

A young woman with curly hair is shown in profile, looking out a window. The background is a blurred view of trees with autumn foliage. A white line-art graphic of a brain is overlaid on her head, with a leafy branch extending from the top right. The overall mood is contemplative and intellectual.

**UJ**

**SOUTHERN UTAH  
UNIVERSITY JOURNAL**

VOLUME IX ISSUE II | JANUARY 2026

**The Health Edition**