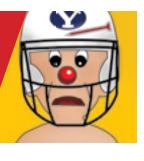
#byumethlab Found in off-campus housing Page 3



#byufootball

Which players are injured this season Page 7



#buzzfeed

BYU grad covers politics at Buzzfeed Page 9



universe.byu.edu November 11 - 17, 2014

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Anti-porn group comes to BYU



Members of a new, secular anti-pornography group wear Fight the New Drug apparel in an effort to spread awareness for a campaign based in Salt Lake City. They will visit campus to hold an event with the BYU Unraveling Pornography Club Nov. 14 in the Joseph Smith Building auditorium.

New campaign teams up with BYU club

By BRET MORTIMER

Fight the New Drug's message is clear — the shirts that read "Porn Kills Love" and "Become a Fighter" make it obvious the organization won't back down until society recognizes the harmful effects of pornography.

Fight the New Drug, a new, secular anti-pornography organization, will be hosted on the BYU campus by the newly revitalized BYU Unraveling lecture on the harmful effects of pornography using science, facts and personal stories. Members from the organization will speak on Nov. 14 at 2 p.m. in the Joseph Smith Building auditorium.

Students can learn about Fight The New Drug's mission to raise awareness of the addictions of pornography and how they can make a difference worldwide and on campus by attending the lecture. They can also join the BYU Unraveling Pornography Club.

Unraveling Pornography Club. Unraveling Pornography Club president Andrew Dixon believes the lecture will be helpful because Fight The New Drug discusses the taboo subject in a revolutionary way.

"They (the members working for

The club has been advertising the event by making announcements to classes, chalking the sidewalks and ramps that lead to campus and distributing posters.

Clay Olsen, a Logan native and the co-founder and executive director of Fight The New Drug, said BYU has been very supportive of the group's mission from the beginning. He said the conversation needs to take place on more than just BYU's campus.

"We know that this is an issue that affects all university campuses regardless of strong religious affiliations," Olsen said. "We believe that because our generation is the first generation to deal with the issue of pornography to this intensity and scale, we have the responsibility to help our society pursue real love and reject its hollow counterfeit."



The BYU Women's cross country team runs 25 400-meter reps in practice after winning the 2014 West Coast Conference Championship.

Women's cross country becomes West Coast champions

By STEVEN POTTER

There's nothing quite like bringing home conference championship hardware.

After an eight-year drought, the women's cross country team has been crowned 2014 West Coast Conference Champions. The confidence-building win has taken the team from "we think we can" to "we know we can," and there's no telling where the winning will stop.

"Our motto this year — our slogan was 'become," said head coach Patrick Shane. "That fits in a lot of areas, but certainly 'become conference champion' was at the head in our minds' eye as we set that goal. They certainly did become conference champions."

It's easy to pass off the Cougars' motto of "become" as cliche — every sports team wants to become champions. Who doesn't want the thrill of being the best, and who doesn't want the chance to be the best? The difference for this year's team — hard work and belief. The Cougars' top four runners stepped up huge in the race at the Baylands Park course in Sunnyvale, California. Junior runner Carrie Jube

finished second overall with a time of 19:48.7. It was the race of her life.

"It was unreal to me for a little bit; it didn't really hit me for a while," Jube said of her second-place finish. "It's been a long time since I felt like that in a race. It was a lot to wrap my head around, but once it hit me, I was on Cloud Nine — I was so happy."

Makenna Smith and Jennica Redd finished third and fourth, respectively, for BYU.

Jube improved upon her previous 6K by more than a minute, breaking into the 19s for the first time, but wasn't the only one to break out at the Conference Championship. Senior captain Andrea Harrison took fourth place overall and couldn't be more pleased with how the team ran.

"It's really exciting, just because we worked super hard this season; it's been our goal (to win)," Harrison said. "It's been our goal since I can remember, and we haven't won in eight or nine years. Our coach deserves it after all that time."

Harrison, a fifth-year senior, is as delighted and emotional about this win as the next girl, but as the oldest rostered runner, it could not have been any sweeter.

Pornography Club.

Fight the New Drug is an anti-pornography nonprofit organization that operates in Salt Lake City. The organization plans to visit BYU to give a Fight the New Drug) have real experience in the war for morality," he said. "We have much to learn from them and how we can join the fight against pornography."

See DRUG on Page 5

See CHAMPIONS on Page 8

Gay marriage: Legal battles continue

By LUCY SCHOUTEN

Editor's Note: This article is the first of a series about same-sex marriage.

Two Evangelical pastors who run a non-denominational wedding chapel in a small town in Idaho made national news headlines last month for refusing to host a same-sex wedding. One major national controversy and hundreds of editorials and blog posts later, they have been cleared.

The debate about same-sex marriage did not end with the Oct. 6 announcement that the Supreme Court would not hear any state's appeals against it, and a ruling last week by an appeals court has renewed the discussion of its legality in the states.

"If the desire of the court was to resolve this once and for all, this didn't accomplish that," said Lynn Wardle, of the J. Reuben Clark Law School.

Legal controversies

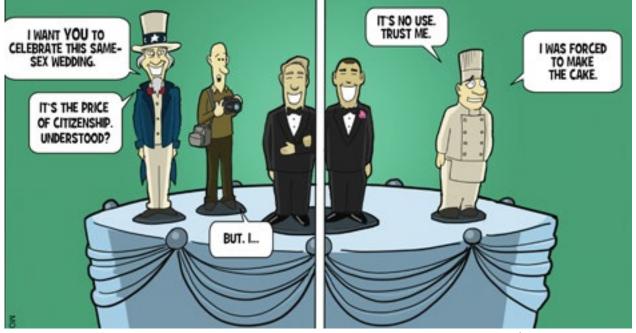
The Supreme Court's resolve not to hear any same-sex marriage cases may not last long — the 6th U.S. Circuit Court of Appeals ruled in favor of states that have banned same-sex marriages Nov. 6. This was the first appellate court to uphold a state's ban of same-sex marriage. The 5th U.S. Circuit Court of Appeals has a conservative majority, so when it rules next year it might add to the dissent in appeals courts. This disagreement among the appeals courts may force the Supreme Court to hear a case on same-sex marriage. America has a long tradition of religious freedom, meaning nonprofit religious institutions will not likely receive legal pressure to perform samesex marriages, Wardle said. Economic and social pressure is a more likely possibility, such as the firing of government workers who refuse to issue samesex marriage licenses.

"Might the LDS Church lose a taxexempt status for not allowing bishops to perform same-sex marriage?" Wardle suggested. "Will Mormons not be eligible to be hired as schoolteachers?"

Clifford Rosky, a professor of family law at the University of Utah, disagreed. He said he knew of only one precedent for the Internal Revenue Service threatening to remove the tax-exempt status of institutions the government viewed as discriminatory. That case was a university that forbade interracial dating, but Rosky said blacks in America have such a unique history — no other American minority group has ever experienced anything like the institution of slavery — that this is an isolated case.

"The IRS has never made that claim for any other group, including women," he said.

Brett Scharffs, also a BYU law professor, said it is too early to say for sure what might happen to churches that restrict marriage to heterosexual couples, but consequences will certainly come to small-business owners such as the pastors from Idaho. Last year, three state Supreme Courts ruled that a photographer, florist and cake baker, respectively, must participate



Morgantoons.com/Alliance Defending Freedom

This political cartoon was released by the Alliance Defending Freedom legal group in March 2014. It illustrates the concern of traditional marriage advocates that same-sex rights will clash with religious freedom.

in same-sex weddings or check out of business. The photographer's case was dismissed without a hearing by the U.S. Supreme Court; the other two are still appealing.

"If you're involved in a for-profit business, I think that's where you're going to have issues," Scharffs said.

He said some states might pass laws granting exemptions to protect religious liberty, such as the statute that allowed the pastors from Idaho to avoid hosting a

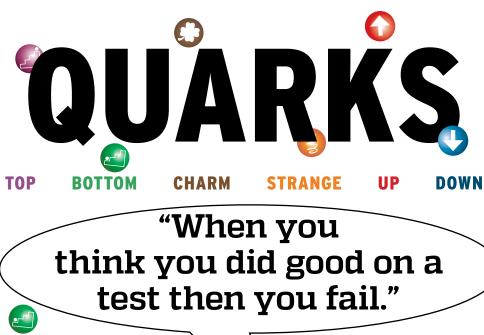
same-sex wedding for religious reasons.

"The photographer and baker are just the beginning of this," said Ryan Anderson, a legal scholar and national advocate for traditional marriage, while lecturing at BYU.

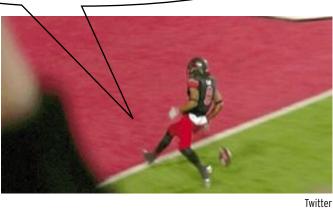
Cases such as these are not to be confused with daily business operations. Rosky emphasized that no debate can legally exist as to whether same-sex individuals can be hired, served or rent property from individuals who condemn homosexuality for religious reasons. The LDS Church supported a Salt Lake City ordinance forbidding such discrimination in employment and housing as a good balance of religious freedom for all involved, he said.

"I'm not aware of any religious tradition that requires someone to fire a sinner," he said.

Next week: Polygamy and the response of churches to the same-sex marriage movement.



@BryceBullock Utah wide receiver Kaelin Clay had one job in the game against Oregon, but he completely dropped the ball.





Star Wars VII title revealed

The Force has apparently been sleeping for the last few decades (if the prequels are any indication) and will finally awaken next year thanks to the combined power of Disney and J.J. Abrams.

Microsoft's new iPad holder

Twitter The Microsoft Surface has proved useful ... for holding up iPads. CNN election commentators were caught using Surface tablets to hold their iPads during election coverage on Tuesday, Nov. 4.



🖸 Bigger Hero 6

Matthew McConaughey has a few new heroes after his movie "Interstellar" loses to Disney's new animated feature at the box office.

Matt Damon to be 'Bourne again' in 2016



The 44-year-old actor plans to reprise his role as rogue agent Jason Bourne in a new installment of the franchise. Paul Greengrass, director of "The Bourne Supremacy" and "The Bourne Ultimatum," will return as well.

No 'Demons' for Imagine Dragons' brother

Family support puts Reynolds 'On Top of the World'

By ALI NOORDA

Two years ago in El Salvador, BYU student Coulter Reynolds heard an Imagine Dragons song, "Radioactive," on the radio at a local Wendy's. He was serving a mission at the time and figured his zone leader, who shared his hometown of Las Vegas, was playing a trick on him. There was no way that Imagine Dragons, an up-andcoming band headed by his older brother, Dan Reynolds, would be playing on the radio especially in El Salvador. It turns out his zone leader wasn't playing a trick at all. Coulter's parents, friends and siblings had been keeping a big

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Arrow, Aja, Dan and Coulter Reynolds visit Oregon in August of 2014.

Little brother Coulter was "extremely proud," but success and family support are nothing new for the Reynolds family.

When asked to describe the Reynolds family, Coulter's longtime best friend, Jason Bedford, had one word: successful.

"Because both of their parents are really smart and have such strong moral values, they were naturally successful,' said Bedford, a sophomore at UVU studying biology. "(Their) mom was really into them playing piano too, because she always believed that it helped with the brain and helped them with their studies and whatnot."

All nine of the Reynolds kids were required to take "at least" piano until age 16, Coulter Revnolds said.

thrive off of helping someone; they thrive off helping the sibling's success."

Bleazard said when Dan comes on the radio, her mom, Christene Reynolds, is the first to say, "That's my son!"

But her support isn't just for her famous children.

Older brother Dr. Brandon Reynolds returned to hometown Las Vegas to open a plastic surgery practice a few years before Imagine Dragons took off. Christene headed straight to a local mall to spread news about her son. Business cards in hand, she approached each kiosk in the mall. She would agree to try vendors' products if they would agree to listen to her spiel on her product — her son.

Bleazard said the eight Reynlds brothers have inherited

manage bands in Las Vegas under his father's law firm. The four other Reynolds brothers attended medical school and currently practice in Las Vegas. Even Bleazard now resides in Las Vegas, working a desk job for her brother while finishing her BYU degree online.

Before he heads to law school, Coulter will spend his summer with his brother following Imagine Dragons on its North American tour. Dan, whom he described as his confidante and best friend, invited him as soon as he returned home from his mission.

"I feel like a little kid that gets Christmas over and over again every day," Coulter said. "I'd say you'd find me front row, but there won't be much room there, so you'll probably find me wherever there is space enough to dance and shake my booty.' Coulter Reynolds said his parents, now in their mid-60s, attend every show they can make it to. "(Mom) will be right there singing and dancing to all the words, and if (Mom and Dad) don't go, the next day they watch the entire show together," he said. From basement bands to law school and the Grammys, one thing is certain: the Reynolds family is the star of the show when it comes to supporting each other's success.

Dan Reynolds' band, Imagine Dragons, rose to fame while his little brother Coulter served his mission in El Salvador. Coulter Reynolds is now studying communications at BYU.

secret. Imagine Dragons had States — so big it was headed to recently hit it big in the United the Grammys later that year.

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His sister, Sarah Bleazard,

who graduates in December with a degree in elementary education, explained that while not all of the Reynolds children aspired to be musicians, they never wanted to give up music as a hobby. According to Bleazard, at one point or another they all played in bands, thanks to their mom. Their good taste in music comes from their dad, but their overall success is a family business.

'I am super lucky," Bleazard said. "I'm not trying to brag, but I was born into a family that is constantly supportive. They the supportive gene. "If Coulter said, 'I really love donuts,' and that's what he wanted to do, my brothers would be the first one to fund

him and tell everyone he has

the best donuts," Bleazard said. For now, donuts are not in Coulter Reynolds' future. Music, success and family are, however.

Following the footsteps of three of his seven older brothers, Coulter, a sophomore studying public relations and double-minoring in Spanish and logic, hopes to attend law school. He plans to later

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TUESDAY, NOVEMBER 18, 2014, 7:00 PM ASSEMBLY HALL, HINCKLEY CENTER, BYU

James E. Faulconer

BYU student sought in meth lab incident says 'the news has it wrong'

By JACOB MOLNAR, DONOVAN C BALTICH, ERICA PALMER and JUSTIN ROMNEY

The occupant of a student apartment where police found a working meth lab was still unaccounted for Monday but did respond to a question from The Universe.

Police found the meth lab in Bryce Cazier's bedroom in the Riviera Apartments just off the BYU campus on Nov. 7. Cazier told the Universe in a text, "No comment. The only thing I will say is the news has it wrong."

Cazier's roommates did not identify him by name but said he is a BYU student. They became suspicious when a fire broke out in Cazier's bedroom on the morning of Thursday, Nov. 6. The roommates helped put out the fire. Cazier then left to visit a friend in the hospital, according to roommate Nick Zarate. Zarate said he and other roommates then picked the lock on Cazier's bedroom door and discovered alcohol containers and "a lot of sketchy things."

The roommates reported the incident to the Riviera management on Friday, Nov. 7, and management alerted the police. Two fire trucks, one police car and one HazMat vehicle were dispatched to investigate and manage the situation. Provo Police Lt. Brandon Post said the meth lab was "fully operational," and it did not look like it was the first cook.

"We are looking into finding him," Post said. "I suspect we will be able to find him, even if he leaves the state."

Drug Enforcement Administration officials quarantined the apartment and relocated Cazier's roommates. The roommates said they returned to the apartment to retrieve their belongings on Saturday, Nov. 8.



Provo police find a fully operational meth lab in a student housing complex near the BYU campus.

Utah County Sheriff's Sgt. Spencer Cannon said meth labs can have dangerous consequences for people in the surrounding environment.

"The process of making meth does create off-gassing, or gasses that come off as a byproduct of the meth process," he said. "It is extremely dangerous. It can be deadly in concentrated amounts."

He said he has known police officers who have suffered longterm health effects from coming into contact with homemade meth labs. Clothing and other objects made of highly porous material also have a high likelihood of being contaminated.

"If it were my kids living in that apartment, I would say, 'You're getting a new wardrobe, you're getting a new computer, you're never touching that stuff again," he said.

Utah County Health Department spokesman Lance Madigan said certain factors that would determine whether the roommates were exposed to hazardous chemicals, including the ventilation in the area and when and how long the meth cooked. He said it is unlikely that other apartments nearby would have been affected because they don't have a shared ventilation system.

One roommate, who identified himself only as Garret, said the roommates did smell a suspicious odor but didn't know what it was.

"I would be very surprised if the roommates did not smell something," Cannon said, noting the distinct "cat urine" odor that cooking meth gives off. However, he said only someone who was familiar with that smell would know what it was.

Madigan said the apartment will not be put back into use until a health department-contracted official has thoroughly decontaminated the area. He said he does not know who let the roommates back into the apartment to move their belongings.

BYU student and Riviera Apartments resident Desiree Moss felt embarrassed about the situation because she goes to church with Cazier. "I was surprised that the Riviera didn't catch it themselves. The Riviera should have been on top of it through cleaning checks."

According to the Riviera Apartments' website, there

Meth 101

By BROOKE WEENIG

Recent developments with the meth lab created just off the BYU campus have raised a lot of questions, but you don't have to cook your own meth to find out how to spot it. Here are some quick facts about meth from the Drug-Enforcement Administration.

How to spot a meth lab

You may be living near a meth lab if:

- There are unusual odors coming from the facility (ammonia — health officials describe the smell as "cat urine" or other chemicals).
- There are excessive amounts of trash, specifically chemical containers, pieces of cloth that are stained red, coffee filters and duct tape rolls.
- The curtains are usually drawn and the windows covered with aluminum foil or blackened on residences, garages, sheds or other structures.
- There is evidence of chemical waste or dumping.
- Visitors come frequently at unusual times.
- The residences take extensive security measures or attempts to ensure privacy (examples: "no trespassing" or "beware of dog" signs, fences, large trees or shrubs)

About meth

Methamphetamine is a

were no cleaning checks scheduled for the month of November. Apartment 107, where the meth lab was found, was scheduled for a cleaning check on Oct. 8 and wouldn't receive another until Dec. 4.

Amy Peterson, another BYU student and Riviera Apartments resident, said she felt uncomfortable with police and firefighters present but said she wasn't surprised about the compound of acids, bases, phosphorous, ammonia, iodine, hydrogen chloride and other products containing pseudo-ephedrine.

Potential health effects of exposure to chemicals used in a meth lab include nose and throat irritation, headaches, dizziness, nausea, vomiting, decreased mental function, kidney damage, birth defects, confusion and breathing difficulties.

Meth was first used in World War II to keep soldiers on both sides awake during battles. It was also taken by Japanese Kamikazes before suicide missions.

Contrary to popular belief, there is no official "meth capital," but meth is a widespread drug becoming more and more popular throughout the United States.

Symptoms of a meth user include irritability, aggressive behavior, anxiety, auditory hallucination, paranoia, violence and "meth mouth" (loss of teeth).

Methamphetamine is a stimulant and is highly addictive. Meth affects the central nervous system by releasing high levels of dopamine into the brain that regulate feelings of pleasure.

Methamphetamine is a pill or a powder. Crystal meth resembles glass fragments or shiny blue-white "rocks" of various sizes.

Meth users abuse it through swallowing, snorting, injections or smoking.

situation "because there are some interesting people who live around here."

Post said meth is common in Provo, but police see fewer meth labs than they used to.

"Meth labs used to be quite common in the '90s and early 2000s," he said. "They aren't as common anymore, as most people find they can purchase it cheaper than they can manufacture it."

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

This event will also be broadcast to the JSB Auditorium.





Scott Swofford Film Producer and Director of Content for BYU Broadcasting

In addition to his work as executive producer on multiple series for television, such as Turning Point, American Ride, Studio C, and Granite Flats, Scott is best known for his work in IMAX. He has produced for Disney Roving Mars, for National Geographic the \$100 million IMAX hit Mysteries of Egypt, Shackleton's Antarctic Adventure for NOVA, and Amazon, which was nominated for an Academy Award in 1998. He produced or directed independent feature films including Rigoletto, Buttercream Gang, Seasons of the Heart, Wildest Dreams, Split Infinity, and

Secret of Treasure Mountain as well as Legacy, Testaments, and Luke II for the LDS Church.

After serving as director of media for the "I'm a Mormon" campaign for the LDS Church's Missionary Department, he joined BYU Broadcasting as the director of content in late 2010.

Scott attended BYU as a Trustees scholar and graduated in 1980 with a degree in film directing. He has worked on every continent and in 50 countries worldwide.

He and his wife, Debra Kunz Swofford, are the parents of four children.

Selected speeches available at speeches.byu.edu.

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Utah Attorney General Sean Reyes speaks during the Utah Republican Party nominating convention. Reyes recently reviewed Utah's Common Core Standards and found them legal.

Attorney General affirms legality of Common Core

By TARA SMITH

Utah Attorney General Sean Reyes affirmed the legality of Utah's Common Core Standards on Oct. 7, an issue that has caused recent controversy in Utah's education systems.

Gov. Gary Herbert recently requested a legal review of the standards in an effort to settle divisive issues in education and address any questions regarding federal involvement with Common Core.

"What we now have are objective and legally reviewed facts," Herbert said in a press release. "For those whose view has been that Utah has always held control of its own education standards, they can rest assured they are correct. For those who have been concerned the federal government has taken some degree of control of Utah's education system, they can breathe a sigh of relief."

Reyes found that by adopting the Common Core Standards, Utah has not ceded authority over the standards and curriculum. Also, Utah charter schools or local school boards have authority to control their curriculum, and there are no partnerships or programs that have indirect control on the curriculum.

Reyes also found that Utah is not bound by federal entanglement with regard to academic standards. The state did not standards for grades K–12 in language arts and math created by state education chiefs and governors in 48 states.

"I believe that one of the reasons that the Common Core State Standards continue to be misunderstood is because people across the country have come to use the term 'Common Core' for anything they are concerned about in public education in general," said Tami Pyfer, educational advisor at the governor's office. "The biggest misconception about the Common Core is that it is something more than standards, that it is perhaps a prescribed curriculum, that it is a testing system ... and that states are no longer in control of their standards.

Pyfer said this is untrue and that the standards being implemented are similar to the ones Utah has had in those subject areas for the past 30 years.

According to Pyfer, abandoning Common Core would require a return to the old standards for math and English language arts, or a re-writing of those standards, which would not solve the concerns people have with testing and curriculum.

"We cannot adequately resolve these problems until we first clearly define the problems," Pyfer said.

Active anti-Common Core lobbyist and former Utah court of appeals judge Norm Jackson was not impressed with the regards the current members of the state board of education.

"All the members of the school board were unconstitutionally elected," Jackson said. "That was not addressed."

Jackson is referring to a federal court ruling in September by U.S. District Judge Clark Waddoups, declaring that the previous system had no neutral criteria in the interview and selection process. Since the state board of education is influential regarding decisions about Common Core, Jackson felt this issue should have been addressed.

Pyfer said Common Core State Standards were adopted in August 2010 because Utah's universities and colleges were seeing a problem with incoming freshmen not being ready for college-level math and writing.

Jackson said that Common Core was adopted because of the State Fiscal Stabilization Fund of 2009, in which the federal government offered Utah, and every other state, \$129 million under the American Recovery and Reinvestment Act. The funds were specifically granted to be used to progress student achievement and improvement through education.

According to Utah's State Office of Education website, the Common Core Standards were created to address the problem of low expectations. The standards are raising the

Teachers say Common Core not such a bad apple

By JUSTIN ROMNEY

Common Core has become a heated topic for Americans, but many teachers locally and nationwide, conservative or not, believe Common Core is not a negative program.

Katie Kimber had taught in elementary school in Utah, Alabama and Texas and said she was frustrated with the differing standards in each state.

"I've been hoping for a Common Core kind of thing ... no matter where I go it will all be the same," Kimber said.

Consistency for teachers and students across states is a major factor in teacher support for Common Core. When teachers receive new students from states with different standards there is frequently a period of serious adjustment where students must either catch up or relearn concepts they have already studied.

Tim Morrison, an associate chair of BYU's Department of Teacher Education, said he believes the consistency of Common Core makes it better for children in a mobile society.

Educators aren't the only ones who value consistency across the states in education standards. Morrison said the Department of Defense has been supportive of Common Core because it will allow children of servicemen and women, who are highly mobile, to have the same standards of education no matter where they move.

"Why Common Core gets a bad rap is because most people are fearful of change and they equate new with bad," said Joy Hollander, a fifth-grade teacher in Las Vegas.

But according to Damon Bahr, a professor in the BYU Department of Teacher Education, Common Core isn't all that new.

"There are certain aspects of the Common Core that are new, but the vision of teaching upon which the Common Core is based is not," he said. "There is a string of documents produced by numerous mathematics and education groups that is 34 years long that are based upon the same vision of teaching that the Common Core is based upon."

Some people have suggested



Geoffrey McAllister

An elementary school student in Provo considers his homework. Many teachers in Provo schools have expressed support for Common Core, despite it being controversial.

understanding of the concepts they study. Hollander explained that Common Core is moving away from the "mile wide and inch deep" method.

Common Core's math standards in particular have been highly criticized, with many viral Youtube videos mocking complex methods being used to solve simple math problems.

Bahr expressed a different view on the new math standards. He suggested that the vision of Common Core seeks to teach students how to think mathematically and to understand how math works, not just memorize rules, facts and procedures. He explained that if students understand how the mathematics work, they will learn the rules, facts and procedures sooner, remember them longer and apply them to real life situations more readily.

Though the teachers

interviewed supported Common Core, several pointed out that the standards aren't perfect.

"I'm not agreeing with all of the standards, and not all of them are developmentally appropriate," Hollander said.

To most teachers Common Core is nothing new or radical, just a set of standards that will keep students in many different states on the same page.

Kimber said every state pretty much teaches the same things, but they organize it differently and give it a different name. She said even though Texas is teaching essentially the same standards as the rest of the nation, they rejected Common Core because they wanted to be different than the rest of the states.

"From someone who has seen at least three different states' curriculum, they are all the same anyway," Kimber said. "Why not keep it the same across the board?"

Police Beat



Nov. 4 – An individual reported a secured bicycle taken from the bike racks near the Talmage building.

Nov. 5 – An individual reported a bicycle taken from the bike racks near Heritage Halls.

DISORDERLY CONDUCT

Nov. 5 – Officers responded to a report of a disagreement between individuals. The indiCoffee Pod's tip jar and Provo Delipan Bakery's cancer fund. Both charges were enhanced due to previous theft convictions.

Nov. 10 – A resident of Utah County extorted approximately \$90,000 from his grandmother over the course of a year.

Orem

receive federal money to adopt Common Core Standards, and Utah did not acquiesce education control or state sovereignty by adopting Common Core.

Common Core is short for Common Core State Standards. According to the official website, Common Core is a set of clear college and career-ready attorney general's findings.

"It helps very little in my mind," Jackson said. "You can't settle an issue that's a moving target because it is changing everyday."

Jackson is unsatisfied because he feels there were issues that should have also been addressed but were ignored. One of those issues

Where BYU Gets Engaged!

bar to ensure that Utah's students are globally competitive.

"Unfortunately, no matter how we move forward, we will never satisfy all the critics," Herbert said. "But we cannot let our desire for 'the perfect' be the enemy of 'the good.' We must work together, and we must keep the focus on the success of our students." that Common Core is setting lower-quality standards for education than America has had in the past.

"I hear people say that Common Core is dumbing down education, but it isn't; it's requiring more," Morrison said.

Though Common Core has reduced the number of educational standards students are required to meet, multiple teachers agreed that it has raised the bar on more important standards by requiring students to gain a deeper viduals were located near the Harris Fine Arts Building.

Provo

DRUG ABUSE

Nov. 7 – Officers responded to a report of drug use at the Riviera Apartments. Upon arrival, officers discovered an apparent methamphetamine lab in a resident's room in the reported apartment.

THEFT

Nov. 4 – Officers arrested a man for two counts of felony theft after stealing from

Nov. 6 – An officer stopped a man due to poor driving. The driver had been drinking and was arrested for DUI after he blew a .238%.

DUI

ASSAULT

Nov. 6 – An Orem man called about being assaulted by his girlfriend. He didn't want to give officers any information about the alleged assault.

DRUG ABUSE

Nov. 6 – An officer stopped a car and found weed and scales. He then ticketed the driver.

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PRINCESS CRUISES

	THE UNIVERSE	E (CALENDAR				NOVEMBER 11 - NOVEMBER 17						
SDAY	Devotional: Scott Swofford, BYU Broadcasting 11:05 a.m. Marriott Center	TUESDAY	Professional Etiquette Dinner 6 p.m. Assembly Hall, Hinckley Center	TUESDAY	Evening of Percussion 7:30 p.m. de Jong Concert Hall, HFAC	WEDNESDAY	Student Composer Showcase 7:30 p.m. Madsen Recital Hall, HFAC	WEDNESDAY	See How They Run (11/12-11/15) 7:30 p.m. Margetts Theatre, HFAC	AN	Valley United Against Hunger Kickoff Concert 8 p.m. The Wall, WSC	FRIDAY	Men's basketball vs. Long Beach State 5 p.m. Marriott Center
	Free		\$10		\$10; \$4 off with student ID		Free		\$14; \$6 off with student ID		Free		Free with ROC pass
FRIDAY	BYU DanceSport Championships All day Wilkinson Center Ballroom	FRIDAY	Fight the New Drug 2 p.m. JSB Auditorium	FRIDAY	Murder Mystery 6 p.m., 7:30 p.m. Spring Haven Lodge, Springville	FRIDAY	Divine Comedy (11/14-11/15) 7 p.m., 9 p.m. Varsity Theater	FRIDAY	Women's volleyball vs. San Diego 7:30 p.m. SFH South Field		BYU Singers and Concert Choir (11/14-11/15) 7:30 p.m. de Jong Concert Hall, HFAC	SAT URDAY	Football vs. UNLV 5 p.m. LaVell Edwards Stadium
	Free		Free		\$15-\$38		\$5		Free with ROC pass	1	\$10; \$4 off with student ID		Free with ROC pass

Making extreme bank with extreme couponing

By ANNMARIE MOORE

Allie Erler stands in the grocery store, a binder full of coupons in her hands. The customers in the long line behind her begin to get frustrated as the cashier scans dozens of her coupons, making sure not to miss a single one. She watches the screen as the price falls with every scan of a coupon.

Clipping coupons and creating product stockpiles has turned into its own extreme sport, and Erler has the same goal as all extreme couponers: to get lots of product for as little money as possible.

"I do it because it's fun, and I just get the joy out of getting free stuff from stores and not having to pay for it," said Erler, a 23-vear-old BYU—Idaho graduate from Chambersburg, Pennsylvania. "I also do it as kind of a stockpile. I feel like just having

a great storage like that will help a lot in the future. The prophets have commanded us to have a storage, so I am doing just that."

Extreme couponing was popularized by the hit TLC show "Extreme Couponing" that debuted at the end of 2010. People were amazed by the shoppers on TV and the amount of product they got for the small price they paid.

Erler learned about couponing from the show and was so impressed that she wanted to teach herself how to do it. She went online, looked up extreme couponers' blogs and started reading their how-to pages. She began buying newspapers and matching up deals on her own.

Couponing has a stigma of being only for penny-pinching old ladies who carry around binders full of coupons. But couponing and saving money can be for everyone, especially college students.

"I think couponing is very



\$195 worth of personal hygiene and cleaning products only cost the extreme couponer \$12.

beneficial for college students because, let's be honest, most college students are all poor and they are budgeting," Erler said. "Some of them are married, some of them are single, but regardless vou have to budget your money. You don't have enough money just to blow on shampoos and conditioners and toothpaste all

even easier for college students because of their familiarity with smart phones and technology.

"Not only does it set a great foundation for frugality, couponing is easiest for the tech savvy, thus well suited for the younger generation," she said.

would

Joanie

"Krazy

believes

coupon-

ingcomes

She suggested coupon apps such as Ibotta and Checkout 51 as a great place for college students to start couponing.

Buying lots of product for little money sounds good, but how does one actually start extreme couponing? Erler said it's as easy as starting to collect coupons, which come out every week in the Sunday paper.

It may take several weeks for a coupon to actually be used. It's important to collect and save the coupons until there is a sale that will produce a good deal.

"A krazy coupon lady never buys an item just because it's on sale or she has a coupon," Demer said. "She waits for the perfect storm when the sale and the coupon align."

Blogs and websites such as The Krazy Coupon Lady, Living Rich With Coupons and My Litter are good resources for hopeful couponers. They will post when the sales are and when to best utilize the coupons.

"I would recommend going on Krazy Coupon Lady. She has an excellent blog that teaches you extreme couponing 101, and she also breaks down the stores and the deals that are happening every week," Erler said. "Then from there you can start how to coupon, and then when you go into the stores, you can actually figure out your own deals by looking at the items and the coupons.'

Some stores have begun limiting the use of coupons and changing policies because people are misusing and breaking coupon rules. But extreme couponing is still possible, and stores will continue to allow it if couponers follow correct policies.

Extreme couponing takes some practice, but those who are interested could be saving hundreds of dollars in no time and soon become that person holding up the grocery store line with a binder full of coupons.

See page 10 for "How to: Extreme couponer"

DRUG Anti-porn group *launches* campaign

Continued from Page 1

The speakers at the lecture this week will discuss how pornography acts as a drug and harms in three areas: the

brain, relationships and society. Media Olsen said they would also be talk-Develop creative graphics, videos, ing about redefin- publications and social media in ing what it means order to catalyze a youth-driven to be anti-porn movement. and how students can get involved in the movement. On the Fight

the New Drug website, facts explain that pornography harms Recovery the brain because

er's brain altogether. Relationships are harmed by pornography because it can cause the viewer to feel less

attracted to their partner. "When a person frequently uses pornography, they're far more likely to feel less satisfied with their partner's looks, sexual performance and willingness to try new sexual acts,' the website said.

Society is damaged by

lead to violence. Fight The New Drug explains on its site that "watching violent porn changes attitudes and leads viewers to think violent sex is

Olsen said Fight the New Drug offers help to those trying to recover from pornography addiction through its online program, Fortify.

"As we present our message,

the harmful effects of pornog-

He said Fight the New Drug has an all-inclusive approach with the movement. "We carry our anti-pornography message across borders of religion, political beliefs and social backgrounds by presenting it as a public health issue, rather than as a moral, political or religious argument," Olsen said.

Religious-centered help is available through The Church of Jesus Christ of Latter-Day Saints, which also combats pornography and owns a site devoted to overcoming the addiction through the Atonement of Jesus Christ.

The site, Overcomingpornography.org, offers advice for individuals as well as for spouses, families and church leaders who want to support their loved one's recovery.

Help is available for those who seek it, and Fight the New Drug is a major source of that strength. Fight the New Drug and the LDS Church both have valuable resources that can help break addictions and free users of guilt.



pathway and changes the viewpornography because it can normal."

not only do we educate teens on

raphy, but we also give them a place to turn for help, when so many are silently struggling and are too ashamed or embarrassed to reach out to an adult," Olsen said.

it fills the brain with dopamine, the same chemical substance that occurs when someone partakes of other addictive substances. The repeated flood of

Aid young people who are struggling with the damaging effects of porn with practical and habit-breaking tools.



This infographic shows the four key components of the Fight the New Drug camdopamine changes paign. Media efforts have played a large role in spreading awareness and gaining the brain's reward momentum in this campaign.



[ISSUES & IDEAS]



@bronwidge

#bvuprobs

@madsren

@tvree_27

@ColtonFullmer

@mandvdarrington

com #help #byuprobs

@TheJakeHealey

guys. Fix it already.

@neil_adavies

@tweiler25

I bet Provo houses more diamonds than

my class #junioryear #byuprobs

They should've trained Hunger Games

it's basically the same thing. #BYUprobs

South Africa #getmarriedordie #MRSdegree

The older I get the more rings on girls I see in

tributes using BYU class registration because

I try going to Learning Suite to do homework

Guys everywhere on campus are rocking

#byuprobs The mymap crashing. EVERY

SINGLE REGISTRATION MIDNIGHT. Come on

The internet in the Brimhall bldg is like that

This marks like the 85th time I've attempted

jerk friend who repeatedly says "get in the car," and then drives a couple of feet.#byuprobs

there creeper staches, Yep it's definitely November, yall have no shame. #BYUprobs

but my fingers can't type anything but netflix.



Leave your comments at universe.byu.edu.

Want to see your tweet in print? Tweet something about life around you with #BYUprobs and hopefully it makes the cut

@Kaysha_M

I just saw a boy run up the stairs with his cape! It looked like he was trying to be Mickey Mouse! Polka dots and all.. #BYUProblems

@Kandacehug

Me: I'm teaching my class about the evolution of humans today! Mom: is that even legal at Byu?#byuproblems #mormonprobs

@TSmithTestimony

Decided to use the BYU library for something other than Facebook and the fire alarm goes off. #BYUprobs

@NelloPesci

25 degrees outside and 3000 in class #byuproblems

@madielew

Paid \$10 to take tests this week. Life can be so cruel #byuprobs

@catchernthe_rye

When your date flirts with the pop and sweets employee more than you... #wellawesome #byuprobs

@hannahahlander

There was a girl trying on a wedding dress in the bathroom in the Wilk... Wut #byuprobs

@macmjsm

This guy was holding the door for me and, no joke, told me to "hurry up." buddy, nobody asked you to hold the door for me.. #byuprobs

@kimberpower

Just saw a guy shaving his face with an electric razor going into the testing center. You do you, bro. #byuprobs

@clairedelune25

I used to love Disney, and then I went to BYU.... #byuprobs

+DYUDIODS

to buy a Dr. Pepper on campus. #BYUprobs @dbernhisel Ind sweets Left my laptop unattended on a table for resome over an hour and when I came back it was

still there along with a fall-themed cupcake. #BYUprobs

@claritinDee

Oh sorry I was late for class, I just didn't want to get asked to say the opening prayer. #byuprobs

@annmarie_moore

Did a kid in my ward seriously just propose to his girlfriend during his spiritual thought at ward prayer?!#WaitWhat #MormonProbs #BYUProbs

@savsauatch16

When your date almost takes out your roommie instead of you bc they"havent seen you in a while"& cant quite remember how you look #byuprobs

READERS' FORUM Patriotism article

While I was happy to see the Universe bring up patriotism in "Is Patriotism Alive at BYU?" in last week's edition, the author, for the most part, confused the concept of patriotism with that of nationalism. Granted, he did mention political participation, but patriotism is so much more than that. Nationalism breeds this attachment to symbols of one's own country, quite often without understanding what the symbols even represent. A common function of nationalism is to lull the population into blind acceptance of the actions of its government, especially with regards to foreign affairs.

This love of certain music, flags, ribbons, etc. is juxtaposed by true patriotism. Patriotism has little to do with symbols, but an understanding of the ideals by which one's country was founded or the ideals the people themselves hold as valuable.

The epitome of patriotism is a willingness to defy the actions of government when it acts in contrary to the principles of liberty and freedom, instead of going along to avoid trouble. If we can separate our dedication to the principles of these United States from the actions of our government and military, then I believe we can shape a better future by holding our government accountable. Michael Melendez

Fullerton, California

BYUSA criticisms

According to my understanding, the Student Advisory Council is intended to represent the voice of the student body in university discussions concerning students and policies. At least, that's what it says on the BYUSA homepage: "our voice is your voice."

Frankly, I feel that more often than not, BYUSA/SAC fails to fulfill this purpose. I see how hard it must be for said students to change policies and traditions at a private university when their hands are so often tied by administrative red tape. Unfortunately, BYU is a school where students have little say regarding policy and procedure. However, I feel that BYUSA/SAC does not do its part in taking students' ideas, questions, and concerns to the administration. This is my perception. According to an article in The Universe, a student movement called "Biking for Beards" recently took action to show the university that students desire a change in the university beard policy. However, university spokesperson Carrie I MANYA En seneral de la companya de la comp

Jenkins stated that the SAC has not yet brought up the issue with administration.

This statement from a university official only created more doubt in my mind as to the effectiveness of BYUSA as an organization. Something as loud as a student movement (accompanied by a signed petition) should surely obligate the advisory council to discuss this matter with university leaders, should it not?

Please take the opportunity to prove me wrong. If at all misguided, please fix my perception of BYUSA by showing me action. Please show me that the administration is aware of my needs, questions, and concerns.

Please make our voices heard.

Kamrin Nielsen Salt Lake City

Major criticism

For those of us pursuing liberal arts degrees, the phrase, "you're never going to get a job" is all too familiar. But does your choice of college major really matter? Although a liberal arts education may not prepare you for a specific career track, it will prepare you to be the type of well rounded and passionate worker employers are looking for.

Since deciding to major in my passion, English, I've faced my fair share of criticism. Adults seem to believe that I am throwing away any shot I have of getting a job. However, passionate students work hard in their classes and take advantage of unique opportunities like internships, study abroads, and research projects. Potential employers are impressed with students who have diverse experiences because it proves they are passionate, hardworking students who made a conscious effort to prepare themselves for the professional world.

Parents, although they mean well, can sometimes hinder the potential of their children by forcing them to pick a more "practical" major. While it is understandable that parents want the best for their children in terms of financial and professional security, students are not doomed if they don't pursue a medical degree. Although careful consideration should be given to what major to pursue, there is no wrong answer. Before you succumb to society's call to major in biomechanics, consider what you're passionate about. You can do a whole lot with that English major if you put your mind to it. Mallory Duffield



@cnanparkinson

I love when you see couples on campus and can just tell they're having a DTR. #BYUProbs

@maneysmilesback

A sign in the HFAC: "DO NOT water plants unless you work for the Grounds Greenhouse." Darn cougars, always watering our plants! #byuprobs

@britvilyn

In class "Dude, do you ever have difficulty focusing in class because you are thinking about your girlfriend." RU KIDDING ME? #byuproblems

Tweets are unedited

Lilburn, Georgia

The Online Opinion Outpost features opinions and commentary on the latest hot topics from national news sources. As much as you love hearing from The Universe, we thought you might like to hear from journalists around the nation.

To read the op-eds in full, visit universe.byu.edu

Democrats loss

Fifty years from now, no one will remember the names of the one-term Democratic senators or candidates who were washed out in the 2014 midterm elections. What they will remember is that the Democrats in 2014 became the party of a modern Herbert Hoover. In Barack Obama, they were led by a detached president whose name history will attach to a prolonged, six-year economic catastrophe. They became the party of economic despair. The party of economic despair will always lose.

That is the one certain thing we learned in the 2014 midterms: Low economic growth in the modern U.S. economy is a total, across-the-board, top-tobottom political loser.

The ascendant GOP congressional majority needs to do one thing: Liberate the locked-in U.S. economy. Start opening every valve the Obama Democrats turned shut. That's the real gridlock.

— Daniel Henninger, *The Wall Street Journal*

Obama and the GOP

President Obama refused on Wednesday to submit to the Republican narrative that his presidency effectively ended with the midterm elections.

He said he will not agree to the repeal of health care reform, as many Republicans demand. He will not sit around doing nothing while they look for the courage to enact immigration reform. He will continue to demand a higher minimum wage and new spending on public works, and expansion of early education programs.

"Obviously, Republicans had a good night," he said, a quiet admission that his party got drubbed, losing control of the Senate, as well as at least 14 House seats. But he said he hopes to meet regularly

with Republican leaders and work on areas where there is mutual agreement.

— The New York Times

Friday's White House meeting with congressional leaders is a timid first step by President Obama toward learning to work effectively with a Congress that will now be controlled by Republicans.

President Obama's press conference was almost two different events. One was conciliatory and suggested to the voters, "I hear you." The other was confrontational and almost hostile, asserting that he will do what he wants through executive action unless Republicans give him exactly what he wants through legislation.

In the days that follow, however, President Obama faces an important strategic choice between two paths forward, one productive, the other destructive.

The first option, the path toward a productive working relationship, is clear. House Speaker John Boehner and presumptive Majority Leader Mitch McConnell have each laid down markers for how a productive way forward can take place. If they can start small and build while ignoring (temporarily at least) the stories of the day, the President and the new Congress have a strong chance of finding ways to work together.

OPINION OUTPOST

If, however, President Obama takes the other path before him — pursuing the vision of an unrestrained executive he sketched in his press conference — he is likely to have a very difficult time collaborating with Congress on anything.

If President Obama wants to have the effective working relationship with Congress that he says he does, he will have to take the path that can lead to such a relationship. It is wide open. The other path is a path to national pain and division.

— Newt Gingrich, CNN

GOP's next steps

Unlike the dog that chased the car until, to its consternation, he caught it, Republicans know what to do with what they have caught. Having completed their capture of control of the legislative branch, they should start with the following six measures concerning practical governance and constitutional equilibrium:

- Abolish the Consumer Financial Protection Bureau. - Repeal the Independent Pay-

ment Advisory Board. - Repeal the Affordable Care

Act's tax on medical devices.

- Improve energy, economic and environmental conditions by authorizing construction of the Keystone XL pipeline.

- Mandate completion of the nuclear waste repository in Nevada's Yucca Mountain.

- Pass the Regulations from the Executive in Need of

Scrutiny (REINS) Act.

Such measures may be too granular to satisfy the grandiose aspirations of those conservatives who, sharing progressives' impatience with our constitutional architecture, aspire to have their way completely while wielding just one branch of government. But if, as is likely, the result of Congress doing these and similar things is a blizzard of presidential vetoes, even this would be constructive.

- The Washington Post

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.
- 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 no more than 250 words 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.
- Original cartoons are also welcome.

Opinion editor Mallory Jesperson can be reached at universe.ideas@ gmail.com.



Page 7 OUSportsDesk

Bent, but not broken HIT THE NAIL ON THE HEAD

FUNNY BONE

The BYU football team has suffered its share of injuries this season. From Taysom Hill's broken leg to a stream of ankle injuries, here's the latest update on the injured, the mended and the prospects for healthy football operations.

Taysom Hill

Hill went down in the game against Utah State on Oct. 3, grabbing for his leg after a play. What seemed like a small injury turned out to be a fractured leg and shredded ligaments in his left knee. Doctors ended up putting a plate and eight screws in Hill's leg during surgery, and while it is likely he will play football again, he will not play for the rest of this season. He was replaced by backup quarterback Christian Stewart.

Nick Kurtz

Kurtz had a stress fracture in his foot before the season started. He opted to redshirt for the season.

Compiled by Kate Nielson, Trent Christiansen Illustration by Seth Prestwich

Craig Bills

In the game against Central Florida, Bills suffered a concussion on a punt return, when he was accidentally hit by his teammate, Kevyn O'Mary. Bills has not seen any playing time since and will most likely come back in for the last two games of the season.

Jordan Johnson

BYU's cornerback was hurt at the Central Florida game and was hauled off the field after the team's opening drive of the game. He had suffered a broken arm and was taken to the hospital for X-rays. He has not played in any games since but is expected to make a full recovery.

Jamaal Williams

Williams suffered a high ankle sprain in the game against Nevada but recovered from that and was back on the field in no time. That is, until the away game against Middle Tennessee; He limped off the field and had to get his knee wrapped. Head coach Bronco Mendenhall announced at practice that Williams had suffered, "significant, multiple" knee injuries. It has now come out the Williams tore his LCL and suffered a probable torn ACL. He underwent surgery last week.

On the mend

Bronson Kaufusi

Sustained a high ankle sprain in the game vs. Texas. He returned for the Utah State game.

De'Ondre Wesley

Left the Texas game with an injured ankle but didn't miss a game.

Algie Brown

Sustained ankle injury in the Texas game. He returned for the Utah State game.

Adam Hine

Sustained ankle injury vs. Central Florida. He missed two games and returned for Middle Tennessee State game.

Brayden Kearsley

Sustained ankle injury at Utah State game. He missed three games and returned for Middle Tennessee State.

Alani Fua

Sustained an ankle injury vs. Utah State. He missed Central Florida, Nevada, Middle Tennessee State. He played briefly vs. Boise State.

Terenn Houk

Injured his neck during Utah State game. He was out for one week.

Dallin Leavitt

Sustained an ankle injury vs. Utah State. He was out for one week.

Solomone Kafu

Sustained ankle injury in preseason and missed the first eight games of the season.

Chad Lewis manages family, church, BYU and NFL responsibilities

ANKLE BONE CONNECTED TO THE KNEE BONE

"Sometimes our dates were going and practices. Luckily, the league

By ALEX OLPIN

Chad Lewis managed to be home by 5 p.m. each day with his family despite the strain that comes with playing football throughout college and nine years in the NFL. Lewis, his wife and his four kids used evenings and days off to spend time together as a family.

An Orem native, Lewis grew up with principles of the gospel of The Church of Jesus Christ of Latter-day Saints. The fundamentals he learned growing up have helped shape the course of his life.

The beginnings of a career in football

Lewis was raised an avid BYU sports fan, but when his older brother Mike committed to play football at the University of Utah he adapted to love the Ute football team as well.

"I also thought about playing at Utah after my mission," Lewis said. "But after coming back from my mission I had no desire to go there anymore. I wanted to come to BYU. I loved the atmosphere at BYU."

Lewis began attending BYU without knowing if he would play sports or not. While at school, he decided to walk on to the track team for high jump. After excelling in that sport for a couple weeks, he decided to do the same thing with football and walk on with the encouragement of a mission companion already on the team.

"I was pumped that there was a football team that stood for something great, more than just football," Lewis said. "I believed that the school's Honor Code was one of the things that gave BYU power on the field."

Keeping priorities straight

Lewis met his wife, Michele Fellows Lewis, at BYU. She played volleyball, and Chad played football, which meant little free time to spend together. But when they were able to, they made the best of it.

to each others' games," Chad Lewis said with a laugh. "Other than that we were trying to squeeze in as much time as possible with each other, even if it was just to do homework or study. It was such a fun semester dating her and juggling everything we had going on.'

KNEE SLAPPER

WRENCHED ANKLE

Michele Lewis graduated a twotime All-American and had the opportunity to play for the women's Olympic volleyball team. She decided to marry Chad Lewis instead.

As Chad Lewis prepared to graduate, a recurring topic of conversation was about a professional football career.

Michele Lewis knew life would work out no matter what. "I knew it was a goal of Chad's to play in the NFL, and I fully supported him in that," she said. "I was teaching school at the time, and I knew we would be fine if he made it or not."

Chad Lewis discussed the biggest issue he and his wife had to work out when deciding if the professional league was right for their family.

"We had to take a close look at whether I wanted to play football on Sunday or not," he said. "The NFL is a business — you play your games almost exclusively on Sunday. We dove into it with faith, and I had to come to grips that it was my profession and the means in which I provided for my family."

With that mentality the Lewises embarked for Philadelphia, where Chad Lewis played for the Eagles from 1997 to 2005, with one year in 1999 with the St. Louis Rams.

The move turned out to be a pleasant experience. The Lewises' bishop in Philadelphia happened to be a former BYU and NFL football player as well, who helped them adjust and get acquainted with the ward.

Spending quality time with his family was also a major concern when Chad Lewis entered the NFL. His schedule was fairly busy, his days consisting of workouts, several meetings

takes Tuesdays off, and he was typically done with practice or meetings by 5 p.m. every day.

"I was able to be home every night for dinner. I loved to read scriptures with my kids, too. We tried to make sure every moment was spent together outside of work," Chad Lewis said.

Michele Lewis was pleased with the efforts her husband made to strengthen their family while playing professional football.

"Chad was a great father and husband through his football years and continues to be now. He loves to spend time with us and has always made time for us," she said. "We love the outdoors and often went to parks, national sites and national parks throughout our time on the East Coast."

Sticking to good values

The atmosphere and culture within the football team were quite different than Chad Lewis had been accustomed to at BYU. Luckily, the wholesome principles that had been instilled in him as a young boy made it easy for him to continue making good choices and be an example for others on the team.

"Some people thought my culture was pretty cool; others didn't as much," he said. "People had questions, and I was always happy to answer them outside of practice. When I was in the facility I wanted to keep it to football."

Lee Johnson, a fellow Eagles teammate and former player at BYU, also discussed how his standards helped make him a better person while in the NFL.

"I had decided beforehand how I wanted to be," Johnson said. "I knew who I was and what I stood for. That really helped me in that environment."

Words of advice

Chad Lewis feels strongly that the best advice he can give BYU students



Mark Philbrick/BYU Photo

Chad Lewis plays for BYU against SMU in 1996. Lewis played football for BYU, the Philadelphia Eagles and the St. Louis Rams.

is to make a habit of reading and studying the Book of Mormon.

"The best advice I was given in college was to read the scriptures every single day," he said. "Surround yourself with the power of the Book of Mormon and make it an absolute habit. It has been a pillar of strength in my life."

Chad Lewis is currently the associate athletic director at Brigham Young University. He now has seven children and serves as the NFL's ambassador to Southeast Asia, which includes traveling to China, Taiwan, Thailand and Singapore.

Hockey helps boy grow into BYU student

Hockey and friendship keep a youth on track

By DANIEL ALLEN

Jared Bussell starts in the BYU hockey season opener against Weber State as goaltender. As he hears the crowd cheering, he thinks back on his life and realizes how grateful he is to still be playing the game he loves and representing the university he has always wanted to represent.

Hockey, the gospel and a good friend have carried Bussell through an unusual and challenging path to the BYU hockey rink

Bussell grew up in Orono, Maine, home of the University of Maine Black Bears, where "anyone who is anyone" plays hockey. He was no exception and started playing at a young age.

His first experience with BYU happened at the age of 10, when he traveled across the country to attend the summer BYU Hockey Camp for youth. He met his long time best friend, Landon Ball, there, and they loved their experience so much that they decided to be roommates at the following vear's camp.

"We were both really fun, chunky kids, and we loved being loud and crazy," Ball said. "I think that's why we really gelled.'

When he was 12, his mother passed away from cancer, which she had been battling since Bussell was just a baby. They were extremely close, and Bussell felt that a large piece of his life had slipped away forever.

"I was very close to my mom," Bussell said. "We were the best of friends, and it's hard to explain what that kind of loss is like.

His family members didn't know how to react, and instead of it bringing them closer, it seemed to separate them. His father married a woman in Rhode Island, causing him to be absent as Bussell grew up through difficult teenage years.



Left: Jared Bussell defends his goal when the BYU Hockey team plays against Weber State. Right: Bussell and his mother, who passed away when he was a child.

environment

he returned

home, his long-

time girlfriend

dumped him.

It was then, in

one of the dark-

est moments

of his life, that

he felt he was

Ball had

serve a mission and posted a

video online of him opening

his mission call. While Bus-

sell watched this video, he had

a life-changing feeling that he

also needed to serve a mission.

Without ever sincerely planning

on going on a mission, he now

set out to do whatever it took to

decided to

rescued.

day

was negative.

The

Brussell lived with different friends and ward members through these years, trying to stay in school and trying to keep going.

During this dark time of practically raising himself, hockey became much more than a hobby.

"Hockey was my outlet as a kid," Bussell said. "It was the one thing that was always there for me and it never let me down." His current coach. Ed Gantt.

recognized the role hockey played in his goaltender's life.

Without hockey for him to hold onto and provide some stability and focus, he could be in just about any dark place you can imagine by now," Gantt said.

Bussell and Ball decided to keep going to hockey camps together. Because the BYU hockey camp was discontinued, they traveled to Maine, where they attended the University of Maine hockey camps together. Each summer, they spent weeks together playing hockey, and Bussell visited Ball in the Los Angeles area.

Graduating from high school was an accomplishment for Bussell because school had not been a priority amid the family's other trials. As he looked for the next chapter of his life, all he knew was that it would include hockey.

He was accepted to play hockey for a Junior A hockey team in Maine called the Maine Moose. He invited Ball to play as well. While they both enjoyed the competitive level of hockey they were playing, they made some poor decisions and were sent back to their respective homes

"We were alone for the first time as 18-year-olds with a bunch of 25-year-olds with nothing but hockey on their minds," Ball remembered. "It was a really trying time for both of us."

The BYU hockey program had heard about Ball and asked him to play for it. This time, Ball invited Bussell to go out to Provo to play. Bussell talked with the BYU hockey coach at the time and was told a spot on the team was secured for him.

He made the trip out to Utah, showed up for the first day of practice and was told that his position was taken and that he would have to find somewhere else to play. Distraught, he was about to head home when a Utah Valley University hockey player invited him to play for UVU, as the team needed a goaltender.

Since he had already made the trip, he decided to play for UVU. Halfway through the season, he returned home to Maine because the UVU hockey program was failing, and because the

> Cockey was my outlet as a kid. It was the one thing that was always there for me and it never let me down."

Jared Bussell BYU student

with Jared.'

prepare. "I felt the Spirit so strong, it really seemed to slap me in the face," Bussell said. "I knew without a doubt that I had to serve a mission and that I needed to go

He immediately spoke with his stake president and took some serious

right then.' steps toward

going on a

me repeatedly

mission. "When I would counsel with Jared, he would do what I asked him to do," said Hazen Martin, Bussell's stake president. "I've counseled with so many people who come to

In his first interview after returning back to Maine, his stake president was amazed with Brussell's growth

"Probably the most positive experience I've ever had with any young man coming home was with Jared," Martin said. "I knew that Jared understood missionary work. He got it at a level higher than most missionaries I know.'

After returning home, Bussell was more motivated than ever to get accepted to BYU and continue playing hockey. It took a lot of time and patience, as he had to apply to BYU multiple times because of his grades in high school.

For Bussell, these roadblocks in his life only made him more grateful to be where he is today: a fully enrolled BYU student, an exercise science major and one of the two alternating BYU hockey goaltenders

"Ever since my mom died, I realized that I had been dealt a little bit of a tough hand," Bussell said. "I feel like the Lord has blessed me with a tough life and you can either embrace it or you can just be negative your whole life and play the victim card."



Continued from Page 1

at-large bid to the NCAA DI Women's Cross Country Championships.

"We need to be third," Shane said. "We probably aren't going to be in the top two, but we definitely need to be third because that puts there and get the job done."

Any time a season culminates in a championship, expectations are set anew and the bar is raised for future teams.

"When you have a breakthrough race like this it just gives you motivation for the next time," Jube said. "Since I've hit that mark now I know from here I can only move up. I think it's going to be really motivating to do even better at regionals and races to come." The women of BYU cross country are truly becoming champions, in heart and mind, and that bodes well for the future of the program.

BYU's quest for a WCC championship

and never take the counsel I ask

of them. That was not the case

and able to serve a mission and

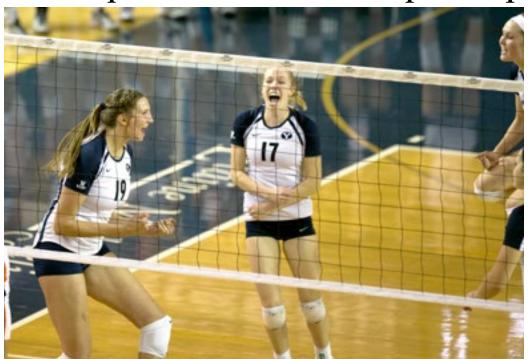
was called to the England Bir-

mingham mission. His experi-

ence there was challenging, but

it changed his life forever.

With time, Bussell was ready



"It meant so much that my team was there," she said. "Our team really stepped it up, and it felt really personal to have the team behind you working hard. It's so gratifying, because I know we have been working so hard, and to see it come together, it felt so good."

The Cougars' next chance to prove themselves will come on Nov. 14 at the Mountain Regional Championships hosted by the University of New Mexico. A strong showing there could mean an

us on the bubble as one of the at-large teams, and there are thirteen at-large births, and we like our chances if we're third, and I think we can do that."

Shane, who has led BYU to 25 conference championships in more than 35 years as head coach, needs his top four runners to do as well, if not better, in order to give the Cougars a shot at third place.

"We need a solid race out of our top four again," Shane said. "We don't have a replacement for those girls, so we have to have those four get out

"This is really, really motivating for the team," Jube said. "We know that we can do it, but to actually get it done gives us confidence for the future."

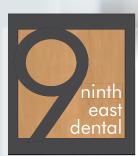
Ari Davis

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Jennifer Hamson, left, and Tia Welling celebrate after gaining a point in the game against Pepperdine.

By DAVID FROST

It's time to look and see how BYU stands in the WCC and nationally with the No. 13 BYU women's volleyball team's regular season winding down.

WCC standings

#13 BYU 12-2 .857 21-4 Santa Clara 10-4 .714 20-7 San Diego 9-5 .643 16-10 LMU 8-5.615 20-5 Pacific 8-5 .515 19-7 Gonzaga 6-7 .462 14-9 San Francisco 5-9.357 12-14 Pepperdine 4-9.308 10-15 Saint Mary's 4-9.3087-14 Portland 1-12 .077 6-18

Key matches

Friday, Nov. 14, 7:30 p.m., at the Smith Fieldhouse

BYU will be looking to avenge its five-set, nail-biting loss to San Diego. San Diego is the defending WCC champion, and with only a few games left in the season, a win for the Cougars will put them in solid position to win the conference. This will also be BYU's last home game of the year and its senior night, where the team will say goodbye to Jennifer Hamson, Tambre Nobles, Hannah Robison and Tia Withers Welling.

Dec. 5

The NCAA tournament starts, and the Cougars start the journey for their third straight Sweet Sixteen.

Dec. 18-20

The Final Four and championship games take place in Oklahoma City. If the Cougars get on a roll at the right time, they can find themselves competing for a championship.

What BYU needs to do to win the conference

BYU is in good shape to win the conference championship as long as it continues to win. If BYU wins its match on Friday and Santa Clara doesn't lose, it would only need one more win to clinch at least a share of the conference title. The Cougars have their hardest match left on the schedule at home, and they have already beaten the teams they face on the road. BYU's future is in its own hands.

National attention

BYU has been ranked all season long and currently is ranked at No. 14. BYU leads the nation in blocks per set with 3.85. BYU also has the two leading blockers when it comes to blocks per set. Whitney Young is first, with 1.90 blocks per set, and Amy Boswell is second, with 1.63 blocks per set. Whitney Young also leads the nation in total blocks, with 148 blocks. Boswell was also named to the Capital One Academic All-District First Team. Boswell is the only player chosen from the WCC and currently has a 3.92 GPA.

universe.byu.edu/life November 11 - 17, 2014



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A diamond is forever, but so is meissanite

By NATALIE ZIPPI

YU students Olivia and Cameron Bardsley decided to get engaged last February. The Bardsleys went against tradition when they saved money with a ring with a morganite center stone rather than a diamond.

BYU students who get married at a young age can experience financial strain during their first few years as husband and wife. According to local retailers and students, this strain is prompting couples to spend less on a diamond engagement ring than tradition would suggest. One of the main ways couples are saving is by selecting an alternative stone.

According to Shelley Jolley, a threeyear sales associate at Wilson Diamonds, buying a one-carat diamond can cost anywhere from \$3,000 to \$5,000. A one-carat-size cubic zirconia costs about \$20; a one-carat morganite stone costs about \$500; and a one-carat moissanite stone also costs around \$500. While a cubic zirconia will yellow with age and likely need to be replaced, a moissanite stone will last forever, just like a diamond.

Marrying young can affect ring options. Utah and Idaho are tied for the state with the lowest average age of couples getting married for the first

time. The average for a Utah man is 25.5, and the average for a Utah woman is 23.3. When students choose to marry young, they are less likely to be financially established, and their priorities are different from those of couples who wait until they are older.

The infamous two-month-salary rule states that a man should spend the equivalent of two months of his annual salary on an engagement ring. The first issue with the rule is that most BYU students are lucky if they have a net gain on the year. So it's likely that two months' salary is a negative number.

The other issue is that the rule was invented by an ad agency in the 1930s to drum up business

DeBeers is one of the largest diamond suppliers in the United States. Before the 1930s the diamond was not traditional for an engagement ring. That changed when DeBeers ran an ad campaign with the slogan, "A diamond is forever," and put the two-month rule on ads, saying things like, "Two months' salary showed the future Mrs. Smith what life will be like."

Jolley said some couples are happy with alternative stones and more money in their bank accounts. "There is a cubic zirconia, which is a fake center, and then there is a morganite ... and then there is a moissanite, which is a lab-created stone that's really similar to a diamond which is also really Morganite stone Moissanite stone

1 carat around \$500

Lasts forever and

doesn't need to be

tint

replaced

· Can have yellow/green



- 1 carat around \$500
- Peachy color
- · Doesn't need to be replaced
- · Often paired with rose gold

popular and cost efficient. But still a lot of people are doing diamonds."

BYU freshman Cheyenne Costa doesn't buy into the "fake" trend.

"My friend said she'd rather have a cubic zirconia ring if it would be bigger," said freshman Cheyenne Costa. "But I don't agree with that because I don't think the clarity is as good as a diamond."

The co-founder of Wilson Diamonds. Richard Wilson, is certified by the Gemological Institute of America. He described the differences between the stones as being difficult, but not impossible, to spot. A cubic zirconia often gets dirty and shows a dark ring in the center of the stone because of the way it refracts light. Moissanite stones have a slight yellow/green tint. Morganite gems carry a peach tone. But according to Wilson, these differences aren't the real issue with alternative stones.

Cubic zirconia

1 carat \$20

years

Shows dirt easily

• Will scratch and should

be replaced every few

"You can get fake flowers, and man they look really, really close, but it doesn't do the same thing for a girl as if you give her fresh flowers," Wilson said. "So it's not all in the look ... in the purest sense, it represents a guy's sacrifice."

Another popular trend is to buy an alternative stone with plans to replace it with a diamond at a future anniversary.

Student Mitch Call is going to play it safe. "I believe it's all up to the bride," Call said. "If she wants the real thing,



- 1 carat \$3,000-\$5,000
- Shines through dirt Lasts forever without
- scratching or yellowing

Elliott Miller photos



A Wilson Diamonds ring with a morganite stone is set in rose gold.

she gets the real thing. If she wants to save some money, then that's what you do."

Sophomore Court Iorg has a strong opinion on the subject. "If you love someone, you want to give them the best," lorg said. "Why would you give them something alternative?'

Playing with toys, kind of



YouTube

Buzzfeed and the 'Mormon Wikipedia'

By SIERRA BAKER

Most people would send a gift basket and a thank you card to Donald Trump if he invited them to stav in his mansion. BYU graduate McKay Coppins is not most people.

Coppins is a senior political writer for BuzzFeed, a popular social news organization. A regular guest on CNN and MSNBC, he covers national politics, major figures in the Republican Party and the intersection of politics and religion. Although he only graduated from BYU a few years ago, he appeared on the 2012 Forbes "30 Under



McKay Coppins Former BYU student McKay Coppins appears on CNN to

his life of investigation. He took over the school paper, and his first issue was a dramatic story about a basketball policy that

Coppins' friend who also graduated from

BYU in journalism. "He always has a well thought-out question to

ask or is ready to play

the other side to really

push you on any point you're making."

Coppins was only

a high school sopho-

more when he began

Sandra!, from Disney car toys, models a "my-size Elsa dress." YouTube channels featuring Barbie dolls and toys are gaining popularity among young girls.

By SIMON LIU

The Cookie Monster stares blindly ahead as he tries to eat Lightning McQueen, Mater and a few other characters from "Cars." This is the plot of a minute-long video made by the You-Tube channel DisnevCarTovs. The channel, which was started in 2012, has almost 1 million subscribers, and the Cookie Monster video alone has nearly 20 million views.

Another video by the same channel. titled "Frozen Elsa Kids Ride Barbie Kelly Amusement Park Kiddie Coaster Ride in Alex's Dream," features several Disney princesses and a toy amusement park and has attracted nearly 300,000 views.

The channel's success reflects the growing popularity of videos centered on toys. Socialblade.com, a media analytics website, lists three such channels among the 10 fastest-growing on YouTube. DisneyCollectorBR, another toy channel, is at the top of the list.

For adults, the videos may seem boring, unusual or even annoying. For children, the videos can be fun and entertaining. The videos generally have, if anything, a unique plot and feature popular characters from movies such as "Frozen" and "Cars." The characters even have voices played by both adults and children.

"I think that kids are very geared into toys, and that's what they want," said Sarah Coyne, an associate professor in the School of Family Life at BYU. "So it's cool for them to watch people play with them.'

The popularity of these types of videos reflect recent studies that have found that media use can effectively replace actual social behavior. The displacement hypothesis is the tendency for new media to substitute for, or displace, real-world activities. It is possible that the children can replace time playing with actual toys by watching videos of others play with them. While children can be equally entertained by the videos, some parents could not imagine replacing the time they spent playing with their children.

"I remember playing with trains with my son, and we had so much fun setting up those trains," said Michelle Lehnardt, who was named Utah's Young Mother of the Year in 2013. "It just seems rather sad to be watching someone else play, rather than to play yourself."

Lehnardt is not completely against media use. She said while using media can be a helpful parenting tool, it should not replace parenting and actual play time with children.

"I can see if a parent used it to get inspiration to find something fun to do with their kids," she said. "But I think it would be bad to use it on a regular basis."

Coyne also believes that the videos should not replace spending time with family. She said even though the videos can be entertaining, it is hard for her to see many positive outcomes from watching others play.

Covne instead recommends a different variety of media for children, which have led to benefits when used correctly.

"There's so many other, good media out there for kids to watch," she said, "shows that show good pro-social behavior and empathy and good moral understanding.'

One show Coyne highly recommended was "Sesame Street," which has had dozens of studies done on it. The studies found that watching the show is associated with "increased language development, better academic achievement and imaginative play." Other shows she considered positive media include "Super Why," "Octonauts" and "Sofia the First."

30" list and was identified as a rising TV pundit by DETAILS magazine.

The BYU graduate spent a few days interviewing Donald Trump at his Mar-a-Lago Club in Palm Beach, Fla. , earlier this year. Afterward, he published an unflattering story on the celebrity.

"Trump spent the next couple of weeks going to war with me," Coppins said.

There was drama. There were angry tweets. Trump even fired one of his aides.

Coppins describes it as one of his favorite experiences of his career.

"It's a sweet spot for any journalist to write something that's true but that also provokes such a visceral reaction from someone in power," Coppins said.

Coppins knows the value of a good story. And he knows that honestly telling certain stories can result in backlash. Trump is not the first person to dislike something the reporter has written. In fact, Coppins has received everything from petty insults to death threats during his time as a journalist. But Coppins brushes this off because handling the truth is the source of his success.

Becoming the Mormon Wikipedia

Coppins is well known for his coverage of Mitt Romney. BuzzFeed hired him January 2012 to report on that vear's presidential campaign. As a young journalist, he was thrilled at the prospect of going on the road and extensively covering the Republican candidate.

"The entire country tunes into a presidential campaign," Coppins said. "It's like the Super Bowl, but it lasts an entire year."

Coppins had an edge in this particular campaign because he was the only member of the LDS Church in the traveling press tour that followed Romney all over the country. Upon discovering he shared Romney's religion, other reporters on the tour started asking Coppins questions about his faith for their stories. They called him the benched "Mormon Wikipedia."

talk about his career as a political journalist.

Coppins soon realized he could help the press and readers across the nation understand his religion while still being fair and objective. He clarified aspects of the LDS religion by writing articles like "A Brief Guide to 'Mormon Underwear."

"In addition to being a political reporter, I knew my role as a Mormon explainer could be valuable to the campaign conversation," Coppins said. "I tried my best to merge those two."

Americans like to keep politics and religion separate, but the reporter stuck his neck out for the sake of accurately portraying an issue. And it turned out to his advantage.

When he joined BuzzFeed, Coppins had about 1,000 Twitter followers. After his coverage of Romney, that number had skyrocketed to 40,000.

"It wasn't luck," said Ed Carter, one of Coppins' professors at BYU. "You make your own luck in journalism. McKay was in the right place at the right time and he was prepared for it."

Coppins became a well-known insider during the campaign. He appeared on several talk shows because of his insight into Romney's religion. As an LDS journalist, he wasn't just in the conversation. He was starting the conversation.

"McKay was in a position as a credible reporter to interpret LDS culture and belief to a national audience," said Joel Campbell, one of Coppins' communications professors at BYU. "He did it as a journalist. He wasn't a spokesman for the church and he didn't sugarcoat anything. That's what the media wanted."

In short, people trusted him to tell the truth.

Where it all began

Coppins always had an affinity for truth-seeking.

"McKay is very smart and incredibly curious," said Steve Pierce, led to players getting

"I remember a lot of players and faculty members were mad at us," Coppins said. "And I loved that. I thrived on people reacting strongly to what we wrote.'

He knew he wanted to be a reporter from that moment. Growing up as one of only a handful of Mormons in his Massachusetts high school, he also knew he wanted to attend BYU. Coppins came to the university where he studied print journalism and was the editor of The Daily Universe.

During that time, he again riled people up by writing a series of investigative stories with his friend Steve Pierce concerning BYUSA's expenditures. The experience stands as another testament to Coppins' devotion to truthtelling. His credibility as a fiercely independent reporter is what gave him the opportunity to work for BuzzFeed.

"McKay has a solid reputation for fairness and professionalism," Pierce said. "You certainly can't say that for every political reporter."

Looking ahead

The reporter now lives with his wife and daughter in New York City, a hub for political news. He is currently on leave from BuzzFeed, hard at work writing a book that analyzes six leaders with an active role in the future of the Republican Party and the 2016 primary election: Paul Ryan, Bobby Jindal, Chris Christie, Marco Rubio, Rand Paul and Ted Cruz.

He's been interviewing siblings, college roommates, and high school teachers of the Politicians. Given his track record, it seems likely that Coppins will ruffle a few feathers when the book is published next year.

But that comes with the job.

"The heart of journalism in a democracy is about information that somebody somewhere doesn't want to be public," Carter said. "And McKay understands the role of a journalist is to be honest."

How-to: Become an extreme couponer

By ANNMARIE MOORE

Extreme couponers can get a huge amount of product for little money, an attractive option for some college students. Here's how to get started as an extreme couponer:

Step 1: Start collecting coupons

There are many places to find coupons. Coupon inserts are in the Sunday newspaper each week.

"If you want to start couponing you need to have more than one Sunday newspaper every week," said Allie Erler, a 23-yearold BYU—Idaho graduate from Chambersburg, Pennsylvania. "The point of extreme couponing is to have at least four or five of those coupons, and you need that many if you want to get a deal."

There are also mobile coupons, and websites such as Coupons com Red Plumb and Smart Source have printable coupons. Some stores have printable store coupons; Target, for example, gives great coupons to its customers. The important thing to remember with printable coupons is that the computer only allows two coupons to be printed per computer.



Annmarie Moore

Extreme couponing requires organization but can lead to great deals.

Step 2: Buy a binder and get organized

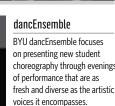
Organization is key to becoming an extreme couponer. Go to the store and buy a binder and baseball card holder sheets. These sheets are the perfect size to stick the coupons in and giveseasy access. Then start organizing the coupons into different sections according to what kind they are. "I organize my coupons according to food, beauty, personal care, cleaning products and pets," Erler said. "From there I can keep track of when they expire and keep track of each section."

Step 3: Research store policies

Every store has a different



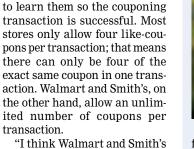




fresh and diverse as the artistic

Fri.-Sat., Nov. 14-15, 7:30 p.m. Sat., Nov. 15, 2:00 p.m de Jong Concert Hall





coupon policy, and it's important

"I think Walmart and Smith's are two of the only stores that allows you to use an unlimited number of coupons, but it's up to the manager, and they can stop you if they want to. Every other store they limit you up to four of the same coupon.'

Learning the policies is important to make sure the transaction goes smoothly and doesn't frustrate the couponer or the cashier.

Step 4: Learn how coupons work

There are many tricks when it comes to couponing, so it's important to know how to use the coupons. Stores such as Target allow coupon stacking, using two coupons on one item. But one coupon must be a manufacture coupon, which is the kind from the newspaper or couponing websites. The other is the store coupon, such as the printable coupons on Target's website. Stacking those two coupons together when there is a good sale usually results in a cheap or even free product. Another trick is coupon doubling. Select stores double coupons up to a certain value, usually \$0.50. If the coupon does not say, "cannot be doubled" and the store allows it, it will usually be doubled to \$1.

Step 5: Look for the deals

The key to extreme couponing is waiting for the right sale. Don't waste the coupons on full-priced items; wait until there is a sale to get the best deal. Couponing websites like Krazy Coupon Lady break down each week what is going to be on sale and what coupons to use; they are a fantastic resource. Reading the grocery ads from the newspaper is also beneficial; they will tell when certain items go on sale. Finding deals will become easier with more practice. "From there you can start to learn how (to) coupon, and then when you go into the stores, you can actually figure out your own deals by looking at the items and the coupons," Erler said.

Cougar Questions Would you stop eating packaged and processed food?

A recent article in the Washington Post told the story of a girl who completely stopped eating packaged and processed food. She said her body feels so much better now. With crazy college schedules, would BYU students cut packaged food out of their diet?

-Alex Olphin



"I've heard that processed food is bad for your health, and I believe it, but not enough to stop eating it. I don't believe it will do enough harm on me that I can't eat it."

> **TJ Young** Accounting Idaho Falls, Idaho



"I'm always busy so I usually do the same thing, just pop something in the microwave and eat it. But when I don't do that I feel a lot better.'

> Matt Jackson **Business** Provo



"I think it is interesting and it would be cool to try to do that; I just don't personally want to do that."

> **Madeliene Malmfeldt** Environmental science Cumming, Georgia



Puzzles & Comics

Sudoku

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3 5 9	3				7	3	7	4
3 5 9	3	1	1	5	5		7	4
5 9	3	1 3				3	7	4
5 9		1 3	1	5	5	3	7	4
5 9		1 3	1	5	5	3	7	4
5 9		1 3 ard	1	5 7	5	3	7	4
5 9	e 5: Ha	1 3 ard 3	1 2 9	5 7 6	5 4 3	3 5 7		4 7
5 9 Puzzle	e 5: Hi	1 3 ard 3	1 2 9 5	5 7 6 8	5 4 3	3 5 7	5	4
5 9 Puzzle 1	e 5: Ha	1 3 ard 3	1 2 9 5 7	5 7 6 8 9	5 4 3 6 4	3 5 7		4 7 2
5 9 Puzzle	2 5: Hi 1 3	1 3 ard 3 2	1 2 9 5	5 7 6 8	5 4 3	3 5 7 3	5	4 7
5 9 Puzzle 1	e 5: Hi	1 3 ard 3	1 2 9 5 7	5 7 6 8 9	5 4 3 6 4	3 5 7	5	4 7 2

Step 6: Start saving money

Extreme couponing saves couponers hundreds to thousands of dollars every year and provides great bulk storage for themselves and their families. I mean seriously, why pay full price for an item if it's possible to get it for free?

"I don't think I would ever do it. I like the taste of processed foods. I think the non-processed and non-packaged foods are probably healthier, but I've never had any health problems because of them."

> Amanda Greene Art Weare, New Hampshire



"I would try it. It would be hard with the commitment, but I totally would. I was raised in a family that appreciates really good and healthy food, so I think that's why I am inclined to think I would do it."

> Krisana Finlay Neuroscience/Human development Sandy



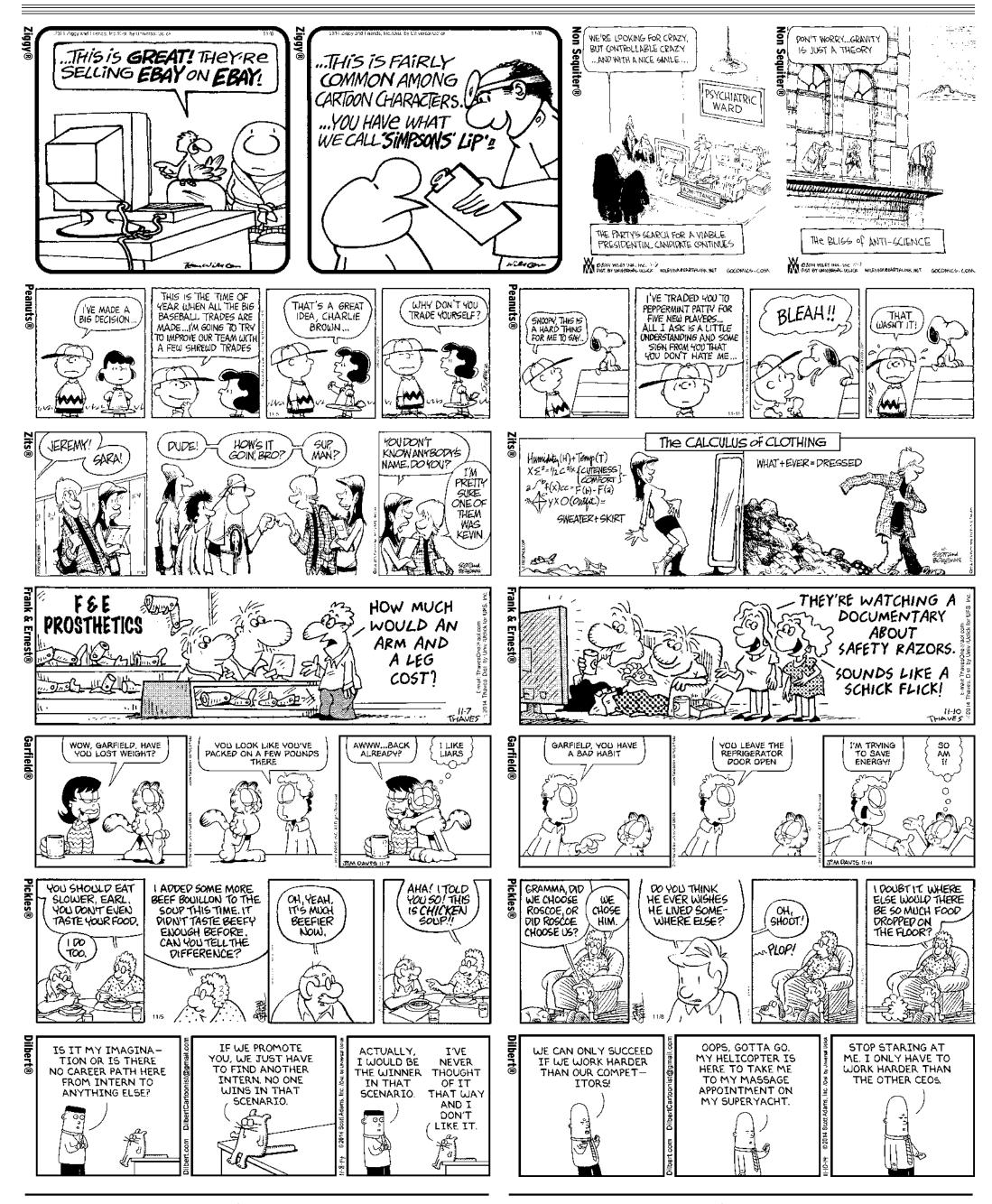
"I think I would be much healthier if I stopped eating processed food, but I'm not going to do it. I simply don't have the time."

> Eric So Film Hong Kong

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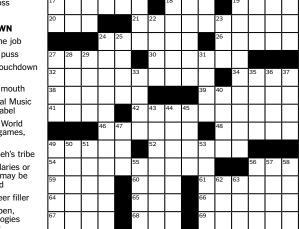


The New York Times 'Crossword

	0100
ACROSS	38 Inheritance t target
1 Missing links	0
7 Place for a mud bath	39 "Yours truly" alternative
10 Abductees' destinations, in some hard-to-	41 Actor Jackie who's his ow stuntman
believe stories 14 Cleanser brand	42 "Don't worry O.K."
that "hasn't scratched yet"	46 Scoundrel
15 Shorten, perhaps	48 Cary of "The Princess Brid
16 Styptic pencil target	49 Online birtho greeting
17 Architect Mies van der Rohe	52 Sinatra's big band leader
18 Half an exorbitant fee?	54 "Hand it ove 56 alai
19 Prefix with	59 Be caught in
matter	60 Mauna
20 Riders in 10-Across	61 Some collect "vinyl"
21 "What's goin' on?"	64 Cameron of Teacher"
24 Fuel rating	65 Electric bill a
26 Motorized racers	
27 "I need my"	66 Turn the pag say
30 Coquettish sorts	67 Common-sei
32 "Let's shake!"	68 Recent U.S.I
34 Celestial strings	graduate: At
ANSWER TO PRE	VIOUS PUZZL
DEPPDE	CORMI
OVEROCI	JLOAS
CANOFWOI	RMSGA
SCHMO	RECREA

		1		Inh tar		tan	ce	ta>	(•	59	Where you might see the message			
uo	4		39 "Yours truly"								formed by the				
u			alternative								last words in 21- 32-, 42- and				
n		4	41 Actor Jackie who's his own stuntman								54-Across				
5.		4		"Do 0.k		w	orr	y, l'	'n		DOWN				
d				U.r Sco		der					1 Up to the job				
,				Car				2			2	Wear a puss			
a	ps			Pri	ice	ss	Bri	ide			3	Some touchdown scorers			
		4		Onl gre			rth	day	y		4	Gaping mouth			
		5		Sin							5	Universal Music			
				bar "Ha					,			Group label Like all World			
ta	nt			110			000	51:			0	Series games,			
				Be	-		nt i	n _			_	now			
		(50	Ma	una	a _					-	Tecumseh's tribe			
	61 Some collectors' "vinyl"									8	How salaries or rainfall may be reported				
64 Cameron of "Bad Teacher"								9	Bandoleer filler						
		(Ele			oill	abl	br.	1	10	In an open,			
	rs "	(Tur		he	ра	ge,				no-apologies manner			
rt	s			say Cor			~	ne	~	:	11	In better			
				Re								condition, to collectors			
ge	6			gra							12	The black pawns,			
D	R	ΕV		US			77	IF				e.g.			
	_	c	0	_	_	_		_	-	, [:]	13	Washington pro team, informally			
÷	E C	U	L	R		M	S	C A	A N		,,	"I do solemnly			
÷	0	R	м	s		G	Ā	N	G	1	_	swear," e.g.			
		R	E	C	R	E	A	T	E		23	"Aloha Oe"			
÷	۷	Υ	С	0	U	Ν	С	I	L			instrument, for short			
÷	1	Ŧ		E	N	T	S	-	V		24	Beachgoer's			
÷	<u>с</u> Н	T A	AN	D	N Y	A	T	T R	Y A	1.		cooler-offer			
	Y	Ē	Т	I		Ρ	R	0	D	:	25	Part of C.D.: Abbr.			
			0	С	Ε	Α	Ν	1	Α						
÷	E D	N E	Ν	Ε	D	Y D	0	s	0	1	c /	Design detail, briefly			
+	E	A	D	S	+ T	A	R	T	s		28	Market			
÷	M	P	E	D	÷	Ŷ	E	À	H			aggressively			
-	A	S	E	S		S	0	Y	A	2	29	Lead-in to "boy!" or "girl!"			

Edited by Will Shortz you might message by the rds in 21-, and ss ΝN



No. 0910

PUZZLE BY JIM PEREDO

31 Blacken on a barbecue	43 Historic section of a city	55 Sommer of "A Shot in the Dark"
33 Watch over	44 Big kerfuffles 45 Gillette brand	56 Oscar winner
35 Say for certain	47 Halsey or Nimitz:	Dench
36 Tennis great	Abbr.	57 Love, in Lisbon
Lacoste	49 "OMG!," old-style	58 " it ironic?"
37 Secret Service's	50 Eyelashes,	58 It ironic?
charge: Abbr.	anatomically	62 WKRP's Nessman
40 Jolly Roger	51 For the birds?	
crewman	53 Boot up	63 "Rubbish!"

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29 Lead-in to "boy!" or "girl!"

The New York Times Crossword

Edited by Will Shortz

No. 0911

"CHANGE OF HEART"

66 Sideshow performer

8 Swear words?

72 Slew

This crossword was the most-discussed puzzle at Lollapuzzoola 7, a tournament held on August 9 in New York City. The event was directed by Brian Cimmet and Patrick Blindauer, Hint: The title (above) is key to solving the puzzle. Time limit: 45 minutes.

ACROSS	34 It can be saved
1 Computer purchase	or cured 36 Leader of the
6 "Much About Nothing" 9 Rooster's roost	pack? 40 Simon & Garfunkel's
14 Canadian pop singer Lavigne	"I Rock" 41 False show
15 Hawaii's Mauna	42 Gives a thumbs- up
16 Pretty person17 Dismantle	44 Repair 45 Under attack
19 Goody two-shoes 20 Hum follower	47 Starsky's partner 49 President
21 Stomach muscles 23 Brazilian baker?	between James and Andrew, briefly
24 Further to the right on a number line	50 First state: Abbr. 52 Excellent drivers
number line 27 Yellow-centered bloomer	often break it 53 Supernatural being
30 Archaic "Curses!"	54 Rely on
31 Fish oil source 32 Sticky stuff	56 Piece of office equipment 59 "Adios!"
33 Reading material, for short	60 Tier

ANSWER TO PREVIOUS PUZZLE

A٨	IS	NE	R	т) F	R	ΕV	10	US	6 F	U	ZZI	LE		9 "Angel dust"
С	L	Ε	Α	Ν		I	Ν	Ρ	Ε	N		F	T	в	10 U.K. locale
Т	T	L	L	s		Т	0	R	s	0	Ì.	Α	D	0	11 Spring (from) 12 Autumnal quaff
R	E	ĸ	L	Α	Т	s	R	E	E	D	Ì.	R	0	D	
L	U	s	Т		Α	М	Α	s		Ε	Α	R	L	Υ	13 Command to a canine
			0	Ν	С	Ε		S	н	Α	Ρ	E			18 Friskies eater
Т	Е	м	L	Ε	н		0	R	Ε	R	В	м	0	S	22 Moderate decline
Α	R	I	D	Ε		т	н	0	R		s	0	Ρ	H	in prices
s	T	х		D	Α	Υ	в	0	0	к		٧	Т	E	24 "Johnny B"
s	С	0	т		F	R	0	м		A	R	E	Ν	A	25 Label anew
E	ĸ	L	υ	М	R	Α	Y		Α	R	0	D	Ε	F	26 "Planet of the
		0	N	I	0	Ν		Α	S	I	P			-	Apes" planet [spoiler alert!]
۷	Е	G	Α	s		Ν	υ	Т	S		Е	G	G	0	28 /
0	υ	I		F	L	Ι	Ρ	0	Ν	E	s	L	Т	D	29 Cambodia's
1	R	s		I	L	Ε	U	М		Ρ	T	A	Ν	0	Lon
D	0	Т		Т	В	s	Ρ	s		Α	N	D	0	R	30 Exerciser's
-															enemy

62 "___Joey" (Sinatra film) 63 Deduce logically 71 "I have no idea!" 73 Georgia campus 74 Priest of ancient Gaul 75 Exclamation of discovery 76 Perez of film DOWN 1 Pin cushion? 2 Some germ cells 3 Sturdy tree in the beech family 4 Filter in the kitchen 5 Cow in Borden ads 6 ____ broche (cooked on a skewer) PUZZLE BY PATRICK BLINDAUER 7 "Rico Suave" rapper

34 They may be drawn before	48 Improvement	61 Old Spice alternative			
bedtime	51 Item in an env.	64 London-based			
35 Tune for nine	54 Pavarotti or Caruso	record company			
37 Sufficiently old		65 Word before Sox			
38 Float like a	55 Evoking the past	or Wings			
helicopter	57 Rapunzel's prison	67 Cell stuff			
39 Brought down, as	58 "Me Patricio"	68Mex			
a tree	("I am called Patrick")	69 " tu" (Verdi			
43 Abrasion		aria)			
46 Partner of Dreyer	59 Cowboy's home, familiarly	70 Manhattan part			

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