

Battling depression

“Every man has his secret sorrows which the world knows not; and often times we call a man cold when he is only sad.”

Henry Wadsworth Longfellow

BEATING THE WINTER BLUES

By CIERRA ASHDOWN

Fall semester is always so exciting. Students come back to campus and reunite with friends in warm temperatures and beautiful scenery.

But, as the semester goes on, temperatures drop, days get shorter and everything is darker, leading into the notorious Utah winter. With these seasonal changes, attitudes and motivation can change too.

According to Bates College, Seasonal Affective Disorder, or seasonal depression, “is characterized by recurrent major depression episodes during the fall and winter months, with remissions during the spring and summer months.”

“There’s a certain percentage of the population, especially in northern latitudes, that tend to struggle with depression seemingly because of the change in seasons,” said Steve Smith, director for the counseling and career center at BYU.

Seasonal depression tends to have greater liability for affecting young adults and those who have moved from southern latitudes. Studies have shown the darkness during the winter months triggers the production of melatonin, a sleep hormone that is linked to depression. This overproduction of melatonin can affect mood, energy levels and concentration.

See *BLUES* on Page 14



Photo by Elliott Miller

PURSUING THE IMPOSSIBLE

By ARICKA WILDE

Thin. But impossibly curvy. Straight smile. But impossibly white. Clear skin. But impossibly poreless. These images are plastered throughout our visual lives. They are a constant reminder of the unattainable standard set by the media: we must be and look perfect.

The pervasive nature of the media has led to an increase in image perfectionism, resulting in more cosmetic surgery, eating disorders and depression among young women than ever before.

Professor Steve Thomsen, a BYU communications professor nationally acclaimed for his research on media effects and eating disorders, has insight on how media manipulates perceptions of reality.

“Because of the ubiquitous nature of the media and the fact that we are bombarded continuously by more images than previous generations, I would tend to assume that, over time, the media has had a greater influence of shaping how we think,” Thomsen said.

According to ABC News, many organizations and countries like France, Britain, Israel and Norway are campaigning to slap warning signs on altered photos.

The American Medical Association even condemned the manipulation of photographs, urging advertisers to set limits on photoshopping.

See *IMPOSSIBLE* on Page 14

Campus resources

BYU COUNSELING AND CAREER CENTER

Students can access counseling and psychological services in room 1500 of the Wilkinson Student Center. Services include personal counseling and psychotherapy, couples/marital counseling, group counseling and psychotherapy and more. The center also offers stress management and biofeedback services to help students manage anxiety.

Students can learn more and schedule an appointment by visiting cap.byu.edu/paperwork or by calling 801-422-2222.

BYU WOMEN'S SERVICES

Female students can access support groups and consultations through the BYU Women's Services office, located in room 3326 of the Wilkinson Center. Staff in the office work to “empower women to be successful in their personal and academic journeys,” according to the Women's Services website.

Students can learn more at wsr.byu.edu or by calling 801-422-4877.

BYU COMPREHENSIVE CLINIC

The Comprehensive Clinic is a research, training and service facility provide by graduate student interns in the clinical psychology, marriage and family therapy and social work programs. The clinic offers a wide variety of counseling services for individuals, couples and families.

To learn more, students can call 801-422-7759.

REDEFINING PERFECTION

By TAYLOR DAVIES

Bright-eyed and smiling, she buzzes around the Hub from student to student asking them how their day was, what classes they're worried about and what she can do to help.

As a peer mentor it's her job to work with new students in their process of transitioning to the demands of college, and like so many students on BYU's campus, she appears to have everything under control. The perfect student, the perfect employee and probably a perfect Mormon.

But underneath the rosy exterior is a deep battle that has at times threatened her life. Few would perceive, by her appearance, that the cheerful struggles with depression.

“I've felt that I had to fake how ‘perfect’ I was because everyone around me was perfect,” said Shiflett, a senior from Mesa, Ariz., studying elementary education. “I couldn't admit to having faults, because no one else at BYU had faults in my mind.”

The battle with depression is real for many college students. According to the American College Health Association, 30 percent of college students reporting feeling depressed to the point of it affecting their ability to function.

See *PERFECTION* on Page 15

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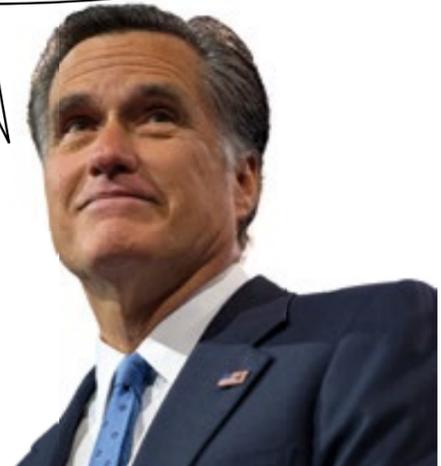
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QUARKS

TOP BOTTOM CHARM STRANGE UP DOWN

“There’s no question about it. It’s very, very frightening to have any kind of Olympic event on your national soil.”



MITT ROMNEY
Russia, where the 2014 Winter Olympic Games will be held, is the recent scene of two suicide bombings, and has been criticized for not doing enough to encourage peace and nuclear non-proliferation on a global scale.

ALMOST Super Sunday

AFC Championship
Jan 19, 1 p.m., Denver, CBS

NFC Championship
Jan 19, 4:30 p.m., Seattle, FOX

United States Government vs Utah State Government

Legal status of gay marriages performed recently in Utah. The federal government announced it will recognize the marriages while Utah governor Gary Herbert announced the state will not.

“Time for some traffic problems in Fort Lee.”

New Jersey Gov. Chris Christie’s deputy chief of staff Bridget Anne Kelly in an August email to a Christie port authority appointee. Kelly was fired by Christie as word of the strong-arm tactics were released.

\$317.7 MILLION

Disney musical “Frozen” total domestic receipts. “Frozen” has surpassed “The Lion King” as the highest grossing film from Disney Animation.

TALKING CENTS: How to negotiate your salary

By BEN LOCKHART

It’s not the inability to find a job that vexes nearly all recent college graduates — it’s getting paid appropriately for the new job that’s the issue. According to John O’Connor, founder and president of Career Pro Inc., a professional coaching firm, the problem has grown substantially worse since the 2008 financial crisis, a seismic unraveling that stunted the negotiating psyche of employees everywhere. “It’s driven home for us a thousand times over: The job markets are terrible,” O’Connor said. “You should just take the job. I’m surprised at how little incoming graduates feel they can move the needle.” O’Connor and virtually all career coaches emphatically preach that interviewees can earn thousands of dollars in just minutes — if they are prepared when it comes to salary negotiation. Earn thousands of dollars in minutes? It’s a refrain that sounds like a junky “sponsored content” ad at the bottom of a news site that generally causes people to roll their eyes and die a little inside. But it’s true. Interviewees who are prepared to tactfully request a higher salary can tack on a healthy grand or two onto their yearly salary in a simple interview with a hiring manager. The path to a higher wage is navigable if you can avoid common faux pas, make a convincing case of your market worth and exercise a healthy sense of timing.

WHAT TO TRY

- 1. Have the gumption to ask**
It is critical you have the capacity to have the conversation in the first place. You may not get all that you want in your first go around, but when the employer knows you are assertive about your salary goals, it sets an expectation of negotiation. Matthew Sorenson, a research supervisor at Dialogue Marketing in Orem, said he started out at a wage below his preference, but was promised other opportunities in return. “They assured me that if I worked well with them that I would be promoted quickly, which really got me (to take) the job and motivated me to work super hard for the company,” Sorenson said. “And within a year and a half I became a supervisor.”
- 2. Make the case you would be difficult to replace**
It’s a simple principle: What can you do for your employer that another person can’t? Even without that singular silver bullet skill, perhaps you perform a combination of tasks that is uncommon in your workplace or among most entry level workers. Whatever the case, it needs to be something that sets you apart in some way. “Be constantly in communication with your superiors,” Sorenson said.

“(Communication) always flows upward, not downward. If your wage is not what you want it to be, show them you can’t easily be replaced, that you’re unique rather than them being able to pick up a guy off the street.”

3. Speak in terms of ‘dream jobs’ and not stepping stones
As in any relationship, commitment issues are a major buzzkill. Employers don’t want to throw money at someone who will be a mid-level executive for their main competitor in two years. “Show them you have a real drive for the industry, but more than that, that you have passion about the company,” said Kevin

Phelps, founder of BigLeap, a marketing firm in American Fork. “If you want to advance your career, fine, but if you come in with a goal of how to grow the company, that will go a long way. ... Never describe anything in the company as a stepping stone (to outside jobs).” New job opportunities are often unexpected, and nobody would suggest blind allegiance to an employer that undervalues your work. But forthright communication with your boss or hiring manager can be a happy middle ground. Explain why you are invested in the goals of the company. Tell them how you can get them where they want to go if given reasonable opportunity to work at a market-appropriate salary.

WHAT TO AVOID

- 4. Don’t resort to personal reasons for which you deserve a certain salary**
If the cost of living in your new city is more than you expected, you are expecting twins or your basement flooded, know that we sympathize with you. Similarly know this: Your employer usually will not care, and even those who do may resent the perception, or reality, that you are playing on their emotions or trying to guilt them in order to gain a business advantage. “Once you personalize this issue, you no longer focus on your value to the employer — only your needs,” Ron Krannich told the Washington Post in a feature on salary negotiation. “Employers are not looking for needy, which also may mean greedy, employees.”
- 5. Don’t obsess over your salary in previous jobs or other anecdotal information**
Discussing your true market value can and should be done without having to resort to a running diary of your own salary history. You may be surprised to learn that the company is significantly more generous with its entry to mid-level employees than your last job. If so,

this is great news — but you must be careful not to get in your own way by revealing that your salary expectations are lower than the company was anticipating. “Your current salary really has no bearing on the value you can deliver in the position under consideration,” said Louise Kursmark, founder of Best Impression Career Services and longtime job candidate consultant. “Why should you give the employer negotiation ammunition by revealing what you make now or believe you should earn?”

6. Don’t begin a salary negotiation before an employer confirms they have interest
It’s unwise to accept a job offer without knowing the details of your salary and benefits. But obsessing over salary during the initial interview process may preclude your potential employer from taking a serious interest if they believe you are too expensive. Give yourself a chance. Give yourself time to impress them before making a case that you are worth a certain price. “If you haven’t established that you have the job just assume that as your first priority,” O’Connor said. “(Begin negotiating) when you know for a fact you are their first choice.”

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ON THE LINE

BUILDING AND MAINTAINING GOOD CREDIT FOR YOUNG ADULTS

By LIZZIE JENKINS

Credit. You've probably heard the word thrown around a few times whether by your parents, your econ professor or the guys singing catchy jingles on TV. And if your curiosity was piqued enough, you may have even asked your parents, your econ professor or Googled "credit" to see just what the big hullabaloo is all about.

If not, that's not too surprising since credit is not the most scintillating subject out there. However, it is one of the most important concepts a young person entering the adult world needs to understand. How you build and use your credit will impact your future life in a big way.

Credit isn't too hard to grasp once you know the basics.

What is credit, and why is it so important?

Basically, credit refers to the trust an institution, like a bank, puts in you financially. They trust that if you spend, say, \$25 on a new jacket using one of their credit cards, you will pay them back within an allotted amount of time. If you don't pay them back in time, they charge you higher interest rates, and you become less desirable to other lenders. If you pay on time, however, there are no extra fees and your credibility with lenders rises.

Mark G. Chapman, Wells Fargo's regional spokesman in Utah, explained, "Credit can impact a lot of areas in a young person's life, things they may not even realize," such as leasing an apartment, qualifying for loans, insurance, cell phone contracts and a variety of other things you'll need now or in the future.

Ultimately, credit affects whether you can get a loan and how much interest you will pay on that loan; ultimately it will affect the likelihood of getting

the things in life you need and want.

"People cannot succeed financially if they do not have good credit," Chapman said. "(It is) the first step to building a sound financial future."

Adam Hall, a neuroscience major, came to this realization when he tried to finance a new MacBook Pro and was denied. Hall was disappointed at first, but became aware of the importance of credit. Since then, Hall has built up his credit and has even been able to finance a car.

How do you start building good credit?

To build a good credit history so people will extend you credit in the future, you first need to have credit. This may sound a little circular in reasoning, but hang in there, it's not as hard as it sounds. To start building credit, you need someone, like a bank or another lender, to show a little financial faith in you. For most young people, this comes in the form of a credit card.

It may take a few tries to be accepted, but don't get discouraged. Applying for a credit card is just one way to get started — there are more options out there.

Jack White, a computer science major, started building credit while in high school with aid from his parents. When he turned 16, he created a joint account with his parents, enabling him to piggy-back off his parents' good credit to build his own credit.

If mooching off your parents' good credit isn't an option, no sweat. There are many people in your situation, and lenders know not everybody has been establishing their credit since infancy. Many banks offer low-limit credit cards and secured credit cards for those with low or no credit. Low-limit credit cards, as the name suggests, offer a low line of credit (around \$500-\$2,000) for consumers to start building their credit.

Secured credit cards require the consumer to have a specific amount of money in an account as collateral. Many banks, such as Wells Fargo, allow consumers to graduate to regular credit cards once the consumer has proven to be reliable.

What makes a reliable consumer?

Once you get a lender to take a chance on you, you want to show them you are a reliable investment, which isn't hard to do.

"The single most important thing is to make payments on time (because) it makes up

the single largest percentage of your credit score," Chapman said.

Corey Orem, an accountant from Salt Lake City who worked for a credit union from 2002 to 2005, said people who pay their bills on time have the lowest interest rates.

This can come in handy down the road. For example, when Orem first bought his home, he had a 30-year mortgage; however, thanks to the lower interest rates his good credit gave him, he was able to refinance his mortgage and cut it down to 15 years. In plain English, you will pay a lot less money in the long run for paying your bills on time.

On the flip side, Orem said not paying your bills on time will only hurt your credit score. Unpaid bills, such as medical or utilities bills, are sent to debt collectors — information that drastically lowers your credit score regardless of the amount and generally stays on your report for about seven years, according to myfico.com.

Additionally, Orem suggests curbing your credit spending by not maxing out

your credit cards or living month-to-month on credit card payments.

"Credit is a lot harder to regain than to keep," Orem said.

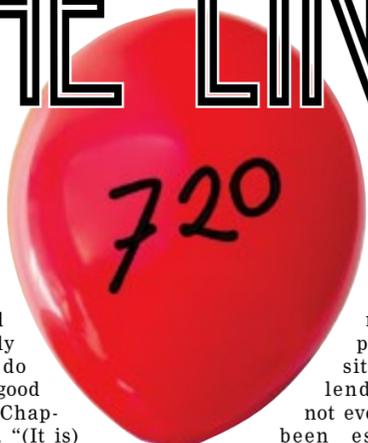
Another tip to keep you looking good to lenders is limiting the number of credit cards you apply to within a short amount of time. Too many credit lines, according to the Bureau for

Better Business, may scare away potential lenders. In addition, the BBB warns that too many new lines at once may reduce the average age of your account, which is a key component of determining your credit score.

It's also a good idea to regularly check your credit report and make any corrections necessary. By federal law you can request a free copy every 12 months. AnnualCreditReport.com is a website that allows you to check your scores from all three credit reporting agencies — Equifax, Experian and Transunion — for free.

Wrapping it up

If you don't have a perfect financial record, don't lose hope. It may take time and a bit of sacrifice, but you can rebuild it. If you don't have credit, start today. It will be worth it in the long run. It may seem tedious, intimidating, boring or any number of negative adjectives, but it's still important. Understanding credit is essential for your financial health, and using it wisely is what will give you the financial independence needed to step boldly into the adult world.



Illustrations by Lizzie Jenkins

TODAY

UNIVERSITY DEVOTIONAL
 Tuesday, January 14, 11:05 a.m.,
 Marriott Center

This devotional will also be broadcast in the JSB Auditorium.



Bishop Gary E. Stevenson
 Member of the Presiding Bishopric

Bishop Gary E. Stevenson was serving as a member of the First Quorum of the Seventy and as president of the Asia North Area at the time of his call to the Presiding Bishopric at the April 2012 general conference. His previous Church service includes full-time missionary in the Japan Fukuoka Mission, high councilor, bishop, stake president's counselor, president of the Japan Nagoya Mission, and ward Sunday School teacher.

He received a bachelor of science degree in business administration from Utah State University. He cofounded Icon Health and Fitness, Inc., in which he served as president and chief operating officer until 2008. He was involved in civic activities and served on boards and advisory councils.

Bishop Stevenson was raised in Cache Valley, Utah. He and his wife, Lesa Jean Higley, are the parents of four sons.

Selected speeches available at <http://speeches.byu.edu>

NEXT: UNIVERSITY DEVOTIONAL



Jonathan G. Sandberg
 Professor, School of Family Life

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French Bread Single Serve Red Baron Pizza **2\$6 for**

Manager's Choice

Assl. Keebler Fudge Shoppe Cookies **2\$5 for**

3.25 oz. Assl. Western Family Beef Jerky **3\$10 for**



Photo by Whitney Soelberg

Students march in honor of Martin Luther King from the Bell Tower to the Wilkinson Center last year.

BYU to commemorate life of Martin Luther King Jr.

By JOSHUA JAMIAS

BYU students will celebrate the life and work of American civil rights activist Martin Luther King Jr. on Jan. 20 at 5:30. Organized by the BYU Multicultural Department, a candlelight procession will start at the BYU bell tower and end at the commemoration program at the Wilkinson Student Center, kicking off Black History Month on campus.

King, best known for his "I Have a Dream" speech, pushed for equal rights for all regardless of race or color. He received a Nobel Peace Prize in 1964 for his work and was killed while planning a campaign on April 4, 1968. For Matt Alexander, a business management major from Wyoming, the candlelight procession gives participants an opportunity to reflect on and remember how American society has changed as a result of King's efforts. "You forget about the things

he's done," Alexander said of King. "It brings it to the forefront of your mind." Attending the candlelight procession also gives students an opportunity to meet each other and learn together, according to Alexander. "It expands your mind," Alexander said. "You meet a lot of fellow students and celebrate. It's worth the cold." A list of events celebrating Black History can be found on multicultural.byu.edu/content/black-history-month.

Sundance Film Festival continues to showcase independent films

By JOSHUA JAMIAS

The 2014 Sundance Film Festival kicks off this week on Jan. 16 and continues through Jan. 26 in Park City. The internationally renowned event, featuring independent and international films, brings hundreds of filmmakers and celebrities to Utah each year. This year marks the fourth year that Eric Boyce, a BYU-Idaho graduate, will be working at the event. "It's very unique. It attracts so many people from Hollywood," said Boyce, who received a degree in construction management in 2010. "The actors, producers and heads of companies are there." In 1981, Robert Redford met with friends and colleagues "in the mountains of Utah to create an environment designed to foster independence, discovery and new voices in American film," according to sundance.org. Officially named the Sundance Film Festival in 1991, the festival continues

Redford's vision today, creating a setting in which filmmakers can share their work and ideas "free from commercial and political pressures." With its close proximity to the festival, BYU is often represented at Sundance by members of the film community such as Brad Barmer, a BYU theatre and media arts associate professor, and Greg Whiteley, an Emmy Award-winning independent film producer with One Potato Productions, who released the film "Mitt" this year. Boyce, a driver for Miderra Transportation, recognizes the film festival is another opportunity to learn and see another side of the entertainment industry. "The film festival is a really good way to expose yourself and students," Boyce said. "It's fun to see the money side. There's a lot that goes into it artistically, but ultimately, it's to make money." For some, attending the film festival may not be the most exciting if film isn't a personal interest. "It's really cold. Everything is really expensive,"

said Jordan Grimmer, a communications major. "Tickets are limited. They go pretty fast." While many companies are present at the film festival to gain publicity and increase revenue, much of the festival is supported by donations, which can be made online at sundance.org/support-us/. Year-round events are organized throughout the country to support the goals of Sundance. Ultimately, it's the total experience that makes festival attendance worthwhile. "It's something that you should do at least once," Grimmer said. "See the sights. See the people." Tickets can be ordered and picked up from multiple locations listed on the official website as well as online. There are different options ranging from Festival Passes to Utah Locals. The free shuttle service between venues in Park City is the best way to travel from event to event according to sundance.org. Parking at the festival is complimentary and is given on a first-come, first-served basis.

Police Beat

THEFT

- Jan. 6** - An officer responded to a report that items were taken from the Bookstore. An individual was cited and escorted from the area.
- Jan. 7** - An individual was cited for theft and escorted from the BYU Bookstore.
- Jan. 10** - An unattended bicycle was reported taken near Building 66. Investigation still pending.

CRIMINAL MISCHIEF

- Jan. 6** - An individual was questioned concerning a discharged extinguisher in Heritage Halls.

ASSAULT

- Jan. 9** - Officers responded to a report of an altercation at the Cannon Center. An individual was cited.

TRESPASSING

- Jan. 9** - A suspicious individual was reported at the Creamery on Ninth. The individual was located, cited and escorted off campus.

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Utah: A major hub for tech companies

By ANDERS PIIPARINEN

It is nearly impossible to ignore the hundreds of businesses that line the I-15 stretch between Provo and Salt Lake City. Billboards display nationally known and local brands while startups and grounded businesses stretch for miles in all directions.

Recently nicknamed the Silicon Slopes, Utah is making its mark as a major hub for technology and startup companies.

"Utah has gone from excelling with startups to growing these companies," said Richard Nelson, president of the Utah Technology Council. "We have got a critical mass, especially on the IT side."

That is the reason we are able to attract the talent we have right now. The workforce here is as solid as anywhere else; they are incredible"

Stuart Orgill
Qualtrics co-founder

The Utah Technology Council is the primary trade association for Utah's 4,700 IT and clean tech companies.

Nelson said Utah is a unique place due to many factors, including the entrepreneurial spirit and work ethic that started with the first groups that came to Utah.

For many years, Utah was challenged in attracting seasoned talent because of a lack of capital; it was likewise challenged in attracting capital because of a lack of seasoned talent.

"In the last 10 years, we have changed our capital structure and improved it," Nelson said.

A 2003 fund increase in a state economic development program increased funding from \$100 million to \$300 million. It is specifically designed to provide Utah entrepreneurs with access to non-traditional and alternative capital.

Qualtrics is one of many Utah tech companies to receive funding from large venture capital firms. Recently, Qualtrics received funding from Sequoia Capital and Accel Partners, two Silicon Valley-based venture capital firms with large portfolios of big names like Facebook and Apple.

"That is the reason we are able to attract the talent we have right now," said Stuart Orgill, a co-founder of Qualtrics and BYU alumnus.

Qualtrics, a company focused on gathering insight about employees, the market and customers, hired more than 200 individuals last year and opened an office in Ireland. The company hopes to hire another 250-350 employees this coming year.

"The workforce here is as solid as anywhere else; they are incredible," Orgill said.

Orgill said while there might be more experience in other places, Utah offers an extremely friendly work environment, with a talented core of hard workers used to rejection. He also believes that if Utah can get companies to come, those companies are going to stay.

"We have had a number of successes over the decade, and over the past few years we have had some big companies coming here," said Startup Dojo CEO Michael Zaro, referring to companies like Adobe, Reddit and Microsoft.

Utah has been on many lists as of late when it comes to business. The state topped the list of Forbes' "Best States for Business" from 2010 to 2012. Last year Forbes also placed

Provo at the top of its list of "Best Places for Business and Careers."

Zaro said these lists and major companies give reason to view Utah as a landmark in the technology scene. In order to stay on these lists and attract more companies, Utah must continue with innovation and technology growth and have the necessary talent to sustain the industry. The Dojo

Dev Camp at Startup Dojo is helping to make that possible by training developers to have the skills to be hired at these growing tech firms.

"Part of our purpose here at the Dojo Dev Camp is to train developers that will help Utah companies ride this economic boom and continue the momentum we have seen the last few years," Zaro said.

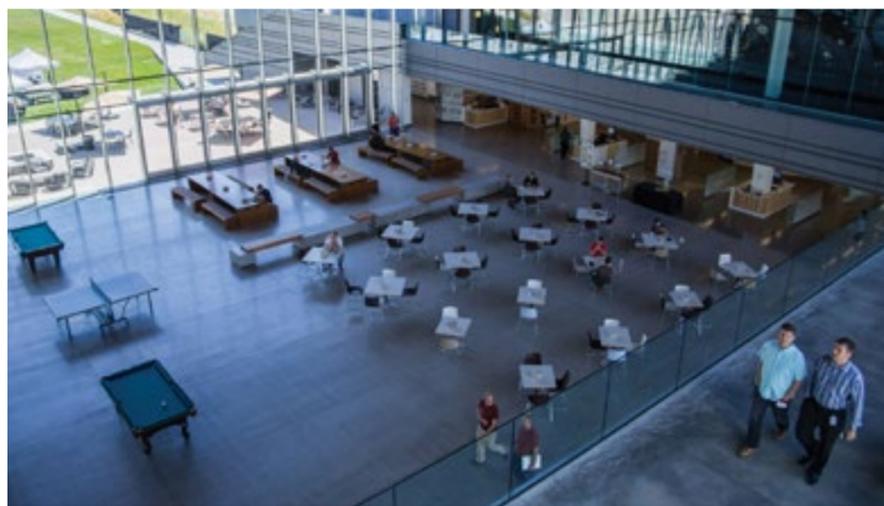


Photo courtesy Adobe

Adobe's offices, located in Lehi, foster creativity and tech innovation.

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[ISSUES & IDEAS]



NEW!

Is this friendship worth saving?

Ask Andie

A brand-new addition to The Universe

You tweet at us. You send us Instagram photos. You share your opinions in the Reader's Forum. Now we want to respond. We know school is tough and everyone struggles at some point. We know you don't always know who to talk to. That's where Andie comes in.

In the universe, Andromeda is the Milky Way's neighboring galaxy.

At The Universe, Andromeda, or better known as "Andie," is the girl next door, the one you can turn to for help with any issue you might be dealing with.

Roommate drama? Ask Andie. Problem with school? Ask Andie. This isn't another dating column, but she can help with relationships too.

Send us your letters! Let Andie help!

After you read Andie's opinion, go online to voice your own. How would you handle the situation? What do you think the right answer is? There's more than one way to fix a problem. Tweet @askandie7 or comment on Facebook.

To get us started, here's our first question:

A guy friend and I got into an argument and he stopped talking to me for three months. Like, he said he was purposefully ignoring me. Then a few weeks ago he told me he wants to work on our friendship. My friends think I shouldn't bother and he doesn't deserve my friendship, but I've been his friend for a long time. I don't know what I should do. Can you help?

Ignored and Confused

I know a little bit about friendship, and it doesn't sound like you guys have one. Friends do fight, but they don't go three months in an angry silence and expect to just pick up where they left off. I can't think of any healthy relationship in which that's acceptable.

You shouldn't have to work on a friendship like it's a business contract. If he really wanted to stay friends, he would have said something to you two months and

29 days earlier. In my opinion, life is much too short to worry about people who make you unhappy. It's also too short to cut people off without giving them at least a chance.

I think you should tell him how you feel. Tell him that you feel ignored and try to figure out whether or not he cares about you. Maybe he didn't talk to you for so long because he thought you didn't want to hear from him. Maybe he didn't know how to maturely deal with his emotions. In any case, be careful.

You don't need to have a DTR, but you do have to figure out whether he's worth your time. If someone purposely ignored me for that long, I would consider the friendship to be over, but you can still give the guy a chance. After you talk to him, if you do choose to walk away, you can hold your head high knowing that you tried your best.

Have questions about school, work, friends, love or impending life-altering decisions? Andie's here for you. Tweet your questions @askandie7 or email universe.askandie@gmail.

Tweet Beat



#BYU



Leave your comments at universe.byu.edu.

Pick up a paper every Tuesday to read the Tweet Beat. Want to see your tweet in print? Tweet something about life around you with #BYU and hopefully it makes the cut!

@ericjsjeans

You can tell who's married because they're eating in the Wilk out of a Tupperware container #byu

@kaelanib

The final exam for my chem class will be worth 30% of my grade... Haha great #byu #firstdayback

@karinfuller

I have heard probably 6 different girls sing songs from Frozen in the last 10 min! #byuprobs

@couragebee123

First day back at classes, already slipped twice on ice and talked about marriage in every class. Yeah sounds about right #byuprobs

@CeliaRivera9

Someone in my class last semester didn't know my name so they referred to me as Pocahontas. #byuprobs #browngirlproblems

@shayshaylalarob

The bookstore is out of Book of Mormons... #BYUprobs

@kirstie_stanger

I can hear Eminem blasting through the earphones of this cute little white girl in the JSB. #holymusic

@heatherdearden

If you send messages on Learning Suite I automatically hate you #BYUprobs

@megandonovan13

Dude it's snowing... Why are you wearing shorts, a T-shirt and sandals? #BYUprobs

@BrettTwin

This morning I opened my pop tarts and ate only one. I wish my mom could see me making such smart health decisions #BYU #shedbeproud

@danlefevre89

Kid next to me in class called me old, told me his cousin is in Imagine Dragons and asked me how many people I baptized #byu

@haksch

I spend my time in the HBLL like a hunter ... Seeking out prey while I hide behind shelves of books

@Lowgarnett

When I get a parking spot Monday morning at 8:45 you know I say a prayer. #byu #BYUprobs

@kimberpower

Note to self: never eat in the Cougar eat at 11 on Thursdays. #byu

Tweets are unedited.

[READERS' FORUM]

Modesty and exercise

"Nine, ten, eleven..." my friend counts in dismay.

"I'm so sorry you have to deal with this. It really isn't fair. I don't understand it either."

I'm a runner. As a runner, I've fought the issue: short shorts. I've remained flabbergasted as runner after runner runs by, searing images of immodesty into rarely-fading memories. I'm not just talking about the girls; even the guys wear short shorts ... not a pretty sight, especially when it's your forty-year-old coach. I've always run in longer shorts, and I never felt it inhibited my performance. That night, my friend was counting the girls that ran by in short shorts on campus; it was disappointing to us both.

When visiting BYU-Idaho, I noted the knee-length basketball shorts and T-shirt workout uniforms all the runners and exercisers wore. And I was surprised that BYU Provo didn't have the same requirement. Though we needn't implement the uniform of our cousin university, we can apply the lesson it teaches. If you'll be running, on campus, around other people, wearing short shorts ... is it not immodest? We need to reevaluate our perception on

modesty when working out. Simply stated, we need to wear longer shorts while running.

I have a dear friend who would surely appreciate it. Numerous guys on campus would. Choosing to be more modest while working out can help us keep the standards we have already promised to uphold. Let us live the dress and grooming standards of the beloved Honor Code at all times, and in all places.

Mikayla Prince
Fairfield, Ohio

Illegal music?

A student who recently responded to an open call for the BYUSA Student Honor Choir arrived for practice to find that about half of the group's sheet music, which is used semester to semester, was illegal. Despite the large print stating the illegality of copying sheet music for any use, and despite concern between the participants and temporary director, many copies of the music had been made and maintained by BYUSA.

The group has a tradition of singing songs that focus on honor in order to promote BYU values and the characteristics the BYU community strives for. Despite being asked not to give

fireside concerts anymore, the group continues their efforts to line up concerts in their associated wards and struggles to maintain membership.

The participants focused their work only on the legal music and BYUSA finally "approved" that the music could be destroyed but it is not currently known if it ever was.

Alisa Rae
Hillsboro, Ore.

The track show

With the onset of cold, winter-like weather, I am quite chagrined about having to give up one of my new favorite pastimes: watching young, male, Olympic-style students strut their stuff in their royal blue short shorts. I don't even have to exit my car to enjoy the view. These young men run right along Canyon Road for all to see. I sometimes feel like motioning to the other drivers, "Hey, runners at three o'clock!" I admit, I am getting along in years, and my eyesight isn't what it used to be, but I can still see well enough to know that the covers of romance novels don't compare. The sight of those bulging six-packs and buns of steel are a wonder to behold!

It has occurred to me that maybe these shirtless specimens on display should try and cover up just a little. After all, they probably do cause accidents. But I wouldn't want to deny any impressionable coeds the immense pleasure these young men provide. Where else could they see something this good? Besides, I wouldn't want to miss this for the world!

I am therefore patiently abiding this cold, uneventful winter until warm weather returns and I can once again behold the wonder of track and field. Come spring I will be sure to watch. You might notice me loitering along the sidewalk with a lawn chair, popcorn, and binoculars. When the show begins, I'll be waiting. I might be old, but these young whippersnappers make even this fifty-year-old Cougar want to rise up and shout! Go, BYU!

Jill Mendez
Provo

Wasting Dining Dollars

Last week, I bought over \$250 of miscellaneous, unneeded items from the Creamery in an attempt to spend my unused Dining Dollars. It was

heartbreaking. All of my hard-earned cash was being wasted before my eyes.

This is a major problem for many freshmen and it is irritating that there is no current solution better than frivolous spending. The majority of BYU freshmen are saving funds for their missions and it is sad to see their money going towards T-shirts at Jamba Juice instead of a higher purpose. There has got to be a better answer.

For starters, the problem could be alleviated if students were simply refunded their extra cash. However, I've heard that BYU is required to take the money so that meal plan users

don't have to pay sales tax. Personally, I would pay sales tax any day if it meant I'd get my extra cash back. Another solution would be stocking the Creamery with a wider variety of merchandise. I'm positive that students would love it if the Creamery sold gas or Visa cards, or at least gift cards to the BYU Book Store.

We are at the Lord's university and the prophets have told us that we must be wise with our money. From my view, the present options for extra meal plan spending don't allow for that.

Aspen Hassell
Bend, Ore.

WE WANT TO HEAR FROM YOU

The Universe encourages students, faculty and BYU staff to add their voice to ours by writing letters to the editor and guest editorials, or by submitting editorial cartoons.

- All letters should be submitted by email to universe.ideas@gmail.com. The topic of the letter should be included in the subject line of the email.
- Letters should also include the author's name, hometown (for students), campus position (for faculty and staff) and phone number. Anonymous letters will not be published.
- Letters should be 250 words or less and may be edited for length, clarity or style.
- Guest editorials should be 500 to 700 words and are encouraged from individuals with professional or academic expertise on the topic they write about.
- Original cartoons are also welcome.

Opinion editor Emily Hales can be reached at universe.ideas@gmail.com.

Strengthening faith and character on the ice

By JOSHUA NAUMU

When he graduated from high school, Josh Burkart was focused on only one thing: playing collegiate hockey.

Hockey was his life. Burkart had never been around friends who were members of The Church of Jesus Christ of Latter-day Saints and he had no intention of serving a mission. But that all changed when his brother invited him to play hockey for BYU back in 2003, and without knowing why, he accepted.

"I feel like being on BYU's hockey team really changed my life," said Burkart, who is now head coach of the hockey team. "The influence helped me to get my head on straight and to see the gospel at work in peoples' lives. It helped me to strengthen my testimony to the point I wanted to serve a mission."

Burkart is one of many individuals whose life changed for the better thanks to BYU's hockey team.

Despite the rigorous physical sport, the team's focus on spirituality and self-improvement has been an influence for good in the lives of many individuals.

Coming to know God

Hockey is a rough sport played by tough individuals whose vocabulary often consists of every type of talk imaginable except gospel topics. At least that is what Adam Farero thought before he came to play for BYU.

"It was the first time in my life I was around people that encouraged me to be better," Farero said. "To be surrounded by people in the locker room not talking about their weekend conquests, but about being a better person and doing well in school was completely new to me."

Farero returned to Minnesota after a year at BYU, but he soon decided that



Head coach Josh Burkart runs drills with the men's hockey team.

Photo by Sarah Hill

he wanted the atmosphere the team provided and he returned to play for the Cougars.

"For me and my life the BYU hockey

team was the first time I learned about God, the first time I realized I was a son of God. It was the first time I learned that I had value and that as a person



Photo by Sarah Hill

Forward Landon Ball is chased by a Utah defender.

I had to make good choices for myself and for God," Farero said.

A few months after his return, Farero decided to be baptized. He went on to serve a mission, marry in the temple and lead the BYU hockey team as its captain his senior year.

"If I made a list of all the things that brought me joy in this life, I would say it came because of the gospel, and that came because of the BYU hockey team," Farero said.

Strengthening spirituality and character

The team has also helped others to become stronger spiritually and to better their lives in other ways.

"One of my best memories was getting a blessing in the locker room from the three captains on the team," said Chris Tuttle, current assistant captain of the team. "A lot of guys have been

injured, and it's been cool on trips to give blessings and to get ones."

Being a club sport, the team does not have a medical staff and it's common in hockey for players to play with injuries. Several BYU players said their testimonies have been strengthened seeing the priesthood being used in the locker room to give a blessing to a player fighting hard to sacrifice for the team by playing through injuries.

Along with priesthood blessings, the team built faith and character in players in various ways.

"We have a prayer and read a scripture before each game this year," Tuttle said. "We help and encourage each other and also prepare each other for things later in life."

Improving the community

See CHARACTER on Page 8

BYU Athletics still riding the Jimmer wave



Photo by Chris Bunker

Students in line at the BYU Bookstore wait for Jimmer to autograph his book.

By TREVOR WOLLER

The BYU Athletics communication department is rapidly growing and still reaping the benefits of Jimmer Fredette's unprecedented national media attention.

While the growth started about six years ago as accessibility to BYU sports increased with the rapid growth of the Internet and social media, it reached its climax during the winter of 2011 when Fredette led BYU's basketball team on a magical and historical run.

Duff Tittle, BYU associate athletic director of communications, has fond memories of Jimmermania.

"I have been in this business since 1990, and I've never seen anything like it," Tittle said. "Jimmer was getting interview requests from all over the world — Germany, England, Australia and France. It was out of control."

The Jimmer craze took off after Fredette scored 47 points against the University of Utah on Jan. 12, 2011, including a buzzer-beating half-court shot that Tittle deemed "the shot heard around the world."

"I remember watching ESPN later that night," Tittle recounted. "The whole SportsCenter show turned into

a big joke about Jimmer. When they showed golf highlights they said, 'Tiger should be the clear favorite on Tour this week, unless Jimmer enters the tournament.' Then they previewed some NASCAR race and predicted the winner. Then they added, 'Unless, of course, Jimmer races.' There were other Jimmer references throughout the show. That's when I knew this was big-time."

The timing of Jimmermania created the perfect storm. According to Tittle, it allowed BYU to show off its brand new broadcasting building.

"The BYU Broadcasting building had just opened and they had a satellite feed, so he could talk to anyone in the world," Tittle said. "No other university in the country could do that."

Over the next 10 days, Fredette appeared on 11 national television shows — "SportsCenter," "Pardon The Interruption," "Mike and Mike," "First Take," "The Jim Rome Show" and "The Dan Patrick Show" among them. A few weeks later, Fredette was featured on back-to-back covers of Sports Illustrated, and ESPN visited BYU to produce a 30-minute show called "ESPN All Access: BYU Basketball."

"You just can't buy that kind of exposure," Tittle said.

See JIMMER on Page 8

The NBA's 'tanking' epidemic and the Utah Jazz

By KELBY JONES

In the 1996-97 season San Antonio Spurs superstar David Robinson went down with back and foot injuries. Following the injury, the remaining Spurs players floundered and finished the season with a dismal 20-62 record. This record earned the organization the first pick in the NBA draft, where it selected coveted prospect Tim Duncan out of Wake Forest.

The next season the Spurs, with a healthy Robinson playing alongside Duncan, won the NBA championship. Many NBA fans won't hesitate to point out the coincidence of the events that took place leading up to the Spurs drafting Duncan, and some even say this was an example of "tanking" — losing on purpose to improve draft positioning.

In the 2011 NFL season, the Indianapolis Colts experienced a similar fallout with the loss of all-pro quarterback Peyton Manning. The Colts, finishing the season with a dismal record, subsequently won the first overall pick in the draft, selecting Andrew Luck from Stanford. The Colts then made the playoffs in both of Luck's first two years, advancing as far as the divisional round in 2014.

Enter the current NBA season. The 2014 draft has been said to include some of the most talented players the NBA will ever see, and includes the much-hyped Andrew Wiggins and Jabari Parker.

Because of the loaded upcoming draft, and, following the example of these two successful attempts, other teams seem to be following a similar path of unexplained losses and underperforming talent. This is something that seems to baffle one of the world's most successful basketball coaches, Mike Krzyzewski.

"I wouldn't like to think that an American team would want to lose or create situations where you would want to lose," Krzyzewski said. "I



AP Photo

Charlotte Bobcats' Bismack Biyombo, left, goes over the back of Utah Jazz's Enes Kanter as they try for the loose ball.

can't believe that that would happen. Maybe I'm naive and I'm going to go read a fairy tale after this."

Are the Utah Jazz "tanking"?

After letting most of their main players go to free agency without even a hint of a desire to resign them, it's hard to chalk the Jazz's sudden youth movement and lack of depth up to coincidence.

"It got to the point where we needed to make some decisions; some to allow our young players to grow, some salary cap decisions, but ultimately, we couldn't get everybody signed," said Utah Jazz general manager Dennis Lindsey. "We decided to jump in the deep end of the youth movement, and we're excited to do so."

The Jazz have only had seven losing seasons since moving to Utah in

1979, and they have built a reputation around the league as a consistent team that plays hard. However, following an offseason that saw every experienced, top-scoring player on the roster sign with other teams, the Jazz began the 2013-14 season as one of the NBA's bottom-dwellers.

A lifelong fan's perspective

Mark Allred, a BYU grad and Centerville resident, has been a Utah Jazz season ticket holder for 30 years. Not many fans have followed the organization as closely or for as long as he has. Allred refuses to believe the Jazz are tanking.

"I don't believe they are losing on purpose," Allred said. "I've watched them, and even in the ones they've

See NBA on Page 8



Freshman Brendan Hubbard celebrates after scoring a goal against Utah. The Cougars fell to the Utes 4-17.

Photo by Sarah Hill

CHARACTER

BYU hockey teaches more than just hockey skills

Continued from Page 7

The team and its focus on building faith and character have improved the lives of many players. But it doesn't stop there. The team actively seeks to better the local community by hosting hockey camps and giving hockey classes. And with every hockey principle taught, a word or an example of living the gospel on and off the ice goes with it.

"We've tried to start programs to help kids learn to play hockey and to help the community," Tuttle said. "With our summer camps we try to make it spiritual and share testimonies with the kids. Little by little, we are having a good effect on the community."

A team of sacrifice

Past and current players said being on the BYU hockey

team isn't easy, but it is always worth it.

"They sacrifice a lot, both financially and making it

"With our summer camps we try to make it spiritual and share testimonies with the kids. Little by little, we are having a good effect on the community."

Chris Tuttle
Assistant captain

work with school schedules," Burkart said. "After graduation it doesn't get any easier. You are trying to progress in whatever it is you do. But in the end it's all the Lord's work, whether playing sports or in a career. If you live your life the right way, people will see your example, and it will draw others into it and into the gospel."

NBA

Jazz drafting success remains to be unseen

Continued from Page 7

lost, I think they're still trying; it's just sometimes they're not trying effectively. If they're throwing the games, at least from this fan's perspective, it looks like they're not trying to lose."

After going to so many games during the past 30 seasons, Allred believes the Jazz organization is treating this year just like any other. He doesn't see any reason to feel



AP Photo

Utah Jazz's Derrick Favors (15) scores between Charlotte Bobcats defenders.

like the organization planned to compensate for the losing year, which goes a long way in

the argument that the team is, in fact, not losing on purpose.

"It seems pretty much like any other season. They may think they're doing more, but from my perspective it looks like any other season," he said.

What's being done?

It's no secret that the saying "winning fixes everything" still rings true in professional sports. While endorsements of many kinds and the ability to sell out seats in the arena can help, a long-term fix still lay in a winning organization, which is the driving factor behind all this losing.

"We're just at the beginning stages of a rebuild and certainly we would like to blink an eye and be championship competitive but we're not there yet but we won't skip the steps and run from the

work that it takes for us to get where we want to be," Lindsey said.

The bottom line

Whether or not the Jazz are just trying to develop young talent, or "tanking" in hopes of drafting the NBA's next superstar, the Jazz organization has made the decision to proceed forward featuring a starting lineup of young, growing talent.

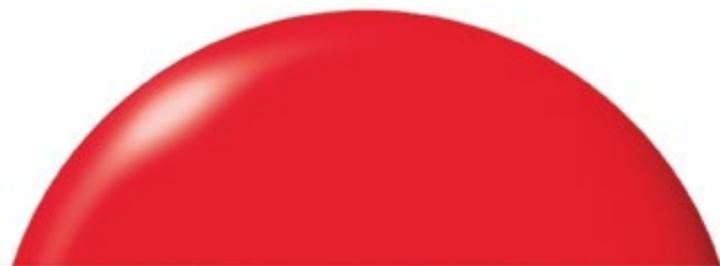
"From our standpoint, we looked at it, and analyzed what we needed to do, and we didn't want to be in the middle of the road," said Randy Rigby, Utah Jazz president. "We felt that it's a perfect time, with the talent that we have, and the structure that we have in place, to really go at a new beginning and really build this team."



AP Photo

Oklahoma City Thunder guard Reggie Jackson attempts a shot while defended by Utah Jazz forward Derrick Favors.

It's coming!



Tuesday, January 20, 2014

at the



Photo by Jamison Metzger

Jimmer Fredette goes to the hoop at the Marriott Center during Jimmer's All-Star game.

JIMMER

BYU Athletics still feeling affects of 'Jimmermania'

Continued from Page 7

While the actual fiscal amount of exposure Fredette brought to BYU is hard to determine, estimates show that Tittle's previous statement is correct.

"I had a guy call me at the end

of the season who had a media tracking system," Tittle said. "He tracked all our online, radio and TV exposure for two months. He said he estimated the exposure at about \$37 million for BYU Athletics."

Daniel Croshaw, a BYU student who runs his own sports blogs, reflected on the national spotlight showered on BYU.

"I monitor sport news frequently for information about my blogs, and BYU was all over the national radar during Jimmer's run," Croshaw said. "We were getting more attention than traditional powerhouse basketball schools. It was amazing."

The BYU Athletics communications department comprises five departments: media relations, video services, web services, creative design and social media.

According to Tittle, all of these departments have grown and benefited from the increase in national media exposure. While BYU's exposure has decreased some since Fredette's departure, the BYU Athletic Communications efforts have permanently

been elevated to a higher level.

"When you go back down, it doesn't go back as low as before ... because now you've built relationships and developed new contacts," Tittle said. "For example, Kyle Van Noy, Taysom Hill and Tyler Haws are benefactors of Jimmer. The communications platform of BYU Athletics is raised."

Evidence of BYU's elevated status is found by reviewing the athletic department's partnerships and numbers.

BYU is currently finishing the third season of an eight-year contract with ESPN. ESPN

airs nine out of 13 BYU's football games live as well as 13 live basketball games. BYU Radio was just launched on SiriusXM Radio and is now available to 20 million subscribers. BYU's athletic website, BYUCougars.com, is ranked in the top-10 college websites in the country, and its iTunes app BYU Cougars has more than 40,000 downloads.

For more information about BYU Athletics visit BYUCougars.com or download the BYU Cougar app.

"BYU was all over the national radar during Jimmer's run."

Daniel Croshaw
BYU student and sports blogger

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Photo by Natalie Stoker

Brent Poole holds Tom Burton to the ground as he pins his arm during a club meeting for BYU's Brazilian Jiu-jitsu club.

Jiu-jitsu club welcomes all

By WESTIN WILSON

It is one part grappling, one part chess. Despite size or athletic ability, one could take an opponent down and submit them. This is what the BYU Brazilian Jiu-jitsu Club teaches every Wednesday and Saturday at the Wilkinson Student Center at BYU.

Gender, size and even athletic coordination don't matter; Brazilian Jiu-jitsu can be learned and used effectively no matter the physical background.

"I have learned great self defense, which is empowering, being a woman," said club member Margaret O'Brien.

The club has a surprisingly large number of female participants. O'Brien said this has been great for them because it gives them confidence in any scenario where they might need to use self defense.

"It's also a great exercise and a healthy way to get out aggression or stress after a test," O'Brien said.

The club is open to anyone and has people of all skill levels. On a typical Wednesday night, the club has anywhere between 20-30 members and instructors and students from Paul Tom's academy in American Fork.

Brazilian Jiu-jitsu is a "passive" martial art. The

competitors typically wear a gi and start standing. As the match progresses, both opponents will look to submit or make the other tap with various moves such as locks and chokes.

Many practitioners think several moves in advance in order to submit their opponent. A lot of Jiu-jitsu matches might not be as fast as typical martial arts, and the set ups for submissions can be a matter of inches.

"The club has helped turn some people who might not seem fierce become adept competitors," said club president Tom Gordon.

There are even times when some of the women in the club will take down a man they are grappling with.

"I have been choked out by some of the girl club members," Gordon said.

The club also competes in grappling tournaments when they have the chance. In the 10 or so years the club has been around, members have had success in the tournaments.

"It's a relaxed place to practice things, and a great place for women to practice," said Brent Poole, a BYU graduate.

Poole has trained at many different academies and mentioned the club has more women than most academies. About one third of the club is women, and this is what helps to create the nice, relaxed atmosphere.

Couple serves 10 year service mission for BYU Athletics

By ASHLEY WAWRO

Senior missionaries don't usually talk to athletes and attend every possible sports event, but then again Bob and Cindy Wakefield aren't the typical senior missionary couple.

The Wakefields are set apart indefinitely as volunteers for BYU Athletics to help athletes fulfill their service requirements. The couple schedules events and service projects for the athletes. They have served for 10 years so far.

"Our primary function is to set up service projects for all 605 athletes, about 150 service projects a year," Bob Wakefield said. "I guess it's a lot. I'd say BYU does about 10 times the service of any other university."

The Wakefields arrange for athletes to speak at schools and teach Cougar Strong, a program teaching children to be mentally strong, physically strong and spiritually strong. The Wakefields schedule annual visits to 77 elementary schools in Utah Valley, and they run other various athletic related programs. The couple also schedules away-game firesides for football players and runs the legacy tent before football, soccer and volleyball games. In the summer, the Wakefields set up athlete speakers at youth conferences, girls camps and father-son outings.

Because of the unique nature of the Wakefields' role, they do not wear name tags or dress as senior missionaries. They typically wear BYU athletic gear, which the couple described as "a great deal."

Bob Wakefield originally wanted to be an adjunct professor in the Marriott School, but found there was a need in the athletic department. He and his wife volunteered service and were set apart by BYU President Cecil O. Samuelson a decade ago. Unlike most service couples, Samuelson said the couple is "set apart indefinitely."



Photo courtesy Bob and Cindy Wakefield

Bob and Cindy Wakefield arrange service projects for student athletes and have been recognized by the NCAA for their service.

Most missions are typically 18 months.

Though the Wakefields are often referred to as missionaries, they are not part of the LDS Church's missionary program. Their official title is service representatives.

The Wakefields have been a working couple for 53 years, since Bob Wakefield proposed on their second date on Christmas Eve.

"They're a great example of complementary strengths in marriage," said Buddy Stanford Stoddard, BYU Athletics life skills coordinator and long-time friend of the Wakefields. "Bob is the typical Marine and CEO and Cindy is all etiquette. She puts all the right touches on life."

Stoddard said the Wakefields took the calling as absolute, not as a part-time job.

"They are absolutely irreplaceable," Stoddard said. "They've created and embodied this position because they love it and that's the great thing about it."

They have won national recognition for their service from

the National Collegiate Athletic Association (NCAA). They recently won National University Division Volunteer of the Year as a couple. They have also become honorary alumni, a unique honor given to those who have given their hearts to BYU.

Stoddard said the Wakefields have a unique understanding of how service shapes lives.

"They get it. They understand that as an athlete, you're a person. You have to give back or you'll miss the whole BYU experience," Stoddard said.

McKenna Wakefield, granddaughter of the Wakefields, works daily right across the hall from her grandparents as a secretary for the athletic department. She said her grandparents are an example to her because they know what it means to truly serve.

"My grandparents, they never stop. They never stop working," McKenna Wakefield said. "And they've always giving their hearts to the program."

Serving in the athletic

program has blessed the lives of both the athletes and the couple, according to Cindy Wakefield.

"We were told when we were set apart that our family would be blessed, and we have been," Cindy said. "Now I have a granddaughter across the hall that I didn't get to see much growing up and many grandchildren who want to come to BYU. I have three sons who graduated from BYU and the blessings keep coming."

The Wakefields say they want to work as long as their health stays well and their help is needed. They are eager to tell listeners about how much they love their jobs.

"I always say as long as we're not shuffling or drooling, we'll stay," Cindy Wakefield said.

Though the Wakefields are humble about their service accomplishments, their close associates are more eager to sing their praises.

"They have made their volunteer position a life work," Stoddard said. "They have impacted hundreds and hundreds of lives. They are tremendous people."

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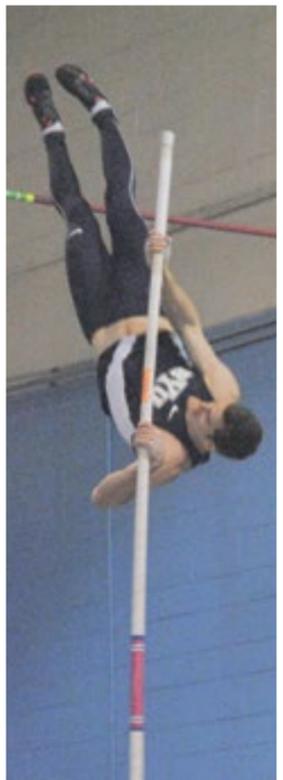
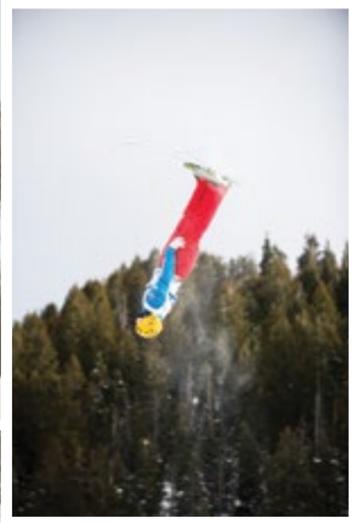
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Winter sports kick off



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Skiing

Olympic hopefuls compete in the aerial Olympic trials in Deer Valley on Jan. 10.
Photos by Sarah Hill

Men's Volleyball

Jaylen Reyes bumps the ball for a teammate Jan. 10 against Cal State Northridge.

Devin Young goes for the kill against Cal State Northridge on Jan. 10.
Photos by Sarah Hill

Track & Field

The BYU men's and women's Track team accomplished many personal bests during the first meet of the year Jan. 11 in the Smith Fieldhouse.
Photos by Maddi Dayton



Head over heels

Young Ambassadors explore the different faces of love in new show

By TAYLOR DAVIES

Love has many forms and faces. This message is clear in BYU's Young Ambassador's new show: love can help overcome any obstacle.

After weeks of rehearsing long hours, the Young Ambassadors have begun to perform their new show, "Heartstring: Melodies of Love" in the local community. The new show has been in planning stages for about a year, before the previous show had even finished. Randy Boothe, the director of the BYU Young Ambassadors, talked about what it was they wanted to communicate with this new show.

"The thought that came to mind was love. If there was ever a need for a greater measure of love in our lives and our relationships, the time is now," Boothe said. "We wanted to explore love in all its faces and applications."

In order to communicate the message of love, the cast has been working to put one together, and with that work has come some great bonding.

"They have been some of the most amazing people to work with," said Austin Hewlett, a junior studying information systems, in his first year as a Young Ambassador. "We all have great trust and confidence in one another."

Boothe has also noticed great cohesion in this group, pointing out they seem to feel comfortable in their skin. He said this allows them to be supportive of one another.

"This particular group is extremely drama free," Boothe said. "They are good, hard-working people who really want to do their very best."

Now in its 44th year, the Young Ambassador's group, which is composed of 20 stage performers, a 10-piece band and nine-person technical crew, has a mission to represent BYU and the LDS Church in a positive light everywhere it goes.

"My favorite part of being a Young Ambassador is that (we) are provided lots of opportunities



Photos by Mark Philbrick/BYU Photo

The Young Ambassadors, Mckenzie Truman, left, Austin Hewlett and Brian Carey perform "Heart and Music."

"I want them to walk away feeling that no matter how hard life can get, there's always hope and something to hold onto, and that's love."

Reba Johnson
Senior

to serve," said Tanner DeWaal, a commercial music major from Sandy and this year's dance captain. "When we go on tour, it's not as much about the performances; they are such a small part. We spend a lot of our time visiting rest homes, doing workshops with students and providing any kind of service we can."

It's this service that makes performing that much more rewarding for the student performers.

"I love the different people that I get to meet after shows," said Reba Johnson, a senior from South Jordan studying music dance theater. "I love the opportunity I have to share light through music and bring joy and love to those around me."

See LOVE on Page 13



In their new show "Heartstrings: Melodies of Love," the Young Ambassadors explore the many faces of love. From left: Whitney Uland, Jordan Strong, Tanner DeWaal, Amanda Baugh, Ben Davies.

BYU's 'Belting Queen' helps build dreams

By TAYLOR DAVIES

In the Music Dance Theater Department one professor has developed a keen ear to dissect students' vocal woes and offer remedies to help them reach their dreams of making it big.

Gayle Lockwood has spent the last 30 years helping students in the music dance theater program work on contemporary vocals; her efforts prompting students to dub her "The Belting Queen."

While Lockwood has never heard the title herself, she has made a niche for herself as "The Belting Queen." Her ability to diagnose a singer's vocal issues has brought her wide acclaim from those she's worked with on and off campus.

"I've worked with her both as a director and also as a student — not as a college student but as an adult voice student," said Cynthia Collier, who first worked with Lockwood on the LDS Church's production of "Savior of the World." "I was amazed at how quickly she was able to diagnose my issues and teach me how to make changes. It was like no experience I'd



Photo by Sarah Hill

Gayle Lockwood, BYU's resident "Belting Queen," helps students learn proper vocal technique.

ever had with a voice teacher."

Lockwood's relatives have long noticed this talent. Whitney Peterson, Lockwood's niece and a BYU

graduate, is amazed at how quickly Lockwood can diagnose the issue with someone's voice and know exactly what needs to change.

"She is someone who is always willing to give of herself and sacrifice her time and energy in order to improve the lives of those around

her in helping people achieve their dreams," Peterson said.

Lockwood believes she is the result of the many mentors who have come into her life. Originally she planned to teach music education at a high school. But after a stint in the public school system, she went back to school to pursue a master's degree in vocal performance pedagogy.

"I learned very quickly that you don't get the best work out of people when you bombard them with negative input," Lockwood said. "I try to be positive in my teaching at school in a way that gives honest criticism but is encouraging and allows them to believe in themselves."

Those who have worked closely with Lockwood learn how important staying true to the principles of the gospel can be to becoming effective performers. Meredith Rodgers has worked with Lockwood over the past few years and has learned many valuable lessons.

"One of the biggest things I've learned from her is that you don't separate the gospel from performing," Rodgers said. "You can love performing and love the Savior, and you can bless people through that."

See QUEEN on Page 13

The growing shift to local eats

By BROCK TALBOT

Downtown Provo is packed with interesting, diverse restaurants offering unique tastes. It is becoming a growing, thriving business community as many people begin to make a shift from chain restaurants to local eateries. Here are some reasons why many people are making the change:

A one-of-a-kind experience

When arriving at a Denny's or Chili's, certain things can be expected: plastic menus and friendly service with everything from the uniforms to the meal names covered in branding and logos. Some like this consistency and become regulars at such places.

Local restaurants, however, offer a unique experience with original decor and foods many have never heard of or tried. That's why eateries like Black Sheep Cafe and Communal are bringing customers and critics from Salt Lake City and other places; they showcase tastes and ingredients that can't be found anywhere else.

"I prefer local places because



Signs on several Provo restaurants show their distinct styles. By eating local, patrons get a unique experience and support area businesses.

they have the ability to craft their restaurants the way they want," said Chandler Parkinson, a psychology major from Sandy. "At a corporate place the atmosphere is always defined and sometimes boring, and although there may be cheaper prices, you also get a cheaper experience."

Local food is fresh

Sometimes when imagining people who "only buy local," some people might picture a free-spirit group of hippies. But buying locally grown produce is increasing in popularity because food does not have to travel thousands of miles from the truck to the dinner table. It tastes fresh and supports local economies, allowing everyone to enjoy. When



Photos by Brock Talbot

a restaurant supports locally grown foods, it also changes its menu constantly to adapt to different growing seasons. This gives customers a variety of different options every time they visit.

The chefs know their stuff

At a nearby corporate restaurant, one may find BYU students being hired to cook "authentic Italian cuisine," or Orem natives working as servers at sushi restaurants. On the other hand, local restaurants usually have owners, chefs and servers who either invented the dishes themselves or brought the recipes from their home countries. Se Llama Peru

is one of these restaurants, with a Peruvian staff, is thoroughly familiar with the different tastes and food of the region.

"The drinks and food here are completely authentic, and some things on the menu only Peruvian natives recognize," said Claudia Torres, server at

Se Llama Peru. "We have drinks like Chicha Morada and Marcaya that can be very hard to come by anywhere else."

Local restaurants are a part of the community

Smaller, locally owned businesses have more connections to the local community and support things like businesses, soccer teams and schools. It is difficult

"At a corporate place...although there may be cheaper prices, you also get a cheaper experience."

Chandler Parkinson
BYU student

for such places to survive if they don't establish themselves as fixtures in their neighborhoods. Some corporate restaurants such as Applebee's have tried to do this as well by making their decor more relatable and warm, even though their names are nationally recognizable.

Center Street will continue to grow as people look for something different in how and what they eat.

Eat **heat**: Thai Village

By ARICKA WILDE

Thai Village, located on University Avenue south of BYU campus, has been serving authentic Thai food to BYU students and faculty since its opening.

"We have been open for two years, and it will be three years in January," said Derek Mathavongsy, son of the restaurant's owner.

Mathavongsy said his parents were originally from Thailand and came to America in 1999. His mother was a chef in Thailand, which gave them the practice to start a family restaurant.

The restaurant was originally a KFC, but one would never know by looking at it. It has been transformed into a mini Thailand, with elephants, Thai dancers and gold and red wall paper. Thai Village has a decent amount of seating with tables of two to four chairs throughout the restaurant.

"Let's face it, 90 percent of people that eat Thai food go for the curry," said Zack Woodmansee, a computer science major. "Thai Village is the closest place to home, so it is usually where I go."

Some of the well-known Thai dishes served at the restaurant include cashew chicken, massaman curry, red curry, panang curry and pad thai. Dishes come with a choice of chicken, beef, pork, tofu or vegetables. Shrimp or salmon come at an extra price. All dishes come with rice, unless they are a noodle



Photo by Natalie Stoker

Thai Village will help with curry cravings in dishes like massaman curry shown here, a dish made with peanuts, coconut milk, curry, potatoes, carrots and chicken.

dish, like pad thai. The prices of appetizers, meals and desserts range from \$5 to \$11 per person.

Thai Village also does a lunch special that gives large food portions, with a spring roll and a side salad with a peanut dressing. Call-in orders and to-go boxes are also available.

Thai Village is open from 11 a.m. to 10 p.m. Monday through Saturday and is closed Sunday.

"Whenever I go to Thai Village I love to get the massaman curry. It has such unexpected flavors that blend so well in my mouth," said

Kathryn Arbon, a nursing major. "I also like the cozy environment. It is so quaint. It is a great place for a date or a roommate date."

Thai food is known for its peanut flavors, coconut milk bases and its curries. Its foods can also be very spicy, so menus at many Thai restaurants, such as Thai Village, make sure to point out the spicy dishes.

BYU students and faculty wanting Thai food will find Thai Village to be a fun place for a quick lunch, dinner date or simply an opportunity to try new food flavors with friends.

"Whenever I go to Thai Village I love to get the massaman curry. It has such unexpected flavors that blend so well."

Kathryn Arbon
BYU student

Food industry cuts calories four-fold over pledge

ASSOCIATED PRESS

WASHINGTON — Some of the nation's largest food companies have cut daily calorie counts by an average of 78 per person, a new study says, more than four times the amount the industry pledged to slash by next year.

The study sponsored by the Robert Wood Johnson Foundation found that between 2007 and 2012, the estimated total cut in food product calories from a group of 16 major food companies was in the range of 6.4 trillion.

Seventy-eight calories would be about the same as an average cookie or a medium apple, and the federal government estimates an average daily diet at around 2,000 calories. The study said the calories cut averaged out to 78 calories per day for the entire U.S. population.

The 2010 pledge taken by the companies — including General Mills Inc., Campbell Soup Co., ConAgra Foods Inc., Kraft Foods Inc., Kellogg Co., Coca-Cola Co., PepsiCo Inc. and Hershey Co. — was to cut 1 trillion calories by 2012 and 1.5 trillion calories by 2015.

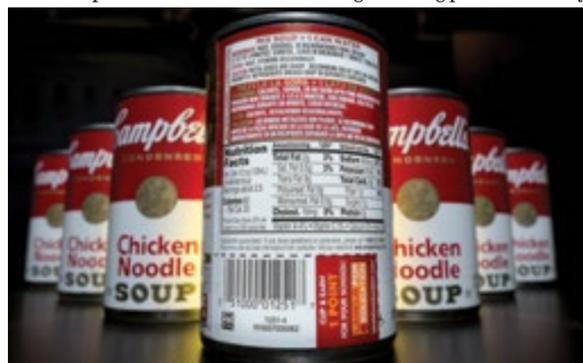
The Robert Wood Johnson Foundation signed on to hold the companies accountable, and that group hired researchers at the University of North Carolina at Chapel Hill to painstakingly count the calories in almost every single packaged item in the grocery store. To do that, the UNC researchers used the store-based scanner data of hundreds of thousands of foods, commercial databases and nutrition facts panels to calculate exactly how many calories the companies were selling.

The researchers aren't yet releasing the entire study, but they said Thursday that the companies have exceeded their own goals by a wide margin.

Dr. James Marks, director of the Health Group at the Robert Wood Johnson Foundation, said the group is pleased with the results but that the companies "must sustain that reduction, as they've pledged to do, and other food companies should follow

changed.

It is also unclear how the reduction in calories translates into consumers' diets. When the companies made the pledge in 2010, they said one way they would try and reduce calories would be to change portion sizes in an attempt to persuade consumers to eat less. The companies also said they would develop new lower-calorie options and change existing products so they



AP Photo

The nutrition information is shown on the back of a Campbell's Chicken Noodle soup can. Some of the nation's largest food companies have cut their calories by the trillions according to a new study.

their lead."

The Robert Wood Johnson Foundation is a nonpartisan philanthropic and research organization that works to improve the nation's health.

Even though the companies that made the commitment represent most of the nation's most well-known food companies, they sold only a little more than a third of all packaged foods and beverages at the beginning of the study. Missing are many off-label brands sold under the names of retailers, and it's unknown whether those products have

have fewer calories.

Evidence of those efforts are visible on any grocery store shelf. Many products now come in lower-calorie versions, are baked instead of fried or are sold in miniature as well as larger versions.

Marks said he believes that companies' efforts to package smaller servings — 100-calorie packs of popular snacks, for example — and smaller cans of sugary drinks may have contributed to the reduction in calories. He said the main contributors most likely were the public's increasing willingness to buy healthier foods and companies responding to those consumers.

The companies involved are all part of an industry coalition of food businesses called the Healthy Weight Commitment Foundation that has organized to help reduce obesity. The foundation pledged to reduce the calories as part of an agreement with a group of nonprofit organizations and made the 2010 announcement as part of first lady Michelle Obama's Let's Move campaign to combat childhood obesity.



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Provo-based boy band sets sights to the future

By KRISTI REAMER



Photo courtesy Russ Dixon

Provo-based boy band Beyond 5 was formed in February 2013. Since then, the band has toured Asia and released a self-titled album.

Five young men faced an extreme lifestyle change almost a year ago. From high school classes and college plans, life evolved into a series of demanding practice sessions and apartment living.

"Nobody gets to do what we do, especially guys our age," Beyond 5 band member Patch Crowe said. "It's not a reality to most people; it's not even a reality to us. It's just crazy how fast we've gotten to this point. It was a long process, but we've worked hard for it."

Provo-based boy band Beyond 5 is an optimistic newcomer in the music world. The five-piece group consists of Tanner Myler, 18, of Eagle, Idaho; Patch Crowe, 18, of Gold Coast, Australia; TJ Ryan, 15, of Salt Lake City; Ammon Tuimauualuga, 17, of Corona, Calif.; and Zac Love, 18, of San Antonio, Texas.

After touring in eight different countries in Asia and releasing its debut album, the band came

back to Provo to establish itself and take the next step toward making a difference before taking off for Nashville. For the band members, it's been a journey of personal growth.

"They're learning how to budget, how to keep an apartment, how to be roommates and how to be good sons and brothers and friends," said Tyler Castleton, one of Beyond 5's producers and founders. "And they can have a great music experience on the side, but hopefully they come out

of it being stronger people."

In Asia, the band performed nearly 30 different times, reaching 25,000 people. Much of their work wasn't just performing but donating time and talent to charities in Asia. It was a powerful experience for all of the band members.

"What we do can affect people so much, and I was blown away by that," Love said. "That's the reward. That's what you do it for."

Before setting out on the tour, the band collected 8,000 books to

donate to disadvantaged schools and charities in Asia. The group then spent the month of August performing free concerts, giving devotionals and providing outreach workshops hosted by The Church of Jesus Christ of Latter-day Saints.

Although he enjoyed performing, Myler said the devotionals were the best part.

"People would come to us after (devotionals) and say, 'Your concert was amazing. I loved it. I had the time of my life. But your

fireside was twice as good,'" Myler said. "Certain songs touch people and uplift people, and our songs do that."

Castleton said Beyond 5 was created to uplift people.

"We've always felt that, number one, we wanted to make a difference," Castleton said. "We weren't trying to be overtly Christian; we just felt we could do great pop music without (being inappropriate). I remember one goal was to uplift and inspire and motivate this generation to be honest."

The group is the brainchild of Castleton and co-writer and business partner Russ Dixon, both of whom work as the band's current producers. Castleton has worked as a music producer, composer and arranger for over 15 years and has worked closely with the LDS Church in different capacities associated with music.

Dixon is a musician and photographer and has helped produce albums for the Church's Especially for Youth programs. Castleton and Dixon know each other through their shared industry.

"I just approached Russ and said, 'Hey, this is crazy, but I have the desire to put a band together,' so the two of us just dove in and started," Castleton said.

Cue a three-month-long auditioning process during which Castleton and Dixon chose five talented young men out of almost 500 who came to try out.

Though they were selected because they already stood out from the crowd, the members of Beyond 5 have had to grow personally. Each has had to move away from families and old lives to be a part of the group. According to Ryan, the changes have helped him grow closer to his family.

"I think when I saw (my family) before, I definitely took them for granted," Ryan said. "Now I just think how lucky I am to have such a great family."

Changes are about to resume. In January, the band is leaving Provo to hone music skills in Nashville. The goals for the coming year include 200 shows in the U.S., another potential Asian tour and one South America tour.

LOVE

Young Ambassadors explore love

Continued from Page 11

Sharing light and the message of love found in their new show is exactly what the Young Ambassadors hope to do with their new show.

"We are hopeful that audiences leave feeling a little more love with their family, their life and their commitment to make a difference in the lives of others," Boothe said.

Student performers echoed his sentiment, stating they hoped

people would walk away feeling loved and uplifted.

"I want them to walk away feeling that no matter how hard life can get that there's always hope and something to hold onto, and that is love," Johnson said. "There are so many different kinds of love that you can rely on. Love can help you overcome anything."

The new show will perform in Utah several times before going to Thailand, Vietnam and Cambodia in May. The Young Ambassadors will perform Jan. 14 at the Covey Center for the Arts in Provo and at the LDS Conference Center theater Feb. 14 and 15. Their full performance schedule can be found at BYU's Performing Arts Management webpage or on their Facebook page.

QUEEN

Vocal technique legend shares expertise

Continued from Page 11

As Lockwood continues to help BYU's Broadway hopefuls achieve their dreams, she emphasizes the importance

of sticking to one's values in a business that can be hard for members of the Church.

"Make sure that you have a passion that is strong, and make a determination right now that you are going to be in this to serve your fellow beings and serve the Lord. Then when you're prepared and your tool set is full then he can work through you and put you where you can do good, and that light that you have will be useful. Fill yourself with light," Lockwood said.

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 Shani Robison, artistic director
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 de Jong Concert Hall

Winter ChoirFest
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 Cirque Ziva
 Thurs-Sat, Feb 6-8, 7:30pm
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BYU Young Company Cymbeline
 By William Shakespeare
 Lightheartedly adapted and directed by Teresa Dayley Love
 Fairy-Tale Adaption
 Jan 31, Feb 4, 6, 7pm
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 Feb 7, 8, 2pm
 ASL Interpreted Thurs, Feb 6
 Noir Mystery Adaption
 Jan 31, 9pm
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 Feb 7, 9pm
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IMPOSSIBLE

Unattainable expectations

Continued from Page 1

According to Thomsen's studies, however, these warnings may be a moot point among young women.

"Even when they understood that these images had been airbrushed or photoshopped, or that these women were physiological anomalies, they still accepted them and embraced them as the social cultural norm," Thomsen said.

Thomsen concluded the repetition of inaccurate media images caused these women to have erroneous perceptions of reality, thinking "to be normal was to be perfect, and to be perfect was to be normal."

Utah has been more affected by image perfectionism than most regions. In 2007, Forbes magazine called Salt Lake City the "vainest" city in America because of its disproportionately high number of plastic surgeons. Salt Lake City has six plastic surgeons for every 100,000 residents, as compared to New York City's four.

"People from the outside look at our conservative culture and think plastic surgery should be taboo here," York Yates, a plastic surgeon based in Layton told Salt Lake Magazine. "In fact, plastic surgery is more popular here than in many other parts of the country."

LaNae Valentine, director of Brigham Young University's Women's Services and Resources, has her own theory about why Utah has a problem with image perfectionism.

"Women here in Utah fall into the expectation that image is important," Valentine said. "Especially speaking of LDS women, our goal is to get married and have children. So we do that, but we still want to look good, so people resort to plastic surgery."

Further, a 2008 study done by Mental Health America, the country's oldest independent

mental health advocacy organization, ranked Utah the most depressed state in the country. Likewise, another survey released in 2008 by Express Scripts, a drug distribution company, found Utah residents were prescribed more antidepressant drugs than any other state, amounting to twice the national average.

Rebecca Hamilton, a master's student in marriage and family therapy, consults young people struggling with image perfectionism on BYU campus. She said image perfectionism is often prevalent at BYU.

"It is a very competitive school," Hamilton said. "When you have those kinds of people — overachievers, really academically sound, they probably did a lot of extracurriculars in high school — they get here, and they all of the sudden become a little fish in a big pond."

Hamilton described campus as a never-ending game of whack-a-mole, where each person tries to be the best in a certain area, gets whacked down and then tries to pop back up again as something more perfect.

"When I first came to BYU, I felt almost as if I had lost my own identity," said Kathryn Arbon, a junior studying nursing. "In high school I felt that I was naturally pretty. Then when I got to college and saw how done-up everyone was, I started wearing more makeup, spending more time on my hair and picking out outfits so I felt like I would be considered pretty by BYU standards, too."

According to Leon Festinger's Social Comparison Theory, humans instinctively want to know how they match up, thereby rating themselves either upward or downward. The trouble in society today, however, is that upward comparisons are often based on manipulated media images and are, therefore, unattainable.

"We are taught in the larger culture that to be successful we have to beat everybody else," Hamilton said. "But really, healthy goals are against yourself. ... That's why coming to BYU

you really have to shift, or I think it is dangerous if you are still comparing yourself and making goals based on other people."

Marleen Williams, psychologist and clinical professor of counseling psychology, helps others understand how some people are predisposed to have image perfectionist tendencies.

"It all has to do with vulnerability that exist in them," Williams said. "Two people can see the same images, and one may have a problem with it and another one might go, 'That isn't real anyways,' so I think the vul-



Photo illustration by Elliott Miller

Unrealistic media images can cause people to see themselves more negatively.

nerability exists in the person prior to that."

Though women are often more vulnerable to image perfectionism, men are also affected. The rise in fitness magazines sometimes makes many men feel they are too small, just as women feel they are too big.

The results of severe image perfectionism, like eating disorders, cosmetic surgery and depression, are always founded on trying to control the chaos or sense of inadequacy in life. Sometimes the body gets scapegoated for bigger issues. By addressing root problems that are going on, people are able to win the battle of image perfectionism.

BLUES

Fighting seasonal depression

Continued from Page 1

"The sleep/wake cycle is highly regulated by the hormone melatonin," said Corinne Morrison, a research assistant in a neuroscience addiction studies lab. "If you have too much at the wrong points of

time," Bivings said. "All of my problems came crashing on me, and I felt a lot of stress, anxiety and pressure. My bad moods began to affect the people I hung out with because I was so angry all the time."

Bivings had just begun a relationship with her now fiancé, Brandt Lovell, when these dark feelings came over her.

"It was really hard on me and Brandt," Bivings said. "We were in a newer relationship so it was already hard, but to add these feelings that I had never

experienced before made it especially difficult. I didn't realize that I was that emotionally unstable, but looking back now, I can totally see it."

How can it be treated?

Psychologists have recommended a variety of treatments to help combat seasonal depression. At the top of the list is full-spectrum light therapy.

"Some studies suggest that light timed during a particular time of day is going to be more useful," Smith said. "Getting light in the morning is going to be more useful than in the afternoon."

Other treatments include natural sunlight, medication and cognitive therapy.

"Cognitive therapy tends to help people with their thinking patterns," Smith said. "If an individual gets depressed, it's a little hard to say what caused the depression. You start to develop negative thinking patterns, and when you develop those, cognitive therapy helps you to start to identify what your negative thinking patterns are and replace them with more accurate or positive

thinking."

A combination of light and cognitive therapy has proven to be the most effective.

Seeking counsel from a therapist can also be an effective treatment.

"There's a lot of really good research about the (ethics) of psychotherapy," Smith said. "It really does do a lot of good, especially if you're speaking with a competent therapist who knows how to help (a patient) challenge their beliefs or look at their beliefs differently or substitute beliefs and can really help them to deal with the struggles they are having."

If left untreated, seasonal depression tends to treat itself when weather conditions improve and warmer temperatures return.

How to prevent it

Even though the conditions outside may seem completely unbearable, there are ways to lower the chances of developing seasonal depression. The basic grade-school answers to remaining healthy can help keep a positive attitude and be rejuvenating during the difficult winter months.

"Remain active — not just with school," Smith said. "Exercise, eat well and get plenty of sleep. Those seem so trivial to say, but it's really true. If a student will pay attention and make sure he or she is getting seven to eight hours of sleep, that he or she is eating good meals during the day and getting exercise, that is going to help a lot."

Maintaining a relationship with the outdoors, even with the cold temperatures, will also help. A study conducted by Norman Rosenthal has found that one hour of outdoor aerobic activity (even with cloudy skies overhead) had the same benefits as 2.5 hours of light treatment indoors.

Despite the dreary conditions, students can overcome seasonal depression. Anyone suffering from depression can schedule an appointment to meet with one of the BYU counselors.

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PERFECTION

Unrealistic goals and depression

Continued from Page 1

Like many disorders, depression is multi-faceted, but one factor that has particular relevance to Mormon culture is that of perfectionism.

What is perfectionism?

The term perfectionism doesn't appear as a disorder in any diagnostic manual; however, psychologists agree that it factors into a variety of disorders, including depression.

"I see perfectionism as rigidity about achieving an imagined standard," said Loren Brown, a graduate student in counseling psychology who sees such behavior in many of the clients he works with.

"To them it has to be perfect; anything less than that standard is unacceptable and makes them less of a person," Brown said.

Barbara Morrell, a counseling psychologist at BYU, specialized in studying perfectionism. She defines it by rigid, idealistic standards and by the feelings of blame and self-loathing an individual feels when they fail to live up to them.

"To many perfectionists all things become moral: grades, looks, talents, income, etc., reflect their righteousness or favor with God," wrote Morrell in an article about perfectionism.

According to Morrell, this culture of perfectionism seems to be especially prevalent among BYU students

and may be one of the largest factors that contributes to emotional disorders like depression.

A cultural confusion

Dr. Jeffrey Reber, an LDS psychologist who is currently working on a book about perfectionism, points to a misunderstanding among many Mormons of what perfection really is.

"We don't have a Christian understanding of perfection; we have a Greek understanding that for something to be perfect it has to be unchanging and without flaw," Reber said.

Reber believes that the adoption of this view of perfection can have a negative influence on those who fall into the perfectionistic mindset. He refers to the common misunderstanding of Christ's command to "be ye therefore perfect" found in Matthew 5:48, indicating that we fail to realize that the verses that

Shiflett recalled how her misunderstanding of perfection contributed to her ongoing battle with depression.

"In the Church we're always told to be perfect. You're supposed to be that good Mormon: kind to everyone, serving, etc., and with my depression I felt like I wasn't meeting the expectations that we've set out," Shiflett said.

Perfectionism's connection to emotional disorders

When individuals are unable to meet their unrealistic self-expectations they can begin to develop negative self-perceptions and faulty beliefs that can lead to serious emotional disorders.

Ben Salazar, a psychologist at BYU's Counseling and Psychological Services center, believes this is a manifestation of the unhealthy view of perfection.

"Where the unhealthy perfectionist comes in is when a person experiences failure and then feels a lot of shame and self-deprecation," Salazar said. "They are not able to keep perspective of their successes and failure, and they get bogged down by feelings of shame."

Salazar notes that healthy perfectionism can lead people to set goals and progress toward them while the unhealthy perfectionist mindset can lead people down a path of shame for the simplest of mistakes or failures. He said this shame is at the heart

of various emotional disorders including anxiety, OCD and depression.

What can be done?

For those who identify with the unhealthy perfectionistic expectations, there are several things that can be done. In reaching out to others, perfectionists often have to realize everyone has trials and difficulties, even if they're not apparent.

"Talk to someone," Salazar said. "Whether it be a trusted friend or family member, it can be useful to help a student challenge some of their unrealistic expectations."

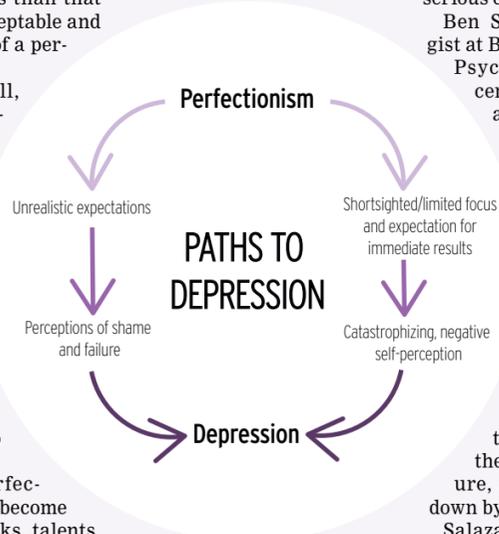
Counseling is an option that can allow students to challenge some of their harmful beliefs and replace them with realistic expectations. BYU's Counseling and Psychological Services center provides free and confidential counseling to full-time students.

"I see counseling as a safe place to explore how striving for perfection might not be helpful for students and to consider alternative ways to express anxiety or depression," Brown said. "It's a safe place to explore and challenge it."

Those who have sought help have found liberation in the new mindset they've developed as a result, realizing that perfect doesn't have to be in the here and now. "I'm seeking help now, and I encourage others to seek help," Shiflett said. "I'm no longer seeing help as a weakness but as a strength that has given me the tools to realize that I don't have to do it alone."

"Instead of teaching repentance, we teach sinlessness. That's what is at the heart of the perfectionism problem."

Jeffrey Reber
LDS psychologist



precede it are all about the process of getting there.

"Instead of teaching repentance, we teach sinlessness," Reber said. "That's what's at the heart of the perfectionism problem."

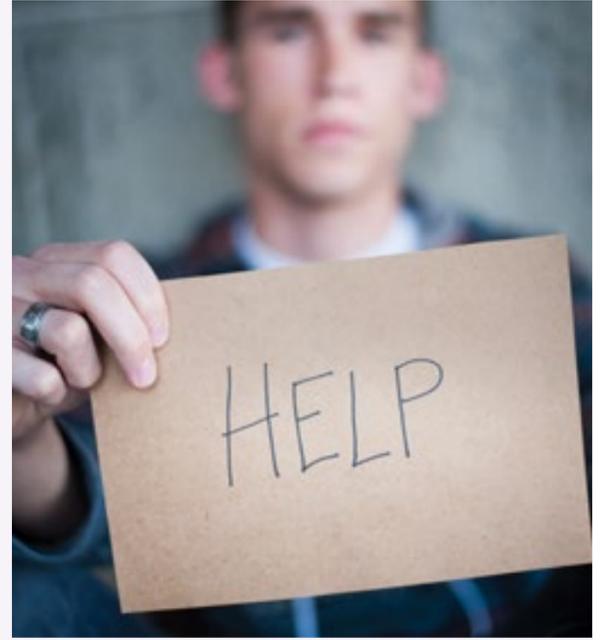


Photo illustration by Chris Bunker

Reaching out to others can help perfectionists realize everyone has trials.

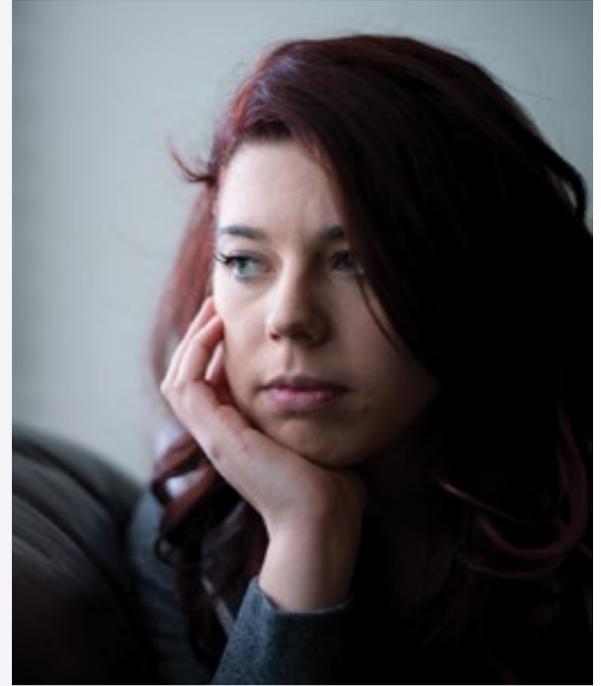


Photo illustration by Sarah Hill

Negative self-perceptions can come from unrealistic expectations.

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Cougar Questions

If you were starring in a movie, who would you choose as your co-star?

By COURTNEY SHEPARD

From celebrity crushes to celebrity role models and everything in between, we all have our blockbuster favorites. The Universe asked BYU students who— they would pick if they could choose anyone as their costar in a film. This is what they said:



“Ellen DeGeneres, because she’s so funny.”

Megan Allred
Human Development
Orem



“Tom Hanks, because he’s awesome.”

Sarah Newell
Illustration
Orem



“I would pick somebody like Jack Black. I think that we would play off each other’s jokes. He would be a funny co-star.”

Russell Pham
Undeclared
Sandy



“I would have to go with Leonardo DiCaprio, because he makes really good movies, and he only stars in really good movies.”

Brandon Lowe
Pre-Business Management
Orem



“Sandra Bullock. But only if she acts like she did in ‘The Blind Side.’ She’s just wonderful.”

Colby Oliverson
Undeclared
Sandy

Weekly 5: Ways to stay motivated this semester

By COURTNEY SHEPARD

It’s January again, and that means it’s time for new classes, New Year’s resolutions and new motivation to do well in classes. For many students at Brigham Young University, motivation starts to take a back seat right about the

time midterms start wrapping up. Despite the mid-semester stress, BYU students have found simple ways to avoid losing steam.

1. Keep goals in sight

It’s easy to get discouraged when the end of the semester seems so far away. Brandon Akau, a finance major from Mililani, Hawaii, focuses on his future goals to help him concentrate.

“I’m going to have a family day, and good grades will help me support them in the future,” said Akau.

Pick a goal. Whether it’s a future career, a 4.0 GPA or making it to the end of the semester, keeping your eyes on the prize is sure to help you stay motivated.

2. Take time to have fun

No one likes all work and no play.

It’s important to stay on top of your studies, but it’s also important to take a break and refresh your mind.

Go on a walk (but if it’s winter, make sure you bundle up). Bake cookies. Go to the dollar theater. Watch a movie on Netflix. Take a nap. Be social and hang out with friends. This will help you avoid becoming burnt out.

3. Find a good place to study

Jordan Kennard, a Spanish major from West Jordan, said finding a good place to study is the key to success.

“I think you should just study at school or some other place that you decide you can study and just keep home away from study,” Kennard said. “That way, if you’re at school or wherever else you like to study, that can be your study zone and you can really focus. When you get home, you can forget about school, you can relax and it can be stress free.”

Find that perfect spot on campus, the Provo library or even a friend’s apartment — any place where you can focus — and designate that as your “study zone.” Separating home from work will allow you to relax and help avoid the mid-semester blues.

4. Make to-do lists

Making a to-do list will help you stay organized and on top of things.

“Checking off to-do lists helps me stay motivated. I like feeling accomplished when I cross things off,” said junior Genevieve Gantt, an elementary education major.

Making a list of tasks to accomplish will help you gauge how far you have come and how far you have to go, and it will help you visualize the end goal.

5. Reward yourself

You’ve worked hard. You’ve forgone hours of sleep to cram in another couple of study hours. You’ve crossed something off your to-do list. You deserve to reward yourself!

“If I get done with a big test I’ll have a pamper night. I’ll take a long shower and paint my nails and do a facial,” Gantt said.

Giving yourself rewards for a job well done will help you look forward to accomplishing your goal and help maintain your motivation and focus.

[Puzzles & Comics]

Sudoku

Solutions available at universe.byu.edu/sudoku

	5		2	9		7		
9	7		8		6		3	4
				7				
7	8						1	2
		2				7		
4	1						8	5
				6				
2	6		9		1		5	8
	3		4		2		6	

Puzzle 1: Easy

	8		3		5		2	
1								3
			2	9	7			
8		3	5		6	4		1
		6				8		
5		2	8		9	3		7
			6	7	4			
4								5
	9		1		3		8	

Puzzle 2: Moderate

			7	8		4	3	
					9			
3			6		7			9
4		9				5		2
		7					9	
2		8				4		1
6			5		2			4
				4				
			2	3		8	1	

Puzzle 3: Medium

			7	3		2	9	
			6		4		7	
1	9				6		8	4
7								2
		3	4				8	5
6								9
2	6			7			1	8
			5		1		6	
			3	9		6	2	

Puzzle 4: Medium/Hard

	8			5	6			
4	6	2				9		
	9					1		
8							7	4
2								1
	4	7						9
				2				7
				9			3	2
					1	4		5

Puzzle 5: Hard

				5	9	1		
		4					9	
	1		2		7			6
8		6					4	3
1				6				7
2		3					6	1
	9		1		8			3
		1					8	
			4	2	3			

Puzzle 6: Very Hard

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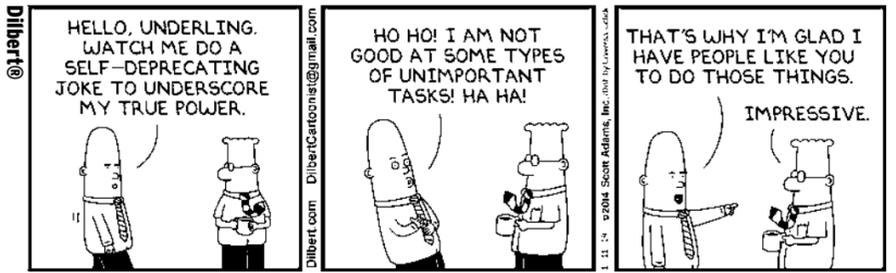
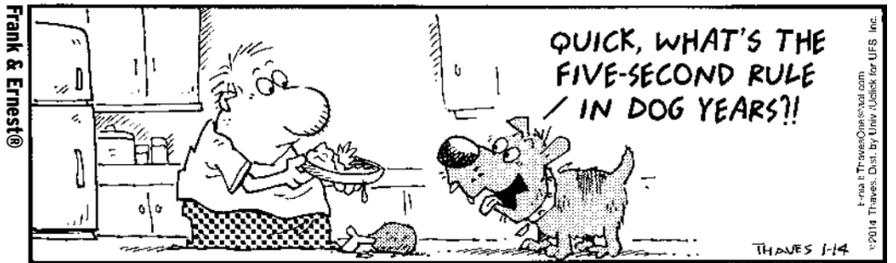
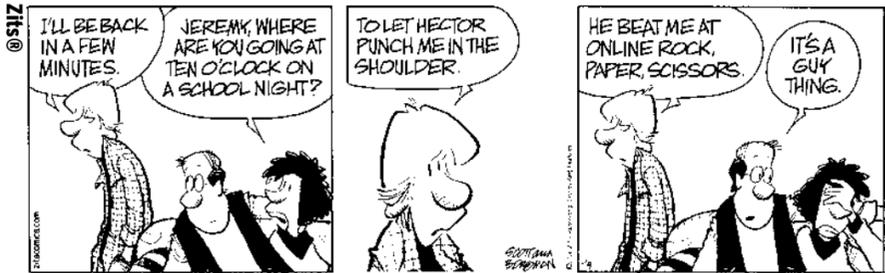
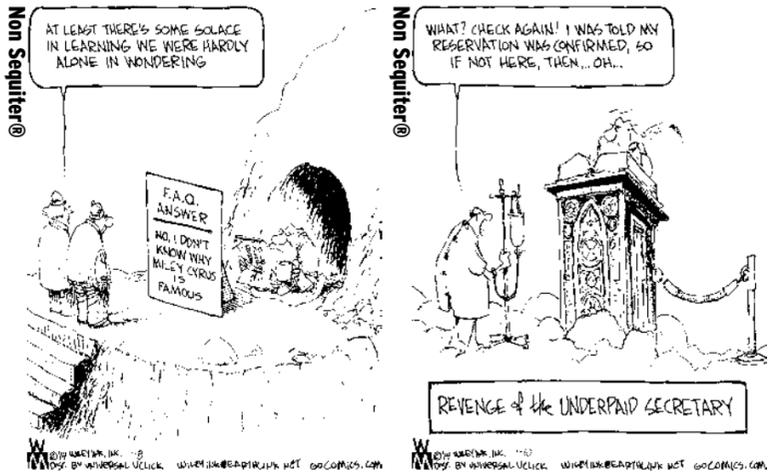
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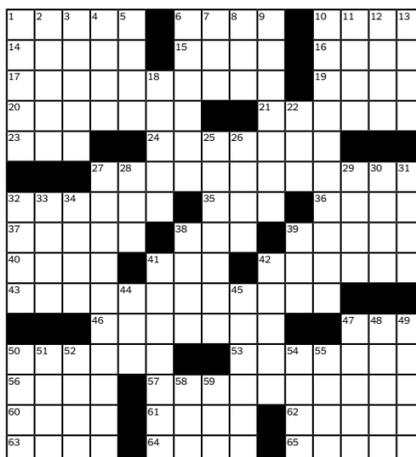
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The New York Times Crossword

Edited by Will Shortz No. 1204

- ACROSS**
- 1 Lithium or iridium
 - 6 Math subj. with proofs
 - 10 W.C.'s
 - 14 En masse
 - 15 Area jiggled while twerking
 - 16 Touched down
 - 17 Food critic's assessments of calamari?
 - 19 Brilliant 13-Down
 - 20 Disbursed
 - 21 Part of a Holmes comment to Watson
 - 23 Nintendo's Super ___
 - 24 Tony-nominated musical based on a 1992 Disney movie
 - 27 Maneuver on a chessboard?
 - 32 Ones coming on board
 - 35 Biblical verb ending
 - 36 River under the Ponte Vecchio
 - 37 Steinway offering
 - 38 ___ Cruces, N.M.
 - 39 Follow-the-leader sorts
 - 40 Identifies, on Facebook
 - 41 One seeing pink elephants
 - 42 Kosygin of Russia
 - 43 Rug rat pursuer?
 - 46 Believers in one god
 - 47 Elvis's label
 - 50 Stallone's genre
 - 53 The last 30 seconds of many TV shows
 - 56 Talk show physician
 - 57 Outstanding posture for a catcher?
 - 60 AT&T Stadium feature
 - 61 Antidiscrimination org.
- DOWN**
- 1 Perry who's on the case
 - 2 Ending like "like"
 - 3 Sellers of tips
 - 4 Dye-yielding shrub
 - 5 Helen of Troy's mother
 - 6 Dairy aisle rating
 - 7 Suffix with sonnet
 - 8 Symbol of strength
 - 9 James Stewart title role
 - 10 Topiary pro
 - 11 Burn application
 - 12 Cheer starter
 - 13 Southern Cross unit
 - 18 Drawback
 - 22 One on the first side to vote, usually
 - 25 Year-end decorations
 - 26 Collections
 - 27 Made more aware
 - 28 Proof finale letters
 - 29 Cloned menace of film
 - 30 About, on memos
 - 31 "___ Fan Tuttle"
 - 32 Elevs.
 - 33 "The Hurt Locker" setting



PUZZLE BY DANIEL RAYMON

- 34 Prego competitor
- 38 Centers of attention
- 39 The "A" of I.P.A.
- 41 Baseball's Old Professor
- 42 Strong point
- 44 P on campus
- 45 Battle cry
- 47 Attend a homecoming, say
- 48 Jalopy
- 49 Tycoon on the Titanic
- 50 Puts in
- 51 Trim, as a photo
- 52 "The Complete Works of Shakespeare," e.g.
- 54 Cobras of Egypt
- 55 Newspaper ad meas.
- 58 Mens ___ (criminal intent)
- 59 Proterozoic

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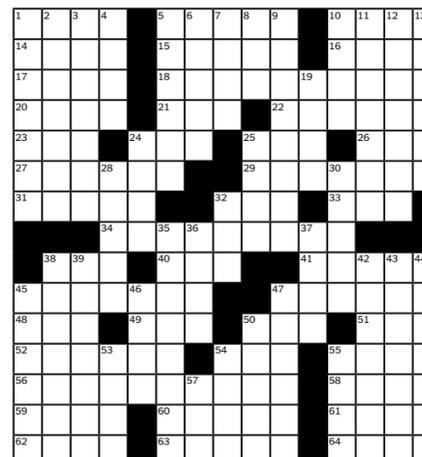
ANSWER TO PREVIOUS PUZZLE

S G T S C H U L T Z C R A B
 U R A N I U M O R E L I L O
 D A T I N G P O O L U G L Y
 S P I T E I K I D S H O W
 Y E N S O R S A C T I W O
 W R E A T H A I D S E T I
 H A T H A P T S P I C O T
 A L P O N A I L S A L O N O
 C I A O S A N A N T O N I O
 K A N T A R G Y L E S O C K

The New York Times Crossword

Edited by Will Shortz No. 1205

- ACROSS**
- 1 Like a satellite dish
 - 5 Court disaster?
 - 10 Call or email
 - 14 Pac-12 team
 - 15 Like the characters in "Angela's Ashes"
 - 16 Vol. 1 of a four-volume encyclopedia, maybe
 - 17 Unwind
 - 18 Secure, in a way
 - 20 Criticizes
 - 21 Real conclusion?
 - 22 In stitches
 - 23 What a yearning may grow up to be
 - 24 Clarke who played the bride of Frankenstein
 - 25 "O Tannenbaum" subject
 - 26 Hot blood
 - 27 Seekers of drug stores?
 - 29 Technical writer's target
 - 31 Holyfield rival
 - 32 Shade of green
 - 33 Classic Ford
 - 34 Puzzlement ... or a hint to getting the 10 words on the perimeter of this puzzle
 - 38 Counterpart of paleo-
 - 40 Word with wheel or deal
 - 41 Did some surgery on, as an eye
 - 45 Coke source
 - 47 King of pop music
 - 48 Early 10th-century year
 - 49 Fingers
 - 50 Glimmer
 - 51 Anatomical foot
 - 52 Kidding type
 - 54 Give a whuppin'
 - 55 Bric-a-___
 - 56 Out to lunch
 - 58 Unwind
 - 59 Duke, e.g.
 - 60 Like some errors
 - 61 "___ unrelated matter ..."
 - 62 Pageant, e.g.
 - 63 Repentant
 - 64 Peace
- DOWN**
- 1 Simultaneous
 - 2 Eroded
 - 3 Evening service
 - 4 Back-of-the-envelope figs.
 - 5 Leg bones
 - 6 Backspace, maybe
 - 7 2012 political chant
 - 8 West Coast setting: Abbr.
 - 9 Locale of long-running Mideast conflict
 - 10 "Voilà!"
 - 11 Democritus or Leucippus, philosophically
 - 12 Shrank
 - 13 Title sealer
 - 19 Napoleon Dynamite, e.g.
 - 24 One to start?
 - 25 Charges
 - 28 ___ butter
 - 30 Kind of nerve
 - 32 Bulldog-like toy
 - 35 June event televised by ESPN
 - 36 Half-sawbucks
 - 37 Cosmetics brand
 - 38 Name in an envelope
 - 46 Sky: Fr.
 - 47 Lighthouse one?
 - 39 Food
 - 42 Member of a 2000s TV family
 - 43 Nephew of Moses
 - 44 Be patronizing
 - 45 Call up
 - 47 Sky: Fr.
 - 48 Lightheaded one?
 - 50 Stormed
 - 53 One of Homer's greatest creations?
 - 54 "Mon Oncle" star
 - 55 Tea Party, e.g.
 - 57 Choreographer Lubovitch



PUZZLE BY DAN SCHOENHOLZ

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ANSWER TO PREVIOUS PUZZLE

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 L I E S D O W N H U N T E R
 E T D D I A N A R C A D E
 I S R N R A
 F I R S T K E L L O G G S
 N O D U H J E W I S H R Y E
 I R O N P U L S E B A R N
 M I N T J E L L Y C O C O A
 A T T O R N E Y C O Y E S T
 E A P B A R
 S P R A W L T E R N A S U
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