

TERROR GAME TO CAMPUS

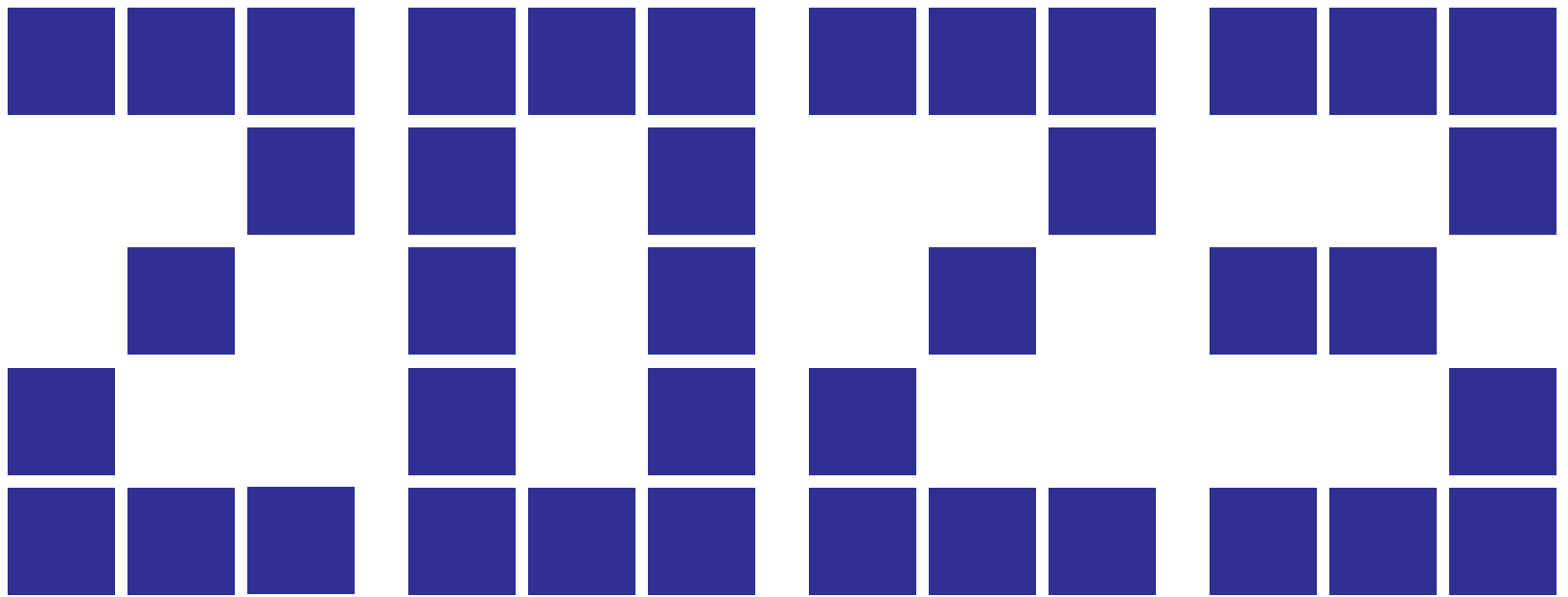


NATHAN SEITER/THE DAILY UNIVERSE

30 years of increased security

- 2  
RESOLVING  
RESOLUTE  
RESOLUTIONS
- 10  
RING BY  
SPRING MYTHS  
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- 10  
PROVO'S  
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SAVING  
SPIRITS WITH  
USED SOLES





# AVOIDING NEW YEAR'S RESOLUTION BURNOUT

By Molly Ogden Welch

It's that time of year again.

January 1 has come and gone. We have said goodbye to 2022, and many welcome 2023 with determination that this will be the year they will stick to their New Year's resolutions.

It starts the same way year after year. The turn of the new year is often a time of optimism, hope, and anticipation for the future. But plowing forward at full speed in January leaves many dragging their feet on keeping their New Year's resolutions just one month later.

Enter New Year's resolution burnout.

Already, many have quietly quit their New Year's resolutions. One study found that 64% abandon their New Year's resolutions within a month. On average, only 9-12% of people keep their resolutions all year long.

Phillip Rash, a clinical professor and assistant director for outreach for BYU CAPS, suggests that the majority of New Year's resolutions are abandoned by the end of January.

With such a dismal rate of success on so many New Year's resolutions, it can feel pointless to make them in the first place. But understanding why resolution burnout happens can help to not

only avoid the burnout, but to also succeed in New Year's resolutions year after year.

## Why burnout?

Dr. Charles Herrick, chair of psychiatry for Nuance Health, offered some reasons why individuals have a hard time sticking with their resolutions in a 2020 Newsweek article.

"There are many reasons why people may not keep New Year's resolutions, but instances of New Year's resolution burnout can be narrowed down to three psychology-related issues: difficulty breaking old habits, focusing on specific outcomes, and problems with purpose," he wrote.

With a few paradigm shifts on these three issues, making and keeping resolutions can become realistic, long-lasting tenets of anyone's life. Let's say bye-bye to burnout.

## Problems with purpose

Rash believes that finding a purpose in resolutions can be challenging because many people feel a sense of obligation to make a goal rather than a genuine desire to change. This leads to a lack of preparation to stick to a goal.

"Most people are setting the goal because it's New Year's, so they haven't done the necessary

mental work to get into a place where it's going to be a viable goal," Rash said.

This mental work is the basis of any permanent change; making and keeping a New Year's resolution should be an active — not passive — endeavor.

"In order to make any kind of behavioral change, there are different stages that we can go through, ranging anywhere from just flirting with the idea of a change, to (committing to) a plan," Rash said.

One method for behavioral change is the Stages of Change model in psychology, which was introduced in the late 1970s by researchers studying ways to help people quit smoking.

The 6 stages of change include: precontemplation, contemplation, preparation, action, maintenance, and relapse.

These stages emphasize the importance of planning out how to reach a goal, committing to a goal, rewarding your successes, maintaining the changes despite old habits, and learning to get back up again when a goal is not met. Making a plan for each step of the process is the type of mental work needed to avoid New Year's resolution burnout.

But, mental work might not be the only issue in finding purpose in a New Year's resolution. The New Year is a natural marker for making changes, but according to Rash, that may not always be the

best option.

“January 1 for most people is the wrong time to set a resolution or to set a goal because it tends to become more about the date,” he said.

Jacob Fisher, a junior studying statistics, grew up making New Year’s resolutions every year with his family, but he also worked hard throughout the year to continue to adjust and work toward his goals. He believes that focusing on the New Year changes may lead some people to forgo changes the rest of the year.

“I think people do a great disservice to themselves when they say, ‘this is my one time during the year that I’m going to choose to change,’” he said.

### Breaking old habits

Most resolutions have something to do with breaking old habits. Sometimes people want to break habits of commission, such as eating too much or spending too much time on social media; other habits to break are habits of omission, such as not going to the gym or not waking up early.

Either way, breaking habits is often a difficult task.

“Our habits are ingrained and embedded in our implicit memory, which is also called our automatic memory or unconscious memory,” Herrick wrote in his article. “Implicit memory uses our past experiences to help us remember things without actively thinking about them, making it easy for us to stick to similar routines and challenging for us to make changes.”

Sticking to a New Year’s resolution changes how we think, so it is no wonder that breaking away from our initial habits is such a challenge. However, Rash believes that the pressure of being a college-aged student often adds to the burnout that comes with New Year’s resolutions.

“(College is) full of transitions. And with every transition, there’s stress, there are tasks to accomplish. That in and of itself contributes to what’s called the cognitive overload set,” Rash said.

Rash described several transitions that college students might face in the course of their time at BYU: high school to college, undeclared to declaring a major, graduation to career, single to dating, and beyond. With so many changes happening in

such a short time, students may become quickly overwhelmed with goals and resolutions, especially if they set too many resolutions at one time.

“If we really want to impose all these goals, maybe we don’t have the mental emotional bandwidth for that at this point, which leads to another reason why people often will abandon their goals is because there’s too many ... ‘I’m gonna take these 10 things on top of everything else that I’m expected to do as a college student.’ That’s just a lot,” Rash said.

Setting one or two goals instead of many goals at a time is one key to breaking old habits. This allows a more concentrated focus on change instead of trying to change a lot of things at once.

Michael Trendler, a freshman studying communications, decided to focus on one goal for 2022: to go to the gym and lift weights every day except Sunday. Prior to 2022, Trendler did not think resolutions worked. But as he made specific plans for this one resolution, he was able to stick with the resolution and break old habits.

Keeping one resolution also positively affected his life in ways he did not expect.

“There are days when I (feel like) I can’t do it. And it’s led me to try and identify the source of what is making me not want to fulfill my goal,” Trendler said.

Trendler has realized that not eating healthy, being stressed, and not getting enough sleep are all factors that make it difficult to reach his goal. In trying his best to be at the gym every morning, Trendler has been able to make other healthy habits as a happy byproduct of his main goal.

“Behavior doesn’t exist in a vacuum,” Rash said. “One single behavior doesn’t exist on its own. It’s in the context of broader behavior in our life in general. One change to a behavior will (absolutely) impact other areas of our being.”

### Focusing on specific outcomes

There will always be slip-ups and challenges along the way as we try to stick to our resolutions. But if people focus on specific outcomes instead of their progress, burnout is a likely outcome. Having a positive mindset in spite of setbacks can help us stick to our New Year’s resolutions.

“We tend to engage in something called

‘all-or-nothing thinking,’ where (we think) ‘if I’m unable to be 100%, then I might as well not do it at all.’ Instead of saying, ‘Wow, I did well for two weeks, and I’m going to continue to go on,’ we just kind of go ‘okay, this wasn’t for me.’ With any type of behavioral change, that’s just not the most helpful way to go,” Rash said.

Instead of focusing on specific outcomes to our goals, we should focus on the small victories and the progress we make along the way.

“In any goal or behavior change, being able to break those (goals) into small measurable steps (makes the difference),” Rash said.

One way to create measurable steps is to reevaluate goals throughout the year. Fisher believes that students may benefit from making goals on a quarterly basis or for every semester in order to make their goals more manageable.

Another way to focus on the process and make measurable steps is to develop a rewards system for reaching certain goals.

“We respond to rewards as a human race,” Rash said. “Often the reward has to be external before it becomes intrinsic. Then at some point, you won’t have to do the reward anymore, because it’s intrinsic, it’s something that you value.”

Fisher suggests having a support system of people who care about your goals to provide encouragement when difficulties arise.

“Finding people that are excited for you to make a particular change, I think is really important,” Fisher said.

### A Gospel view on New Year’s resolutions

The gospel of Jesus Christ provides a model for change that can be applied to making New Year’s resolutions. Rash hopes that students will follow the teachings of Christ as they make their resolutions instead of focusing on failures and negative self-talk.

“If you look at the teachings of Christ, it’s very self-compassionate,” Rash said. “There’s a lot of evidence in the scriptures that it is not requisite that a man should run faster than he has strength. A good understanding of the gospel would (promote the) opposite [of negative self-talk]. We’d have more compassion for ourselves that would propel us to be able to work through lapses (in our goals).”

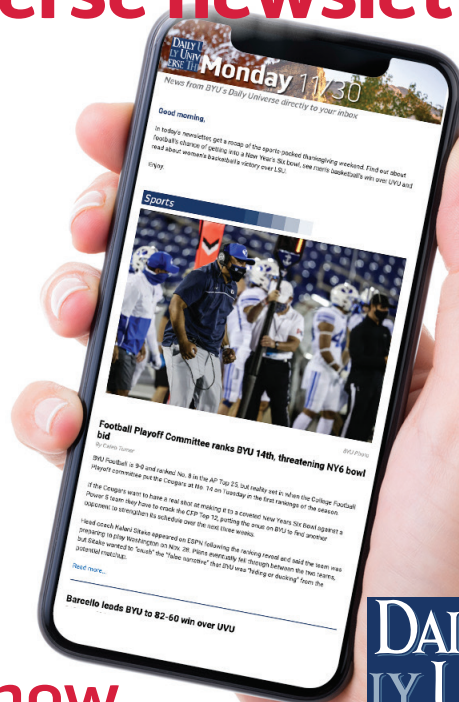
# BYU news to you

## The Daily Universe newsletter

BYU news,  
sports, opinion  
and more in  
your inbox  
every weekday  
morning.



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# HYPER-SPECIFIC

## A TOOL FOR EMOTIONAL CONNECTION

By Kaylyn Wolf

Emma Townsend stood in a storefront, passing out Ritz cracker samples at Lee's Market. It was her second day on the job when she decided she hated it.

She started to notice the different types of encounters she had with customers; some took a moment to acknowledge her, but most ignored her completely. Only one woman made an effort to start a conversation. Townsend said that maybe the woman could tell she was bored, or that she hated her job. Regardless of the reason, it was an impactful experience — so much so, that Townsend went to Spotify to curate a playlist based on it: "The kind lady at Lee's Market."

Similar to the mixtapes and burned CD's of the past, music streaming services invite users like Townsend to create their own playlists that capture individually defined themes, moods, feelings and experiences.

Music streaming service users go beyond the generic "jogging playlist" or "sad songs" soundtracks, curating distinctive ambiances using a combination of hand-picked songs and long, specific titles.

These playlists are music lovers' attempts to encapsulate any given feeling — from heartache and new love, to the smile of a kind stranger at Lee's.

Izzy Vaclaw, a BYU advertising senior, said her strategy to creating playlists is to base her playlists on a specific emotion or experience, and then give them the most "niche" title possible.

"I want to give it a weird, specific name," Vaclaw said. "And that's why it's not called 'Angry Playlist,' it's called 'Songs for punching holes in the wall.'"

Oddly Specific Playlists, a private Facebook group with over 357,000 members, acts as an online community for curators of niche playlists.

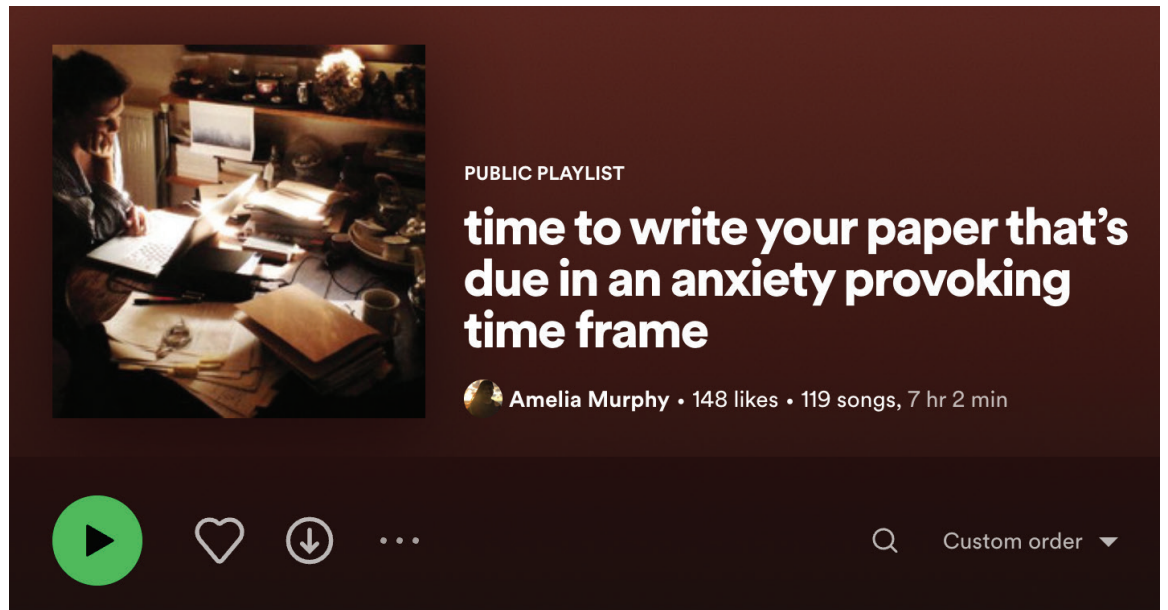
Members post their own oddly specific playlists, and suggest songs to add to others'. Playlists featured in the group include:

- "Songs I listen to when the gang of 15 year olds at the train station are intimidating me."

- "Pov: u broke a glass jar of cat treats."
- "You're working at the mall food court and your other popular friends come to visit and its 1989."
- "Pretending to be a cute animated character so I can fight depression and fold the laundry."

patients to recognize how music can impact their emotional state.

Bowles said she encourages her clients to use playlists as an emotional connection tool as well as an emotional expression tool. For example, in



Scan the code to enjoy this playlist

Users from Utah have also created their own "oddly specific playlists" that reflect their state-specific experiences. Found on Spotify, these include:

- "Sounds of Provo Utah."
- "Young utah girl that wears flare jeans."
- "The Provo Vibe."
- "Basic Provo Bro: the essential playlist."

Marti Bowles, a board-certified music therapist with the Utah Association of Music Therapists, uses playlist making in a therapeutic context. She said that in sessions, she helps clients and

"Songs for punching holes in the wall," she said Vaclaw could add songs with lyrics, melodies, rhythms or instruments that validate the way she feels, ultimately helping her process her anger.

When people make customized playlists in non-therapeutic contexts, they are doing the same thing, according to Bowles.

"They're really trying to find a way to musically express how they're feeling, or have the music kind of speak for what they're feeling in that moment," Bowles said.

Tyler Clancy, creator of "Basic Provo Bro: the essential playlist," graduated from BYU in August 2022. While he was still studying, he created a playlist to help him get through the thick of a particularly difficult midterm season.

At the time, Clancy said he was questioning whether he would stick with his major, while also



# MUSIC PLAYLISTS

## CONNECTION AND EXPRESSION

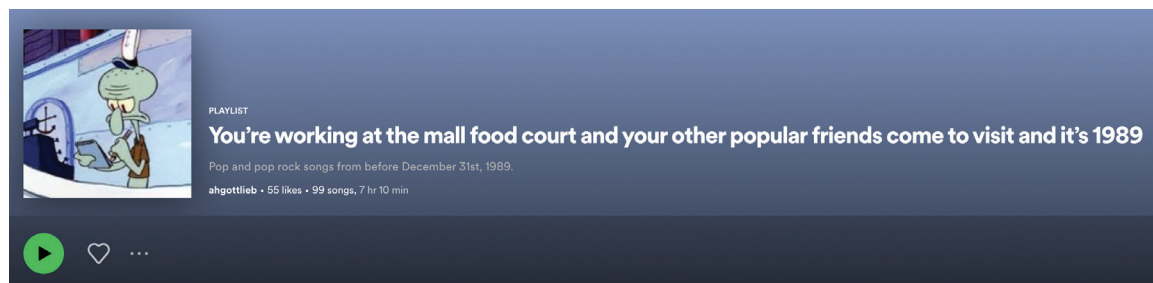
trying to navigate a dating dilemma; two complicated situations that he didn't know what to make of.

"Midlife/Midterm Crisis" was the playlist that came out of it. Clancy said it reflected his experience of the moment he was in, and added songs that helped him lean into those emotions.

"I have a hard time articulating my feelings, but I can always pick a song where I'm like, this is how I feel," Clancy said.

Mary Whyte, a board-certified music therapist and owner of Pure Progression Music Therapy, said that her goal is to give her clients tools that they can use outside of their session. This way, they can be more intentional when making a playlist on their own; playlists to help them calm down when they're anxious, when they're on the verge of an anxiety attack, or to validate their emotions.

An article published in Trends in Cognitive Sciences said that this strategy is effective for promoting both psychological and physiological health, because of music's stress-reducing qualities and ability to provide an outlet for emotions. A study featured in the article found that listening to music is more effective than prescription drugs



SPOTIFY



Scan the code to enjoy this playlist

for reducing anxiety.

Whyte said that even the negative emotions, like anxiety and anger, are important to acknowledge so that they can eventually be tackled—but clients tend to push those feelings aside. She said listening to music and making customized playlists can start, or further the healing process, by allowing them to identify and fully feel the emotion.

Alongside "The kind lady at Lee's Market," Townsend created a playlist titled "Did my makeup just to cry," and added songs that she could cry to, as referenced in the title. Her crying playlist marks the beginning of a process that takes her from sadness, to a place where she is able to regulate the feeling and move on.

"I'll listen to it when I don't want to be sad; which sounds weird, but sometimes it just feels good to, like, grasp the emotion a little bit, and feel it, and then just get over it," Townsend said.

According to Whyte, playlists work well as a bridge to processing emotion because the plethora of musical content readily available gives people an element of control; playlist makers are able to manage the tempo, dynamic, mood, message, and what instruments are featured. This allows them to personalize and customize the emotion they are trying to express, with precision.

She described her playlist-making strategy as a "music elevator," where clients can start with

songs that address their current state of emotion, and gradually add songs that travel up or down the elevator—ending at the state of mind they would like to achieve.

"They can go through and target those specific songs and those specific emotions, and decide where they want those songs to fall in place in their playlist: What's the start of it, what's the end of it?" Whyte said.

According to Whyte, music can also help people process not just feelings, but experiences. They help people access an "intimate" part of their mind that associates songs with memories and relationships.

Bowles said that music contains multiple elements that might act as connections to unique experiences, including the lyrics, the instruments, style of song, and the memories associated with a previous listen.

Along with "Songs for punching holes in the wall," Vaclaw created a playlist called "A dad in traffic"—this one, a reflection of nostalgia for memories of her childhood.

"It's based solely off of driving in the car with my dad," Vaclaw said. "I used to hate Pearl Jam, which he played all the time. Now, I love it."

Even though she doesn't participate in music therapy, Vaclaw said she feels that listening to music and playlist making have therapeutic qualities.

"Music lets me feel my emotions or reflect on them; it's very introspective," Vaclaw said. "Rather than talking about my feelings, which is hard, I can kind of express it through making playlists, in a way."



ISTOCK



30 YEARS LATER

# THE MARRIOTT CENTER BOMB THREAT



By Gabrielle Shiozawa

*Cody Judy, right, confronts President Howard W. Hunter, president of the Quorum of the Twelve at the Marriott Center pulpit during a CES Fireside held on February 7, 1993.*

NATHAN SEITER/THE DAILY UNIVERSE



February 7, 1993. President Howard W. Hunter, then president of the Quorum of the Twelve of The Church of Jesus Christ of Latter-day Saints, comes to Brigham Young University to give an evening fireside.

President Hunter walks to the podium in the Marriott Center. There are more than 18,000 students in the audience.

"It is a wonderful privilege for me to be with you," he begins.

That's when 27-year-old Cody Judy marches up to the podium, yelling threats and claiming to have a bomb.

That's when the screaming starts.

That's when, if you're watching the broadcast from home, the television goes dark.

In 1993, Lt. Jeff Long had been working for BYU Police for just over two years and had seen little action in his career so far.

"We all said, 'Oh, nothing ever happens at BYU,' and I believed that," Long said. "I don't even know if I'd made an arrest up to that point."

Complaints had been made to BYU Police that having too many armed guards and policemen covering devotionals made audience members uneasy and decreased the spirituality of the events. Because of this, Long was one of only two officers on duty at President Hunter's fireside.

"Uniforms were scary to people," Long said. "The police department was understaffed by choice because at the time, it didn't seem like there was a need for police officers. And so obviously, we were not prepared for this event, security-wise."

Jim Monsen was working as an usher during the fireside. When the floor seating filled, he put up a rope so people in the stands knew not to enter the floor.

Then, Judy stood up behind Monsen and jumped over the rope.

"I stepped forward to stop him and he held up whatever it was that he had in his hand, that fake detonator, and he just told me to back off," Monsen said.

Judy, carrying a briefcase in one hand and what looked like a bomb detonator in the other, told everyone on the stand to leave.

"I've got dynamite!" Judy yelled, his voice echoing throughout the Marriott Center.

Long had been told to stay out of sight, so he was positioned at the top of Portal K, far from the stage. From high in the stands, Long radioed for backup, alerting other BYU and Provo police officers of the bomb threat.

To get down to Judy, Long said he "basically body-surfed" over students to get to the floor.

Christy Oyler, an 18-year-old freshman, was sitting near the front of the Marriott Center.

"I think a lot of us thought at first, 'This is some weird object lesson, like, this is part of his talk that he has someone run in, and then he's going to make a point about it,'" Oyler said.

Judy handed President Hunter a letter to read calling for Judy to be the Church's new prophet. President Hunter refused to read the letter.

Rex Jackson, an elderly man in the audience, approached the podium to try to talk to Judy, and Judy shoved him to the ground. Long said people became alarmed as they realized the violent potential of the situation.

"That was the moment when we realized, 'Oh,

wait, this isn't something that was planned,'" Oyler recalled. "I wasn't really anxious. I was just stunned."

As an usher, Monsen was trained to let BYU Police and Church security handle the situation. His job was controlling the crowd. He started steering people toward the exit. A few students in the audience left, but the majority remained.

**"We were not prepared for this event security-wise."**

**BYU POLICE LT. JEFF LONG  
FEBRUARY 1993**

"I thought maybe we should leave, but no one else was leaving, so it seemed like we should stay and see what happened," Oyler said. "Today, with mass shootings and things like that constantly on our minds, I wonder if we would have reacted differently. But you didn't expect that. Not at a fireside."

A young man in the crowd rushed forward with

a can of mace. He sprayed Judy, then tackled President Hunter.

Monsen said he heard the man yell, "I'm ROTC, and I'm not getting off until you're safe."

From behind her in the stands, Oyler began hearing students spontaneously singing, "We Thank Thee, O God, for a Prophet." Soon the whole Marriott Center was filled with people singing the hymn, followed by "I Am a Child of God."

A crowd of 75-100 young men rushed the stage. Fists were thrown.

"Now I'm concerned that this crowd is going to kill this guy," Long recalls. "Everybody wanted a piece of him. It was very violent."

Monsen tried to hold them back, saying the police had it handled, and began peeling men off the dogpile.

"If they would have been left to their means, they would have beaten him to death," Monsen said. "I was blown away by how far some of these guys who had come for a spiritual fireside had lost it to the point that they were just completely violent and lost control of themselves."

Long's partner made his way to the stage as well and the two handcuffed Judy before escorting him to the state hospital.

BYU Police discovered that the briefcase Judy carried only contained books and a radio, and that the device he held was just a

cordless phone wrapped in black tape.

When everyone had settled down, President Hunter was asked whether he wanted to continue with the event. He proceeded to give his talk as planned, titled "An Anchor to the Souls of Men."

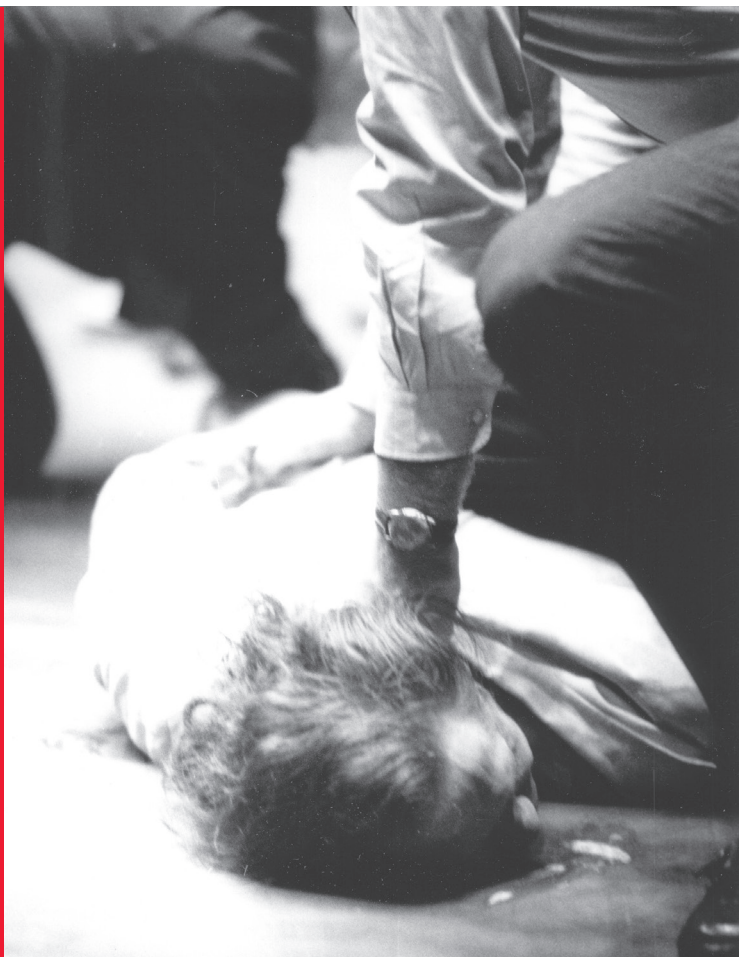
Later, Long said Judy escaped from the hospital by jumping from a third-story window. He was on the lam for more than three days, according to



NATHAN SEITER / THE DAILY UNIVERSE

*After the incident, the congregation sang a hymn before President Hunter restarted his address.*





NATHAN SEITER/THE DAILY UNIVERSE

**Cody Judy held to the floor of the Marriott Center podium after threatening President Hunter and the attendees.**

Deseret News, before he showed up at KSL Broadcast House in Salt Lake City on March 26, asking to give a statement to the news. He was taken to jail, found guilty at trial and sentenced to up to 15 years in prison.

Judy was incarcerated for six years until Aug. 2, 1999. He was arrested again after violating a protective order during his parole. According to Judy's blog, he spent a total of 3018 days, or just over eight years in prison.

Lt. Jeff Long called the Marriott Center bomb threat "a perfect storm."

"You had somebody who was disgruntled with the Church, you had Church security that wasn't prepared and you had a BYU Police department that was not prepared," Long said. "Judy was right next to President Hunter. He could have killed the prophet of the Church."

### Cody Judy today

Since being released from prison, Judy has run for U.S. president in 2008, 2012 and 2016 as an independent write-in candidate, as well as running for U.S. Senate in 2018.

In a February 2015 blog post, Judy denied pleading guilty to the bomb threat, said that God told him to do it, and called his prosecution and negative public image a "hate crime."

"I cannot bear the fault for relaying a message from God, and that's all I did," he wrote. "This is a hate crime against me based upon my religion and the word of God to me."

Judy told The Daily Universe in August 1999 that he was treated rudely by Church leaders at Temple Square a week prior to the bomb threat. He said he thought, "If you treat me rudely, I'll treat you rudely."

On Feb. 6, the night before he charged the podium in the Marriott Center, Judy said he saw an announcement for the fireside in a newspaper, sparking his idea for the bomb threat.

"To anybody who is scared out there I would

like to tell them I'm sorry and that this won't happen again, for sure," Judy told The Daily Universe following his release.

### Lessons 30 years later

Thirty years later, the event still holds lessons for BYU Police and Church security officers.

"It was an eye-opener for a lot of people on how we deal with events like that," Long said. "It made me a better officer at those events because it's easy for people to get complacent. Somebody could jump to the floor at any time with a gun, and I've got to react to that."

Long retired from BYU Police in May 2022 and now works for the Utah Valley University Police.

"The whole idea of not having police officers during the event was asinine," Long said. As a young cop in 1993, it wasn't his job to make decisions. "But looking back 30 years later, that was not safe not to have proper law enforcement at an event like that."

In March 1993, a month after the bomb threat, President Thomas S. Monson, then second counselor in the First Presidency, came to speak at BYU. Long said the protocol was

much different for President Monson, who later became the 16th president of the Church, than at President Hunter's address.

"It was all-hands-on-deck," Long said. "Everybody acted differently — suddenly it wasn't scary to have a cop inside of a fireside."

Jim Monsen said ushers would typically step back into the tunnel once an event started so they weren't a distraction. After the bomb threat, ushers were told to face the crowd during all events.

"We watched for suspicious behavior more than we ever had before," Monsen said.

BYU Police Lt. George Besendorfer compared the

lack of security at the 1993 incident to the heightened security used when President Dallin H. Oaks gave a BYU campus devotional on Sept. 13, 2022.

"We had over a dozen police and security people at the Marriott Center, and we had people set up so that no one could even get close to him without going through us," Besendorfer said.

He compared current BYU security to an onion, with "layers of security," including surveillance cameras and alarms that get set off if anything unusual happens.

Besendorfer also said BYU Police update their protocol to match national trends, not just local concerns.

"Something we're doing all the time is evolving with what seems to be taking place, not just at BYU but around the country," he said. "As things happen, we have to be vigilant and evolve with what the current trends are."

Jeff Jourdan, who worked as a Church security officer in the Protective Operations Unit from January 2021 to February 2022, agreed that the presence of security is now one of the most important parts of keeping people safe at an event.

"Just being there, being seen, having a presence, interacting with people and just keeping an eye out for things that are out of the ordinary—that's what's important," Jourdan said.

To protect Church security operations, Jourdan refrained from sharing specific details about what protocol officers operate under. But he said they are trained in everything from deescalation to how to actually handle a bomb or other threat.

"Over the years, they have increased their amount and level of training," Jourdan said. "They've gone more in depth in a lot of their training so that they can be prepared for anything that comes."

Jourdan said every event Church security is involved in, including the Marriott Center bomb threat, plays a role in how they change their trainings to prepare for future events. He also cited the 1999 Family History Library shooting in Salt Lake City, as an example of how security officers have had to change their protocol.

"Because of incidents like that, they go through a bunch of scenarios to try to be prepared for anything that might come," Jourdan said. "They've come a long way and they're trying their best to do what they need to do and keep everyone safe."



GABRIELLE SHIOZAWA

**Church security officials stand watch during President Dallin H. Oaks' campus devotional on Sept. 13, 2022. Security protocols have tightened since the 1993 incident.**



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**RUMORS**      MARRIOTT  
CENTER  
ORDEAL      **TRUTH**

- rumors spreading on campus, The Universe on Tuesday clarified what was for and what actually happened.*

Sunday's fireside bomb threat caused a run on BYU's newsstands Monday. At 11 a.m., students were still grabbing up multiple copies of the Daily Universe at the south end of the Harold B. Lee Library while they lasted.

**Universe staff contributing to this report:**

ORGAN

President Hunter is threatened by suspect

PODIUM

CHAIR

Suspect momentarily stops

Suspect gets tackled by security and some members of the audience while trying to exit.

CHAIR

CHAIRS

STANDS

Suspect jumps rope and runs toward podium

SUSPECT'S PATH TO PRESIDENT HUNTER

SUSPECT'S PATH FROM PRESIDENT HUNTER

GRAPHIC DEPICTION OF THE TERRORIST ORDEAL AT THE MARRIOTT CENTER BASED ON UNOFFICIAL REPORTS OF WITNESSES

RICHARD B. CARRINGTON / Daily Universe

DAILY UNIVERSE ARCHIVE, L. TOM PERRY SPECIAL  
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Vol. 45 No. 98 February 8, 1993

# Sweetheart

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## EDITION

Exclusive and complete coverage of the Marriott Center bomb threat. See pages 20-21.

- Campus reaction
- Pres. Hunter's address
- Church reaction
- Continuing investigation
- Graph of suspect's route

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*The front page from the Monday, Feb. 8 edition.  
Coverage continued on pages 20 and 21 inside the paper.*



# WEDDING CHIMES AND TESTING CENTER LINES INSIGHT ON STUDENT MARRIAGES

By Gabrielle Shiozawa and Kate Parrish

“Everyone I know is either getting married or getting pregnant or getting promoted!”

Many college students can relate to this line from the hit 90s show “Friends.” This is especially true for students at BYU, where the perceived culture, influenced by values of The Church of Jesus Christ of Latter-day Saints, revolves heavily around getting married and starting a family from a young age.

Yet as of Fall 2021, only 25% of enrolled BYU students were married. This is much higher than the percentage of married college undergraduates across the United States — 7%. But this is still much lower than what some might expect from the BYU culture, which promises a “ring before spring.”

BYU professor Tammy Hill, whose expertise comes from being a licensed marriage and family therapist as well as from personal experience as a wife, mother and grandmother, said she sees a major cultural shift happening at BYU as well as in the Church.

“It used to be, ‘Hurry off your mission and just

get married!’ But I don’t think things are pushed that way anymore because it’s not necessarily the best thing for everyone to do,” Hill said. “I think people are getting smarter.”

Hill also pointed out a narrative shift in the way women are treated in the Church, as it is now much more culturally acceptable for women to work outside the home and have more independence than it once was.

“I’m grateful for that shift,” Hill said. “I think it’s a lot healthier.”

While Hill appreciates the direction the marriage culture is moving, she does worry that more and more people see marriage as a “capstone” rather than a “cornerstone.” A capstone marriage, Hill explained, is more of an afterthought — one might go to school, travel, and go to graduate school before even considering getting married “as the cherry on top.”

A cornerstone marriage, on the other hand, is when one puts marriage as a central building block in their life — “You marry in your 20s and build a life together around sacrificing for each other to fulfill your dreams, going to school, traveling together, having children together,

buying a home together,” Hill said. “It’s a process that really helps strengthen the foundation of marriage because you’ve got a story to tell that you’ve created together.”

Hill also sees other concerns holding students back from getting married, such as high rent for married-student housing, the challenge of creating friendships as a couple and high divorce rates in the United States.

In response to the latter issue, Hill said BYU students tend to have five factors that significantly lower their risk of divorce: (1) being married in their 20s rather than in their late teens, (2) having a strong religious foundation, (3) receiving a college education, (4) not entering their marriage with a child from a previous relationship and (5) not coming from a home with divorced parents.

“I think it’s important to not be afraid of the statistics, because there are a lot of things you’re doing right now, each person on this campus, that are significant,” Hill said.

Six married college students — five of whom attend BYU — added their insights on what makes their relationships work.



MAKENNA ALLRED

## The Allreds

“It’s like we’re on a team doing college together.” Makenna and Chandler Allred met briefly while serving Church missions in Wisconsin. Chandler returned home before Makenna, and when she got home, he messaged her over Facebook to ask her out on a date.

The couple found that they had similar goals, which helped them see the possibility of a future together. They dated for six months and were engaged for three months before getting married.

Makenna shared a few perks of marriage: “We have more ‘us’ time, we’re in control of our own space and it’s a lot easier to prioritize dates than it was before.”

Marriage also provides “a safe environment to talk about your day and get perspective about what happened,” Chandler said. The pair said they are also able to help each other out by bringing lunch or textbooks to their spouse at work or school.

“It’s like we’re on a team doing college together,” Chandler said.

As for social challenges, Makenna said there is sometimes an unspoken expectation when your single friends want to hang out.

“Sometimes they will assume you’ll just bring your spouse or there will be weird tension during girls night about not wanting to keep you too long,” Makenna said. She said this is usually just a

miscommunication and she is always interested in spending time with friends.

Chandler said he felt social pressure to get married within the Church, but emphasized that it’s not necessarily a bad pressure. Makenna added that people generally mean well and that there is a social and cultural expectation to get married young.

Still, Makenna added, “It’s interesting how people have a perspective and make assumptions without knowing the relationship or any context.”

Makenna also really enjoyed taking a longer time dating Chandler. “You’re never going to regret dating someone for a long time, even if you do know they’re the one,” she said.

The Allreds both agreed on the importance of seeing one’s significant other go through a hard time and learning to communicate before getting married.

“It’s beneficial to see how they react to stress, who they turn to and how,” Chandler said. He added that this perspective teaches one what to expect when trials come up and gives insight into how to solve problems as a team.

“I know how you (Chandler) are when you’re hungry and grumpy,” Makenna said. “Seeing people in different phases is a good foundation for marriage.”





ASHLEY WARNER

## The Warners

"I was just excited to learn how to love someone so much."

Ashley and Kadin Warner have a unique take on being married in college, because they spent their first semester of marriage 1,308 miles apart in Provo, Utah, and St. Charles, Missouri.

Being long-distance isn't new to this couple, though. The Warners met in Summer 2020 when Ashley was teaching virtually at the MTC and started assisting with a new initiative to help missionaries who were relocating because of the COVID-19 pandemic. Kadin had been serving in Brazil for six months, and Ashley tutored him virtually once a week for about a month.

"He was diligent and focused on the mission, which, to me, was super impressive," Ashley said. "He was a super hard worker, and I just loved that."

Later, the pair connected over Facebook. The first time they saw each other in person was more than a year later during Thanksgiving break 2021.

The Warners got engaged in April 2022, were married two weeks later in May in Las Vegas and immediately moved to New York for Kadin's work. Two months later, they were sealed in the Provo City Center Temple.

Spending the Fall 2022 semester apart was an unfortunate necessity — BYU is one of the only two universities to offer Ashley's major, experience design & management, and Kadin plays for Lindenwood University's Division 1 volleyball team.

"You get married because you really want to be with someone, so that's a hard part," Kadin said of going long-distance. "But we still felt like it was the right thing to do, and I stick to that."

Ashley took 21 credits that semester and will take her last 11 credits virtually in Winter 2023 so she can move to Missouri to be with Kadin. She plans to graduate in April.

Ashley said being married took away the pressure and time commitment of the Provo dating scene, including the emotional energy being invested on getting to know new people all the time.

## The Sweetins

"You're always growing when you're married." Like many Provo residents in the dating scene, Samantha and Zach Sweetin met through Mutual, a popular Church dating app. They were engaged after three months of dating and married three months later.

The pair are quick to admit that they got married quickly, but they both said they have been able to grow exponentially through the changes. Additionally, Samantha's father got sick and passed away just a few months before the Sweetins were married, and she and Zach became closer through that challenge.

Two of the most important keys to marriage the Sweetins emphasized were the ability to grow together and the need to communicate effectively with each other.

"When you get married young you're forced to mold together and grow together," Samantha said. "I know that no matter what, he's always going to be there for me."

Being married as a college student forced Zach to make changes in his life. He said that before getting married he would "go to his room and plug away on homework."

Zach said the increase in responsibility has changed his GPA because he has more on his plate to juggle — school, a job and being there

"Now it's just the two of us working on a future together, so that's super nice," Ashley said. "I would not be able to take 21 credits if I was just dating someone."

Kadin pointed out that when hard times come in a dating relationship, that's when breakups tend to happen.

"But in marriage, you're able to take hard situations and build off of them," Kadin said. "It's an opportunity to get closer rather than being worried about this person not liking me anymore. The mentality is that 'We're going to take this thing on together.'"

The couple talked to a therapist who pointed out an unexpected benefit of being long-distance.

"Even if you're together 24 hours a day, all the time, there are still certain social needs that you guys can't fulfill for each other, so it's good to learn to be dependent on other things," Kadin explained. "We're learning how to be more self-reliant and relying on other people as well, which is a unique thing that I don't feel a lot of marriages get to have."

Their therapist also said that in the Church community, people often say that the first year is the hardest. This is mostly because couples isolate themselves once they are married.

"It's impossible for one person to fulfill every single one of your needs," Ashley said. "You need to reach out to other people and keep your friendships strong."

Ashley has done this by cultivating friendships with friends in Provo, which "in turn strengthens our marriage because I'm able to receive support and meaning that adds into our relationship," she said.

Kadin said going long-distance has also improved their communication.

"When you're long-distance, you need to learn how to really talk and communicate because that's all you can do," Kadin said. "And Ashley is a really good person to talk to."

As for the best part of marriage, he added, "I was just excited to learn how to love someone so much."

for Samantha.

Samantha and Zach both said they did not feel any cultural pressure to get married at a young age, but they did feel a pressure to always be in a relationship. Although neither of them were looking to get married soon when they first met, they both had marriage as a future goal.

"I was doing a little bit more of the planning, looking and waiting for the opportunity to present itself," Zach said.

Samantha said if she could give advice about getting married in college, she would encourage people to "not stress about the future."

"Life is still malleable when you get married young," she said. "You might feel pressure to have a perfect life or perfect marriage, but relationships take time to grow."

Samantha's parents were together for 30 years, and she said she saw her parents continue to learn and grow together every day.

"Growing pains are normal and okay — just make sure to communicate," Samantha said.

Zach said he has been able to learn a ton about himself, communication and life through his marriage.

"You're always growing when you're married," he said.



SAMANTHA SWEETIN



# PRESERVING PROVO'S HISTORY

By Kaylyn Wolf

Since its settlement in 1849, Provo has unfolded a rich history — one that has been celebrated and preserved by its residents.

Organizations like the Utah State Historical Society and the Utah Valley Historical Society act as liaisons between the past and present; collecting, maintaining, and researching Provo history, then sharing it with the community.

Robert Carter, who works with the Utah Valley Historical Society, said that history can help us find the reality of those before them. People who dig deep enough can see a lot of themselves in the past.

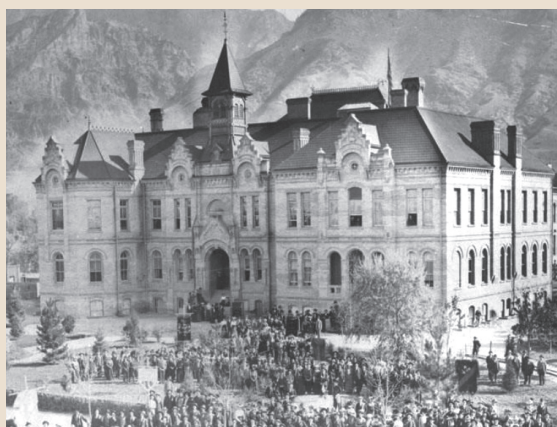
“We all have our foibles and they did too — but they contributed to the steady progression of the city,” Carter said.

James Faulconer, who has lived in Provo for almost 50 years, said his life has been, for

all intents and purposes, wrapped up in BYU. Faulconer started as a student in 1965, and went on to become a philosophy professor until he retired in 2022.

“I guess what’s surprising to me is how little I think things have changed,” Faulconer said.

Though time has necessitated upgrades, many landmarks and traditions have been conserved through generations and remain windows into Provo’s history.



UTAH STATE HISTORICAL SOCIETY, USED WITH PERMISSION; KAYLYN WOLF

*A comparison of a Center Street block shows the historic Gates-Snow building on the left in the 1930s, which has been maintained from the 1800s. The building still stands today.*



UTAH STATE HISTORICAL SOCIETY, USED WITH PERMISSION; KAYLYN WOLF

*Top, the Brigham Young Academy building in the 1930s sees many of Provo’s citizens gathering on the grounds. Bottom, the building is now the Provo City Library at Academy Square.*



UTAH STATE HISTORICAL SOCIETY, USED WITH PERMISSION; KAYLYN WOLF

*Top, the Utah County Courthouse a decade after it was built. Bottom, the Utah County Historic Courthouse in 2022. It was preserved through the generations, and has stood for almost a century.*

## Center Street

According to Carter, Center Street has stood as Provo’s commercial hub since the 1880’s, when many of its current buildings were constructed. Since then, the Princess theater — the leftmost building in the image on the left — has been demolished, leaving behind an empty space.

Carter said that for a building to be preserved, it requires a “viable use” that meets modern needs. Because of the rising popularity of shopping mall movie showings, the downtown theater became obsolete.

“If you can find a viable reason for it to be there, you can pretty well raise an argument for it,” Carter said. “But there has to be some kind of use, or it’s dead.”

The building next to it, named the historic Gates-Snow building, has been preserved since its construction. At one time, it promised “Billiards”; today it offers lunch and dinner as Enlighten Bakery and Cafe.

## Provo City Library at Academy Square

The Provo City Library at Academy Square is a development of the 21st century — but before its dedication in 2001, the building acted as the setting for a variety of educational centers, tailoring itself to the needs of the community.

When it was first completed in 1892, the building housed Brigham Young Academy, the predecessor of Brigham Young University. Carter said that once the university moved to the current campus, the Academy building sat unused and deteriorating for almost 20 years.

Community members led the effort to save the building from being demolished, and eventually found a new function for it to fulfill: the community gathering space, cultural center and public library that stands today.

“I think the majority of people by far are very, very proud of it,” Carter said.

## Utah County Historic Courthouse

Almost directly across the street from the Provo temple is the Utah County Historic Courthouse, two of the most “significant” buildings in the county, according to Carter.

This courthouse completed construction in 1926 after the developing community had outgrown two other buildings.

“I’m glad they decided to save this one, too, because with the new county building and state building in back of it, it could have been just decided that it wasn’t needed anymore,” Carter said.

According to the Utah County Government, the historic courthouse acts as a monument honoring the people of Utah County whose industry made it possible.



Provo City Center Temple

For the years before the Provo City Center Temple was erected, the Utah Stake Tabernacle building was open to the public. On Dec. 17, 2010, just before 3 a.m., a 300-watt lamp that was not turned off after a dress rehearsal in the tabernacle, started a fire. The 1898 building’s interior and roof went up in flames.

Five years later, the Provo City Center Temple opened for members of the Church. The exterior shell was reinforced and for a while stood on piles while two stories of temple were built below ground.

According to the Church’s historical account of the transition, the team constructing the temple used pictures and salvaged materials as design inspiration for the new structure.



Top, students participate in a Mud Bowl football game, a tradition started in the 1960s. Bottom, students in 2016 participate in the annual True Blue Foam event that replaced the Mud Bowl.

True Blue Foam

The homecoming spirit has always been an important aspect of BYU culture. This tradition started in the 1960s as the homecoming Mud Bowl with a group of students playing football in mud at Helaman fields. Overtime, BYU groundskeeping and staff decided to discontinue the game because of how it affected the grass. Soon after, it developed into a new tradition called True Blue Foam. Maya Wolthius, BYUSA activities president, helped coordinate and plan the event in 2022 and said it is a “highly anticipated activity,” especially for freshmen to kick off their first year at BYU. “This just gets everyone hyped for the beginning of the semester and of course the big homecoming football game,” Wolthius said. True Blue Foam takes place annually at Helaman Fields with about 4,000 students in attendance in recent years. Students slide down a huge slip-and-slide covered in blue foam to celebrate BYU.



Left, the Utah Stake Tabernacle in 1884. After a four-alarm fire in December 2010, the Provo City Center Temple on the right was built from the Tabernacle’s shell.



Top, Brigham Young Academy students pose for a Y-shaped photo in 1908, a tradition that continues every year with each incoming freshman class. Bottom, the incoming class of 2022 poses for the traditional Y photo.

Class Y-Photo

The Y is a well-known symbol among those in Provo. There are a few traditions associated with celebrating BYU and using the Y. Cory Nimer, BYU’s archivist, said the formation of the Y is practiced in multiple ways, such as incoming class photos and the homecoming “Hike the Y” event. He said that in 1908, Brigham Young Academy students, faculty, and residents gathered in a “Y” formation to celebrate the dedication of Temple Hill — also known as the upper campus — prior to construction of the Maeser building. Students continue to practice the formation of the Y in class photos taken each year at new student orientation, which takes place at the beginning of fall semester. Another popular tradition Falcouner said he thinks is an important part of our history is the annual hike and lighting of the Y. “The ways in which we cheer on our teams are all things we do to celebrate who we are,” Falcouner said.



UTAH STATE HISTORICAL SOCIETY, USED WITH PERMISSION; KALEIGH MA'AKE



Top, the Brigham Young Academy football team poses for a team photo in 1897. Bottom, the 2022 football roster poses for the annual team photo.

BYU Football

BYU traces its football legacy back to the 19th century, which began with a small group of student athletes. The Brigham Young Academy football team won the regional championship in 1867. Utah decided to ban football from all Church schools when 45 players died nationwide from a variety of injuries, until it was officially brought back in 1922. Fastforward to today, BYU football holds one national title, 23 conference titles and a fanbase like no other. Kalani Sitake has been head coach since December 2015. The program has grown and evolved into an activity that students, alumni and residents love to support and watch.

Life undoubtedly looks different between Provo’s beginnings and today, but efforts to preserve history connect current residents to those of the past. People today conduct business in the same buildings, participate in the same traditions, and celebrate Provo in the same way as generations past.



# the next generation of women business owners

“There is more money, support and advice being offered  
(for women in business) than ever before.”

PROFESSOR LISA JONES

By Kate Parrish

Utah is no stranger to women-led businesses.

The early pioneers came and settled in the Salt Lake Valley in 1847. In 1872, the women of the Relief Society created and produced the Woman's Exponent, a newspaper that came out twice a month.

Now, 150 years later, the Utah Women-Owned Business Directory reports that women own roughly 89,000 Utah businesses. If businesses were people, women-owned business would fill the Marriott Center a little more than four-and-a-half times.

BYU professor Lisa Jones has 20 years of entrepreneurship experience. She worked for Silicon Valley startups and is now the faculty adviser for the BYU Women in Entrepreneurship program.

Jones said being part of the growth and excitement of working with startups led her to eventually see how entrepreneurship could help women get out of poverty with microloans.

“Research shows that it's more difficult for women to get funding for new businesses than men,” Jones said.

According to Jones, when women present a business proposal to investors, they are often asked about the risks or the possibility of failure. However, when men present a business proposal, they are often asked how they will handle the possibility of growth.

However, there are advantages to being a female business owner.

“This is the season of the woman,” Jones said. “There is more money, support and advice being offered (for women in business) than ever before.”

In 2018 and 2019, Utah was ranked the No. 1 state for entrepreneurs. According to Forbes, Utah is a great place to start a business because of its “healthy labor supply, favorable regulatory environment and opportunities for economic growth.”

Rylee Jacobson, owner of Lovely Loops with her husband, said Utah is a great place for entrepreneurs because the influencer culture is so active on social media platforms.

Mikayla Cluxton is the president of the Women in Entrepreneurship

Club at BYU. She said what makes Utah unique is that “all members of The Church of Jesus Christ of Latter-day Saints are entrepreneurs and it sets BYU apart.” Members of the Church are taught to help others which is part of the entrepreneurial principles.

The shared religious commonality also plays into Utah's uniqueness, Jacobson said.

“The teachings from The Church of Jesus Christ of Latter-day Saints that men and women are equal and can rely on each other is powerful,” she said. It is not uncommon to see companies in Utah that are run by both the husband and wife.

Along with being the program adviser, Jones is also the faculty adviser for the Women in Entrepreneurship Club. The club's mission statement states that entrepreneurship skills are about making something from nothing and they are the same skills that help run a home, survive a crisis and be resilient.

“Being an entrepreneur and creating is a God-given thing, it's God-like,” Jones said.

Cluxton said the goal of the club is to inspire women and to help them in their ventures whether that is now or later in life. The club's top goal on their priority pyramid is to help “women with ventures.” However, Cluxton said they know that means starting at the base, which is helping women become aware of available entrepreneurship opportunities.

Cluxton said entrepreneurial principles can be found throughout all parts of life. Women are always trying to solve problems for their families. “Thinking of and creating Halloween costumes is a great example of being creative” which is important to being an entrepreneur, she said.

In her entrepreneurial experience, Cluxton has practiced empathy interviews, which are about solving problems for people that are not typically listened to. “Empathy is something that comes easy to women” and so it's an advantage and talent that women bring to the entrepreneurial space, she said.

Cluxton said this empathy also helps women to be good leaders, because they know what they need to be happy and they apply it to the



BYU WOMEN IN ENTREPRENEURSHIP CLUB

*The leadership of the Women in Entrepreneurship Club walk down the stairs of the Tanner Building atrium. From left, Emily Anderson Morford, Nia Sherwood, Minhoru Cotache, Afton Ellis, Sofia Tian and Kyla Harris. Women in Utah have advantages and challenges owning a business.*

lives of their workers. It also connects to the Church's teaching to serve others, which can be seen in the philanthropic work of local businesses like ThreadWallet, she said.

The club is important because “women have aspirations based on the people they see around them,” Cluxton said. “It's why so many young girls hope to be teachers or nurses, it's what they see, and so that's what they strive for rather than chasing after any dream they want.”

Cluxton said that due to job aspirations based on others, “young girls and women need to see themselves in more roles.” Additionally, not only does this increase in roles inspire girls, but studies show that more diverse companies perform better.

Cluxton has also had her share of experiences where people have told her she should be a CEO, so the businesses she would be prospectively running can receive grants. She said it completely dismisses the qualifications and values that she brings to the table.

Women are not getting ahead “simply because they are the minority,” Cluxton said.

Jacobson said she has always been a “simple girl with accessories”—simple gold. However, one day she said she saw someone's earrings that were fun and made with lots of beads, but still looked classy.

That same day, Jacobson said she went home and made some for herself, but with aspects of her own style — pearls and gold. She said she received many compliments and knew she wanted to do something about it.

One of the advantages of being a woman in business that Jacobson said she has experienced, is how easy it is to have casual conversations about her business.

“Women tend to be very social, so networking comes pretty easy,”

she said.

Jacobson said she loves using social media to connect with people.

“My product is very light and fun, and so I try to portray that in my social media posts,” she said. “And I like to use social media to connect with my audience.”

According to business and finance resource Renolon, 77.6% of small businesses “utilize social media to engage with their customers and promote business.”

“I will feature mothers because sometimes they fear their baby will rip their earrings out, and then I receive DMs from mothers saying how surprised they are,” Jacobson said.

Although she finds a lot of joy in connecting with followers on social media, she said that she doesn't have much background in social media marketing and sometimes it feels like she's in a stalemate, wondering how to grow and keep progressing.

While learning social media can be challenging, Jacobson said one of her biggest challenges is not from being a woman, but specifically being a young woman.

“Being a newly-married wife, people often see this as a side hobby rather than a serious business,” Jacobson said.

Despite the lack of respect by some, Jacobson said getting to share with others is the best part of what she does.

If someone is thinking about starting a business Jacobson said they should “prioritize and pursue.”

“Life isn't going to be perfect, and running a business isn't going to be perfect, but life responds so well to effort,” she said.

When life has a positive response to effort, it does not necessarily mean your business is making a million dollars in a month. But, it can mean noticing the blessings that come from working hard.



# XERISCAPING

THE SOLUTION TO UTAH'S DROUGHT MAY BE IN YOUR OWN YARD

By Lindsey Bakes

In case you haven't noticed the bounty of billboards pleading with Utahns to save more water, or the increasing patches of yellow grass and never-ending sunshine, Utah — and much of the west — is indeed in a drought.

It has been nearly six months since Utah Gov. Spencer J. Cox issued an executive order declaring a state of emergency due to drought conditions. While Utah is doing better than it was a year ago in regards to drought intensity, the problem persists.

So, what exactly can be done? According to BYU plant and wildlife sciences professor Bryan Hopkins, the solution may be right in your own yard.

## The benefits of xeriscaping

"One of the first things I suggest to people looking to conserve water is xeriscape landscaping," Hopkins said.

Xeriscape landscaping, or xeriscaping, is "a type of landscaping designed specifically for areas that are susceptible to drought, or for properties where water conservation is practiced," according to The Spruce, an online home advice publication. States with dry climates like New Mexico, Nevada and Arizona have welcomed the water-saving practice for years and have seen much success.

"Some people think of xeriscaping and think there's no irrigation whatsoever, but technically the practice includes reduced irrigation which I think is an overall more sustainable approach," Hopkins said.

Hopkins, who currently teaches soil science, urban soil and water management, and grasses in urban and native environment classes, is known amongst his colleagues as the "turf expert." His passion for all things landscaping, especially water-wise practices, has led him to implement many of the things he teaches, on his own property.

"Have I seen people successfully use xeriscaping? The answer is absolutely, including myself," Hopkins said.

## Water conservation

In the last few years, Hopkins has

worked to transform his home's yard, taking on a more water-safe approach to landscaping.

"I have reduced my irrigation immensely, applying only about 10% of the water that I used to use when I first bought my house and I still have a very beautiful landscape," Hopkins said. "It is possible to have plants in the landscape and yet use considerably less water."

According to the National Geographic Society's Resource Library, xeriscaping can reduce water usage by up to 75%.

Hopkins explained despite the fact he's "definitely a grass guy," he has less grass than anybody in his neighborhood because he realized "it does use more water than anything else, so I wanted to reduce it down to just enough for what I need."

One of Hopkins' biggest transformations was the remodel of the parking strip that lines his front yard. According to Hopkins, grassy parking strips are one of Utah's biggest problems when it comes to wasting water.

"You can't water that small amount of grass without having extreme amounts of wasted water hitting the pavement," Hopkins said.

Instead of ripping out all plants from the strip however, Hopkins installed a water-efficient drip irrigation system, as well as desert plants that require less water to thrive.

"I've got a bark mulch that helps reduce evaporation, drought-tolerant ground covers and small shrubs instead of all grass. Xeriscaping can be beautiful and it can also be functional," Hopkins said.

## Minimizing lawns

While Hopkins takes pride in his newly xeriscaped parking strip, he does value the small amount of grass his property does have, around his walkways and trampoline. Hopkins does not believe in completely eliminating grass, rather reducing the amount to only what is truly needed.

Like Hopkins, BYU plant and wildlife sciences professor Greg Jolley does not support taking grass away.

"I'm not one of those advocates that say we get rid of lawns completely," Jolley said. "I think a good xeriscape or sustainability principle is

minimizing the use of lawns but not necessarily eliminating them."

Jolley, who has been teaching at BYU since 2003, is a professional landscape architect. In his classes, Jolley stresses designing landscapes that are both aesthetically pleasing and sustainable.

"Here in the Wasatch Front, we want to create a landscape that will use the least amount of water but will also serve the homeowner or the users of that property in a way that will be beneficial to them and the environment," Jolley said.

## Proper irrigation

According to Jolley, one of the most crucial practices to reduce water usage is a proper irrigation system. In his landscape irrigation class, students learn how to water plants in the most economic way, from a water usage standpoint.

"The biggest mistake I see is irrigation systems that are poorly planned and designed that don't distribute that water in an economical way, and a lot of that can be fixed with simple design," Jolley said. "Poor water use usually starts out with poor design."

In order to combat improperly designed irrigation systems and yards, Jolley recommends homeowners reach out to their local horticultural extension agents to receive a free audit of their irrigation system. Agents measure irrigation efficiency and how water is being used or wasted.

Another water-wise practice Jolley suggests is seeking out a good landscape design plan.

"Having a plan in hand that applies those water-saving principles can be a good investment because that allows you as a homeowner to implement that design on your own, rather than calling a landscape contractor and paying \$30-40,000 to change out that landscape," Jolley said. "You can do it slowly and phase it in on your own time and budget."

## Alternate approaches

While xeriscaping can help reduce water usage and increase efficiency, BYU plant and wildlife sciences professor Phil Allen has a much different perspective on it than his fellow

colleagues.

"Xeriscaping, in my opinion, is a very backwards approach," Allen said. "It leads to landscapes that are very hot, readily invaded by weeds and ugly."

Allen believes localscapes is a much better solution to Utah's drought problem. According to Locascapes, a website backed by Utah government, educational, construction and landscaping entities, the approach is "a series of landscaping patterns and practices that takes into account Utah's unique climate." It focuses on using plants native to Utah that naturally adjust to the arid climate.

Though in support of xeriscaping, Jolley agreed with Allen that homeowners do still need to keep up with their yards or else it can turn into an aesthetics problem.

"People hear the term xeriscape and think 'no maintenance, I don't have to do anything with it' but it definitely still requires maintenance, or else it will turn into a weed patch," Jolley said.

In addition to continued maintenance, xeriscaping is no small fee.

BYU senior Levi Harper, a construction management major, values the water-saving benefits of xeriscaping but has learned it can cost quite a pretty penny. Harper recently designed a xeriscape landscaping plan for a Salt Lake City company looking to switch to drought-resistant plants.

"It's cool to see companies getting involved. I definitely think it's going to become more popular in the future as brands work towards more eco-friendly and sustainable practices," Harper said. "But it has very high upfront costs that may not be attainable for the average homeowner."

Despite the challenges that come with water-wise landscaping, Jolley remains hopeful for the future of Utah, and more specifically BYU campus.

"I think for most, it's buying off the aesthetic of xeriscape and changing our minds about what we've traditionally had versus what we could have," Jolley said. "Sustainability is right there in the forefront of our minds, but of course we can always do better when it comes to saving water."





GIDEON GEORGE

*BYU forward Gideon George surrounded by bags of donated shoes after a shoe drive.*



BYU PHOTO/JAREN WILKEY

*Gideon George takes a shot against Texas Southern on Nov. 24, 2021.*



GIDEON GEORGE

*Donated shoes are delivered to youth in Africa by Gideon and Samson George.*

# GIDEON GEORGE & FAMILY PAIR SHOES SERVICE

By Kenedee Miller

Two pairs of old, worn down shoes — something that most people keep stuffed away in the back of a closet — is all it took to open the door for Gideon and Samson George to play Division-I basketball and allow them to help change the world.

BYU forward Gideon and his brother Samson grew up in Minna, Nigeria, where the cost of a pair of shoes was equivalent to roughly one month's salary for their parents. Even though the brothers needed shoes, the thought couldn't be entertained for long as it didn't outweigh the need to keep the family fed.

Fortunately, a local coach helped the boys obtain shoes, but with a catch: the brothers would receive a pair of free shoes — donated by the nonprofit organization Timeout 4 Africa — in exchange for Gideon playing basketball.

This deal would be life changing.

"It's something that he's super passionate about," said Gideon's fiancée Jess Perry. "It flipped his life ... by seeing where a basketball can take him."

The George brothers each found their way to America through their determination and love of basketball. Gideon went to New Mexico Junior College and then transferred to BYU prior to the 2020-2021 season, while Samson went to Pitt in 2017 before transferring to Central Arkansas in 2020. Changing continents came with the

usual culture shock, but what was unique about the Georges is the way they acted during the adjustment.

"Coming here, you get a lot of shoes. In America, it's nothing, but it is for us coming from a different world," Samson said. "It really is just two different worlds. I started collecting shoes and sending them back home when I was in college and Gideon took it to a whole new level."

Gideon arrived at BYU and wasted no time collecting shoes. He worked with Timeout 4 Africa and hosted a shoe drive in December 2021, collecting roughly 6,000 pairs. This was the turning point for the Georges, allowing the brothers to see how much of an impact they could make and possibly make an even greater difference.

"My brother and I sat down and wanted to do something different," Gideon said. "We wanted to impact the world in our own way, so we started our own foundation."

The problem with trying to start a foundation was a number of rules in place that limited collegiate athletes in such endeavors, but once the NCAA began allowing athletes to profit from their name, image and likeness in June 2021, the Georges had the green light, and the George Helping Hands Foundation was born.

"With Gideon and Samson, it was through someone's generosity that they are where they are now, and we all want to be able to open doors for other

people," said Samson's wife Zainab George, who helps with the foundation.

The Georges are currently making their impact through shoes, but as the foundation continues to grow, their goal is to provide scholarships, water wells and whatever else they can to help underprivileged communities throughout America and Africa. The future plan is much bigger. This "change the world mentality" is something they have completely leapt into.

"Gideon is doing way more for his community than he is doing for himself, and that's pretty great. All our guys see that and they can't help but feel it," BYU men's basketball head coach Mark Pope said. "As athletes, we are trained to have tunnel vision. One-hundred percent of our focus is on our game and getting better, and you can get lost in that. What Gideon is showing our guys is that actually when you look outside yourself it helps with your focus and helps you grow as a player."

Both Gideon and Samson have experienced both sides of the different worlds and understand how much of an impact can be made simply by donating one pair of shoes to underprivileged communities. The George Helping Hands Foundation held its most recent shoe drive Dec. 12-17, 2022 at the Marriott Center.

"(Gideon's) one goal is to help kids because he knows exactly what it's like because he's been there," Perry said.

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