBS Sunday Morning* news program.



agreement. In 2014, whatever economic strides had been made were decimated by a deadly Ebola virus epidemic. When the U.N. mandate expired on March 22, 2018, Liberian president George Weah, a retired professional soccer player, toasted the effort at a public celebration. On its website, the U.N. proudly proclaimed that Liberia now has “great potential to achieve lasting stability, democracy and prosperity.”

A Challenge to Change

Mbaku’s prognostication is a bit more skeptical. He believes Liberia hasn’t gone far enough to change what economists call the “institutional structures” that led to the violence. Mbaku says little has been done to tackle Liberia’s cultural tradition of bribery, corrupt leadership and customary laws that discriminate against certain groups, especially women. “What they should have done when the U.N. was there, was establish a system of governance that is based on separation of powers with checks and balances,” Mbaku says. “Most of the indigenous groups are still shut out of the system, and so the frustration among people over there is: ‘The more things change, the more they stay the same.’”

For Mbaku, a far more accurate gauge of how successful the U.N. peacekeeping mission in Liberia was will be Weah’s behavior in Liberia’s next election. “In Africa, every time a standing president loses an election, he uses the army to try to stay in power,” Mbaku says. “Ghana is one of the few countries in Africa in which a standing president lost an election, and just left without stirring up trouble.”

Healing with Dignity

In the meantime, Taylor continues his efforts to lift Liberian citizens out of dire poverty.

It’s a daunting task. Today, Liberia’s population is estimated at 4.2 million with more than half of those people living in absolute poverty, meaning they can’t meet their minimum needs. Only one in six households has access to electricity. Indoor pumps or pipes are still rare. Most Liberian dwellings are constructed with mud and sticks. Other common construction materials include concrete blocks and mud bricks. Sheets of zinc, iron or tin serve as roofs.

Clearly, Liberia needs help, but Taylor and Mbaku insist that relief and development are two very different things. They say if Americans really want to help Liberians, they shouldn’t send money; they should go over to Liberia and build structures, like schools and healthcare clinics, that will allow local people to take care of themselves. “Those types of things are very good,” says Mbaku. “You go build a structure, train local



people and let them run it. Now, sometimes they’ll run it into the ground, but it’s still better than just going over and giving them money. When you go over to Africa and just give people money, you are pressing them into a position in which they’ll just go out and consume.”

While Mbaku believes the ultimate key to Liberian peace and prosperity is government reform and educational opportunities, Taylor believes it’s equally important to help individual Liberians find meaningful ways to earn a living. “When Joel first contacted me, it wasn’t because he was starving; he contacted me because felt like his life didn’t have a purpose,” says Taylor. “His kids didn’t look up to him. His wife was not proud of him. He couldn’t market anything of value in return for money.”

Taylor’s mantra is: “When you find someone who’s in need, give ’em a job; give ’em something to do.” But these days, instead of doling out dollars to one person at a time, Taylor supports and advises local grassroots organizations that work directly with Liberian citizens.

And while Taylor has since modified the way he offers financial aid and would never advocate reaching out to the next potential scammer, he says he’ll always cherish the important life lesson he learned from Joel: “Poverty is not the saddest thing in the world,” says Taylor. “The saddest thing in the world is the loss of dignity. If we’re going to build these developing countries, we’ve also got to rebuild the individuals.”

Selected Sources:

- Liberia: CIA Fact Book
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- Library of Congress
- microdata.worldbank.org
- PBS Documentary *Africans in America: Brotherly Love*
- PBS Global Connections/Liberia
- VICE Video Documentary: *The Cannibal Warlords of Liberia*



50 YEARS WSU Salutes

From left to right: Michayla Jackson; Jack Hyer; Sarah Callister Sellers AS '12, BS '13; Mark A. Russell BIS '87; Donna B. Friz; Ralph E. Friz; Bob Harris; Marcia Harris; Amir A.H. Jackson; Richard M. "Dick" Webber AS '57; C. Kent Russell BS '68; and Annette Mozley Russell AS '65

{DISTINGUISHED ALUMNUS}

Mark A. Russell BS '87 recently retired as president and chief operating officer of Worthington Industries. He graduated from BYU's J. Reuben Clark Law School and began his career as an attorney at Kirkland & Ellis. With encouragement from a mentor, Russell transitioned from law to business. A former standout linebacker who signed a free-agent contract with the NFL's New Orleans Saints, Russell continues to support Wildcat Athletics.

{OUTSTANDING YOUNG ALUMNA}

On April 16, 2018, **Sarah Callister Sellers AS '12, BS '13**, in only her second marathon race, finished second in the Boston Marathon. At WSU, she was a nine-time Big Sky champion and was awarded the NCAA Elite 89 award. Sellers maintained a 4.0 GPA and is the only student-athlete in Weber State history to earn Academic All-American honors three times. She is currently a nurse anesthetist in Tucson, Arizona.

{DISTINGUISHED SERVICE}

Donna B. and Ralph E. Friz have supported the Ogden community and WSU for nearly six decades. Ralph earned his medical degree from Northwestern University. The couple moved to Utah in 1957 for Ralph's medical residency at the University of Utah. In 1959, they moved to Ogden where Ralph practiced anesthesiology at McKay-Dee Hospital for 50 years. The Frizes are longtime members of the Wildcat Club. They also named two rooms in Tracy Hall Science Center, created a scholarship within Academic Affairs and contributed to the renovation of the Browning Center.

{WSU PRESIDENT'S AWARD}

East Coast transplants and longtime Ogden residents **Bob and Marcia Harris** are actively engaged in the growth of WSU. The Harrises have supported the university's teacher excellence program, the Bonneville Chamber Music Festival, scholarships for string and piano students, study abroad programs and Wildcat women's tennis. Bob was Thiokol's vice president and general counsel before retiring. As a judge in the Utah state courts, Bob has decided civil cases for more than 20 years. Marcia graduated in sociology from Randolph-Macon College in Virginia and completed graduate work at Johns Hopkins Medical Center.

{EMERITI LIFETIME ACHIEVEMENT}

Richard M. "Dick" Webber AS '57 is a retired real estate developer, a community activist and an Ogden ski legend. He helped design Snowbasin's downhill course for the 2002

Winter Olympics. As a member of Weber College's ski squad, Webber helped the Wildcats vanquish the University of Utah team in 1956 — one of his proudest achievements. At age 75, Webber skied 74 mph during a super-G race to capture a silver medal in the speed category for his age division at the USSA Masters National Championships.

{LEWIS W. SHURLIFF AWARD FOR CONTRIBUTIONS TO EDUCATION}

A native of Rochester, New York, **Amir A.H. Jackson** came to Utah in 1999 by way of the U.S. Air Force. Shortly after his honorable discharge, Amir enrolled in psychology courses at WSU. As an assignment, he taught poetry to sixth-graders — an experience that transformed Amir's career goals. In 2007, he founded Nurture the Creative Mind, an organization that helps young people find value in themselves and others through creative expression.

{EMERITI HOMECOMING ROYALTY}

At Weber State **C. Kent Russell BS '68** and **Annette Mozley Russell AS '65** both joined campus social clubs — Kent was an Excelsior, Annette a La Dianeda. Annette studied education and home economics while Kent majored in accounting. Kent retired as executive vice president and CFO of Catholic Health East, a national health system he helped build. Kent currently serves on the WSU Board of Trustees' investment committee. The Russells have funded scholarships at WSU to assist education and business students from Weber County, and recently arranged a generous legacy gift.

{STUDENT HOMECOMING ROYALTY}

Jack Hyer and **Michayla Jackson** embody the spirit of student scholarship, leadership and service. Hyer is a former WSU admissions ambassador whose GPA has landed him on the dean's list every semester. He is working toward a bachelor's degree in Spanish teaching with a minor in English as a second language. Jackson is an aspiring respiratory therapist and former Miss Sanpete County. The five-time state tumbling champion was first runner-up in power tumbling at the 2014 USA Gymnastics Championships. Jackson recently traveled to Russia to teach English to young children.

In 2018, the university celebrated the 50th anniversary of WSU Salutes. To see the photo of past recipients, or to view the biographical videos on each of the 2018 recipients, visit alumni.weber.edu/wsusalutes.

CLASS NOTES

ALUMNI UPDATES

'60s

A **Gary Jackson AS '61** retired from Hill Air Force Base after 34 years as a civilian electrical engineer. He received a bachelor's degree in electrical engineering from the University of Utah and an MBA from the University of Phoenix. Gary and his wife, Roberta, have four children and 18 grandchildren. They live in Ogden.

L A retired optometrist, **Frank Salimeno BS '65** owned a private practice for almost 40 years. He received his Doctor of Optometry degree from Pacific University and is a fellow of the American Academy of Optometry. Frank was a captain in the U.S. Army Medical Service Corps and served as chief of the eye clinic at the U.S. Army Dugway Proving Ground hospital. He served on the boards of a number of

optometry organizations and received two O.D. of the Year awards. Frank and his wife, Linda, have four children and eight grandchildren.

Madalyn Livingston Newswander BS '66 taught kindergarten and first grade in Utah for 20 years. She was also a kindergarten coordinator for eight years in Alberta, Canada, where she served for three years as the director of 13 kindergarten programs. During her career, Madalyn earned district Hats off for Teachers and Teacher of the Year awards. Madalyn is a volunteer for the LDS church, where she has been a teacher and president for her ward's Primary, Young Women's and Relief Society programs. She and her husband, Robert, have six children and 22 grandchildren.

'70s

A **Rollin "Rollie" Moulton BS '71** was with the Los Angeles County Probation Department for 37 years. As part of his job, Rollie trained juvenile fire crews, leading special trainings and hikes to prepare youth to serve as forest firefighters for Southern California. Rollie has been a volunteer for the LDS church, has served on the Whittier Stake High Council, and has worked in the Los Angeles California Temple. He and his wife, Mati, live in Pico Rivera, California.

A **John Thompson BS '74** enlisted in the Marine Corps and took a commission as second lieutenant upon graduation from Weber State. He served for 20 years and retired in the early 1990s. John then served for 15 years in the Office of Recovery Service, a state child support

collection agency. He retired in 2015. John met his wife, Bonnie, at Weber State, and they have been married for over 50 years. They have three children and three grandchildren.

A For 19 years, **Lynne Ward BS '74** has served as the executive assistant to the chief operating officer of DaVita Kidney Care. For seven years prior, she taught first through third grades in Ogden. She has volunteered as a seminary teacher for the LDS church for the past 13 years. Lynne has four children and five grandchildren, and lives in Federal Way, Washington.

'80s

A An Ogden native, **James "Jim" Wold BS '83** is the chief operating officer at Iris Technology in Irvine,

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California. He was previously vice president of engineering for RED Digital Cinema and general manager for storage devices for Quantum Corporation. Jim has led engineering teams that have produced over 100 U.S. patents. He and his wife, Shelby, have five children and six grandchildren.

Tina Smith BS '85 has worked for Ogden-Weber Technical College for 33 years and currently is the executive assistant to the president of the college, a position she's held for 31 years. Tina is responsible for assisting with all operations in the president's office. She also assists the college's board of directors and the Ogden-Weber Technical College Foundation Board of Trustees. In addition, Tina has served as public relations secretary and public relations representative. She lives in Ogden.

'90s

- A** **Jim Beecroft BS '90, BS '98** is the project manager and developer for DatamasterUSA. He previously worked as a software development manager at ADP Lightspeed and as a software engineer for CDK Global. Jim's
- A** wife, **Denise Beecroft AS '86, BS '90**, received her master's degree in business information systems and education from Utah State University. She is an information technology

instructor at Ben Lomond High School. Jim and Denise live in West Haven.

John Slattery BA '94 studied film at UCLA and is now completing a film titled *Present Time: Journal of a Country Monastery* about the Huntsville, Utah, monastery. John lives in Berkeley, California.

Adam Taintor AS '99, BS '01 is a dermatologist at Allen-Taintor Dermatology in Ogden. He practices general medical and surgical dermatology with a special interest in contact dermatitis. Adam attended medical school at the University of Utah, completed an internship at Intermountain Medical Center and finished his residency at the Medical College of Wisconsin in Milwaukee, where he served as chief resident. Adam is a member of the Utah Medical Association Board of Directors and is president of the Utah Dermatology Society. He and his wife, **Danielle Taintor BS '02**, have six children. They live in Fruit Heights.

'00s

Peter H. Clark '00 is a defense counsel with the U.S. Army Trial Defense Service, located at Joint Base Lewis-McChord in Washington state. He has also served as a legal assistance attorney, an operational law attorney and a trial counsel in the U.S. Army Judge Advocate General Corps. He has a Juris Doctor

from Gonzaga University School of Law and a Master of Laws from the University of Washington School of Law. He previously served in the Office of Chief Counsel for the Internal Revenue Service in Los Angeles. Peter and his wife, Katie, have two sons and live in the Seattle area.

Taylor Fielding BS '00 is the staff attorney and tribal prosecutor for the Kalispel Tribe of Indians of Usk, Washington, and is the contracted tribal prosecutor with the Kootenai Tribe of Bonners Ferry, Idaho. Taylor received his master's degree in anthropology from Idaho

State University, and his Juris Doctor degree from Gonzaga University School of Law. He and his wife, Raychelle, have three children and live in Deer Park, Washington.

Alan McEwan Jr. AS '00, BS '02, MAcc '04 is the chief financial officer for Get Air Trampoline Parks and is a principal with the company. Alan and his business partners own, build and operate trampoline parks in the U.S., Canada, Mexico and Japan. Get Air is the largest privately held trampoline park company in the U.S. Alan and his wife, **Dawn McEwan AAS '02**, have been

married for over 18 years and have seven children. They live in Poway, California.

Sandra Smith BS '00 has worked as a social worker for LDS Family Services, as a medical social worker in hospitals, including crisis work in emergency departments, and as a clinical social worker and primary mental health clinician at a California State Prison for men. Sandra received her Master of Social Work from the University of Utah and her Doctor of Education in counseling psychology from Argosy University in San

Diego. She has taught in undergraduate and graduate programs, and maintains a private counseling, coaching and supervision practice. She has nine children, 12 grandchildren and one cat. She lives in Springville.

Rich K. Nye BS '01, M.Ed '06 recently completed his first year as superintendent of Ogden City Schools. He received master's degrees from both WSU and Arizona State University and a doctorate from Utah State University. He previously taught at the junior high, high school and college levels, and served as deputy

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superintendent of student achievement for the Utah State Board of Education. Rich and his wife, **Lara Nye BS '99**, have three children. They live in Pleasant View.

Wade Christiansen AS '02, BS '05 is a project quality supervisor at Autoliv, where he also has worked as a product reliability engineer and design engineer. He received his master's degree in management and strategy from Western Governors University. Wade's wife, **Hilary (Davison) Christiansen AS '00, BS '02**, is a homemaker. The couple has four daughters and lives in Ogden.

Keith Titus BS '02 is the president and chief operating officer of MarketStar. He is chair of the Dean's Advisory

Board for WSU's College of Engineering, Applied Science & Technology. His wife, **Cammie Lou Titus BS '98**, is an accomplished pianist and private piano instructor, and is the founder of The Flying Fingers piano competition. Keith and Cammie have six children and live in Pleasant View.

Erica Baiden BS '03 received her medical degree from the University of Utah, where she also completed her residency. She is chair of family medicine and a physician at Granger Medical Clinic in West Valley City, Utah. Erica also serves as an adjunct associate professor of medicine at the University of Utah. She and her family live in Salt Lake City.

Neil Hwang BA '03, BS '14 is an assistant professor for the City University of New York. He previously worked as an associate venture capital investor for AFG LLC, as a management consultant for McKinsey & Company, and as chief financial officer of CE Capital LLC. Neil has served on the boards of companies committed to renewable and sustainable energy, including Advanced BioEnergy and E Energy Adams, and several nonprofit organizations, including the Institute of Management Accountants. Neil and his wife, Patricia, have two sons and live in Greenwich, Connecticut.

Jamie Weeks BS '03 is the head of Archives and Digital Collections at Weber State. She also teaches a public history course for WSU's

history department and online courses in library science. She received her master's degree in library science and information services, and a graduate academic certificate in advanced management in academic libraries and information agencies, from the University of North Texas. She earned her post-master's certificate of advanced studies in archival administration from the University of Wisconsin-Milwaukee.

Peter Owen AS '06, BS '08, BS '12 is the assistant controller for Sorenson Capital Partners. He was previously a senior fund accountant for UMB Fund Services and recently completed a four-year term of service on WSU's Young

Alumni Council. Peter serves on the Accounting Advisory Council for WSU's John B. Goddard School of Business & Economics. His wife, **Rosann Owen AS '05, BA '09**, is an independent sales director for Mary Kay Inc., and recently retired from 15 years of teaching piano. Peter and Rosann have two children and live in Riverton.

'10s

Joseph Bruderer AS '11, BS '16 is a commercial account executive for Pluralsight, working with the United Kingdom and Sweden.

Morgan Bruderer AS '12, BS '14 previously worked as the development director for WSU's Dr. Ezekiel R. Dumke College of Health Professions. She currently works from home for Type A Inc. Joseph and Morgan have one daughter and live in Clinton.

Kevin Carone AAS '13, BS '14 is a prototype technician for Tesla Inc. in Fremont, California. He previously worked as a service support manager and vehicle technician with Tesla and as an assistant service manager in San Rafael, California. Kevin and his wife, Ashleigh, recently had their first child and live in the California Bay Area.

Skyler Jo Pyle AS '14, BA '16, BS '16 is the communication specialist for the Ogden School District, where she serves as a resource for stakeholders and builds public awareness and

support for the district. She was a February 2017 recipient of the district's Achieving Higher award. Her husband, **Kristopher Phillips BS '17**, is a Daikin technician for Mechanical Products Intermountain, where he works with large industrial machinery.

Lauren Thomas AS '14, BS '17 is the elections specialist for the Utah Lieutenant Governor's Office. She is in her second year of service on the Young Alumni Council. Her husband, **Gage Thomas BS '18**, is a paralegal with McGregor & Oblad PLLC. He recently completed internships with the city manager's office in Syracuse, Utah, the Utah Lieutenant Governor's Office and U.S. Rep. Mia Love's office in Washington, D.C. Lauren and Gage live in Centerville.


After nearly 10 years of research and project management, **Avery Anne Pince Hyder BA '15** is now the project manager for the Utah Developmental Disabilities Council (UDDC). Her work supports self-advocacy programs, policy and systems changes, and editorial review of UDDC content. She is in her second year of service on WSU's Young Alumni Council and is currently serving as secretary. Avery volunteers as a docent for the Utah State Capitol Preservation Board. She has two children and lives in South Ogden.




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Michelle Khodorkovsky AS '15, BS '17 is a project facilitator for University of Utah Health. She helped develop and launch the SafeUT app, a text and call resource that provides support and crisis counseling, suicide prevention and referral services to Utah students and adults. Students can also use the app to submit confidential tips to school administrators on bullying, threats or violence. Michelle is completing double master's degrees in health administration and business administration at WSU. She serves on WSU's Young Alumni Council.

Haille Van Patten AS '15, BS '17 is the marketing and social media specialist for WSU's Shepherd Union. Haile previously served as the digital marketing aide and assistant coordinator for Weber State's Global Education Opportunity program. Haile is in her second year of service on WSU's Young Alumni Council. She lives in Roy.

Philip Sauvageau MBA '16 is an area support analyst for the LDS church's meetinghouse facilities department. He was previously a lab manager and site technician for the Ogden School District,

and he also worked in digitization and web development for Brigham Young University-Idaho archives. Philip previously served on the Pleasant View City Community Betterments Committee. He is vice president of WSU's Young Alumni Council.

Parker DeYoung AS '17 is an engineering intern at Hill Air Force Base. He is pursuing his bachelor's degree in chemical engineering at the University of Utah. A member of the American Institution of Chemical Engineers, Parker also serves on WSU's Young Alumni Council. His wife,

Kaitlin DeYoung AS '16, AS '18, is an LPN for Ogden Surgical Center. They live in Salt Lake City.

Jeffrey Henry BS '17 is a specialist for the Utah Department of Workforce Services' Disabled Veterans Outreach Program. A U.S. Air Force veteran with over 10 years' experience, Jeffrey develops job and training opportunities for veterans, specifically veterans with service-connected disabilities. He received the Workforce Services' Service to Veterans award for 2017-18. Jeffrey lives in North Ogden.

Garry Kirkland II MBA '17 is a staff cybersecurity technologist for Booz Allen Hamilton, a management and technology consulting firm in Boston. He received his bachelor's degree in accounting from the University of Mary Washington in Fredericksburg, Virginia. Garry is a member of the Global Information Assurance Certification Advisory Board for the System Administration, Networking, and Security (SANS) Institute, and has served as an analyst and manager in banking, accounting and information security roles. Garry is a U.S. Army veteran. He lives in Billerica, Massachusetts.

Marissa Questereit BS '17 is the recreation manager for WSU's Shepherd Union, where she directs operations for Waldo's Corner Pocket and Wildcat Lanes. Marissa recently served on WSU's Young Alumni Council. She lives in South Ogden.

Tim Rosenvall BS '17 teaches 11th-grade math and physics at the American International School of Utah. He previously taught in the Ogden School District. He, his wife, **Terynn Rosenvall BS '18**, and their son live in Ogden. Terynn is a stay-at-home mom who currently serves on WSU's Young Alumni Council.



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Who has your Wildcat pride?

Meet the Suspects

AKA WSU Alumni Association Leaders 2018-19

PROFESSOR PLUM
AKA Danielle Croyle BS '96
President, Alumni Association



My favorite **mystery movie** is The Silence of the Lambs because Clarice Starling is a strong female character who takes on extreme challenges.

The **sleuth** I would most like to be is Sherlock Holmes — minus the drug use, of course. I love his saying: “It is a capital mistake to theorize before one has data. Insensibly, one begins to twist facts to suit theories, instead of theories to suit facts.”

My favorite **board game** is Settlers of Catan, but I like to play all types of board, card and dice games, including dominoes.

A **Weber State mystery** I'd love to solve is: Anything! I'm always willing to investigate any unsolved mystery or crime. (Editor's note: That's probably why Danielle works for the FBI.)

Right now, I feel utterly **clueless** about remembering all of my different passwords.

If I had to spend the night in either a **haunted forest** or a **haunted mansion**, I'd choose the mansion, but I'd enjoy both experiences because I like exploring the unknown and unique. I'd hope my haunted mansion adventure would be similar to Belle's. How fun to meet an enchanted teapot and a beast who transforms into a prince!

MRS. PEACOCK
AKA Judy Hurst AS '62, BS '64, MS '86
President, Emeriti Alumni Council



My favorite **mystery movie** is Wait Until Dark with Audrey Hepburn. It kept me on the edge of my seat and chewing my nails.

The **sleuth** I would most like to be is Jessica Fletcher from the TV series Murder, She Wrote because she uses her literary skills and experiences to solve murders.

Board games generally last too long for me, but my favorite card game is Skull King. It's like playing hearts on steroids.

A **Weber State mystery** I'd love to solve is: Who is Waldo the Wildcat, our awesome, award-winning mascot, and how many Waldos are there? I understand the reason for not identifying him, but I sure would like to know more about him (or them, as the case may be). Go Waldo!

The most **mysterious thing** I've eaten was octopus at a restaurant in Qingdao, China. The sauce was delicious, but the octopus was rubbery and hard to chew. Not wanting to offend our hosts, I ate it, and was horrified when the person next to me dished me up another helping!

If I had to spend the night in either a **haunted forest** or a **haunted mansion**, I'd choose the mansion because I'd feel more in control, and it would also protect me against bad weather.

My favorite **mystery book** is Harry Potter. Does that count? Harry Potter is the first book I chose to read without being forced to. It taught me how much I enjoy reading!

The **sleuth** I would most like to be is Sherlock Holmes because I've always wanted to have an eidetic memory. (Editor's note: “Eidetic” means extraordinarily accurate. Don't pretend you *already knew that*!)

My favorite **board game** is Settlers of Catan because I love watching my husband get so angry at such a silly game.

A **Weber State mystery** I'd love to solve is: Who is Waldo and how is he so energetic?

The most **mysterious thing** I've eaten is sushi ... once. Not my favorite.

When I first moved to Utah from Brazil, I felt utterly **clueless** about the English language. Sometimes, I still feel that way.

If I had to spend the night in either a **haunted forest** or a **haunted mansion**, I'd choose the haunted mansion, hands down, because there are more places to hide.

My favorite **mystery movie** is Murder on the Orient Express because of the plot twists and the different conclusions you make while watching.

The **sleuth** I would most like to be is Sherlock Holmes because I like how he is witty and gets involved in the action.

A **Weber State mystery** I'd love to solve is: Who was the ghost living in the basement of the old Social Science building?

The most **mysterious thing** I've eaten is coagulated cow blood wrapped in cow intestine. (Editor's note: Because cattle blood is high in protein, the Maasai people of southern Kenya and northern Tanzania consider it beneficial for people with weakened immune systems. It's also consumed during rituals and celebrations.)

If I had to spend the night in either a **haunted forest** or a **haunted mansion**, I'd choose the haunted mansion because it would be more secluded and I could put myself in a position to know what is all around me.

Imagine hearing your second-grade teacher tell your parents, “If you’re going to steer your child in a particular direction academically, that direction should not be math.” One single statement could cause some students to develop math anxiety or give up on the subject altogether. **Sheryl Rushton**, however, used it to become better at math. Today, she teaches future teachers and new teachers how to encourage students to ...

Learn From Mistakes

Amy Renner Hendricks
MARKETING & COMMUNICATIONS

Rushton, an assistant professor of teacher education at WSU, hands a stack of papers — real math work by elementary school students — to groups of students in her Content Instruction in Elementary School Mathematics course. “Tonight, I’d like you to analyze the errors,” she tasks them.

Error analysis helps teachers determine if errors are simple miscalculations or signs of a deeper misunderstanding. In recent years, error analysis has also become a tool for students to use, to find and correct errors that have been inserted into problems, and to locate errors in their own work.

Rushton has studied student-conducted error analysis for several years. In 2018, she published her first solo research on the subject in the *Fields Mathematics Education Journal*.

Rushton conducted her research in two seventh-grade mathematics classes. One class was the control group, one was the treatment group. The same teacher taught both classes using the same instructional strategy; however, she gave the control group regular homework and the treatment group homework that included problems with errors.

For example: $54/9 = -9d/9$ $6=d$

Their job was to find the error, explain the error, then explain how to correct it.

It’s that pesky negative. When solving for d , you must divide by -9 (dividing -9 by -9 equals 1 — dividing a negative by a negative equals a positive). That leaves d . And, what you do to one side, you must do to the other. 54 divided by -9 equals -6 (a positive divided by a negative equals a negative). Therefore, the answer is -6 , not 6 .

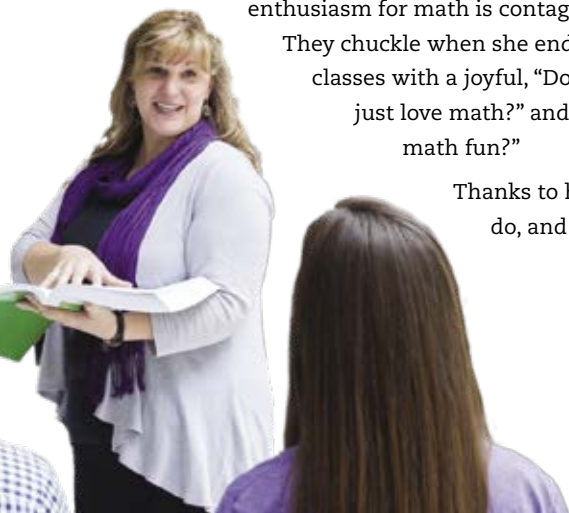
The teacher also graded the quizzes differently. She graded the control group’s quizzes the standard way, marking incorrect answers and giving students a score. The treatment group, however, did not receive traditional scores. The teacher, instead, highlighted their errors and gave students opportunities to explain and then justify the correct solutions.

Initially, the traditional method and the error analysis method both proved to be successful on the immediate post-test. Interestingly, the delayed post-test, given six weeks later, showed that “the retention of knowledge was significantly higher for the group that learned through error analysis.”

“Providing errors for students to find allowed for discussion and varied solution strategies,” Rushton says. “Teachers who engage students in these types of exercises help promote reasoning and problem solving. That leads to better retention of knowledge.”

Rushton relays her research to her WSU students, who appreciate the real-life examples. They can’t help but enjoy her eye-opening, problem-solving lessons; after all, her enthusiasm for math is contagious. They chuckle when she ends her classes with a joyful, “Don’t you just love math?” and “Isn’t math fun?”

Thanks to her, they do, and it is.



You can support excellent teaching, like the kind **Sheryl Rushton** provides her students, through Weber State University’s new President’s Outstanding Teaching Endowment. Created with a \$1 million gift commitment from Ogden philanthropists **Bob and Marcia Harris**, the fund promotes teaching excellence by:

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- Increasing public awareness of WSU’s commitment to its learning-centered environment.

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Bruce Davis BS ’79

Vice Provost

Bruce Davis BS ’79 has been a go-to guy for getting tough jobs done since he joined the Weber State business school full time nearly 30 years ago. When the university needed a steady hand to guide the Division of Online



& Continuing Education, Davis was there. When Weber State opened a satellite center in Layton, Davis was there to direct it. When WSU Davis was built four years later, Davis was

there to be its chief administrator. And that’s just a sampling of the many contributions Davis has made to his alma mater.

After serving as a Navy corpsman with the Marines during the Vietnam War, Davis attended Weber State on the GI Bill. There’s a special place in his heart for military veterans and nontraditional students. He established an education group consisting of representatives from across campus to address concerns and enhance opportunities for current military students and returning veterans.

Davis’ motto is: “The student first and always.” Despite his administrative workload, he teaches one class every semester. Davis was promoted to vice provost in 2008.

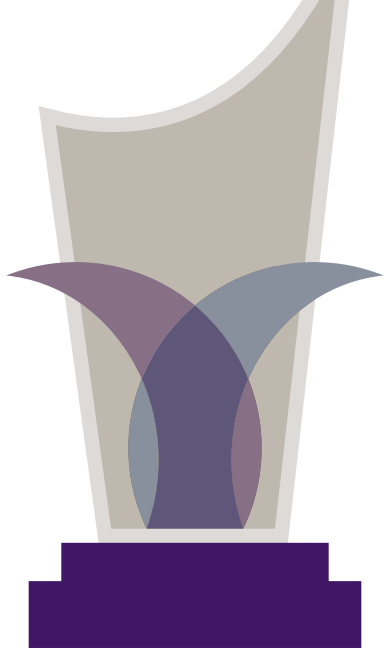
L. Mikel Vause

English Professor

Former students and colleagues describe **Mikel Vause BS ’82** as an author, poet, scholar, environmentalist, adventurer, mentor and friend; they call him a “master of the mountain and classroom.” Vause is the quintessential storyteller. Whether he borrows phrases from Emily Brontë’s poems, Bob Dylan’s lyrics, William Shakespeare’s sonnets or Wallace Stegner’s prose, Vause is able to spin them into allegories that enrich the lives of those around him.



Since 1970, the WSU Alumni Association has presented the Dixon Award to outstanding faculty and staff who have distinguished themselves professionally and taken extra measures to meet student needs. The award is given in memory of former President Dixon who served as the school’s chief administrator in 1919-20 and from 1937 to 1953.



2018 H. Aldous DIXON AWARDS

Vause began teaching at Weber State in 1982. In 1985, to give undergraduate students an opportunity to present their writing to university peers throughout the country, Vause and a colleague organized a conference that quickly became a Weber State showcase. Each year, the National Undergraduate Literature Conference attracts hundreds of student writers and brings some of the world’s most important literary figures to WSU.

Vause also established “The Dead Poets Tour,” a popular study abroad trip to England, Scotland and Wales. His extraordinary teaching has been recognized with numerous honors, including the Crystal Crest Master Teacher Award, the George and Beth Lowe Innovative Teaching Award and three Hemingway Awards.

Samuel I. Zeveloff

Brady Presidential Distinguished Professor Emeritus of Zoology

For nearly 33 years, **Sam Zeveloff** challenged Weber State students to see the bigger picture — to think ecologically as they searched for their place in the

world and engaged in hands-on learning. Zeveloff wanted his students to leave WSU able to apply theories and academic abstractions to real-world challenges. To that end, the esteemed conservationist created a thesis program to facilitate extended student research projects.

As chair of the zoology department from 1987 to 2012, Zeveloff directed curriculum initiatives and secured private funding to purchase cadavers for WSU’s human anatomy laboratory. Following the publication of his book, *Mammals of the Intermountain West*, Zeveloff arranged a donation of wildlife illustrations to the university’s Museum of Natural Science. He co-created a study abroad experience to China and Tibet, and helped establish an academic exchange with Universidad Autónoma de Nayarit in Tepic, Mexico.

Zeveloff has received numerous recognitions, including the Exemplary Collaboration Award for initiating the university’s annual Holocaust Commemoration. In 2014-15, Zeveloff was a Fulbright Scholar, teaching graduate courses and studying wildlife conservation at the University of Natural Resources and Life Sciences in Vienna, Austria.





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Little Artists Take Flight

Motivated by visiting scientific illustrator Jane Kim

Awestruck preschoolers from the Melba S. Lehner Children's School lie on the floor of the Kimball Visual Arts Center, looking up at Jane Kim's sweeping mural illustrating the life cycle of the monarch butterfly. One little girl asks, "Can I sing our song?" and teacher **Sherrie West BS '83** says, "Yes! Sing under the painting."

To the tune of *Oh Tannenbaum*, she begins: "Oh, monarch butterfly. Oh, monarch butterfly. Oh, where did you go?" Then another student asks to sing, then another, until the song echoes through the entire first floor, informing onlookers of the plight of monarch butterflies, which have been threatened by the loss of their milkweed food supply.

The children took field trips across campus every week in October and into November to see Kim paint, which

inspired them to create their own sprawling mural in the first-floor hallway of the McKay Education Building.

Kim visited Weber State for a month as part of the Dean W. and Carol W. Hurst Artist-in-Residence program. Her migrating murals highlight wildlife along the migration corridors they share with people.

Hands-on projects, like exploring the life cycle of the monarch butterfly, are a staple in the children's school. "To have a famous artist on campus to help teach and inspire our children has been incredible," West says. "This is something they'll remember forever."

To read more about the serendipitous journey that led to the creation of the children's mural and to see a time-lapse video of Kim's installation, visit weber.edu/wsumagazine.

