// use() returns the reference passed to it
sysop & use(sysop & sysopref)
{
    cout << sysopref.name << " says:\n";
    cout << sysopref.quote << "\n";
    sysopref.used++;
    return sysopref;
}

Here's the output:

Rick "Fortran" Looper says:
I'm a goto kind of guy.
1 use(s)
Rick "Fortran" Looper says:
I'm a goto kind of guy.
Rick "Fortran" Looper says:
I'm a goto kind of guy.
3 use(s)
Rick "Fortran" Looper says:
I'm a goto kind of guy.
Polly Morf says:
Polly's not a hacker.

Program Notes

The program ventures into three new areas. The first is using a reference to a structure, illustrated by the first function call:

use(looper);

It passes the structure looper by reference to the use() function, making sysopref a synonym for looper. When the use() function displays the name and quote members of sysopref, it really displays the members of looper. Also, when the function increments sysopref.used to 1, it really increments looper.used, as the program output shows:

Rick "Fortran" Looper says: