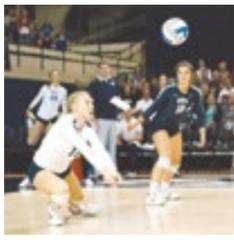




Inside look at Islam

Dispelling myths and why they exist

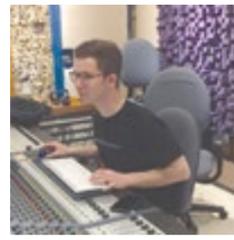
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Students changing BYU's music scene

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December 5-11, 2017

THE UNIVERSE

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Trump's Utah visit reawakens monument controversy



Associated Press

President Donald Trump holds up a signed proclamation at the Utah State Capitol on Dec. 4 to shrink the size of Bears Ears and Grand Staircase Escalante national monuments.



Associated Press

(Left) President Donald Trump tours Welfare Square food distribution center with leaders of The Church of Jesus Christ of Latter-day Saints. (Middle) Protestors chant before Trump's visit. (Right) Trump speaks at the Utah State Capitol in Salt Lake City.

Trump signs proclamation; Utahns react

By CAMILLE BAKER

The crowd inside the Utah State Capitol chanted “four more years” as President Donald Trump signed two presidential proclamations to shrink the sizes of the Bears Ears and Grand Staircase Escalante national monuments.

Trump's proclamation, signed during his Utah visit on Dec. 4, reduces the land for Bears Ears National Monument to 201,876 acres (315 square miles) and the Grand Staircase Escalante National Monument from nearly 1.9 million acres (nearly 3,000 square miles) to 1,003,863 acres (1,569 square miles).

Utah legislators at the event thanked Trump for giving Utah residents a voice, but such a decision has brought controversy to the state and is expected to bring a legal battle.

U.S. Interior Secretary Ryan Zinke recommended a review of 27 national monuments for the president to review earlier this year, according to the Associated Press.

Trump signed an executive order in April directing Zinke to review the protections of the several large national monuments. Trump is able to upend the protections under the 1906 Antiquities Act, which gives the president broad authority to declare federal lands as monuments and restrict their use, according to the Associated Press.

Trump said his visit to Utah is a step forward in addressing the long-standing issue that the Antiquities Act has been “abused” to “lock up” lands and water to be under strict government control.

“Some people think that the natural resources of Utah should be controlled by a small handful of very distant bureaucrats located in Washington,” Trump said. “And guess what? They're wrong.”

Trump said, at the time, he had spoken to state and local leaders “who are gravely concerned about this massive federal land grab. And it's gotten worse and worse and worse, and now we're going to free it up, which is what should have happened in the first place. This should never have happened.”

Bears Ears was created on Dec. 28, 2016, by President Barack Obama. This designated 1.35 million acres of land in the San Juan County for the monument. Grand Staircase Escalante National Monument was created on Sep. 18, 1996, by President Bill Clinton.

Trump's move marks the first time in a half-century that a president has undone these types of land protections. It could be the first of many changes to come. Trump has yet to announce decisions on other protected lands.

Monday's action is an effort to make public lands be for public use, Trump said.

Trump said he called Sen. Mike Lee, R-Utah, Utah Gov. Gary Herbert, and all his Utah friends to ask what they thought on this topic. Trump said he asked them if this action to shrink the sizes of these national monuments would be good for the state. He also asked if it would be a controversial topic at all. They all told him no, according to Trump's speech.

BYU sophomore Halli Boman said she went to the Utah Capitol on Saturday to protest the shrinking of Bears Ears and Grand Staircase Escalante national monuments.

“We took up the entire area of the south stairs at the Capitol building,” Boman said. “The atmosphere seemed to be pretty positive and loving. Everyone who attended cared deeply about preserving the monuments for various reasons: recreation, environmentalism, cultural/spiritual beliefs, etc.”

Boman said she thinks Trump's decision to shrink the sizes of these Utah national monuments will negatively affect Utah. She said these monuments honor Native Americans and are in place to respect the ancestral and spiritual nature of their lands. Boman said these monuments help protect that designated land.

Bringing Christmas to town

BYU men's basketball gives to kids with cancer

By KAITLYN BANCROFT

It's the fathers who break down in tears.

Through gift-giving and cheer-spreading, Cheryl Rose has noticed it's the fathers — who feel the burden of providing for their families — shedding tears when they realize their children have been given Christmas by total strangers.

“They're brought to tears and it's a sweet, sweet experience,” Rose said.

It's an experience she's been helping create for almost 20 years. Rose is a committee member of the Mac's Gift Children's Cancer Foundation, which “was created to help the families of children who are battling cancer ... and to do so especially around the Christmas season,” according to the foundation's website.

Both Cheryl and her husband, Dave Rose, the BYU men's basketball coach, have been involved with the organization since its first year at a Harmon's car dealership in Provo, where the organization was originally called the Children with Cancer Christmas Foundation. Founder and cancer survivor Mac Boyter, who worked at the dealership, wanted to lift families struggling with childhood cancer, and the foundation was renamed Mac's Gift shortly before his passing in 2013.

The Christmas-giving event took



Aaron Cornia/BYU Photo

Eric Mika signs a poster for a child at the annual Mac's Gift Christmas party in December 2016.

on a more personal nature for the Roses when Dave Rose was diagnosed with pancreatic cancer in 2009. Cheryl said she didn't understand how cancer affects family bonds until her husband was dealing with cancer himself.

“They (families with sick children) didn't worry about things that didn't matter,” she said. “They were so focused on loving each other and loving their children and quality time, and you could feel it.”

The Roses attended the event for the first time in place of then-basketball coach Steve Cleveland, who was unable to attend that night. Cheryl

said she was “overwhelmed and impressed” by the event, and the following year, she was asked to return as a committee member.

Cheryl said the foundation helped 13 families that first year, but it's since expanded to include over 200 families. The two-night event, held this year on Dec. 12 and 13 in the Nu Skin Enterprises building in Provo, includes dinners, presents and special guests.

According to the Mac's Gift website, they received over \$84,000 in donations in 2015 — and since they're an entirely volunteer-run organization, every bit of donated time and

money goes to children with cancer and their families.

The Christmas crew

Cheryl said Mac's Gift is unique because they're not raising money for a cure or for treatments — their focus is solely on helping families enjoy Christmas during their hardships. Due to doctor's appointments and dealing with cancer treatments, many parents don't have the time and energy for Christmas shopping, let alone the money.

“All the time, when you talk to these families, they say that Christmas is kind of the last thing on their mind,” she said.

That's why much of the event is geared toward providing presents for the families. Cheryl said the planning starts months in advance, with the committee first meeting in early October.

It's not until the week of the event, though, that the BYU basketball coaches and their wives “take over Walmart” and load up 20 to 30 carts with toys paid through donations. Volunteers have already been in touch with the families about what presents the children are hoping for, and each child is bought a larger toy and two smaller ones. Then everything is loaded into a U-Haul truck and taken to the Nu Skin building.

The following night is a parents-only dinner that allows parents to pick presents for their children. Cheryl said for many families, these gifts will be their only Christmas, and they want families to have something under the tree for Christmas morning.

See CHRISTMAS on Page 2

See TRUMP on Page 2

UNIVERSE news briefs

FROM THE ASSOCIATED PRESS



Stealth jets, other aircraft fly in US, South Korean drills

Hundreds of aircraft including two dozen stealth jets began training Monday, Dec. 4 as the United States and South Korea launched a massive combined air force exercise. The war games come a week after North Korea test-fired its most powerful missile ever, an ICBM that may be able to target the eastern seaboard of the United States.

The five-day drill, which is called Vigilant Ace, is meant to improve the allies' wartime capabilities and preparedness, South Korea's defense ministry said.



Trump offers full support for Republican Roy Moore

President Donald Trump endorsed embattled Republican Roy Moore in the Alabama Senate race on Monday, Dec. 4, looking past sexual misconduct allegations against the GOP candidate to argue that his vote is needed in Congress.

Trump tweeted early Monday that "Democrats refusal to give even one vote for massive Tax Cuts is why we need Republican Roy Moore to win in Alabama." Trump also spoke with Moore by phone. White House Spokesman Raj Shah said the president "endorsed Judge Moore's campaign."



Supreme Court allows full enforcement of travel ban

The Supreme Court is allowing the Trump administration to fully enforce a ban on travel to the United States by residents of six mostly Muslim countries.

The justices, with two dissenting votes, said Monday, Dec. 4 the policy can take full effect even as legal challenges against it make their way through the courts. The action suggests the high court could uphold the version of the ban Trump announced in September. The ban applies to Chad, Iran, Libya, Somalia, Syria and Yemen.



EU leader optimistic of breakthrough in Brexit talks

European Union chief Donald Tusk said Monday, Dec. 4 he was "encouraged" by last-minute progress in divorce talks with Britain, saying that the sides were within reach of a breakthrough that would clear the way to start discussing future trade relations.

The comments came as British Prime Minister Theresa May made a diplomatic push in Brussels, where she was meeting with top European Union officials in an effort to break an impasse, especially in the thorny issue of the Irish border.



Beyond Rx? CVS deal may mean more services

CVS Health wants to do much more than fill your prescription or jab your arm with an annual flu shot.

The second-largest U.S. drugstore chain is buying Aetna, the third-largest health insurer, in order to push much deeper into customer care. The evolution won't happen overnight, but in time, shoppers may find more clinics in CVS stores and more services they can receive through the network of nearly 10,000 locations that the company has built.

TRUMP

Decision reawakens controversy

Continued from Page 1

Conversely, San Juan County Commissioner Rebecca Benally said the monument designation of the area was a "land grab" to control "the land, people and financial gains."

Utah's monument reduction is expected to trigger a legal battle between the White House administration and various Native American and environmental groups, according to Associated Press.

"Environmental and Native American tribes plan to sue to stop the reductions at the Utah monuments, which will likely trigger a lengthy court battle. They have vowed to challenge any other downsizing, too," the Press reported. Boman said making the

Utah land available for economic gain will most likely be a pattern for other monuments around the country.

"Once Trump makes the decision to shrink the monuments and allow Utah legislature to sell the land — most likely to coal mining or oil drilling corporations — other states may decide that temporary, quick income is more important than preserving important and beautiful American land," Boman said.

Editor's note: The Associated Press contributed to this story.

Police Beat

BYU

DISORDERLY CONDUCT

Nov. 28 - A male student complained of individuals in a closed area in the Eyring Science Center. One of those individuals, a female student, was disorderly when asked to leave.

FRAUD

Nov. 28 - A male student was given a fraudulent check as payment for a vehicle listed for sale.

SEXUAL ASSAULT

Nov. 28 - A woman made a delayed report of a sexual assault that occurred in the MTC over 20 years ago. The incident is under investigation.

THEFT

Nov. 28 - An individual reported clothing worth about \$100 taken from a vehicle in Lot 32.

OREM

DOMESTIC DISPUTE

Nov. 30 - Officers mediated an argument between roommates. The roommates agreed to separate for the night.

DRUGS

Nov. 30 - A man met up with a drug dealer to buy marijuana. When the buyer met the dealer, he felt something was wrong and took off running. The dealer caught up and stole the buyer's phone.

DUI

Nov. 30 - Officers responded to a report of reckless driving. After being stopped, the driver was found to be impaired and arrested for DUI.

Nov. 30 - An officer stopped a man and woman suspected of

shoplifting. The officer discovered the man had \$9,000 in warrants, and upon arresting him, found the man was also in possession of heroin.

PURSUIT

Nov. 30 - An officer found a car that had been chased by police a week earlier. The suspect drove away, but stopped shortly after the pursuit started and was arrested.

THEFT

Nov. 30 - Two juveniles were stopped after they were caught shoplifting at Kohl's.

Nov. 30 - An officer responded to a report of two shoplifters in custody at Smith's. The shoplifters, a man and woman, had stolen vitamins and tried to return them for cash. The man was also in possession of a loaded heroin syringe.



CAMPUS EVENTS THIS WEEK

Monday, Dec. 11

"I was a stranger and ye took me in"

Treats and make new friends, noon, JFSB Quad

Tuesday, Dec. 12

"Blessed are they that mourn"

Write encouraging notes,

noon, Brigham Square

Quilts and teddy bears for refugees with Y-Serve, 7 p.m. WSC

Wednesday, Dec. 13

"Do unto others as you would have them do unto you"

Care packages and treats,

noon, Brigham Square

Thursday, Dec. 14

"For where your treasure is, there will your heart be also"

Make gifts for students in need, noon, WSC Terrace

"The Grinch" and French toast, 7 p.m., WSC

CHRISTMAS

BYU players give back

Continued from Page 1

She also said when parents arrive, they fill bags for all their children — not just their sick child — because cancer affects the entire family.

"We've always wanted the other children, the siblings, to feel included and important," she said.

The next night, the entire family arrives at the Nu Skin building for dinner, games and a visit from Mr. and Mrs. Claus. The children play with the BYU men's basketball team, pick out a present from "Santa's Workshop" and interact with princesses, superheroes and other characters. Cheryl said there's also a gift for the mother, a gift for the father and usually some kind of present for the entire family.

"It's sad to see so many children in our community that need this," Cheryl said. "But at the same time, it's gratifying to know that ... they're also able to come and enjoy the party and the events and receive the gifts that people have so generously donated to them."

Santa's helpers

It's not just the children who benefit. For the BYU men's basketball team, volunteering each year at the Mac's Gift event is a special tradition.

Junior forward Luke Worthington said it's fun to brighten the children's lives by playing games with them.

"It's not like it's a burden to go over there and rebound on a little hoop or do these little things with these kids," he said.

Sophomore guard TJ Haws said the event helps the team get into the true spirit of Christmas.

"As basketball players here at BYU, we're super blessed to be in this position and to go out there and spend a night," Haws said.

Coach Dave Rose added, "For me personally, watching our guys interact with those kids and then listen(ing) to the conversations that they have the next two or three days, talking about these families and their problems and their challenges, it brings a lot of good to our team."

Cheryl said the Mac's Gift event is a blessing for the basketball team during a time of year when they're focused on games and school. She said though it would be easy to get wrapped up in themselves, the event is an opportunity for them to step back and see the good they can do for these children.

"To watch them interact with these children and to be so kind and sweet to children that have gone through so much is really an experience these young men will never forget," she said.

It's an experience the families don't forget, either.

Utah native Mark Austin's daughter Emily was first diagnosed with leukemia in 1998 when she was five years old. She passed away in 2012 at the age of 19, after her cancer relapsed four times throughout her life.

The Austins were one of the first families to participate in Mac's Gift, starting the year Emily was diagnosed. Mark Austin remembers when Emily was small and the BYU basketball

players would put her on their knees and talk to her.

In particular, they got to know then-BYU basketball star Travis Hansen. Though he went on to play professional basketball for the Atlanta Hawks, as well as overseas, he continued to support Emily.

"He was a great help to Emily, not just at the parties, but just someone she could reach out to and talk to," Austin said. "So it was bigger connections than just at the parties. There were some really great players there."

Austin said the best part of Mac's Gift is connecting with families going through the same hardships.

"Just to be able to see someone's connections with other people with what they're going through is probably one of the biggest joys that I see," he said.

Getting involved

Cheryl said though doctors can't give cancer patients' contact information, Primary Children's Hospital puts information about the party in patient's packages. Word-of-mouth has also been key in reaching families with sick children. The families, however, have to contact the Mac's Gift Foundation themselves if they'd like to be included.

People can donate cash or toys through the Mac's Gift website, where they can also apply to be volunteers at the event. BYU students in particular, Cheryl said, would be amazing volunteers.

"The students at BYU, they have such good hearts," she said.

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Exchange students share experiences with Islam, dispel myths

By CAMILLE BAKER

It's 6 a.m. in Greece and BYU Arabic and Middle Eastern studies major Melena Warden wakes up to her daily alarm — a recording of a man reading the Quran in Arabic.

Warden spent about a month and a half living with a Muslim family in Greece, and is currently completing her junior core in Jordan. She said it was incredible to see how the family's religion is such an integral part of who they are and how much they love God and the scriptures.

"From their hearts, they loved the scriptures. They loved the word of God so much that they would just show that," she said.

However, Warden's positive experience with Islam doesn't reflect the views of most Americans, according to a 2017 Pew Research Center survey.

The survey reported Americans feel "coolest" towards Muslims more than any other religious group, and 75 percent of American Muslims said there is "a lot of discrimination" against Muslims in the U.S., according to a different 2017 Pew Research Center survey.

President Donald Trump mirrored these negatives attitudes in his controversial Nov. 29 retweets of three anti-Muslim videos originally posted by a leader of far-right British group, Britain First. They also have been reflected in Trump's attempts at a travel-ban aimed toward Muslim-majority countries.

While these negative feelings persist, the Pew survey also showed Americans are becoming increasingly receptive to Muslims, especially among millennials.

What is Islam?

BYU professor Daniel Peterson specializes in Asian and near eastern languages, Islam and the Quran. He said Islam is monotheistic, meaning Muslims worship only one God.

According to Peterson, many people think Muslims worship a different deity than Christians or Jews. However, Peterson said the term "Allah" is simply the Arabic word for "God."

BYU international relations student Mutaz Bawaneh is from Jordan. Bawaneh said he celebrates his Islamic culture by educating others about his religion.

"For me, implementing my culture is more of teaching people what it is, kind of like trying to clarify the misconceptions," Bawaneh said.

Islam is not only a religion but a way of life, according to Bawaneh.

"The way you deal with people, the way you conduct yourself — whether it's socially, economically or even politically — Islam has its own political paradigm, its own economic ideas and its own social standards for people to abide by," Bawaneh said.

Warden said the family she lived with, the Saadaldeens, had an alarm that would go off five times a day to remind them to pray. She said they would prepare by washing before praying.

"We cried together about our desire to be close to God," Warden said. "Their actions were so centered around making sure they practice (their religion)."

Warden said the Saadaldeen family taught her things she wants to apply to her religious worship and actions.

Both Warden and Bawaneh said they have benefitted from their cross-religious experiences. Bawaneh said his experiences in Utah have been positive because Utahns focus on the similarities between religions.

"Throughout the years, it came to be more of trying to clarify what my faith is, what my religion is, because a lot of people here are not particularly aggressive towards Muslims," Bawaneh said. "But I can say a lot of people are not the most knowledgeable of what Islam is in Utah."

Dispelling myths about Islam

Understanding more about Muslims and their religion, Islam, is the key to dispelling the stereotype that all Muslims are terrorists, according to Peterson.

"Many people in the West don't know Muslims and frankly don't know much about Islamic



Melena Warden

Melena Warden, outside the hotel in Athens where she stayed with the Saadaldeen family, wears a hijab, a symbol of faith and devotion to God and a sign of purity, modesty and respect for the body.

history," Peterson said.

Many people see things in the news, like suicide bombings, and think it's Islam because the news shows the exceptions and not the daily good deeds, according to Peterson.

"That can give you a warped view if the only things you know are the exceptions," Peterson said.

Bawaneh said extreme Islam is similar to extreme Christianity or extreme Judaism — it's taking a peaceable faith to the extreme.

"In many cases, Muslim extremists don't understand their religion very well," Peterson said. "They see it as something to be forced on others when the Quran itself says there should be no coercion or compulsion with religion."

Warden explained extremism as "ignoring the basis of Islam and the foundational principles" of the religion.

Why these myths exist

The Western stereotype connecting Muslims and terrorists in the United States is a defensive reaction against terrorist attacks because Americans have been attacked so much, according to Warden.

"Judging 1.5 billion people on the actions of people who do not even represent a statistically significant fraction of Islam ... is unfair and unjust to the millions of Muslims who are trying to go about with their life, achieving what normal people are trying to do — get a happy life, a house with a fence and kids running in the backyard," Bawaneh said.

Many people don't think every terrorist is a Muslim, but do believe that there is a tendency for every Muslim to adapt to terrorist ideals, according to Bawaneh.

Bawaneh said this point is invalid because terrorists have "every human part" stripped away from themselves.

"I think that's a huge misconception about Islam — that Islam gives you all these justifications, all these reasons that you can go about and kill people," Bawaneh said. "That's not true at all. Islam doesn't teach that at all."

One religious term often misinterpreted in Islam is "jihad." People tend to think the term means "holy war," when in fact it comes from a root that means "to exert effort" or "to really try," according to Peterson.

Peterson said jihad is the practical application of things. He said Muslims would think it strange to just sit around reading scriptures and praying all day, whereas jihad encourages the idea of getting out and doing something.

Terrorist groups have taken jihad to be a "holy declaration of war against nonbelievers," Bawaneh said, "because in (the terrorists') world, they cannot believe in a world where coexistence is a key concept, and that is against the teachings of Islam."

"Even in times of war, Islam teaches that you are not even allowed to burn down a tree or cut a tree or slaughter an animal unless you are eating them," Bawaneh said. "So if we are caring so much about those minimal details, it doesn't really sound logical to say that Islam promotes hatred or promotes ideas that can be radicalized."

According to Peterson, jihad also means fighting the enemy inside oneself in order to remain faithful.

Today, Peterson said, some Muslims will say their "jihad" is to build stronger relationships with people of other faiths, the economy in their city or country, or a stronger educational system for their family.

Bawaneh said politics has a great effect on defining what the picture of Islam is, especially with the growth of terrorism and radical ideologies within Muslim communities and throughout the world.

"Sometimes I understand the connection that people make between terrorism and Islam. But it's not about connection ... because in no way does Islam teach to kill people or to commit those heinous crimes that we see on TV that are committed by ISIS, al-Qaida or whoever terrorist groups that claim they do it for the sake of Islam," Bawaneh said. "They've ruined the image of Islam, and then the modern Muslims have to rise up and talk about it."

Warden said most Muslims seek to reassure others that these acts of terrorism are not what Islam is or teaches.

How to become educated on Islam

Peterson, Warden and Bawaneh said the best way to learn about Muslims and Islam is to get to know the Muslims in the community and ask Muslims questions about their religion.

The Utah Valley Islamic Center welcomes visitors on Fridays between 1:30 and 2:15 p.m. The Muslim Student Association of BYU is an organization on campus with the purpose of providing faith-based support and creating unity among Muslim students.

"There's opportunity on campus to ask fellow students about their faith and befriend them and to dissipate the falsity that surrounds (Muslims)," Warden said. "The more that people are willing to educate themselves, it will spread."

Campus News



Sarah Coyne



Perry Ridge



John Kauwe



Spencer Meyer



Matt Heaton



Fen Yang

COLLEGE OF Family, Home and Social Sciences

Sarah Coyne, BYU School of Family Life associate professor of human development, will speak about media effects on families at BYU's Continuing Education "Families at Risk" lecture series on December 13. Coyne's recent research includes studying mother's media monitoring styles and adolescent media use, and the impact of texting on adolescent behavior.

MARRIOTT SCHOOL OF Business

Two teams of BYU students each won first place in different divisions of the Purdue Human Resources Case Competition. Though one team was made up of undergraduate students and the other of MBA students, both teams worked on a case involving civil engineering company CH2M. Teams were asked to address the issues of retaining, recruiting and incentivizing relocation to remote areas. Thirty minutes before their presentations, they were also asked to show how at least one of CH2M's five company values was connected to their solution. Both teams

were already prepared for the curveball, however, and the undergraduate team won \$3,000 while the MBA team won \$5,000.

COLLEGE OF Life Sciences

BYU recently published research in *Genome Medicine* detailing a new approach in Alzheimer's treatment. BYU professors **Perry Ridge** and **John Kauwe** discovered a rare genetic variant that provides a protective effect for high-risk individuals who never acquired the disease. This means there's a specific reason why people who should get Alzheimer's remain healthy. Study authors believe this genetic function could be targeted with medicine to reduce the risk of getting the disease.

COLLEGE OF Fine Arts and Communications

Piano performance majors recently had the opportunity to participate in a master class with professional pianist **Spencer Meyer** via video conference. In addition to the video, the Yamaha Disklavier piano Meyer played in Boston was connected to the HFAC piano

students played. While participants played their selections in Provo, Meyer heard and saw the notes played in real time at his piano and viewed the performer's technique on screen. The masterclass was the School of Music's second use of distance learning.

COLLEGE OF Physical and Mathematical Sciences

BYU research commissioned by the Federal Highway Administration shows highway features that make accidents less likely. The research was co-authored by statistics professor **Matt Heaton**, professor **Shannon Neely Tass** and former master's student **Kaitlin Gibson**. The team combined two separate statistical analyses to explore potential factors from crashes on interstate highways in Washington.

COLLEGE OF Nursing

Visiting nursing scholar **Fen Yang** from Wuhan, Hubei Province, China will be working on evidence nursing and community management of chronic disease research at BYU through April 2018. Yang is currently studying to obtain her doctorate.

TODAY

UNIVERSITY DEVOTIONAL
Tuesday, December 5,
11:05 a.m., Marriott Center

This event will also be broadcast to the JSB Auditorium.



Brian K. Ashton

Second Counselor in the Sunday School General Presidency

When Brian K. Ashton was called as second counselor in the Sunday School general presidency of The Church of Jesus Christ of Latter-day Saints in June 2015, he was completing his service as president of the Texas Houston South Mission, where he had served since July 2012 with his wife, Melinda Earl Ashton.

Brother Ashton received a bachelor of arts degree from BYU and a master of business administration degree from Harvard University. He has worked as a business manager, as an executive, and as a board member at various companies since 1998.

The Ashtons are the parents of seven children.

Selected speeches available at speeches.byu.edu.

NEXT: UNIVERSITY DEVOTIONAL



Elder D. Todd Christofferson
Member of the Quorum of the Twelve Apostles

December 12, 11:05 a.m.
Marriott Center

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WINNER
BEST OF STATE
UTAH 2015, 2016, 2017



Utah maternal mortality rates not improving despite preventive measures

By ASHLEY LEE

Bethany Hillary, a mother of four, has type 1 diabetes, meaning all her pregnancies are high-risk.

Hillary attended nonstress tests twice a week toward the end of her pregnancy with her fourth child. Doctors monitored Hillary's contractions and her baby's heart rate during these tests.

In July 2017, during a non-stress test a week before Hillary's scheduled cesarean section delivery, her doctors decided they needed to perform the C-section immediately.

"It was a little bit rushed," Hillary said. "My husband barely made it there and we only live 10 minutes away, so that's how fast they were moving with this one."

Riverton Hospital doctors made an incision in Hillary's abdomen and removed her baby.

Although her diabetes had been "very well controlled" during the pregnancy, her baby weighed almost 11 pounds at delivery. When the doctors removed the baby, the incision expanded, which affected some major arteries around the uterus, according to Hillary.

"Delivery went great until the very end when they realized I had lost a ton of blood — at least double what they typically expect to see during a C-section," Hillary said.

Hillary received a blood transfusion that day and a second transfusion the next day.

Hillary said she usually feels better immediately after delivery simply because she's not pregnant anymore, but it took her at least a week to notice



Bethany Hillary holds her newborn baby, Eden, after delivery in July. Hillary has type 1 diabetes, making all her pregnancies high-risk.

the difference after this delivery, "because I had just been so absorbed in, 'Oh my gosh, I feel like I'm dying right now because I have no blood.'"

Hillary's feelings aren't just hyperbole — her life was in danger, and it's an experience that's far more common for expectant mothers in the U.S. than in other wealthy countries.

Maternal mortality — when a woman dies during pregnancy

or within 42 days after delivery — reached 26.4 per 100,000 women in the U.S. in 2015, up almost 50 percent since 2000. Only 12 other countries' maternal mortality rates have risen since 1990.

The U.S. rate is more than three times Canada's rate. Between 20 and 50 percent of these deaths are preventable, according to a report from the CDC.

After a statewide pregnancy-associated mortality review, California hospitals started using evidence-based toolkits to address postpartum hemorrhage and pre-eclampsia, two major causes of maternal mortality.

By 2013, California's maternal mortality stood at 7.3 per 100,000, according to the California Maternal Quality Care Collaborative.

Maternal mortality in Utah is 15.6 per 100,000 as of 2014, according to Utah's Public Health Indicator Based System.

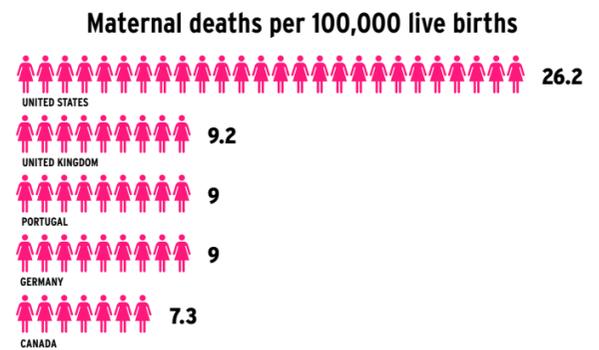
Utah has introduced preventive measures similar to those California is using, according to BYU nursing professor Debbie Edmunds.

Yet according to these figures, Utah's rate is lower than the national average, but still twice as high as California's.

"Despite efforts, despite changes in educational strategies, we're not seeing the same decrease in maternal morbidity (illness) more than mortality (deaths)," said Christina Elmore, who teaches intrapartum complications to doctorate midwifery students at the University of Utah. "We're kind of seeing those rates more stable."

Two of Hillary's four children were born outside Utah, at the Maternal and Infant Care Clinic in the University of Washington Medical Center in Seattle. The clinic caters specifically to expectant mothers with diabetes, whether type 1, type 2 or gestational.

Washington State's maternal mortality rate has not risen



Hailey Mosher

The U.S. maternal mortality rate was more than three times that of Canada in 2015, according to the Global Burden of Disease Study.

over time, unlike the U.S. rate, sitting at 9 per 100,000 for 2014-2015, according to that year's Maternal Mortality Review from the Washington State Department of Health.

But Hillary said she had more complaints about her first delivery than her most recent one.

"I was really happy with the care I had," Hillary said. "I don't have any complaints about how things were handled. It would have been nice if the stars aligned and I didn't lose blood, but they couldn't have avoided that. They treated it very well once it did happen."

Emily Peterson delivered her first child in June 2017 at Timpanogos Regional Hospital.

Her pregnancy was normal and low-risk up until around 34 weeks, when she started having high blood pressure and was diagnosed with pre-eclampsia. Peterson was induced into labor five days before her due date because of her high blood pressure.

She couldn't hold her baby for more than 30 seconds immediately following the delivery because she was weak from losing so much blood. She received a blood transfusion that day, but her condition continued to get worse, according to Peterson.

Several hours later, her doctors discovered pieces of her placenta were still stuck inside her body and performed surgery to scrape the placenta out.

Peterson received three more transfusions before leaving the hospital. She didn't realize how serious the situation had been until days later.

"If I hadn't had transfusions or anything, if I hadn't been at a hospital, if I hadn't been in a country where there's blood available, I would've lost my life," Peterson said. "So it was lucky to be in a hospital, in a place where they could handle it all."

And Peterson, too, insists her doctors were "amazing" and couldn't have done anything to better care for her.

Both Peterson and Hillary said they knew very little about what could go wrong during delivery.

"I hadn't really researched a lot, where I really wasn't

prepared for things to go wrong," Peterson said. "I was just kind of hoping for the best, and I didn't give much thought to what could go wrong, so I was pretty ignorant in that matter."

Hillary said she didn't hear about potential problems until more of her peers had also had children.

"I was kind of the first of my cohorts in grad school to have a baby, the first of my friends from high school that I was still really close with to have a baby, and so I hadn't really been exposed to problems," Hillary said.

But each situation is unique, and "there's no way to prep for it, absolutely no way," Hillary said. "Even if you've delivered one or two or three other babies, it could very likely be a totally different situation."

Hillary said as long as expectant mothers trust their medical professionals with their lives and the lives of their babies, they'll be fine.

"(Medical professionals) will know what to do because they have more experience," Hillary said.

Peterson said she wishes she had known every birth isn't the picture-perfect, Instagram-worthy one where the mother is able to hold her newborn immediately.

"Everything worked out fine; I guess I just wish that I had been more prepared to not have a perfect delivery," Peterson said. "I had a lot of resentment after birth because I just felt like I didn't get that bonding time for a long time."

Peterson said she felt better after hearing about other women's birth stories.

"I realized it happens a lot more than you think," Peterson said.

But even if it takes some time, "you can still bond with your child, even if you don't get that immediate bonding experience," Peterson said.

Hillary said it's important to be flexible about delivery.

"If you are really particular about how certain things go during the delivery, just make sure it gets communicated," Hillary said. "Otherwise, just trust that if you've picked a good provider, things will be fine."

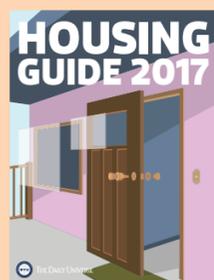


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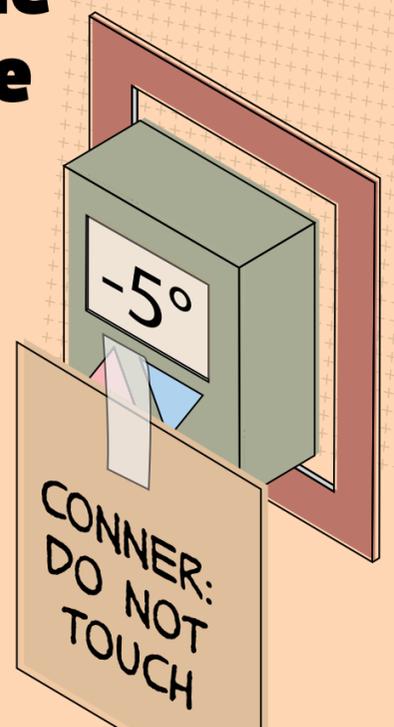
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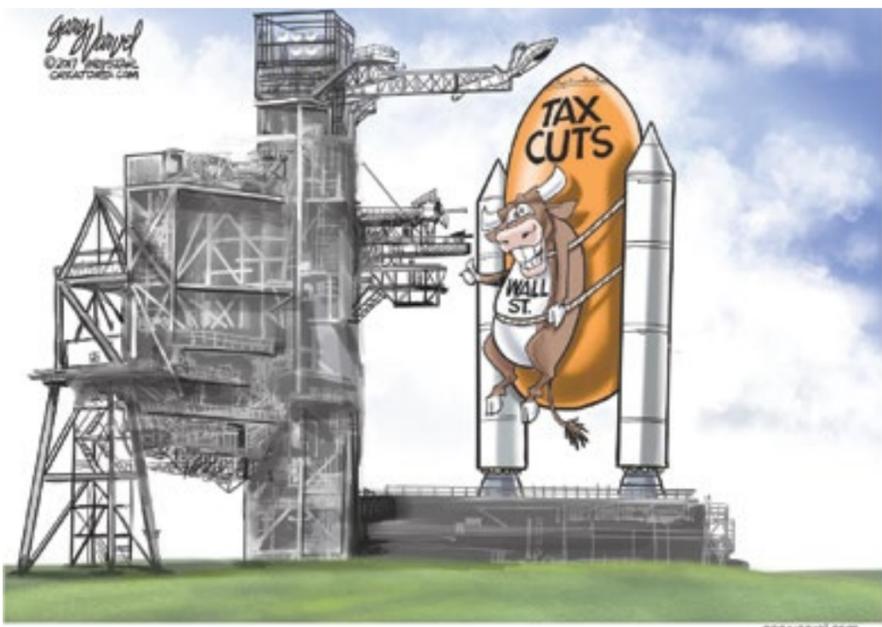
For when the battle of the thermostat gets too heated.



Available on racks throughout campus.



[ISSUES & IDEAS]



Tweet Beat

#BYU #BYUprobs

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

Leave comments at universe.byu.edu or @UniverseBYU

@karandaland

"I don't tell people I live in Helaman because it makes me feel like a child. I just tell them I live west of campus." @OverheardAtBYU

@byu_hfac

tbh I feel like the marb is the coolest one here and we are all just trying to reach that level of coolness

@byu_marb

honestly there are so many new buildings around and i am v overwhelmed but you are all invited for thanksgiving

@rytras

Me after last BYU Basketball season: Guess we're just gonna be a football school. Me during this BYU Football season: Guess we're just gonna be a basketball school. Me now: Guess we're just gonna be a school school.

@feministlinds

the lady next to me on the plane is reading a Christmas themed cookbook like it's a novel I love her

@jjcurtis95

"No Shave November is always followed by No Date December" - @HeardAtBYU

@hbll

Wish I had some Cyber Monday deals for you guys... Wait, you can check out stuff for free. lib.byu.edu

@byu_marb

Kalani Sitake called and said I would PROBABLY going to be named offensive coordinator, but I'd have to agree to an interview and a major photoshoot. I said probably is no good and took a pass. Thanks anyway!

@byu_brmb



will the Brimhall love and support you always?

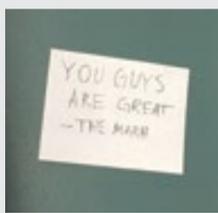
@sariahfales

Professor: "Here's the best dating advice I ever got. First, what makes American great?" Kid: "Natural resources?" Professor: "No, dummy, COMPETITION. America is great b/c of competition. Disregard all "bro-codes," "roommate codes," etc. and go after the girl." @HeardAtBYU

@erinthehawk

When it comes to the battle of the @BYU_MARB and @hbll, I'm mostly just disappointed that the hashtag #JusticeForMARB hasn't come out.

@lolbyu



Found this at our booth today. Just wanted to say, you're great too, @BYU_MARB. Have a Marby Christmas.

@mckwilson129

I followed @BYU_MARB a month or so ago and now all the other building twitters on campus are following me. I love it.

@savannahstowell

yeah your university is cool but do your buildings have their own individual twitter accounts... #byu

@whitneygibbons

So many stressed students have had fragments of their souls splinter off over the generations that they have finally accumulated in the buildings around campus, giving them enough scientience to make their own social media accounts. I knew this day would come.

@byu_swkt

I am a strong, independent building

@ccstreeter

I was reading *How the Grinch Stole Christmas* to Milo and he stopped me halfway through and said "This Christmas Wench is a terrific guy"

@rittermanda

My husband & I met in the @byujkb five years ago. Now we have a baby, and the JKB has a Twitter. What a world we live in, guys.

@jules_jules_ju

Teach me to Joaquin the light of His love,

@byujkb

"this is the place" - brigham young" - hfac

@geneticwitch

"Where's my Mr. Darcy?" "I wake up every day asking myself that question." @HeardAtBYU

@byu_lsb

You know, you don't have to take the Death Stairs™. My elevator is always open.

@byu_marb

to all of you out there who are feeling like you don't matter and your future holds nothing for you just remember that someday you can be like the marb

Tweets are unedited

[READERS' FORUM]

Social media danger

Technology has become the staple of our generation. We can tweet, post, and snap to our heart's content and connect with people all over the world, but technology is a double-edged sword and damages anyone who naively gives themselves to it. Our generation has become too reliant on technology. We need to learn how to unplug and interact in real life. Why is social media so dangerous? The immediate answer is that social media fails to tell the whole story. People don't take a selfie of their bedhead in the morning and post it. They post the photo of them all dolled-up for their date. They don't disclose all the things that go wrong throughout the day. They post the few highlights that come their way. And, most of all, they almost never post about their crippling insecurities, opting instead for sharing moments of triumph over the hard things. It isn't surprising that spending hours of our time on social media can lead to ailments like declining self-worth and depression. Our time on social media can be time well spent if we are judicious with how we spend it. Quality face-time (not FaceTime) is where we find not only happiness, but fulfillment. Our great responsibility is to know the traps that are laid before us. To protect ourselves and our loved ones, we need to be honest with ourselves and determine to what degree we will allow technology to run our life.

—Bryce Gosar
Highland, Utah

Financial illiteracy

With financial illiteracy so high among American college students, learning institutions should require finance courses that would benefit students both now and later. Important topics such as 401(k)s, Roth IRAs, investment portfolios, interest rates, taxes, etc. should be commonplace vocabulary of those who have recently graduated from college. Students are graduating unprepared to make lasting financial decisions because their learning institutions have not made it a priority. Wells Fargo found that over half of millennials say that debt is their "biggest financial concern." In addition, Fidelity found that 39 percent of millennials feel concerned for their financial future "at least once a week." Family Finance is currently offered at BYU to fulfill the Quantitative Reasoning GE requirement; however, an ACT or SAT math score of at least 22 or 500, satisfies this requirement. With the 2017 BYU entrance average of 29.5 on the ACT and 1300 on the SAT, the Family Finance course is often overlooked because the majority of students fulfill this requirement prior to taking their first step on campus. The Family Finance course should be a priority and BYU should consider making this course required. Students would no longer live in fear of important financial decisions, but rather be well prepared for starting a career. Family Finance would be beneficial to every student no matter their major or future career.

—Alex Randle
Flower Mound, Texas

Color is more than visual

Whether it be on our way to class, waiting in a long line or in our free time, we often find ourselves making small talk on campus as friendly BYU students. We're always getting to know new people. We ask the same questions over and over, "What's your name?" or "Where are you from?" or "Have you served a mission?" However, we've forgotten to ask a question that can get you to know someone's personality faster than any of those questions. "What is your favorite color?" has become a seriously under-rated question, thus we should take into consideration its underlying meaning, remember the importance it contains and ask it more frequently. The thalamus is the part of your brain that processes sensory information. This part of your brain helps you understand that when you see a color, there is some specific feeling or meaning to it. For example, red is warm, blue is cold. Seeing colors has been wired into our brain since birth. We need to take into account that colors are almost as complex as human personalities. They have specific things that make them complex and unique from each other. Each property of color can be referred to a property of personality. Thus, all of the layers tell you about a person's individual and unique personality. If you take the time to really understand the emotions and motifs each color portrays, you can understand how favorite color can and does reflect the personality of a new acquaintance, or even your closest friends.

—Darekah Meldrum
Provo, Utah

NCAA exploitation

Athletes and their respective universities should be more heavily compensated, and athletes should receive employment benefits. Participation in the NCAA is hardly voluntary for athletes who are serious about competing. Many professional leagues demand young competitors be graduated from high school for a minimum of one to two years before signing a professional contract. This obligates athletes to participate at a lower level before playing professionally—it is not voluntary. The only other option they have is to forgo practicing competitively. The NCAA, in order to monopolize the situation and abuse unpaid labor, does not allow athletes to receive monetary payment if they want to remain eligible for competition. Some argue athletes are compensated in other ways. I am not suggesting that the universities use students' tuition or other sources of academic funding to provide for players. Rather, I am demanding that the NCAA, which gains its revenue from collegiate athletics, provide a fair share of this revenue to universities. This way universities are able to financially compensate all of their athletes.

—Zachary Buell
Idaho Falls, Idaho

[OPINION OUTPOST]

The Opinion Outpost features opinions and commentary on the latest hot topics from national news sources.

Haitian displacement

Roughly 25 percent of Haitians live in extreme poverty — living on less than \$1.23 a day. Its justice system is extremely troubled. Three hurricanes since 2016 as well as a cholera epidemic have exacerbated the devastation caused by the 2010 earthquake.

Haiti is not a safe place to return to.

(Rep. Mia) Love has been consistent with her welcoming position toward immigrants. She is one of two Republicans, along with nine Democrats, to co-sponsor the ASPIRE Act, which would allow TPS recipients to apply for permanent residency. She also cosponsored the bipartisan

Recognizing America's Children (RAC) Act, which provides a legal process for immigrants who were brought to the nation as children to eventually apply for permanent resident status.

—Editorial Board
The Salt Lake Tribune

A country with few jobs and little opportunity, it suffers from chronic corruption and inept economic management. In the World Bank's ease of doing business index, Haiti ranks 181st of 190 countries. Under those circumstances, the administration's decision to rescind the humanitarian status that allowed so many Haitians to live in the United States amounts to an act of cruelty. It is a beggar-thy-neighbor policy unworthy of a great power and unsuited to a nation with a tradition of compassion.

—Editorial Board

Chicago Tribune
A royal engagement

Monday's news headlines, from the BBC to People magazine's website, focused on the fact that a British royal plans to marry an American. We prefer to see this as another Northwestern success story: So hats off to Markle, a television actress who's moving to London to pursue an exciting career that combines diplomacy and charity work. The position comes with the title Her Royal Highness.

—Editorial Board
Chicago Tribune

Reader comments in Britain on the engagement of Prince Harry and Meghan Markle have an inevitable sprinkling of the enough-already-about-the-royal-family variety. But not

many. Most reflect a genuine fascination, ranging from simple expressions of good wishes to commentaries on royal weddings past and the significance of a popular, modern prince marrying a mixed-race American actress.

There's a lot of grist there. And it couldn't come at a better time: Britain in the throes of a miserable divorce from the European Union; Europe (and America) dealing with nationalist and even racist sentiments;

sex-pest revelations everywhere — a whole world, it seems, in desperate need of diversion and romance.

—Editorial Board
The New York Times

In a constitutional sense, this wedding is not really an important event. It isn't epochal. It shouldn't be asked to bear too much weight. Prince Harry is only fifth in line to the throne,

and about to sink to sixth. He is not going to be head of state. Presidents and premiers need not be invited. Ms Markle's Americanness, mixed race, acting career and divorce are all interesting. None of them, though, is unprecedented among the royals. The striking thing is that such issues do not matter in the way they might once have done.

—Editorial Board
The Guardian

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 be 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 Savannah Hawkins can be reached at universe.ideas@gmail.com.

Women's volleyball headed to Sweet 16

By JOSHUA ELLIS

The No. 13 BYU women's volleyball team swept American on Dec. 1 and Oregon on Dec. 2 at the Smith Fieldhouse to advance to its sixth-straight Sweet 16 appearance.

Veronica Jones-Perry led the team with 40 kills over the two games while McKenna Miller added 22.

Mary Lake finished the weekend with 40 digs and Lyndie Haddock had 81 assists.

"I'm so proud of the way our team played," said BYU head coach Heather Olmstead after sweeping Oregon. "They never wavered from what they wanted and stayed focused ... (assistant coaches) Dave (HYTE) and Jonny (Neeley) put them in great spots and the team executed what we worked on. Roni (Jones-Perry) was unbelievable on the front and back row. Mary had some fantastic digs that kept the rallies alive and Lyndie set a great match. We're excited we get to practice on Monday and want to keep getting better."

BYU will now travel to Lexington, Kentucky, to take on No. 4 Kentucky

on Dec. 8 at 10 a.m. MST in the NCAA regional semifinal.

BYU hasn't missed the Sweet 16 since 2011, but four of the last five NCAA Tournaments have ended at this point for the Cougars:

- 2012: 3-1 loss to No. 5 Oregon in Sweet 16
- 2013: 3-1 loss to No. 6 USC in Sweet 16
- 2014: 3-0 loss to No. 5 Penn State in National Championship
- 2015: 3-0 loss to No. 4 Nebraska in Sweet 16
- 2016: 3-2 loss to No. 4 Texas in Sweet 16

The winner of the BYU vs. Kentucky game will face the winner of the No. 5 Nebraska vs. Colorado matchup in the Elite 8 on Dec. 9 at 2 p.m. MST.

The Cougars are 1-0 all-time against the Kentucky Wildcats; the teams met in 1990 in the BYU Mizuno Classic in Provo, where BYU swept Kentucky 3-0.

If BYU advances against Colorado, the Cougars are 6-1 all-time against the Buffaloes, although the teams haven't met since a 3-2 BYU win in 2001.

Nebraska owns a 3-9 edge in the all-time series and swept BYU in the Sweet 16 two years ago.

Both games this weekend will be broadcast on ESPNU.



Hannah Gasinski

Sophomore Tristyn Moser digs the ball against Oregon on Dec. 2. The Cougars advanced to their sixth-straight NCAA Sweet 16 with a victory over Oregon.



Dani Jardine

BYU guard Brenna Chase is averaging 14 points per game this year.

Brenna Chase embracing leadership role

By CALEB TURNER

BYU women's basketball guard Brenna Chase is only seven games into her sophomore year, but she is already taking charge as a leader on both ends of the floor.

Chase, a native of Thornton, Colorado, started zero games last year, and averaged less than 14 minutes on the court.

This year she has started every game so far, and averages the third-most minutes on the team with 34 per game.

Though originally a point guard, Chase has logged most of her minutes at the shooting guard position, with senior Cassie Devashrayee taking the majority of the ball-handling duties.

The increase in minutes and a new position have allowed Chase's shot-making abilities to flourish.

She is second on the team in scoring with 14 points per game, and has also made the most 3-pointers on the team this season.

Chase is scoring 10 more points-per-game this season, while also shooting the ball better from every spot on the floor, including the free-throw line.

On the other end of the floor, Chase leads the team in steals with 18 in seven games.

"My job is to hit shots when I'm open, and get back and play tough defense," Chase said.

Beyond the numbers, however, Chase is also contributing as an example and leader on the court.

"I got to play behind some great players last year — Makenzi (Pulsipher) and Cassie (Devashrayee)," Chase said of her role models. "Their leadership has really helped me come to where I am."

This year, Chase and Devashrayee are always the first players the coaches go to when they need to adjust the game plan or call plays during a game.

"She has come along a lot faster than I anticipated," said coach Jeff Judkins. "I know she can shoot and score, but her defensive presence has been really great."

"All of our coaches are great," Chase said. "They've helped me become the player I am today."

On Nov. 25 against Georgia, Devashrayee had to spend more time on the bench than normal due to foul trouble, and Chase was given the keys to the offense in crunch time.

"She seemed like she wasn't scared and she played her game," Judkins said.

BYU ended up losing the game, but Chase had 15 points and four assists against a tough Georgia defense that held the Cougars to 63 points.

When asked about her goals for the season, Chase was quick to deflect the focus away from herself and onto the team as a whole.

"I don't have a lot of personal goals — I have team goals," Chase said. "(We want) to win a WCC championship and get to the NCAA tournament."

Judkins and Devashrayee also expressed their confidence that this team can make it to the tournament, with good size in the paint, an array of shooters and a deep roster.

"I'm excited to see what the season brings us," Chase said. "I think we have a really good team that can do something special."

The Cougars return home to face Utah State Wednesday, Dec. 6, at 3 p.m. MST and Utah Saturday, Dec. 9, at 2 p.m.

BYU basketball returns home

By CALEB TURNER

BYU men's basketball went 2-0 on the road against Utah Valley and Utah State last week while the women's team dropped both of its games against Northern Colorado and Colorado State.

Both teams return to the Marriott Center on Wednesday, Dec. 6, with the women playing Utah State at 3 p.m. MST and the men playing Illinois State at 7 p.m.

Men's basketball

The men's team beat its opponents by an average of 18 points and held them both to under 70 points on a successful Utah road trip, beating UVU 85-58 on Nov. 29 in Orem and Utah State 75-66 on Dec. 2 in Logan.

BYU returns to the Marriott Center with a 6-2 record and three-game win streak.

ESPN's Basketball Power Index gives the Cougars a 90.7 percent chance of winning against Illinois State on Wednesday.

BYU's staunch defense has been its trademark so far this season, holding its opponents to an average of 69.4 points per game.

The Cougars are besting the Redbirds in every statistical category but steals.

The good news for BYU fans is that the Cougar offense isn't at full-strength yet, with TJ Haws still shooting well below his career averages.

Weber State transfer McKay Cannon was able to fill in on the scoring end for the struggling Lone Peak alum, as well as provide energy on defense.

Cannon will take on his former school when the Cougars play Weber State on Saturday, Dec. 9, at the Vivint Smart Home Arena as part of the Beehive Classic.

ESPN once again gives the Cougars a good chance of winning, with 70 percent odds, even though the Wildcats are averaging a red-hot 80 points-per-game and limiting their opponents to just 65.

Women's basketball

The Cougars lost both of their games last week by five points or less, falling to 3-4 on the season and returning to Provo on a three-game losing streak.

Amanda Wayment was the surprise star of the road trip, exploding for 20 points and 13 rebounds against Northern Colorado on Nov. 30.

The team is averaging a worrisome 19 turnovers per game and will have to take better care of the ball in the future to get back in the win column.

The Cougars play in-state opponents Utah State on Dec. 6 and University of Utah on Dec. 9 this week at the Marriott Center. The games will be at 3 p.m. and 2 p.m., respectively.

Senior Cassie Devashrayee continues to lead the team, averaging 19 points and five rebounds per game.

With breakout performances this season from Wayment and sophomore guard Brenna Chase, the Cougars have the depth to bounce back and get a couple of wins back at home.

All of this week's basketball games, both men's and women's, will be broadcast on BYUtv.

Former BYU star encourages athletes to 'do good, work hard'

By CALEB TURNER

BYU basketball alumnus Travis Hansen spoke to students at the Student Athlete Building on Nov. 30.

As a former professional basketball player and experienced entrepreneur, he came to advise students on how to find similar success in their post-college careers.

Hansen, a Utah County native, played for BYU from 2000-2003. He was known as "Elder 8 Mile" in his time at BYU for his bleached-blond hair.

Before BYU, he played at Mountain View High School and Utah Valley State College, both in Orem. While at Utah Valley, Hansen's mother was diagnosed with pancreatic cancer, and her last wish before passing away was that he go on a mission.

He ended up serving in Santiago, Chile — an experience he says richly blessed his life.

Upon his return, his father signed him up for a basketball tournament in Compton, California. He dunked and broke the backboard in a game and ended up in the hospital for several hours.

BYU coaches Dave Rose and Steve Cleveland caught wind of the highlight and offered Hansen a scholarship to play for BYU.

After his time at BYU, Hansen was drafted 37th overall in the NBA Draft by the Atlanta Hawks.

An opportunity came up to play for more money in Spain and Hansen couldn't pass it up.

During his time on the other side of the Atlantic Ocean, he played for Real Madrid with future NBA stars Luis Scola, Jose Calderon and Tiago Splitter.

Hansen then played in Russia for several years before retiring from basketball and returning to the United States.

Hansen used his experience playing overseas to teach current BYU athletes the importance of hard work.

"There's always another level to working hard," Hansen said. "Someone, somewhere else, is working harder than you."

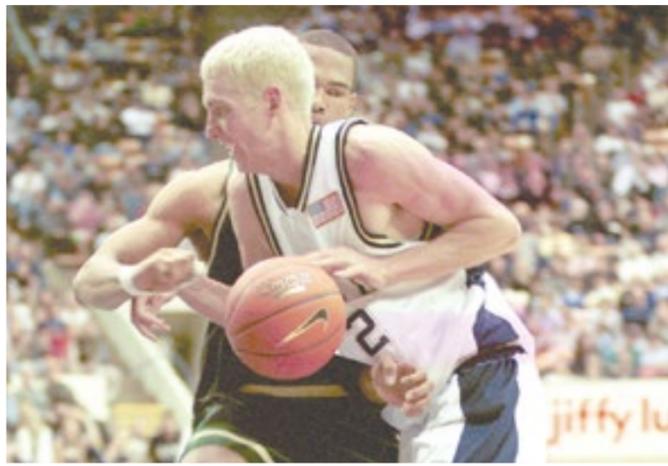
He mentioned how tough he thought the training regimen of BYU coach Heath Schroyer was, but said it paled in comparison to the three-a-day practices and conditioning required to play professionally.

He then encouraged students to find a mentor and make a plan for their future.

For Hansen, his mentor in the field of business was NuSkin founder Blake Roney, who helped the young, retired basketball player understand how starting a business could allow him to help others around the world.

While still playing in Russia, Hansen's wife, LaRee, had the idea of looking for charity opportunities for the family.

"I know we're not here just for



Universe photo

Travis Hansen drives past a Colorado State player. Hansen played for BYU from 2000-2003.



Shana Gardner

Travis Hansen and wife LaRee are pictured above with their four children.

basketball," she said. "We can be an instrument in the Lord's hands in Russia."

After visiting orphanages in Russia, the couple went on to create the Little Heroes Foundation, now known as the Sunshine Heroes Foundation.

The group's mission is to improve the lives of children around the world.

"We should always think about others, but especially when we're having troubles," Hansen said. "If you give a little crust of bread, you'll get a loaf back."

Hansen has seen the blessings of his generosity, having two of his four children after infertility problems as a couple, as well as success in the business world.

After learning from his mentor, Hansen started Tesani, a private equity firm that invests in and starts companies here in Utah Valley.

The business has made over \$50

million in revenue to date.

Hansen explained after having a family and starting his business, his perspective on life changed, and he was able to expand his vision outside of just basketball.

He encouraged the students to come to the same realization by understanding their divine purpose in life and following the example of Jesus Christ as shown in the scriptures.

"Jesus taught 65 things, but two are the most important," Hansen said. "Love God, and love thy

neighbor." Hansen was recently called as a bishop in his LDS ward, and told the young student athletes that by following what Jesus taught, doing good and caring for others, they can change the world.

"Do good, work hard, and you can have it all," Hansen said as his final message to the group of students.

"We should always think about others, but especially when we're having troubles."

Travis Hansen
Former BYU basketball star

Music students create Studio Y to share work

By ALEXA REIMSCHUSSEL

Art students can display their work in the lobby of the HFAC, but music students don't have a way to publicly display their work. Studio Y Sessions is about to change that.

Studio Y Sessions is a series of videos showcasing BYU music students' solo, instrumental and small band performances.

Students take the roles of performers, production staff and live audience members in creating a small video concert much like NPR Tiny Desk Concerts.

BYU music students Garon Brett, Mallory Wynne, Zach Froelich and Emily Applegarth created Studio Y Sessions to fill the hole they saw in the BYU music program.

"You look right now at the School of Music's online presence and the audio/visual content of students performing is almost nonexistent," Froelich said.

Froelich said Brett first approached him with the idea for Studio Y Sessions when they met over a year ago. The idea was to showcase content created by students in every discipline of the school of music.

"We want this to be inspirational," Froelich said. "We want to show this other side to Mormon performers."

Froelich said it's easy to assume Mormon performers are exactly like the Osmond family, but Froelich believes most BYU performers are just like anybody else.

"We're very normal people making incredible music, but we are driven by our desire to serve Christ," Froelich said.



Mallory Wynne

Studio Y Sessions creator Garon Brett sits at the soundboard to listen to a recording.

Brett said one video alone cannot fully capture all Studio Y Sessions' capability, so Studio Y Sessions' first three videos will premiere together sometime in December or early January.

"We want to show the variety and uniqueness of these different artists," Brett said.

Brett said one primary road block Studio Y Sessions faces is the inevitable end of college careers. The creators are juniors and seniors in their undergraduate programs, so time is not on their side.

But Brett said he is confident in the program's success because of their plan.

"In a great project that has longevity, creating a structure that's not just driven by people

but a structure people can be placed in to keep it going is really important," Brett said.

Wynne said Studio Y Sessions is working on organizing the program to create longevity and sustainability after the creators graduate. The project is funded with grant money awarded through outside grants.

Filming one segment of Studio Y Sessions can take a few hours. There are three camera operators, a sound mixer, a boom operator, performers and a live studio audience of up to 15 people who participate in a small room of the HFAC.

The sessions to be published on YouTube next semester will be filmed the first three Saturdays of December.

Managing anxiety as a college student

By JILLIAN ARGENTO

BYU elementary education student Kacie Moss realized her chaotic thoughts were interfering with her day-to-day life in fall 2016. She, along with 25 percent of all college students, was diagnosed with and treated for a mental illness — Generalized Anxiety Disorder.

Seventy-five percent of all lifetime cases of mental illness begin by age 24, according to the National Alliance on Mental Illness (NAMI). BYU psychologist Clint Hobbs does not find this information surprising, considering the number of college students dealing with mental illness is on the rise.

"Most major mental health disorders come in the late teens or early twenties," Hobbs said. "Part of that is because your brain is still developing, but it's also because you have to make a lot of big decisions."

Anxiety is a sense of constant or near-constant worry that persists over time, even when stressors are not present. Everybody feels anxious at times, but when that uneasiness impairs one's ability to function on a daily basis, the anxiety is much more problematic, according to Hobbs.

Other physical or cognitive symptoms of anxiety include fatigue, clumsiness, problems concentrating, irritability and muscle soreness. These symptoms are often seen in people living with depression, as well.

Anxiety is frequently linked to depression as the two mental illnesses often feed into each other. Moss, who writes a blog about her mental health struggles, has both.

"Depression and anxiety keeps you in your brain stem so everything becomes survival," Moss said. "Your body is always in fight or flight. You always feel like you're fighting, but you also feel like you're always losing."

According to Hobbs, anxiety coping strategies can be broken down into two categories: approach coping or avoidance coping. Approach coping consists of facing the problem and doing what it takes to fix it. Avoidance coping is the opposite — doing anything to avoid

TIPS TO MANAGE TEST ANXIETY DURING FINALS WEEK

Study, study, study

Shorter and more frequent study sessions in the weeks leading up to a test exercise the memory muscle and strengthen it more effectively than last minute cramming. While cramming can benefit the short-term memory, the long-term memory is going to be most resourceful during test time.

Learn test-taking strategies

BYU's Academic Success Center suggests using the following strategies during a difficult test:

- Scan the entire test before starting.
- Mark difficult questions, skip them, and return back when ready — a different question might help shed light on the answer.
- Read through the questions and answers carefully.
- Cover multiple-choice answer options when reading the question to use long-term memory from studying.

Relax and breathe

BYU early childhood education major Amanda Wood works as a peer coach in the university's Academic Success Center. She teaches students in workshops and one-on-one appointments about a handful of topics, including managing test anxiety and preparing for tests. She said academic success involves more than just being familiar with the tested material.

"When we take care of ourselves physically, mentally and emotionally, we can take care of our test," Wood said. "It helps us

to have our brain most ready to use the information that we've learned."

Students can prepare for an exam by getting a full night's sleep, eating a proper breakfast and thinking positively. BYU Counseling and Psychological Services recommends students relax and use breathing techniques to help students remain calm and focused.

Make the most out of testing center lines

Bring flashcards or a study sheet to review while waiting in line at the testing center during finals week. Bringing too much studying material and trying to cram can intensify one's anxiety. But just standing in line without doing anything can also increase anxiety. Beat the crowds at the testing center and takes exams early in the week or in the morning.

Remember finals don't define worth

BYU dance major Veronica Harvey works with the Academic Success Center as well. Her reminder to students is to think beyond the scope of the tests and remember why they are at BYU in the first place.

"One test does not define your whole academic career or your college life," Harvey said. "Your time here at BYU is not determined by a single test. You were accepted to BYU which means you're smart, you belong here and you're needed here. Next semester could be completely different from how you ended finals."

confronting the issue.

Both mechanisms can be used effectively depending on the situation. Neither one is correct in every circumstance. But when a person cannot properly identify which coping strategy works best, the severity of their anxiety increases.

Moss uses relaxation techniques when she is dealing with severe anxiety. From practicing mindfulness, which

is meditation focusing on the details of a person's surroundings, to writing down her feelings, Moss has learned what works best for her. She created another technique, her "oops moment," after receiving inspiration from prayer.

"I have to out loud say, 'Oops, I'll try again later,'" Moss said. "If I don't do it out loud, I won't listen to it."

Therapy may also be part of a viable solution for those with anxiety. BYU Counseling and Psychological Services, located in the WSC, provides students with access to counseling sessions free of charge. Moss began seeing a therapist through the program in the spring and says the counseling employees are "angels."

However, therapy may not be helpful for everyone. The center also has a Stress Management and Biofeedback Lab where students can use technology and computers to understand their anxiety triggers and practice relaxation techniques. This service is also free to students who can make an appointment to visit the lab according to their schedule.

Ultimately, the coping strategies and temporary relief techniques only go so far when it comes to dealing with anxiety. They are beneficial, but do not provide a permanent solution. According to Hobbs, a person's anxiety will improve as they gradually expose themselves to that which causes them anxiety.

"What we see in terms of really treating anxiety is that the more you avoid what makes you anxious, the more it reinforces the anxiety staying there," Hobbs said. "A lot of proven treatment for anxiety concerns exposing yourself to what makes you anxious."

Despite the increased acceptance within the mental health community in recent years, mental health stigma still looms large. According to NAMI, people suffering from mental illness most often experience long delays in seeking out treatment. Decades go by without acknowledgement of mental illness, despite extremely effective treatments available.

"People should not see anxiety and depression as something that's wrong with someone," Moss said. "It's not a defect. Everyone has their things, and we choose the power it takes in our lives."

Understanding and Healing from Sexual Trauma

An explanation of sexual trauma, resources available to students, and what the healing process looks like



BYU Victim Advocate

Lisa M. Leavitt, PhD

Thursday, December 7
11:00 a.m.
115 MCKB

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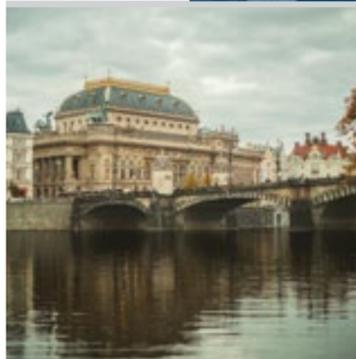
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Into the Woods

Mind the wolf, fear the witch, and look for the giant in the sky! This fractured fairytale explores the true power of wishes and unmasks the reality of what happens after they all come true.



Dec. 5-9, 7:30 p.m.
Dec. 9, 2:00 p.m.
Pardoe Theatre



BYU Symphony Orchestra

BYU's 85-member preparatory orchestra performs a symphonic program featuring "The Moldau" by Bedřich Smetana.

Tues., Dec. 5, 7:30 p.m.
de Jong Concert Hall



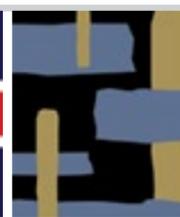
BYU Synthesis

Wed., Dec. 6, 7:30 p.m.
de Jong Concert Hall



BYU Chamber Orchestra

Fri., Dec. 8, 7:30 p.m.
de Jong Concert Hall



University Orchestra & University Strings

Sat., Dec. 9, 2:00 p.m.
de Jong Concert Hall

BYU Wind Symphony & Symphonic Band
Tues., Dec. 12, 7:30 p.m.
de Jong Concert Hall

Folk Music Ensemble
Tues., Dec. 12, 7:30 p.m.
Madsen Recital Hall

University Chorale
Wed., Dec. 13, 7:30 p.m.
de Jong Concert Hall

All events are ticketed.

BYU arts