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# THE UNIVERSE

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Brigham Young University  
Provo, Utah

## Priesthood event sets tone for 'bridges of cooperation'

By SAHALIE DONALDSON

Latter-day Saints who were distinct minorities in the LDS Church's history stepped into the spotlight on June 1 when the contributions of black Mormons were publicly and powerfully celebrated in a global broadcast for the church.

The event was put on by the First Presidency, and it celebrated the 40th anniversary of the 1978 church revelation that allowed black members to receive the priesthood and temple blessings and participate in missionary service.

Block letters emblazoned across a bold orange screen declared unity and welcomed thousands into the Conference Center at Temple Square. The words came from the Doctrine and Covenants: "I say unto you be one." The inscription — the evening's theme — was emphasized again and again as performers and speakers took to the stage.

Performers at the event included Grammy-winner Gladys Knight, a choir, the Bonner family and Alex Boyé.

Musical numbers were interspersed with the words of black Mormons who cried as they told the histories of early black Latter-day Saints, many of whom were pioneers.

Black convert Jane Manning James, who trekked across the country with the pioneers, was among the stories featured. According to her biography, James joined the Smith family for several months after arriving in Nauvoo and joined the church soon after. She was driven from Illinois with the rest of the Mormon population and later became one of the founding members of the first black community in Utah.

The event also included the story of Elijah Able, the first black man to be ordained to the priesthood. In an emotional display, speakers described the three faithful missions he served for the church.

According to the church's website, Elijah Abel also "participated in temple ceremonies in Kirtland,



Claire Gentry

In an emotional display, LDS Church members told stories of early black Mormons and the struggles they overcame. These stories had never been told publicly before.

Ohio, and was later baptized as proxy for deceased relatives in Nauvoo, Illinois."

Both James and Able remained faithful Latter-day Saints until the day they died.

For the event, the Conference Center was decorated in bright colors and traditional tribal patterns. Seated beside the podium were President Russell M. Nelson and members of the Quorum of the Twelve, joined most notably by new faces, all of African descent.

The individuals were later recognized as a committee selected by the First Presidency to help make the celebration a reality.

President Dallin H. Oaks, First Counselor in the First Presidency,

acknowledged the pain and suffering the church's past restriction caused black members even after it was lifted in the 1978 revelation.

Then-church-President Spencer W. Kimball issued a letter to the church dated June 8, 1978 that announced the historic church change for the priesthood — this announcement was read by President N. Eldon Tanner, First Counselor in the First Presidency of the church on Sept. 30, 1978 at the 148th Semiannual General Conference of the church.

"The long-promised day has come when every faithful, worthy man in the church may receive the holy priesthood, with power to exercise its divine authority, and enjoy with his loved ones every blessing that flows

therefrom, including the blessings of the temple."

Speaking about this 1978 revelation, President Oaks said he remembered sitting on a pile of dirt and weeping openly after he received the call. He described it as a moment that will be etched forever in the minds of all LDS members who were adults at the time.

"When we consider what has happened in The Church of Jesus Christ of Latter-day Saints and in the lives of its members since 1978, we all have cause for celebration," President Oaks said.

Oaks encouraged all church members to do their best to look forward to a better future.

See BRIDGES on Page 2

## Utah businesses adapt to women leadership

By SAHALIE DONALDSON

SALT LAKE CITY — Already behind the national average, Utah's number of women holding business leadership positions slips five percentage points in a new 2018 study. Despite the discouraging loss, experts say headway is being made. Promising changes are happening within companies to transform a traditionally masculine work culture into something more inclusive.

The Utah Women and Leadership Project published a four-year update on a research brief titled "The Status of Women Leaders in Utah Business: A 2018 Update."

Susan Madsen, one of the report's co-authors, said she initiated the research after receiving years' worth of requests. The big question? How does Utah's percentage of women holding business leadership positions stack up against the rest of the nation?

The research brief answers this information and more, but as the human beings behind the research show, hard statistics are only a small slice of the pie.

Susan Madsen is an expert in researching the lifetime development of women leaders. In addition to her time with the Utah Women and Leadership Project, Madsen is a UVU professor and is involved in numerous organizations that lift women.

"I academically know how to lead change. I've studied it, its part of my doctorate work," Madsen said. "One of the things you do when you lead change is create urgency. Very strategically I keep doing that. That's what the research does."

The research brief shows Utah women holding 32 percent of the management jobs. The national average as of 2016 is 40.2 percent.

In Utah specifically, Madsen said the most discouraging thing is the loss of footing in terms to where that state was. Women hold only 6.4 percent of the top leadership positions (CEO, president, top manager) within Utah businesses, which means the number dropped five percent since 2014.

"Most of the women's groups in the state of Utah — there's been significant work, especially in the business environment in terms of workshops and training and awareness," Madsen said, voicing her disappointment that headway was still lost.

Although the research proves inclusive in the workplace, having diversity in the workplace really does benefit the organization as a whole, she said.

Diversity within an organization is important, research from all over the nation makes it absolutely clear, Madsen emphasized. There are thousands of studies that show when there are women and men in positions of influence, the company does better financially, the workplace climate is more positive and creativity and innovation increase exponentially.

Utah culture is a bit different from the rest of the nation, which Madsen said is why the state is a bit behind the national average. Even when women do go into the work force, there is less of a social norm for them to get into leadership positions.

"You see the women behind in every country, there are discrepancies, but in Utah oftentimes whether it is the wage gap, whether it is women getting their bachelor degrees, whether its women in management, we are always even more behind," she said.

Madsen thinks many companies' refusal to acknowledge the issue is a big reason women hold fewer leadership positions in Utah. The best practices might exist, but many organizations are resisting. Women's male coworkers need to understand issues like the wage gap, diversity and how to make a masculine work culture more inclusive, otherwise nothing will change.

See WOMEN on Page 2

## Sugar addictions prominent in Mormon culture

By MARINDA RISK

Tarissa Vreeland gave up drinking coffee in order to be baptized into the LDS Church in 2016.

"I drank at least one cup (of coffee) a day before getting baptized," Vreeland said. "I started cutting back while I was taking the missionary discussions and stopped altogether just before getting baptized."

But she soon realized she had developed a different "addiction" in its place.

"I didn't really notice that I was eating more sugar until about six months after getting baptized," Vreeland said. "I was trying to lose weight and realized I was addicted to candy and sweets."

Vreeland said she has noticed a correlation between Mormons and food.

"I'm honestly not sure why I replaced coffee with sugar. Probably because I was addicted and needed to fill the void," Vreeland said. "I think that often our sugar and food addictions are because we don't drink alcohol, smoke, etc. Not eating as much sugar is definitely something I'm working on being better at."

This problem is common among Mormons, according to BYU physiology and developmental biology professor Benjamin Bikman.

Mormons are known for not partaking of addictive substances such as coffee, tea, alcohol or illegal drugs, but often find themselves instead consuming sugar for similar reasons people consume the addictive substances



Josh Ellis illustration

Some Mormons tend to replace addictions such as coffee, tea, alcohol and drugs with sugar addictions. Scan the photo with the **Universe Plus** app to listen to a Portuguese translation of this story.

listed above.

Bikman has closely studied the impact of obesity, diabetes and insulin on metabolic health. Bikman said sugar is harmful and consumption of it should be controlled.

Bikman compared Mormons eating sugar at social gatherings with the way people outside the church consume alcohol at social gatherings.

"It's almost impossible to think of having a Mormon gathering without

some junk food," Bikman said. "Just like it's impossible for people who aren't members of the church to imagine getting together without alcohol, we have replaced one with the other."

Bikman said he cringes when he sees people lined up at the drive-thru of popular soda shops at 8 a.m. because he knows the impact that much sugar will have on their bodies. Eating sugar and starches, particularly in large amounts throughout the day, spikes insulin

drastically and slows the metabolism, according to Bikman. This contributes greatly to the body's production of fat.

Bikman said it's important to create limits with sugar and recognize where sugar might be hiding in the foods you eat each day. He said even common foods like ketchup, peanut butter, pickles and bacon often have sugar as an ingredient.

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# UNIVERSE news briefs

FROM THE ASSOCIATED PRESS



## Justices side with baker on same-sex wedding cake

The Supreme Court ruled June 4 for a Colorado baker who wouldn't make a wedding cake for a same-sex couple. The court is not deciding the big issue in the case, whether a business can invoke religious objections to refuse service to gay and lesbian people.

The justices voted 7-2 that the commission violated Phillips' rights under the First Amendment. Justice Anthony Kennedy said in his majority opinion that the larger issue "must wait further elaboration" in the courts.



## More bodies found after Guatemala eruption

Rescuers have found the bodies of several more victims of an eruption at Guatemala's Volcano de Fire, and emergency workers have pulled 10 people still alive from ash drifts and mud flows.

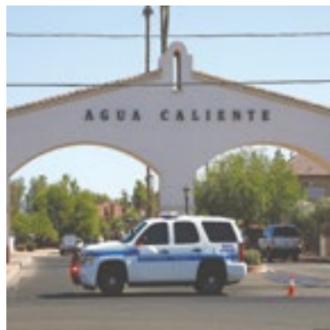
The official death toll was 25 on June 4, but Associated Press journalists saw several more burned and ash-covered bodies being unloaded after they were dug out in the village of El Rodeo. Disaster agency chief Sergio Cabanas says rescuers using helicopters have rescued 10 people from areas hit by thick ash, mud or lava.



## World Cup security Putin's top priority

President Vladimir Putin has made security of the World Cup the top priority, ordering an array of measures to fend off any potential threats from the ground, sea or air.

"This whole event was intended to be a soft power exercise for Russia," said Mark Galeotti, a senior fellow at the Institute for International Relations in Prague who has closely followed Russian security agencies. "The Russians are going to try to ensure they can do whatever they can to make it secure."



## Suspect in 4 Phoenix-area slayings kills himself

A man suspected in four Phoenix-area slayings committed over three days fatally shot himself Monday as police swarmed the hotel where he was staying, authorities said.

The man, who was not identified, was suspected in the deaths of a forensic psychiatrist, two paralegals and a counselor.

The raid came after authorities identified the fourth victim, but investigators did not immediately link that death to the other three.



## Jimmy Fallon thanks Parkland students

Jimmy Fallon was the surprise commencement speaker at the Florida high school where a gunman killed 17 people in February. He thanked the students personally for their bravery.

"Most commencement speakers get up and talk in future tense: 'You will succeed. You will make us proud, you will change the world,' the 'Tonight Show' host said. "But I'm not going to say that, because you're not the future. You're the present ... You are succeeding, you are making us proud."

## BRIDGES

### Celebrating cultural differences

Continued from Page 1

"Our determination in this program is to celebrate the 40th anniversary of the revelation on the priesthood by looking forward," President Oaks said. "As we do, we express special appreciation for our marvelous members of African descent, especially our African-American members, who have persisted in faith and faithfulness through a difficult transition period of fading prejudice."

President Oaks recognized the ongoing racism in the U.S., some of which happens inside the church. He called the racist practices that persist among

some members a violation of what the church stands for.

The church's website explains "the structure and organization of the Church encourage(s) racial integration," something that is reflected in the geographical boundaries of local wards and branches in the church.

"By definition," the website says, "this means that the racial, economic, and demographic composition of Mormon congregations generally mirrors that of the wider local community."

President Oaks reminded those who participate in this behavior that the revelation was divine instruction pleading all to abandon prejudice attitudes against any group. Not just race, but economic status, personal beliefs, religion and education.

The event's first musical number featured a family in Africa. The family clung to one

another, singing and dancing to the pounding of drums until they were yanked apart by a violent force. Some stayed behind and reached desperately for the others who were pulled away to a lifetime of slavery.

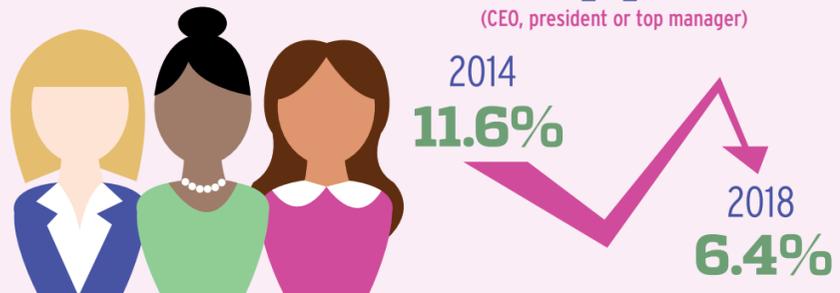
President Nelson concluded the event saying he wished they could have an encore.

"These talented performers have inspired each one of us," he said, calling for "bridges of cooperation," not "walls of segregation."

"Differences in culture, language, gender, race and nationality fade into insignificance as the faithful enter the covenant path and come unto our beloved Redeemer," President Nelson said. "Ultimately, we realize that only the comprehension of the true Fatherhood of God can bring full appreciation of the true brotherhood of men and the true sisterhood of women."

## Utah women in leadership positions

(CEO, president or top manager)



Danny Burnham

Although Utah is behind the national average of women holding business leadership positions according to the Utah Women and Leadership Project, experts say headway is being made.

## WOMEN

### Nontraditional leaders in business

Continued from Page 1

Perhaps the best way to understand Utah's scarce number of women holding business leadership positions is to talk directly to the six percent in charge of companies of their own.

Like Susan Madsen, Rona Rahlf, president of the Utah Valley Chamber of Commerce, has her fingers in a lot of areas to support women.

Rahlf said she thinks there hasn't been a priority to engage and meet the women at their needs, which is where some of the discrepancies come from. Balancing a traditional job with having a family — something that is especially valued in Utah culture — isn't easy in the current workplace culture.

"It's been awkward, it's been inconvenient and it's been difficult because of the inflexibility that traditional businesses haven't provided. I think that has slowed down that growth," Rahlf said.

Women have countered this by starting their own businesses so they never have to worry about working around a boss, according to Rahlf.

Vanessa Quigley, co-founder of Chatbooks, entered the business world rather unconventionally. At BYU she studied vocal performance and opera, not marketing and numbers.

Her husband, Nate, and an all-male team were working to create a cloud-based memory book without an element of printing. The group was running on the notion that print is dead, but Quigley said she remembers wanting a book because she understood the power of holding on to something.

The family moved to Utah, but the idea still wasn't picking up traction.

She described getting involved with the company out of frustration and necessity. The push came when she walked into her youngest son's bedroom and discovering him crying cradling an old photo book. Quigley said she felt like she was failing one of her most important jobs as a mom: helping her son hold on to old memories.

But scrapbooking is expensive, time consuming and not practical for most people.

"I had this flash of inspiration

that if I could just print my Instagram that would be better than nothing," Quigley said.

Her husband and his software developing team redirected themselves. Two weeks later they had a prototype. Things took off for the company after that.

About her positions on the executive team, the product team and the marketing team, Quigley said, "I stepped into that role with absolutely no business experience and never before having a desire to work in business, but I felt really strongly about the product we were selling, and I knew it needed to come from my voice. There weren't any more women on the team at the time."

Quigley said she thinks one of the keys to the success Chatbooks enjoys today is from the beginning the company was very deliberate in sculpting its culture — something she was able to do because of her gender.

"I thought ahead, like we are going to need to be deliberate about our culture. If we hire people I want it to be clear who we are, what we stand for and how we behave," Quigley said. "That's something else that I've been able to contribute here without any formal business background — it came from my experiences as a mother and as a woman."

Part of creating the company culture meant making it flexible for all types of employees.

Quigley said companies should be more creative with hiring and employing women outside of traditional full-time office opportunities. Women who have children and stay at home, whether by choice or by necessity, are no less educated, motivated and skilled than anyone employed full time.

There's no right or wrong way to have a career, Quigley said. It's OK for moms to pay attention to other parts of their personality. Mom's should have goals and dreams too.

To make this a reality, Chatbooks employs 80 people who work part time from home. The company also offers three months of paid maternity to both men and women.

Today, 70 percent of Chatbooks leadership positions are held by women.

Sara Jones, CEO of the Women's Tech Council, said women leave Utah because they work up the company ladder and are ready for the next position, but are rarely given the opportunity.

Looking at the 95 percent of male CEOs in Utah, Jones said the reality is that they don't know many female executives. When CEO's don't have relationships

with a diverse network it is "highly unlikely" they will hire someone outside of their circle.

Competent women leave Utah because they don't have access to those networks.

"It's always unfortunate when a study comes out and has bad news around five percent of women CEOs, you know we want to focus on the problem, but Women's Tech Council really wants to focus on the solution," Jones said.

One of those solutions, according to Jones, is taking the men in positions of power and networking them with women at the director level and above. Through this process, relationships are formed that never would have happened otherwise.

The Women's Tech Council also promotes women into leadership positions by insuring the CEO's in the state know who the great female talent is.

Throughout the years, over 180 different women have been recognized for awards by the Women Tech Awards Program. Fifty percent of the individuals who attend the awards are men, many of which hold those positions of power. According to Jones, many of the women who receive the award are given opportunities soon after they are announced as finalists.

Despite some of the discouraging findings in the research brief, Jones said many Utah companies are doing their best to be more welcoming for women, offer equal pay and are implementing programs to support diversity within their organization.

Jones said she thinks about it this way: tech companies especially, are trying to solve problems that have never been solved before. Smart CEO's should want to have lots of ideas on the table to work with.

"When you have a homogenous group you tend to fall into groupthink; they tend to fall into approving whatever the CEO says, and I think smart leaders don't actually want that. They want people who will speak up," Jones said.

She empathized the point that teams with diversity outperform other companies in revenue, profitability and operations.

The research exists and strides within Utah organizations are being made.

Perhaps next time The Utah Women and Leadership Project releases a research brief, the number of women holding leadership positions in Utah will be topping the nation, not falling short. Jones, Rahlf, Madsen and Quigley all hope so.

## Campus News

### MARRIOTT SCHOOL OF Business

Four BYU Marriott School students took first place at Silver Lake, the largest nationwide private equity competition. Each team, performed an LBO analysis on a company of choice and presented its thesis.

### IRA A. FULTON COLLEGE OF Engineering and Technology

Yara Abdeen and Cyera Bishop, students from the Ira A. Fulton College of Engineering and Technology, received the Women of Courage Award,

an annual award given to women who demonstrate outstanding academic ability and who lead courageous lives.

### COLLEGE OF Family, Home and Social Sciences

The Dean of the College of Family, Home and Social Sciences announced the reappointment of Rick Miller as the chair of the Department of Sociology for another three-year term and the appointment of two new department chairs, Alan Hawkins over the School of Family Life and Gary Burlingame over the Department of

Psychology, who will begin their positions on July 1.

### COLLEGE OF Humanities

After serving as a missionary in Japan at the age of 19, professor Van C. Gessel pursued a teaching career centered on Japanese literature and culture. On April 29th, he received one of the highest non-Japanese civilian honors for his outstanding work in Japanese literature, promoting mutual understanding between the United States and Japan.

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# Kennedy, Romney vie for US Senate

By SAHALIE DONALDSON

Registered Republican voters can cast their ballot June 26 and choose between former GOP presidential candidate Mitt Romney and the homegrown, state legislator Mike Kennedy for the GOP's U.S. Senate nomination. Whoever wins the primary debate will then square off with Democratic candidate Jenny Wilson in the upcoming November election.

Romney became many Utah's darling after he created a storm in Washington as the first Mormon general presidential candidate in 2012. According to state polling records, Romney swept Utah with 73 percent of the vote.

Since announcing his run mid-March, polls put the former GOP candidate as the clear frontrunner for the Utah Senate seat, although Kennedy's continued success proves it will not be smooth sailing back to Washington for Romney.

According to KSL, Kennedy, who in addition to being a state legislator is also a doctor and lawyer, defeated Romney in the Utah Republican Convention which took place earlier this year. Romney drew 49 percent of the votes while Kennedy took 51 percent. In order to advance in the election and win the nomination, a candidate must earn 60 percent of the votes. The win and respective loss for Romney meant he was unable to avoid the upcoming June primary election.

Though both candidates are Republicans and vocal members of the LDS Church, Kennedy sought to draw a sharp contrast between Romney and himself from the get go.

Kennedy not so subtly pointed out their differences in a YouTube video released shortly after announcing his run for Senate.

"Do you honestly think an establishment insider is going to fix the problems in Washington and restore our values?" he asked, referencing Romney's inclination to tout his White House connections. "If you do, then I'm probably not your guy. But if you're looking for someone who understands what it's like to be an everyday American, working hard to balance a budget and raise a family in Utah, then my name is Dr. Mike Kennedy, and I would sure appreciate your vote for United States Senate."

Romney served as the governor of Massachusetts before moving to Utah several years ago. He was also the president and CEO of the organizing committee for the Salt Lake Winter Olympic Games in 2002.

Despite living most of his life outside of the state, Romney has tried to draw focus to his sizable Utah connections and the pull he could uniquely offer the state in Washington.

In a primary debate on May 29, Romney drew on those capabilities throughout the evening.

"We are going to lose a lot of clout in Washington as Orrin Hatch retires, and no one can ever really replace that clout," Romney said. And referencing the relationship he has built as a high-ranking political figure, Romney said, "But I do believe that by virtue of the experiences I have had and also by the relationships I have with the White House and with some 40 senators who I have campaigned with Republicans all, I do believe that I'll be able to help Utah continue to punch above its weight."

Throughout the debate, Kennedy leaned on his status as a lifetime Utah resident and blasted Romney for inconsistent policy positions and rocky relationship with President Donald Trump. One of his opening remarks drew on the fact when he good-humoredly welcomed Romney and his family to the beehive state. Kennedy also criticized the former Massachusetts governor for publicly making several polarizing comments against pastor Robert Jeffress.

"When he is labeling President Trump as a phony and as a fraud and Jeffress as a bigot,



Associated Press

Utah Senate candidates, state Rep. Mike Kennedy, R-Alpine, left, and former Massachusetts governor Mitt Romney shake hands at the beginning of a Senate Republican primary debate, Tuesday, May 29, in Provo.

I don't see those as productive steps in building relationships," Kennedy said.

Romney, who has been vocal about his distaste for some of President Trump's policies in the past, doubled down and expressed his support for the president when his policies benefit America as a whole.

The former GOP presidential candidate made sure to clarify his standing with President Trump and reminded listeners that the president has in fact endorsed him in his campaign.

Of Jeffress, Romney said when people express bigotry — especially against marginalized groups — they should be called out for it.

Kennedy and Romney's personalities and backgrounds contrasted with one another in the primary debate, though, regarding actual policy, the candidates were civil and agreed on many issues.

Both candidates said they want less federal government interference and in its place more power dictated to the states.

Romney and Kennedy agreed the Affordable Healthcare Act needs to be repealed because it prevents Utah from crafting its own personalized policies that work best for the state.

Though Kennedy and Romney both said they oppose the

creation of new, federal gun laws, the two men differ on banning "bump stocks" — a device that enables semi-automatic weapons to fire faster. Romney is for banning the device to the general public, but Kennedy thinks doing so would be an infringement on the Second Amendment.

Romney said school campuses should be more like banks and have armed personnel, limit entry to the public, and have medical detectors and a skilled intervention team on hand ready to act when individuals pose a threat.

Kennedy said he wants to focus on root causes of the issue, like mental health. The state legislator notably gained recognition last year when he assembled a bipartisan task force to take a look at gun violence and find local solutions.

Both Kennedy and Romney said they stand with the president on immigration, although they said the system desperately needs to be revised.

The two men agreed legal immigration should be possible, and it needs to be more enticing than the illegal alternative.

More information on Kennedy and Romney can be found on their respective campaign sites. The two's fate will be decided June 26 in the Republican Primary election.

# Fact-checking finds holes in Utah 3rd District Congressional debate

By UNIVERSE STAFF

Just how correct were the facts and figures used during the debate on May 29 at BYU between Rep. John Curtis, R-Utah, and challenger, former Utah legislator Chris Herrod?

Claim: Herrod says Curtis is out of sync on conservative values of the 3rd Congressional District voters.

Finding: True, but selectively biased when all the ratings are examined.

Herrod pointed out that Curtis only has around a 50 percent approval rating from the Conservative Review, but it could be easily argued that it was taken out of context. Herrod did cite the Conservative Review website when comparing Curtis, who scored 43, and Sen. Mike Lee R-Utah, who scores a 100 percent from the group. Lee is only one of four members of Congress that gets the Review's perfect score and the second only to a freshman Pennsylvania congressman who has only one score on one single vote.

Herrod failed to mention Sen. Orrin Hatch is much lower than Curtis at 27 percent in the Review's ratings. Other members of Utah delegation, all Republicans, including Rep. Chris Stewart at 67 percent, Rep. Rob Bishop at 58 percent and Rep. Mia Love at 56 percent. There are dozens of special interest ratings of members of Congress. Selecting only this one seems unfair. Herrod didn't tell the whole story about the numbers either, including ratings of other popular Utah politicians.

Claim: Curtis said the Gross Domestic Product rose 1.8 percent in Utah over 10 years.

Finding: Accurate.

According to the Bureau of Economic Analysis, the 1.8 percent raise took place from 2007 and 2017, a 10-year span.

Claim: Herrod says Utah's 3rd District is one of the most conservative in the nation and John Curtis isn't conservative enough.

Finding: Rings true, but the logic fails when applied elsewhere.

There are 16 more conservative U.S. congressional districts than Utah's 3rd, according to the Cook Partisan Voting Index. However, according to Herrod's logic, the most conservative districts should have a correlation to the Conservative Review score of its member of Congress. Utah's 1st Congressional District, covering northern Utah, is more conservative leaning than the 3rd District, according to Cook Partisan Voting Index. Yet, seven-term Republican Rep. Rob Bishop only gets a 58 percent approval rating from the Conservative Review.

Using Herrod's selective rubric, Bishop would be considered too liberal for his district as well. Utah is not like other red states in significant ways. According to the New York Times, Utah is mostly conservative due to the influence of the LDS Church, specifically when it comes to abortion and same-sex marriage. But it has taken a more moderate stance on illegal immigration, establishing a guest worker program and allowing immigrants to obtain a driver's license.

Claim: Did Curtis once lead the Utah County Democrats?

Finding: Yep, that's true. Herrod questioned Curtis conservative credentials and said he was one as head of the Utah County Democratic Party. Yes, from 2002-2003 Curtis was head of the Utah County Democratic Party.

He also ran unsuccessfully as a Democrat for the Utah state Senate in 2000. "I didn't really change my principles," Curtis told the Salt Lake Tribune in June 2017. "But I changed where I was trying to make them applicable. Parties are important,

but they're not always first."

Claim: Did taxes go up in Provo when Curtis was mayor?

Finding: Seems a bit of a stretch.

Herrod criticized Curtis for raising taxes while he was the Provo mayor but Curtis pointed out that as mayor he doesn't have authority to raise taxes, but that power is in the hands of the City Council. Curtis also pointed out, after taking inflation into consideration, that Provo is collecting less property taxes than when he first got into office in 2010.

Claim: Herrod said Curtis spent \$75 million on a bus system that Herrod opposed?

Finding: True, but not the whole story.

Curtis served as Provo's mayor from 2010-2017. He is correct in saying he was not leading the project when it first began in 2008 because he was not in office then. However, he was around for some of the funding decisions and ongoing decisions for the Bus Rapid Transit project.

Claim: Curtis said he believes his constituents are conflicted about Trump, but Herrod said people are "warming up" to the president.

Finding: Curtis is right. Herrod needs to take Stats 101.

According to Utah Policy, the number of Utah voters who strongly approve Trump went up from 19 percent to 21 percent between 2016 and 2018. That difference could be well within the margin of error for the poll, so Herrod can't really claim a "warming" trend. However, the number of voters who strongly disapproved of Trump went up too, from 35 percent to 40 percent. Certainly, the numbers support Curtis' claim about voters being conflicted about Trump.

Reporting: Josh Carter, Makayla Hewardine, Melissa Larrocha, Paige Johnson and Sahalie Donaldson.

## BYU ARTS

byuarts.com | 801-422-2981

### Anne of Green Gables

Adapted by Peter DeLaurier  
From the novel by  
L. M. Montgomery  
Directed by  
Teresa Dayley Love  
June 1-2, 7-9,  
13-15, 7:00 p.m.  
June 2, 7, 9, 15,  
16, 2:00 p.m.  
Pardoe Theatre



For more than a century, this beloved tale of the feisty, red-headed orphan has enchanted readers, young and old alike. Fast-paced and highly theatrical, this stage adaptation brings Anne Shirley's story to life with her imaginative mind, inventive temper, sharp intelligence, and loving heart. Come follow Anne as she wins hearts and turns the stodgy, rural Canadian community of Avonlea into a bright world of "kindred spirits."

Visit [BYUarts.com](http://BYUarts.com) to learn about free lunch and learn activities prior to some matinees.

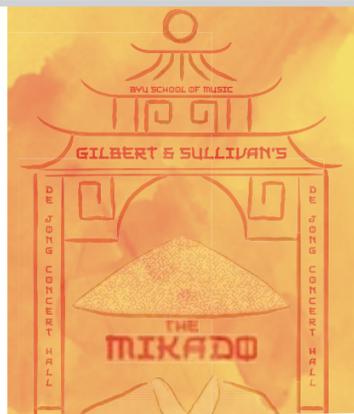


Jazz Legacy  
Dixieland Band  
Steve Call, director  
Tuesday, June 5, 8 p.m.  
Madsen Recital Hall  
Free, tickets not required

### The Mikado

Directed by  
Joshua Lindsey  
Conducted by  
Nicholas Ayala  
June 13-16, 7:30 p.m.  
de Jong Concert Hall

Gilbert and Sullivan's comic operetta combines all the wit, intrigue, charm, and fabulous music and lyrics you have come to know and love.



Come be transported to the town of Titipu, to see if the heartsick musician Nanki-Poo can win the heart of the school girl Yum-Yum, before it is too late.

Events are ticketed unless indicated otherwise.

BYUarts

## TODAY

UNIVERSITY DEVOTIONAL  
Tuesday, June 5, 11:05 a.m.  
de Jong Concert Hall

This event will also be broadcast to the JSB Auditorium.



Michael R. Orme

Assistant to the President—General Counsel

Michael R. Orme is currently the general counsel at BYU. He received a bachelor of arts degree in history from BYU summa cum laude in 1975 and a juris doctor degree from the BYU Law School in 1978.

He began practicing higher education law in 1982 as the

general counsel at Ricks College (now BYU-Idaho) and has worked in the Office of the General Counsel at BYU since 1988.

Mike has been married to his wife, Dottie, for nearly 42 years, and they are the parents of four children and have 14 grandchildren.

Selected speeches available at [speeches.byu.edu](http://speeches.byu.edu).

## NEXT: UNIVERSITY DEVOTIONAL



Beth Luthy  
Associate Professor,  
College of Nursing

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

PLAN NOW TO ATTEND.

# Utah charging up for Tesla

## Experiencing the Tesla X firsthand

By SAM BIGELOW

According to Amigo Energy, the Tesla Model X is the most popular electric vehicle in Utah.

To see what all the buzz is about, I test-drove the Model X over the Memorial Day weekend and came away with a clear idea of where automobiles are going. From my perspective, electric vehicles have a chance to spark some life into an oil-dominated industry.

At 12:55 p.m. on May 26, I arrived at the Provo Marriott Hotel & Conference Center where both the Model S sports car and the Model X were on display. While both vehicles are sleek and stylish, they blend in well with traffic and aren't an eyesore. The Model X features a set of falcon wing doors that open vertically. I thought they were cool, but they've proven to be a polarizing feature among car critics and enthusiasts.

After checking in, a Tesla representative walked me to a shiny white Model X. While walking up to a car is a relatively mundane event, the Model X managed to make a great first impression: The driver-side door opened up without any interaction on my part. While the representative confirmed this was only enabled for the test-drive (Tesla owners will need to enable the feature using a special NFC card or smartphone app), it seemed to tell me I was in for a unique experience.

### The interior

After climbing into the driver seat and letting the door close behind me, I noticed the neofuturistic style of the interior. Unlike most vehicles, the Model X features a massive panoramic windshield that extends up and over your head, resulting in a very open, freeing feeling. The regular claustrophobia I experience in most other cars was mostly gone.

A traditional radio and control console was replaced by a giant touchscreen display. After tapping around for a few minutes, I found I could customize everything from braking and accelerating to door settings, climate control, seat temperature, speaker tone and a full suite of navigational features and diagnostics.

The steering wheel also features a handful of buttons and dials to adjust the radio volume and manage the gear shift, turn signal and the Tesla Enhanced Autopilot toggle, a feature I was able to experience. I felt comfortable and confident operating the car after a brief tutorial.

Behind the wheel, a traditional speedometer and tachometer have been replaced by a digital heads-up display. The display features distance traveled, radio and music information, current battery charge, navigational maps and a digital representation of the Model X and its surroundings.

Sensors on the car can detect lines and vehicles on the road,



Sam Bigelow

Daily Universe Campus Editor Sam Bigelow and his wife, Kae, stand in front of a Tesla Model X at the Marriott Hotel in Provo.

which are shown on the screen. I found myself glancing down every few seconds to check what was around me. By the end of my drive, this feature became just as vital to me as the rear-view mirrors.

The car seats themselves boasted a synthetic leather finish and were firm but comfortable. Some light ergonomics provided back support, and a few knobs on the side helped me adjust each part of the seat for maximum and individualized comfort. I was able to scoot the seat forward and adjust the steering wheel in a matter of seconds, making my time in the Model X the best driver's seat experience.

Besides the front driver seats, the Model X features two additional rows of seating, allowing up to seven passengers to ride comfortably. Leg space in the third row is fairly restrictive, but still more comfortable than in some other SUVs. Both rows of seats can also be laid down, allowing for extra cargo or enough room to lay out a couple of sleeping bags.

The navigation system built into the Model X was one of the most outstanding features for me. The map displays functions like GPS or smartphone navigation and showcases a huge map with many points of interest marked on the screen. With a few taps, I was able to map a trip to Flagstaff, Arizona. The car automatically mapped out two supercharging stations along the way and gave me battery percentage and time estimates for each location.

This feature could prove to be vital for Tesla owners who love road tripping. It's relatively easy to find a gas station to refuel a traditional combustion engine-driven vehicle. But since charging stations — let alone Tesla-branded Superchargers — are still relatively uncommon in Utah, knowing exactly where you need to go to recharge would provide a lot of reassurance.

### On the road

After acquainting myself with the Model X's functions, I was tasked with backing out of the parking spot. I found it a little confusing at first to use the car's display screen to back

up, but a few white lines quickly popped up onscreen to show me exactly how to turn. I still felt more comfortable physically turning in my seat to watch out the back window of the car, but I can imagine parents with rambunctious children or drivers with a full trunk could find the feature to be a lifesaver.

As I drove west down Provo's Center Street, the car's regenerative braking system immediately stood out to me. As you let off the acceleration, the Model X immediately applies a brake that generates spare electricity and kicks it back into the car's battery. This feature took a few minutes to get used to. It reduced my need to actually use the brake pedal, but the brake's efficiency and heavy feel meant I had to adjust my stopping distance. Rather than let off the acceleration about 10 feet before my stop, I found myself feathering the acceleration up to about five feet before a stoplight.



Tesla

The Tesla Model X features seating for seven people, as well as distinctive falcon wing doors.

After getting onto I-15 heading north, I tested the acceleration capabilities, causing the Model X to speed up faster than I expected. The car is incredibly fast and smooth and is whisper-quiet. Tesla estimates that it takes roughly 2.9 seconds to go from zero to 60 mph, and I could definitely feel that speed. The sensation is similar to a plane's takeoff, and I found myself lightly pressed into the seat.

After pulling into a middle lane on I-15, the Tesla representative recommended I try out the Model X's biggest talking point: Enhanced Autopilot. I've always thought the idea of self-driving cars was unique, and futuristic. However, in practice, I found the experience to

be the most tense and terrifying couple of seconds I've ever spent in a vehicle. After several years of driving and walking away from two car accidents, I've been conditioned to always have my hands on the wheel and my eyes on the road. Autopilot challenged me to throw those instincts out the window.

I rotated a dial to set the car's following distance to a maximum seven feet and flicked the Autopilot toggle twice, which passed control to the car. My heart raced and my stomach churned as I took my hands off the wheel. For the next few seconds, my anxiety spiked. I felt relatively safe, but I found it hard not to be concerned, especially since I was traveling along a busy freeway at 80 mph.

I was pleasantly surprised the Model X's sensors were capable of reading lines on the road and staying in a specified lane at the designated speed limit. The Model X will brake

and adjust speed as necessary, resulting in a fairly smooth ride. To change lanes, I simply toggled the turning signal, and the car waited for a safe opportunity to change lanes. As we neared our exit on 800 North in Orem, the Model X gradually slowed itself before sounding a chime, which indicated I needed to take over by tapping the brake. According to the Tesla representative, the Enhanced Autopilot feature was developed specifically for freeway and highway use. Although it can be enabled on city streets, it's recommended that drivers stay aware of their surroundings and react accordingly to changing traffic conditions.

While cruising in an electric vehicle won't solve atmospheric pollution overnight, it's a start. In Utah, the annual inversion is often exacerbated by carbon dioxide, according to the Daily Universe. Electric vehicles are one way people can reduce their carbon footprint over a lifetime.

## Wireless tech wows Consumer Reports

ASSOCIATED PRESS

**D**ETROIT — A wireless update of antilock braking software improved the stopping distance of Tesla's electric Model 3, prompting Consumer Reports to reverse course and give the car its "Recommended Buy" rating.

The magazine said May 30 that the update cut 19 feet off the car's stopping distance from 60 miles per hour. A previous test — the results of which were released a little more than a week ago — found that it took 152 feet for the Model S compact car to stop from 60, the longest braking distance of any modern car the magazine has tested.

The improved braking raised the car's score high enough for it to receive the coveted recommendation. But Consumer Reports still has concerns over wind noise, a stiff ride, and the touchscreen controls that could distract a driver.

After the first round of testing was made public, Tesla CEO Elon Musk promised to fix the problem within days. Consumer Reports says it was told by Tesla that the software helps the brakes adapt to variations in how they are used and how they respond in different environmental conditions.

On Twitter May 30, Musk wrote that he appreciates the "high-quality critical feedback" from Consumer Reports and said that noise and ride comfort already had been addressed. Another software update will address the

controls, he wrote, without elaborating.

Musk told the magazine that Tesla had already made production changes to address wind noise, the harsh ride and an uncomfortable rear seat, Consumer Reports said in a statement. Consumer Reports said it will rent another Model 3 from Tesla to check on the changes and will report back on the results. The magazine bought a Model 3 for the first test and said it doesn't normally rent test vehicles.

The Model 3 is Tesla's first attempt to appeal to mass-market buyers. The car that starts at \$35,000 but can run as high as \$78,000 has been plagued by production delays.

Tesla's software update was done either via the car's cellular connection or a wireless internet link, depending on how the owner configures the car, according to Tesla.

Jake Fisher, Consumer Reports' director of auto testing, said that in 19 years of work for the magazine he has not seen a car's track performance improve with a wireless update.

Musk pledged in a tweet last week that the braking improvements would make the Model 3 best in its class. But Consumer Reports said the stopping distance was not class leading and the further updates may be necessary.

The magazine also said nearly all of the Model 3's controls are on a center touch screen direction with no gauges on the dashboard and few buttons inside the car. This forces drivers to take several steps to do simple tasks and can cause driver distraction, the magazine said.

Consumer Reports also said it got a record 350 miles of range per charge with a long-range version of the Model 3 when it's set on a high mode to recharge batteries with energy from braking.

### Should you buy a Tesla?

Overall, my 30 minutes driving a Tesla Model X were positive. It's a luxury vehicle, but not just because of its starting \$79,500 price tag. The navigation and autopilot features were impressive and managed to mitigate a lot of stress I feel while driving. However, it's important to note that these features aren't foolproof, and Teslas are still prone to traffic accidents related to autonomous driving.

The biggest draw for driving a Tesla, or any electric vehicle for that matter, is its impact on the environment. Gasoline cars accounted for most carbon dioxide and carbon monoxide pollution in 2014, according to the Environmental Protection Agency. Additionally, the EPA reported that 28 percent of greenhouse gases emitted per year in the United States are caused by transportation.

While cruising in an electric vehicle won't solve atmospheric pollution overnight, it's a start. In Utah, the annual inversion is often exacerbated by carbon dioxide, according to the Daily Universe. Electric vehicles are one way people can reduce their carbon footprint over a lifetime.

The biggest downside to driving an electric vehicle in Utah is the relative lack of charging stations. According to Tesla, only 14 supercharging stations are readily available in Utah, with another planned for installation in Provo in 2019.

Without these quick-charging stations, Tesla owners will need to charge their vehicle at home or find a local destination charger. These locations are often located at hotels or other lodgings and only serve patrons or customers. If you can find a place to charge, you'll likely save a bit of money that would otherwise be spent on gas.

Tesla's high price tags will likely deter many from making the switch. According to Nerdwallet, the Model S starts at \$74,500, which is \$5,000 less than the Model X. However, various customization options and add-ons, like Autopilot or increased range, will nearly double the cost.

While Tesla does offer reservations on the \$35,000 Model 3 sedan, production for most vehicles won't be finished until 2019. Until then, prospective Tesla owners can take advantage of tax incentives and rebates to shave \$7,000 off the high price tag.

## TONIGHT How You Can Be a Good Mormon and Support, Love and Accept LGBTQ People

Tuesday, June 5th  
7pm - 8:30 pm

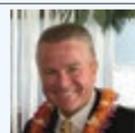
SCERA Center for the Arts  
745 State Street, Orem

Register for this free event at [eventbrite.com](https://www.eventbrite.com). Search 'Richard Ostler'

Or go to [listenlearnandlove.org/events](https://listenlearnandlove.org/events)



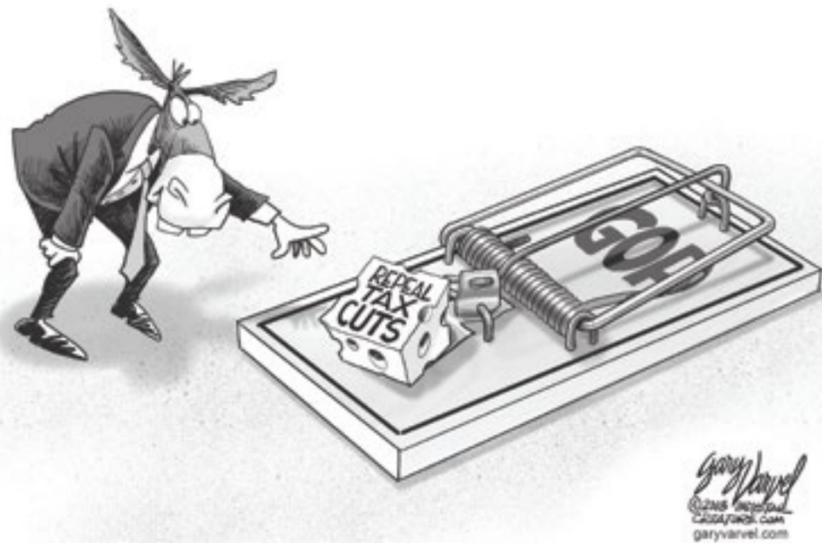
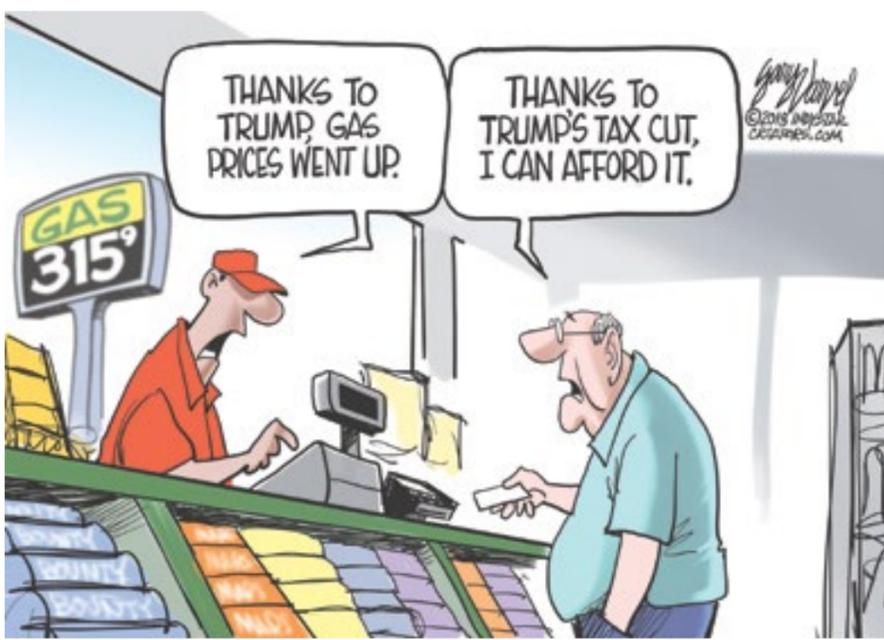
Richard Ostler (aka Papa Ostler), an active member of the Mormon Church, will talk about how he became an LGBTQ ally while serving in a YSA assignment. This presentation is not affiliated with the Mormon Church. The event is free and is open to the general public.



"Richard Ostler does a great job of demonstrating how you can be both a committed Mormon and support/love God's LGBTQ children. I encourage you to attend his presentation."

**Steve Young**  
Listen, Learn and Love Advisory Board Member  
(Steve will not be in attendance)

## [ ISSUES &amp; IDEAS ]



## Tweet Beat

#BYU #HeardAtBYU

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](http://universe.byu.edu) or @UniverseBYU

@emreemoody

"Now remember, flirt to get fed."  
@HeardAtBYU

@TannrTodd

"@Patagonia products will last you through the Millennium."  
-my advertising professor  
@HeardAtBYU

@amandajanepete

Friend filling out passport application: "Oh my gosh, they want to know my hair color. I don't even know that."  
@HeardAtBYU

@BaoTheHa

You know you're at the Lord's university when none of the printers on campus work on Sunday. #byuprobs

@TannerForbes3

I'm pleased to announce that there are as many construction cones in Provo as there are Mormons!

@geneticwitch

We have a huge ant pile outside our apartment, and my roommate just googled "how to kill ants without suffering" and our other roommate said my solutions were evil \('')/\_  
@HeardAtBYU

@kaitlinkatt

My Econ professor: "...and your lesson, ladies, is that all men are pigs" @HeardAtBYU  
Best lesson yet 🙄

@k\_toone

Girl from my graduating class is pregnant with her third child meanwhile I'm still here trying to figure out how long to put ramen noodles in the microwave for

@alexandriak00

Professor: "If you haven't wandered around in the woods naked, do it. It's a wonderful experience."  
@HeardAtBYU

@court\_miller\_

With the amount of money BYU spends every year watering their sidewalks, they could pay my tuition.

@miriamcastle\_

the fact that I'm 20 years old, always do my makeup, don't wear boutique clothing, & always have a heavy backpack on & have already gotten mistaken for an EFY kid 3 times this week is starting to hurt my feelings :/

@kensiekate



EFY kiddos wearing their salmon shirts this year

@CassidyBona

Dear graduating seniors, be careful how many missionaries you give your emails to. You cannot unsubscribe and you will regret it.

@Gabe\_Frei

Maybe it's called LDS Tools because it is named after those who use the directory to get girls' numbers and text them for dates. #showerthoughtswithgabe

@Mormonger

When people outside Utah find out I'm Mormon they always ask how many moms I have. It's ignorant and offensive. Just because my dad has 7 wives doesn't mean each one is my mom.

@rtmccombs

At a BYU-Unlv basketball game in Vegas, a unlv fan told me to go back to my family home evening

@Oceanographer

"I wish we could be sealed as best friends. Why isn't that a saving ordinance?"  
@HeardAtBYU

@taybrett1

When I was at BYU I told a guy I was going to Vegas for the weekend he said "You should be careful you seem really 'swayable'" 🙄

@LifeElevatedMom

"I'm done with my [keto] diet in a week and a half. Wanna get cake?" —My student employee @HeardAtBYU

@TheMormonLikes

"Walks into the Celestial Kingdom"  
"Does Pioneer47 work here too or"

Tweets are unedited

## [ CAMPUS PULSE ]

## Transgender bathrooms

I stood before two doors, each sporting placards embossed with transgender silhouettes. I knit my brows together. A decision had to be made — I really had to go. I chose the door on my right. To my surprise, the bathroom was exceptionally ordinary, containing a sink, toilet and wastepaper bin. Insatiably curious, I peeked inside the other bathroom: a carbon copy of the first.

Labeling single-occupant bathrooms as gender-neutral adds complexity to delicate issues, retrospectively creating a problem that didn't need solving. Unnecessarily drawing attention where none was required appears reactionary, not progressive. While it is commendable that establishments strive for patron inclusivity, this seemed like a plug at political correctness rather than a symbol of holism. Does a private bathroom have to be a soapbox for social justice? It's an 8x8 with a toilet and sink, but somehow the humble bathroom stumbled into the spotlight, for better or (more often) worse. A more genuine gesture would be taking understated action: simple "bathroom" placards would do nicely.

If we must battle, let's choose wisely. Gender-equality issues are extremely polarized and need no additional fuel for their fire. Let's call a spade a spade, or, in this case, a bathroom a bathroom.

—Annie Brewerton  
Lethbridge, Alberta, Canada

## Employment for ex-cons

Employment provides the backbone to a healthy society. It is the lifeblood that supplies people with meaning and purpose in their lives. In our society, we don't have a great system for introducing people who have been previously incarcerated back into the workforce. Some of these individuals have colorful and rough pasts, but after they have paid for their crimes, they have a difficult time finding employment. In fact, many ex-convicts end up returning to their previous lives of crime despite their integration efforts. Ex-convicts should be given an equal opportunity to receive a job after imprisonment. Therefore, as a society, we need to change our negative bias against them. A recent survey by the Ella Baker Center for Human Rights discovered that 76 percent of former inmates said that finding work was difficult after being released. This not only

makes it difficult to provide for basic living, but it also makes the transition to normal life difficult. How can we expect ex-convicts to ever contribute to society if they never get the chance to live a normal and productive life? The number of individuals that fall back into their same lifestyle of crime and violence is disturbingly high. This is a sad trend called recidivism. A recent study by the Bureau of Justice Statistics found that over three-quarters of all prisoners return to prison within five years of their release (Durose). At such a high rate, the odds are indeed stacked against these former criminals.

—Devry Smith  
Anchorage, Alaska

## Good sportsmanship

From shouted insults and whispered disrespect to the general jeering and name-calling unfortunately characteristic to sporting events, there is something quintessential to a positive game experience absent from the bleachers of BYU: good sportsmanship. "Good sportsmanship," as described by an article on the "Art of Manliness" webpage, "encompasses many aspects of ... character, the most fundamental being respect." It "truly enhances the experience of both playing and watching sports." Good sportsmanship includes using "lung strength to root for your team and not against the other," clapping respectfully when the other teams walk onto the field and seeing everyone — regardless of team affiliation — as human beings who, by divine nature, deserve respect.

The article encourages good sportsmanship by stating that "a win that does not come fairly holds no satisfaction for [those playing or watching]." Is it fair — which is defined as "just" or "appropriate" by the OED — to shout insults at opposing athletes (or, shockingly, our own)? Is it fair to justify our disregard for the commandment to "love one another" by the actions of others ("it's all part of the game" mentality), and therefore encourage un-Christian behavior? No, it is not.

For the sake of the hearts, ears, smiles and cheers of all fans present at BYU sporting events, we must define and deepen our university's honor by encouraging fair play from fans as well as athletes. We can do this by setting an example of verbal and nonverbal respect for the athletes, referees, coaches, fellow fans and even — if not especially — those cheering for the other team.

—Katie Fastabend  
Meridian, Idaho

## [ OPINION OUTPOST ]

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

## Religious freedom

Throughout history, political and cultural pressures have arisen that directly or indirectly threaten the free pursuit of religious belief and expression. Healthy societies cannot allow such pressures to erode basic freedoms, and nations should not be in a place to tailor their relationships with other countries based on a litmus test of religious tolerance, or intolerance. From the perspective of the United States, it's important that relations with a foreign power are based on an accounting of that nation's attitude toward religious liberty, as well as its posture in military alignments or in trade agreements.

—Editorial Board  
Deseret News

In the case of the Colorado baker, Jack Phillips, a devout Christian who refused to create a wedding cake for a same-sex

couple, the court was clear about the manner in which the Colorado Civil Rights Commission had dismissed religious faith as an argument. Members of that commission "disparaged Phillips' faith as despicable and characterized it as merely rhetorical, and compared his invocation of his sincerely held religious beliefs to defenses of slavery and the Holocaust," according to a syllabus accompanying the court ruling. This, the court said, "showed elements of a clear and impermissible hostility toward the sincere religious beliefs motivating his (Phillips') objection." Of course it did. The exercise of religious belief is a bedrock principle of the Constitution. The commission's cavalier dismissal of this principle, especially in such vehement terms, was outrageous.

—Editorial Board  
Deseret News

## Immigration

Throttling back legal immigration is not in the nation's long-term interests, though the system has been in dire need

of comprehensive reform for years — something Congress has failed to do. Trump pays lip service to reforms, but his real aim is to build a wall along the Mexican border and deport many of the people living in the U.S. illegally, no matter how long they have been here, no matter how many American citizen children they have nor any other extenuating circumstances. As a matter of policy, the government should not be turning a deaf ear to those who arrive at the border in fear of their lives who are asking for protection.

—Editorial Board  
Los Angeles Times

## Ukrainian credibility

The real questions are about the decisions made by Ukrainian authorities. ... At best, the importance of the ends blinded the service to the danger of the means. Far from damaging Moscow's narrative, they have handed its propagandists a gift. Even if they produce apparently cast-iron

evidence of high-level Russian involvement — and so far there has been nothing approaching that — how many will take heed? If it is possible to fake a murder, why not audio recordings or documents? The sting has rebounded upon them. Many will be inclined not only to treat Ukrainian statements with rightful scepticism in future, but perhaps to dismiss them outright.

—Editorial Board  
The Guardian

## Romney vs. Jeffress

The First Amendment's guarantees of freedom of religion and freedom of speech mean

that Jeffress is free to spout his feelings anywhere and any time he can round up an audience. They also mean that Romney can call him out on it. All of this might not matter except that, in being selected to speak at the embassy opening, Jeffress wasn't just speaking to America. He was, it might be inferred, speaking for America. And that was a very bad idea. ... Following one's own faith is a basic human right. Using the public square — not just one's own pulpit but also official functions of the government — to degrade other faiths and their followers as Jeffress does is to call them less than godly. Which, to people who care about such things, is to suggest that they are less than human. Which is used to justify

all manner of division, hatred and violence.

—Editorial Board  
The Salt Lake Tribune

## Relief for Puerto Rico

But the response (to the destruction of Hurricane Maria) ... has been slow and inadequate. There are various reasons for that. ... But the chief reason has been the perception in Washington, and especially in the White House, of Puerto Rico as a second-class United States territory where poverty, hardship and shoddy government are accepted as the norm.

—Editorial Board  
The New York Times

## 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 [ideas@gmail.com](mailto: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 Ciera Lundberg can be reached at [universe.ideas@gmail.com](mailto:universe.ideas@gmail.com).

## 15 BYU athletes head to track and field nationals

By CALEB TURNER

BYU track and field had a strong showing at the NCAA West Preliminary Round in Sacramento May 24-26, with 15 athletes qualifying for the 2018 NCAA Outdoor Track and Field Championships June 4-6 in Eugene, Oregon. “We’re very excited about the direction we’re headed in,” coach Ed Eye-stone said. “Our athletes came out and performed at a very high level. Now we’re just hoping to go to the big dance and score as many points as we can.”

The usual star-studded squads led the way for the Cougars, with the long-distance and steeplechase athletes putting on impressive performances en route to nationals.

The long-distance trio of Connor McMillan, Clayton Young and Rory Linkletter qualified for two events in the championships: the 5,000 meter and 10,000 meter races.

Whitni Orton ran a personal-best 4:14.41 in the 1,500 meter, guaranteeing her spot in the national meet and giving her the No. 3 all-time mark in school history.

Anna Camp also broke her previous record in the 1,500m with a time of 4:18.08 but fell one spot shy of qualifying for the semifinal.

After running a 13.36 in the 100 meter hurdles prelims, Alyssa Dalton clocked a 13.27 in the quarterfinal to advance to the semifinal round at nationals.

The BYU women’s 400 relay team ran a season-best 3:36.82, closing the track meet for the Cougars and earning the final qualifying spot for the semifinal at the NCAA Championships.

True freshman Ashton Riner



BYU Photo

Clayton Young leads the pack in the 5000 meter at the NCAA West Prelims. Young is one of three Cougars to qualify for the NCAA Championships in both the 5,000 and 10,000 meter runs.

finished in 11th place in the women’s javelin to secure her spot in the NCAA Championships.

High-jumper Andrea Stapleton-Johnson will compete in her second consecutive nationals after taking first place with a clearance of 1.80 meters.

The men’s 10,000m squad entered regionals ranked No. 1 in the nation and left with four national qualifiers

after Linkletter won the race with a time of 29:14.29. McMillan took third (29:14.91), Young (29:16.08) finished ninth and Conner Mantz (29:16.78) came in 11th.

Brenna Porter ran a career-best 57.18 in the 400m hurdles on Friday, May 25, earning her spot at the NCAA Championships. The achievement comes just one year after a freak accident in last

year’s regionals sliced open her leg and kept her out of contention for the national championship.

The No. 1 ranked men’s steeplechase team added two more qualifiers for BYU with Matt Owens (8:36.73) taking second place and Clayson Shumway (8:36.76) taking third.

Kevin Nielsen received an automatic bid to nationals after the regular

season in the decathlon, qualifying with a total of 7,475 points for the 24th seed. Decathletes do not compete in the NCAA preliminary rounds.

The NCAA Championships will be held at the University of Oregon’s Hayward Field in Eugene, Oregon, June 6-9. ESPN holds the broadcasting rights, and a schedule of its coverage can be found on ncaa.com.



BYU Photo

Patrick Fishburn competes at regionals in Stillwater, Oklahoma. Fishburn was the only BYU player to qualify for nationals, finishing 35th in his final collegiate competition.

## Fishburn ends BYU career at nationals

By CALEB TURNER

Nationally ranked and amateur golfer Patrick Fishburn ended his collegiate career with a 35th-place finish at nationals on Monday, May 28. He was the only BYU golfer to qualify for nationals after the team finished 24th at regionals.

“Patrick and CJ Lee have been a big part of our success the last few years, and we will surely miss them,” coach Bruce Brockbank said. “We have a lot of work to do trying to fill the shoes of our two graduating seniors. This team has accomplished great things the last two years.”

Fishburn, ranked No. 20 individually, shot a 76 — with four birdies — in his final collegiate round, finishing one stroke behind three individuals tied for 32nd.

The senior and two-time West Coast Conference Player of the Year finished the NCAA Championship with a 72-hole total of 293, carding a 67-72-78-76 through four rounds.

Fishburn was once ranked as high as the 32nd best amateur golfer in the world and previously shared with the Daily Universe his aspirations of joining the PGA tour as a professional.

Sophomore Rhett Rasmussen was the only other Cougar to crack the Top 100 at regionals and will look to lead the team next season as a junior. The Draper, Utah, native was the 2015 Utah Golf Association Player of the Year and

finished tied for third at this year’s WCC championships.

With just one senior, next year’s BYU golf team will have youth to spare and will be hard-pressed to find a replacement for Fishburn and fellow accomplished senior CJ Lee, who came in second on the team at regionals.

## Brenden Sander begins pro career in Italy

By CALEB TURNER

BYU volleyball star and All-American Brenden Sander will follow in his brother’s footsteps and begin his professional career in Italy with BluVolley Verona.

“I’m very excited for Brenden and the opportunity he has to compete at the next level,” BYU coach Shawn Olmstead said. “This has been a goal and dream of his for many years.”

The older Sander, Taylor, played in Verona for two seasons (2014-2016) following his BYU career and won the CEV Challenge Cup, the second-tier European tournament, with the club in 2016. Verona also reached the semifinals of the tournament last season despite a disappointing fifth-place finish in league play.

Brenden was introduced as the newest member of the team on Monday, May 28, following a report by local writer Marzio Perbellini saying that the club was close to signing him.

BYU’s season ended in disappointment less than a month ago when the team lost to UCLA in the NCAA semifinals in Los Angeles.

Other graduates include setter Leo Durkin and inside hitter Price Jarman, but neither show as much promise and the young Sander, who was recently named to the 26-man roster for the United States in the upcoming FIVB Volleyball Nations League,



Josh Ellis

Brenden Sander serves against UCLA in the NCAA semifinals on May 3, 2018. Sander led the team as a two-time All-American and will make his pro debut in Italy.

though he did not play during the first weekend in China.

If Brenden continues to follow the path of this older brother, however, he’ll have plenty of chances in the future to prove himself on the national level. Taylor has been a Team USA mainstay since leaving BYU in 2014, starting for the bronze medal-winning team in the 2016 Summer Olympics.

Brenden leaves BYU with numerous accolades, being named to an All-MPSF team all four years of college, as well as receiving three All-American selections.

“He’s worked tirelessly on the court and in the weight room to prepare himself and his game for this transition (to the pros),” Olmstead added. “He is an outstanding young man with a very bright future ahead.”

## 2018 football broadcast schedule



Sat., Sept. 1, 8:45 p.m. MT

Arizona Wildcats

Arizona Stadium, Tucson, Arizona

ESPN



Sat., Sept. 8, 8:15 p.m. MT

California Bears

LaVell Edwards Stadium

ESPN2

ESPNU



Sat., Sept. 16, 1:30 p.m. MT

Wisconsin Badgers

Camp Randall Stadium, Madison, Wisconsin

ESPN

ESPN2

ABC



Sat., Sept. 22, 4:00 p.m. MT

McNeese State Cowboys

LaVell Edwards Stadium

ESPN3

BYUtv



Fri., Oct. 5, 7:00 p.m. MT

Utah State Aggies

LaVell Edwards Stadium

ESPN2

Broadcast plans and game times for the remaining six games will be announced at a later date.



# Studies show religion impacts obesity, health

By MARINDA RISK

A familiar scene to American religious worshippers is a large church gathering with happy parishioners socializing, chasing children and almost undoubtedly eating copious amounts of food from a well-laden potluck table. Multiple studies now suggest this focus on food is having a negative impact on the waistlines of religious people across the U.S.

Ben Hill, a psychology professor at BYU and addiction therapist for more than 30 years, said he's known many people who have died because of their "true food addiction" and complications with heart disease, obesity, emphysema, pulmonary artery disease and other side effects from being overweight or obese.

"Our whole (Mormon) culture revolves around food. What's interesting about addiction is that for every bad thing we can be addicted to, there's also a good thing. We share meals in family home evenings and at church activities, which almost becomes a type of sacrament meeting. Someone gives a prayer, there's a discussion or activity, all over food," Hill said. "It's very easy for it to become a go-to coping skill, especially if you're Mormon and you don't drink. At the end of the stressful day we might not go have some beers with the guys

or hang out at the pub, but what we do is get into the chocolate or the simple carbohydrates."

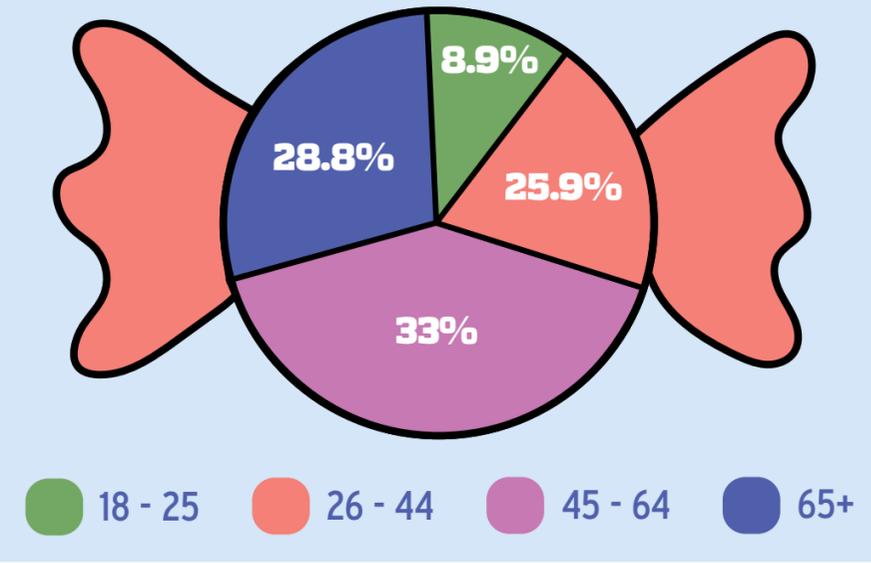
Hill said eating sugary food and carbohydrates tends to increase the dopamine in our brains, which "tinkers with the divine way God set up the brain where enjoyment is rewarding, and food addictions get reinforced."

He also said some foods can be just as addictive as cocaine, although the caliber of the addiction is less than that of hard drugs or alcohol.

According to a 2006 study titled "Religion and Body Weight in Utah" by BYU health science professor Ray Merrill, Mormons at the time were on average 5.7 pounds heavier and 34 percent more likely to be obese than non-religious individuals in Utah. A similarly widespread study hasn't been conducted since, but this data shows that Mormons have ways to go with adopting healthier eating habits and cutting excessive sugar out of their diets.

Not all data regarding religion and weight is negative, however. Utah's obesity report shows that Utah has the sixth lowest obesity rate in the nation, but it's also clear from the data that this is likely because Utah is the "youngest state" with a median population age of 30.7 years old. The 18- to 25-year-old population in Utah has an obesity rate of 8.9 percent while those aged

## Utah state obesity rates by age groups



Danny Burnham

A stateofobesity.org report shows the obesity rate based on age. Their findings do not total 100 percent. Scan the photo with the **Universe Plus** app to listen to a Portuguese translation of this story.

45-64 have an obesity rate of 33 percent.

A 2006 study titled "Does Religion Increase the Prevalence and Incidence of Obesity in Adulthood?" shows a positive correlation between certain religious practices and obesity among American Christians

(particularly in the South) and a negative correlation with other practices. The study showed that "women who reported higher rates of church attendance had a lower risk of becoming obese."

Men are also less likely to be or become obese the more they turn to religion for consolation,

according to the study. The scientists hypothesized that men may turn to religion — instead of food — as a form of comfort and therefore are more likely to avoid obesity.

Some data and other experiments cited in the 2006 study shows that identifying as

religious does increase a person's likelihood of being obese, but other data shows this may be because many religious people don't smoke (or smoke as much) as non-religious people and therefore they don't have that appetite suppressing factor playing a part in their weight.

The 2006 study says, "People who regularly attend church, pray, or read the Bible tend to have lower blood pressure than less religious people."

People who are religious are also hospitalized less often, are less likely to suffer from depression, have a stronger sense of well-being and life satisfaction, stronger immune systems and better longevity, according to the study.

Hill said religion and the Atonement of Jesus Christ can help people with everything in their lives, including weight loss and living a healthier lifestyle.

"We're not flawed (when we're struggling with weight). There are a few elements that will help people cut down on sugar and bad food," Hill said. "The Atonement of Christ is there to clean us up and heal us up. Christ can heal our psychological wounds we might be self-medicating with food, and he will empower us. The Savior helps us help others, and the fastest way to get over addictions is through service and helping others. We become minor actors in our own plays and others become the stars."

## SUGAR

### Adopting good habits

Continued from Page 1

"Know the enemy. If what you're eating comes with a box or bag or has a bar code, it often comes with added sugars," Bikman said. "My advice is that

those trying to kick a sugar habit eat no sugary foods six days of the week, and then one day of the week, they can have one small treat."

Bikman also said almost any other sweetener is better than sugar. Xylitol, erythritol and stevia are fine substitutes, according to Bikman. He said it may depend on a person's gut bacteria as to whether they can handle these sweeteners, but they are safe and healthier

than sugar.

Sugar addictions don't always fall under traditional definitions of addiction, which is why they can be so hard to identify and overcome. According to Ben Hill, a psychology professor at BYU and addiction therapist for more than 30 years, food and sugar addictions may not be as severe as traditional drug and alcohol addictions but can still mimic them in the way people

respond to them physically and mentally.

"Eating disorders are very difficult," Hill said. "It's a compulsive behavior that's very deadly and is similar to an addiction."

Hill said people often "may have a spiritual deficit" or other lack in their lives that causes them to turn to food or sugar in order to "self medicate."

He referred to these

addictions as "divine diversions" that seem to help the problems initially, but eventually cause people to suffer physically, spiritually and emotionally. Hill said those who feel they have lost control over their food and sugar consumption likely have some form of addiction functioning in their lives.

Hill also said it's possible to combat a sugar addiction by taking proper steps.

"Replace mundane tasks and

hobbies with more interesting things — get into athletics, or exercise, or gourmet cooking, so you're less likely to gorge on sugary food and be more focused on nutrition and quality rather than quantity," Hill said. "There's absolute data that shows that good nutrition helps people be stronger against addiction when it's introduced to their system and it helps people overcome addictions as well."

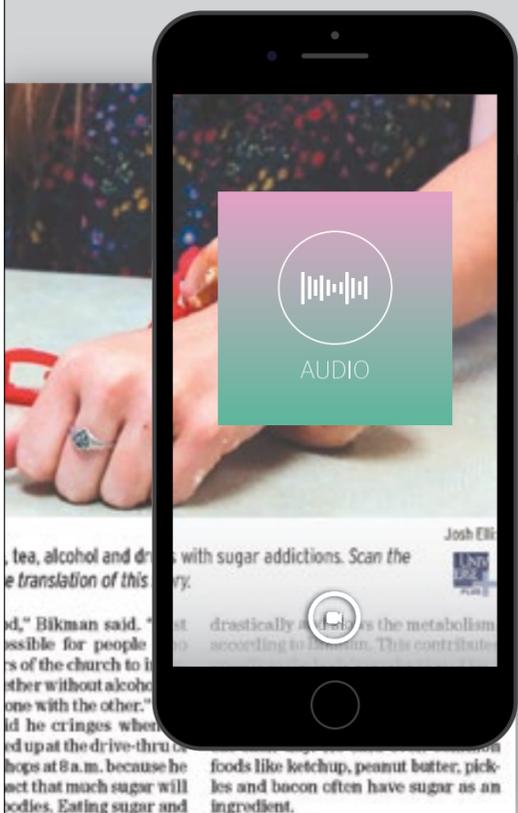


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### In this edition

On Pages 1 and 8, use the app to hear Portuguese translations of the Utah sugar addiction and obesity stories.

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# LOOKING FOR YOUR SUMMER BAE?

CAN HELP  
700+ date ideas  
Available on racks now

MORE THAN 700  
54 QUESTIONS TO ASK BEFORE  
SUMMER BAE  
QUALITY VASA TIME  
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