

Knee injuries can't stop volleyball's 'Energizer bunny'

By JOSH CARTER

It was just another routine play as Palm Springs High senior libero Mary Lake jumped up to spike the volleyball on the other side of the net.

However, there was nothing routine about what happened next.

"We were playing doubles and Mary went up to hit a ball that was set a little tight," Palm Springs coach Gary Wilhoite said. "She came down and her knee blew up. She fell down and let out a blood-curdling scream, and we knew it was trouble."

Lake tore her ACL and her high school playing days were over.

"It was really hard," Lake said about tearing her ACL. "Coming back from it definitely wasn't a walk in the park."

Although she did have her final year cut short, her career at Palm Springs was nothing short of phenomenal, as her stats were among the best the school had ever seen.

Lake had a total of 404 digs her freshman and sophomore years playing varsity and 963 assists. Her junior year, however, she nearly doubled her career total of digs with 386 and added 614 assists.

Not only did the stats show just how good Lake was that year, but she also led her team to a CIF Southern Section Division 2A championship — the equivalent of a state championship in most other states. It was the team's first and only CIF championship of its entire history.

"Mary was practically the whole reason we won that CIF championship," Wilhoite said.

After a dream ending to a solid junior year, a big senior year was inevitable for Lake. However, one wrong landing made it so the 5-foot-7-inch libero never got the chance to find out.



Abigail Keenan

Mary Lake (18) celebrates with teammates during a game against Utah on Sept. 13.

Lake, however, had already accepted a scholarship offer from BYU at the time and was planning on graduating from high school early to start training with the Cougars. Although she was nervous to inform the coaches at BYU about the injury, they kept their faith in Lake that she would make a speedy recovery and return to full strength.

"The scariest call was when I talked to the coaches here (at BYU) after I tore my ACL," Lake said. "But they were actually so nice to me about it. They told me, 'We're not worried, you'll rehab and you'll be fine, so just stay positive.' That was the most calming

thing, just how great the coaches were with me."

After going through rehab and working hard all off-season long, Lake was ready to start her college career. However, just before the start of her freshman season, Lake injured the same knee she had just worked so hard to rehab.

"A month before my freshman season, I tore my meniscus," Lake said. "I had to have surgery, and was out for a couple of weeks."

Although a scary moment for both Lake and the Cougars, Lake recovered much quicker from this injury and was ready to play when the season

began. BYU Coach Heather Olmstead praised Lake's resiliency and work ethic throughout her recovery process.

"Mary's been able to focus on what it is she wants, and so she works hard," Olmstead said. "She was able to get in a good place to where she was able to help us out her freshman year."

Lake had a total of 547 digs her freshman year and 120 assists. She had similar numbers her sophomore year with 533 digs and 131 assists. In the first 18 matches of her junior year so far, Lake has piled up 238 digs and 60 assists.

"Mary's our energizer bunny," Olmstead said. "She's our backcourt captain. She's talking about our seams, she's helping the passers be steady there, and she's always going for every ball. She's scrappy, and she brings the energy."

Olmstead also talked about how important Lake has been whenever the team travels to play on the road.

"It's easy to have energy at home, everybody's excited to play at home," Olmstead said. "But on the road, it's a little different of an environment. There's a different pressure and stress, so Mary's good at keeping us calm and keeping us focused."

Wilhoite noted that Lake has always been the ultimate competitor and wanted more than anything for her team to succeed and come out on top.

"Mary hasn't had a whole lot of losing in her career," Wilhoite said. "Just stay out of her way and let her go."

Lake admits that although it hasn't been easy, her love for the sport of volleyball is what helped her overcome both injuries.

"I think that when you love playing the sport, doing hard things just comes because you want so badly to play," Lake said. "That's what got me through everything. If I didn't love volleyball so much I wouldn't have gotten through it."

Utah ballot Question 1 may help teacher crisis

By JEFFERSON JARVIS

The most recent information from the United States Census Bureau ranks Utah last in annual spending per student with the state paying out \$6,953 per student in 2016. In contrast, 13 states spent over \$14,000 per student in the same year.

Question 1 on the upcoming Utah ballot proposes an increased gas tax to help fund the state's education budget.

What does Question 1 propose?

Question 1 has come to the ballot as a result of the Our Schools Now campaign, which originally campaigned to increase sales and income taxes to produce an additional \$700 million to fund Utah schools. Question 1 is part of the compromise reached by Our Schools Now and the state legislature.

Voting yes on Question 1 supports increasing state taxes on gasoline by 10 cents per gallon. According to house.utah.gov, the money generated would be budgeted to fund both education and transit in Utah.

The website says 30 percent of the money would go to state transit funds and the remaining 70 percent would be placed into the Teacher and Student Success Account. Local schools would be able to access the funds only after creating a plan to use the money that would directly impact academic success. The plan for use of the money must be approved by the local school board.

According to the Our Schools Now campaign, every school that puts such a plan in place would receive approximately \$150 per student.

Question 1 is listed on the ballot as an advisory question, which is a ballot measure people can vote on, but is non-binding, meaning no bill or law is immediately passed as a result of the vote.

Advisory questions help tell legislators what public opinion is on specific issues and helps the state government create laws that are conducive to the public, according to Ballotpedia.

How does Utah rank when it comes to gas taxes?

Currently Utah's state tax on gasoline is 29.41 cents per gallon, which is the 26th highest in the U.S. The lowest gas tax is in Alaska at 14.65 cents per gallon. The highest state gas tax is in Pennsylvania, at 58.7 cents per gallon.

If Utah raised its state gas tax to 39.41 cents per gallon as a result of Question 1, it would jump from the 26th to the 10th highest state gas tax in the U.S.

What do those opposed to the question say?

The Utah Taxpayer Protection Alliance has spoken directly against the proposed gas tax: "Question 1 would increase the gas tax by another 10 cents per gallon only one year after the legislature just increased our gas tax? Some say we need additional revenues to fund education. But Utah had a more than \$650 million surplus this year," according to Americans for Prosperity. "Lawmakers should look at more efficient ways to allocate resources we already have."

What do those in favor of Question 1 say?

Terry Young, associate chair of the department of teacher education at BYU, said he thinks an affirmative vote on Question 1 would have a lasting impact on the community.

"Increasing the funding for schools would be beneficial," Young said. "I think it would have an effect that would pay off for generations because the better educated students are, the more they're going to contribute to society, not just economically, but in terms of their responsibility as citizens in a democracy."

What effect would Question 1 have on teachers?

A study covering five schools in Arizona found that the number one reason for teacher attrition was working conditions in schools.

Church culture in process of embracing diversity

By SYDNEE GONZALEZ

Andra Johnson was used to loud singing, hand-clapping, foot-stomping music about Jesus Christ and hugging his brothers and sisters. However, when he joined The Church of Jesus Christ of Latter-day Saints at age 14, it was a little difficult to settle in.

According to Johnson, the professional culture of the church was drastically different from his Baptist background. Plus, he was one of a few black members in his new congregation. He got used to being one of a few and not seeing his own culture in the church.

That all changed for Johnson a few months ago during the church's "Be One" 40th Anniversary Celebration. The event commemorated the 1978 lifting of the ban prohibiting members of African descent from holding the priesthood or participating in temple ordinances.

"We never thought we would see music from our own culture and heritage performed in the Conference Center," Johnson said. "These past few months have been dreams that came true for us."

Johnson said the experience was life-changing.

"It was literally one of the most spiritual days I have ever had in the Conference Center, and I've been to many general conferences," Johnson said. "It was a very special time and it brought healing to many black people. It literally saved lives. It saved people from leaving the church."

The "Be One" celebration and similar events, such as the church's partnership with the National Association for the Advancement of Colored People (NAACP), have signaled to Latter-day Saints and friends of the church that the church is moving into a new era; one that embraces a more inclusive and diverse definition of what it means



Claire Gentry

Dancers performing onstage to musical numbers as part of the "Be One" 40th Anniversary Celebration. Members of The Church of Jesus Christ of Latter-day Saints say the celebration is an example of a recent trend towards a more racially inclusive attitude within the church.

to be a member of the church.

Despite what Johnson is calling progress, he agrees the church has a long way to go before the sting of racism is completely eradicated in the church and all feel comfortable and accepted.

Racism in the church isn't always explicit. For Johnson, racism comes in more subtle forms, like not feeling represented in the church.

"We will always feel different when we feel like our voices aren't being heard," Johnson said. "Lots of times that's a problem in the LDS church — as minorities, your voice isn't heard often. It's even worse when you don't have someone in leadership to speak for you."

Johnson pointed out that in the 40

years since the church lifted the ban, it has yet to call an African-American apostle.

"I pray hopefully one day the church will be ready to accept leaders of African descent and people of color in general," Johnson said. "That excites me just thinking of a Zion that looks like the world."

Recently, the church came a little bit closer to making Johnson's dream a reality. The church recently called its first Asian-American and first Latin-American apostles: Elder Gerrit W. Gong and Elder Ulisses Soares, respectively. For members of color, this diversification in church leadership opened the door to a wider definition of what it means to be a Latter-day Saint.

Ignacio García, a Mexican member and BYU professor of Western and Latino history, said many Caucasian members simply didn't grasp the importance of the "Be One" event.

"The white members say, 'What is the big issue? God called him, he's a good man, he can serve, color has nothing to do with it,'" García said, speaking of the calling of Elder Gong and Elder Soares. "For people of color and immigrants, it has everything to do with it."

García said the event was "liberating for so many people" because it allowed many members to see themselves in the church in a way they couldn't before.

UNIVERSE news briefs

FROM THE ASSOCIATED PRESS



Caravan of migrants grows ahead of push into Mexico

Thousands of Central American migrants hoping to reach the U.S. were deciding on Oct. 22 whether to rest in southern Mexico or resume their arduous walk through Mexico as President Donald Trump rained more threats on their governments.

After blaming the Democrats for "weak laws" on immigration a few days earlier, he apparently sees the caravan as a winning issue for Republicans a little over two weeks ahead of midterm elections.



Julia Louis-Dreyfus gets a top award for comedy

After a 35-year acting career and with two iconic television characters to her name – Elaine Benes of "Seinfeld" and foul-mouthed Vice-President Selina Meyer – Julia Louis-Dreyfus has been honored with the Mark Twain Prize for lifetime achievement in comedy. On Oct. 21 at Washington's Kennedy Center, the 57-year-old actress received a stream of testimonials from celebrities including Jerry Seinfeld, Stephen Colbert and 2010 Mark Twain recipient Tina Fey, touching on the multiple aspects of her career.



US allies take lead in changing trade rules

President Donald Trump wants to rip up the rulebook for global trade. As a battle rages between the world's top economic power and the fast-growing Asian giant striving to take its place, Canada and the European Union are quietly working to update the laws of international commerce. The question is how to fix the World Trade Organization, which oversees trade rules and settles disputes as part of a global order the U.S. helped create after World War II to foster peace and get authoritarian countries to open up.



'Shark Tank' backs 9/11 firefighter's idea

The sharks on "Shark Tank" are supporting an invention by a New York City firefighter who died of cancer after helping clean up the aftermath of the Sept. 11 attacks.

Kevin Young's children pitched his Cup Board Pro, a chopping block that features a detachable bowl for cleanup on Oct. 21. The 53-year-old died in March, months before the ABC show taped the segment. The panel decided to invest \$100,000 in the project and pledged to donate any proceeds to support firefighters.



Saudi calls, 'body double' after Khashoggi killing

A man appearing to wear Jamal Khashoggi's clothes left the Saudi Consulate in Istanbul following his killing there, while a member of Saudi Crown Prince Mohammed bin Salman's entourage made four calls to the royal's office around the same time, reports said Oct. 22. The reports came just a day before Prince Mohammed's high-profile investment summit is to begin in Riyadh.

Turkish President Recep Tayyip Erdogan promised that details of Khashoggi's killing "will be revealed in all its nakedness."

Burnout pushes Utah teachers away from the classroom

By JEFFERSON JARVIS

Dustin Grady is no longer the leader of the band. Instead of teaching 5th-12th graders how to play instruments and performing as maestro at school concerts, Grady hosts social media events and networks to build his clothing business.

The decision to stop teaching wasn't an easy one for Grady.

"I love teaching. I loved connecting with students. It was just a lot of fun every day," Grady said.

But teaching didn't seem sustainable for the band teacher-turned-entrepreneur.

"The burnout was always there on the teaching side, running my own business helped me see how much teaching demanded," Grady said. "It was like, 'Man, it demands so much, and this is all I get in return?'"

Teachers like Grady are leaving schools in droves. According to schools.utah.gov more than half of teachers leave after seven years on the job. Grady taught at the American Leadership Academy, a charter school in Spanish Fork, for five years.

Jason Cox, the director of human resources for the Provo School District, said many teachers leave even sooner than the seven-year time frame.

"The first three to four years there is a lot of turnover," Cox said. "We have a lot of mixed reasons why people don't make it through those first years, but some of them are (that) financially they're having a very



Dustin Grady

Dustin Grady left his position as band teacher at American Leadership Academy in Spanish Fork to pursue his personal business.

difficult time because of the pay, and they know they could be doing something else."

The average Utah high school teacher makes \$55,746 per year, according to a study by the Utah Taxpayers Association.

Other jobs also requiring bachelor's degrees make much more money. The Bureau of Labor Statistics lists the median salary for a computer programmer at \$82,240 and a civil engineer's at \$84,770. Overall on the Bureau of Labor Statistics listings, teachers' median salaries are ranked 114th out of 174 occupations requiring a bachelor's degree.

Cox said teacher availability often correlates with the economy.

"When the economy is great, less people are coming out of high school and choosing education as their field of study,"

Cox said. "When the economy is down, that's when the education departments fill up, and we get a lot more students wanting to teach."

Grady said although money is a big part of the problem, it's not the only reason teachers like himself are leaving.

"I don't think there's a silver bullet," Grady said. "It wouldn't matter if you paid me more, what I've been doing is just too stressful."

Terry Young, associate chair in the department of teacher education at BYU, said part of that stress comes from a "lack of respect that a lot of teachers feel" from society.

"(People) feel that education is kind of a second-class degree, but I think that education is one of the most important fields," Young said. "A good teacher is worth a whole lot more than

they're compensated for."

Unfortunately, when teachers leave the classroom, it can put more stress on the remaining teachers as class sizes grow.

"Utah has a few things against it," Young said. "Often the class sizes are larger and the schools often spend less per pupil than other states."

On top of having larger than average classroom sizes, Utah teachers are expected to work with a much smaller budget than their peers in other states.

The most recent information from the United States Census Bureau ranks Utah last in annual spending per student, with the state paying out \$6,953 per student in 2016. Conversely, 13 states spent more than \$14,000 per student in the same year.

"We aren't highly funded in the state of Utah compared to other states, but our students perform fairly well," Cox said. "If we're getting a little bit more money, then maybe our students will perform even better."

In a study titled "The effects of working conditions on teacher retention," researchers found that "schools where teachers rated their working conditions as more satisfactory had lower attrition rates" and that the types of students in the classroom didn't affect teacher retention as much as working conditions.

Unfortunately for Utah, classroom budget and size are large components of working conditions for teachers. While much can be done to improve teacher retention, recruiting new teachers is another issue altogether.

At BYU, there are a specific set of challenges in the department of teacher education. The numbers in the program took a dive in 2012 with the missionary age

change and, according to Young, the program hasn't quite recovered yet.

"Quite a few of them don't plan on teaching at all," Young said. "They plan on being stay-at-home spouses and mothers."

Young said he guessed about a third of students in the program don't plan on teaching professionally after college.

Recruiting enough of the right kinds of teachers can be difficult and certain subjects are often harder to find qualified teachers for than others. Cox said math teachers are particularly hard to find, so the Provo School District turns to people who didn't necessarily plan on becoming teachers in the first place.

A program called Alternative Route to Licensure helps people who didn't go to college to be a teacher become certified to teach on the job.

"Anyone who has a degree can start teaching right away," Cox said. "The state assesses what they are qualified to teach and then assigns them certain courses to become licensed and

they enroll in those while they are teaching."

Grady was one of those people who didn't plan on teaching after college, but found it to be a good fit at the time. Like half of his fellow teachers, he didn't make it to the eight-year mark.

Grady still helps out at American Leadership Academy because music is a passion.

"Because of loyalty, I didn't want to abandon my students," Grady said. "So I offered to help. The guy that took my place is a friend of mine and welcomed the help. I still get fulfillment out of it."

Gov. Gary Herbert issued a statement in September, inviting retired teachers to come back.

Grady said it will take more than someone asking nicely.

"You need to sit down and ask the teachers why they're leaving and ask them what it would take to make them come back," Grady said. "Don't ask them to come back, ask them what it would take to get them back. I've got a laundry list, and I imagine the others do as well."

BALLOT

Education to benefit from tax increase

Continued from Page 1

Because Utah teachers don't have much of a budget for their classrooms, they sometimes spend personal money on classroom supplies. According to Our Schools Now, the average Utah teacher spends \$479 of their own money on school supplies every year.

While Cox admits he doesn't hear a lot of complaints from teachers about classroom funds, he admits it may be because the budget is already thin.

"People may not be asking because they just assume they can't get it," Cox said. "Maybe they're understanding that those resources aren't there so that's why they're not requesting more classroom resources."

Registered Utah voters can cast their vote via mail or in person at local service centers until 8 p.m. Nov. 6.

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Campus Events

Tuesday, Oct. 23

- Devotional, Marriott Center, 11:05 a.m.
- WebFest, Hinckley Center ballroom, 2-4 p.m.
- Voter Workshop, JKB 2111, 6 p.m.
- Faculty Recital: Groove Axis Jazz Trio, Madsen Recital Hall, 7:30 p.m.
- Free Live Animal Show - Adaptations, Bean Museum, 7:30-8:15 p.m.

Wednesday, Oct. 24

- Law School Expo, WSC Ballroom and Garden Court, 10 a.m.-2 p.m.
- Y-Serve Share Your Hair Event, WSC Terrace, 10 a.m.-1 p.m.
- Gallery Talk: "Pulitzer Prize Photographs," Museum of Art, 12:10-12:40 p.m.
- Middle Eastern Refugee Women Resettling in Utah, 238 HRCB, 4:30 p.m.
- Hymn Sing, HBLL 4420, 6 p.m.
- Free Live Animal Show - Utah's Diversity, Bean Museum, 7:30-8:15 p.m.

Thursday, Oct. 25

- Civic Engagement Research Conference, Hinckley Center, 9 a.m.-5 p.m.
- Y-Serve Share Your Hair Event, WSC Terrace, 10 a.m.-1 p.m.
- Why Gridlock Rules

Washington - McMullin, Murphy (R), and Jolley (D), Varsity Theater WSC, 11 a.m.-12:30 p.m.

- Archives Month Historic Clothing Collection Open House, HBLL 1131, 3-5 p.m.
- Stadium Farmer's Market, Stadium South parking lot, 3-7 p.m.
- Guest Lecture: Ann Madsen, Museum of Art, 7 p.m.
- Faculty Recital: Neil Thornock, composition, Madsen Recital Hall, 7:30 p.m.
- Free Live Animal Show - Classification, Bean Museum, 7:30-8:15 p.m.

Friday, Oct. 26

- The Mousetrap, Pardoe Theatre, 7:30 p.m.
- Adapting Frankenstein: The Monster's Eternal Lives in Popular Culture, 1060 HBLL Auditorium, 3 p.m.
- Film Screening: "Island of the Hungry Ghosts," Museum of Art, 6:30 p.m.
- Sperry Symposium, JSB Auditorium, 6:30-9 p.m.
- Film: Frankenstein, HBLL Auditorium, 7 p.m.
- Murder Mystery, Maeser Building, 7-9:30 p.m.
- Planetarium Show: Harry Potter's

Astronomy, ESC N465, 7 p.m.

- Fall Opera: Theodora, de Jong Concert Hall, 7:30 p.m.
- Free Live Animal Show - Adaptations, Bean Museum, 7:30-8:15 p.m.
- Guest Artist: Double Reed Round Up, Madsen Recital Hall, 7:30 p.m.
- Planetarium Show: Harry Potter's Astronomy, ESC N465, 8 p.m.

Saturday, Oct. 27

- Sperry Symposium, JSB Auditorium, 9 a.m.-12 p.m.
- Family Concert Series: Sing a Story, de Jong Concert Hall, 11 a.m.
- Free Live Animal Show - Vertebrate Variety, Bean Museum, 1-1:45 p.m., 3-3:45 p.m.
- The Mousetrap, Pardoe Theatre, 2 p.m., 7:30 p.m.
- Fall Opera: Theodora, de Jong Concert Hall, 7:30 p.m.

Monday, Oct. 29

- Halloween Family Night at the Bean Museum, 6-9 p.m.
- FHE: BYU Dating Stories: Then and Now, The Education in Zion Gallery, JFSB, 7-7:30 p.m., 7:30-8 p.m., 8-8:30 p.m.
- Planetarium Show, Eyring Science Center Room N465, 7 p.m.

Drought declaration a warning for Utah growth

By CIERA KUESER

Gov. Gary R. Herbert declared a state of emergency on Oct. 15 after receiving a recommendation to do so from Utah's Drought Review and Reporting Committee. Six Utah counties including Box Elder, Carbon, Emery, Grand, San Juan and Wayne have also declared states of emergency because of the drought, according to the Utah Department of Natural Resources.

The Utah Department of Natural Resources' website says all 29 Utah counties "are experiencing some level of drought" in 2018. Sixteen of Utah's top 49 reservoirs are currently less than 20 percent full and eight are less than five percent full.

"The rainfall we have received helps, but the drought is at a level unseen for many years and will not be solved with a small series of storms. In some areas the drought is at or near historic levels," Herbert said. "Such difficult conditions are harming the quality of life and the livelihoods of many Utah families and agricultural producers. The ramifications of drought extend beyond our depleted water supply."

One of the largest water consumers in Utah are farmers, according to section manager at the Utah Division of Water Resources Joshua Palmer. The drought has forced farmers to sell their livestock because there isn't enough food on the open range.

"Drought harms our industries, agriculture, recreation and wildlife, and it worsens wildfire conditions and air quality," Herbert said.

Palmer said during his three and a half years at the Utah Division of Water Resources, he learned how important it is to manage water wisely, especially in a dry state.

"This year Utah didn't do well with precipitation levels. We are seeing with climate change that Utah's precipitation is coming down all at once and isn't being contained in mountainous snowpacks. That's problematic because that's the water supply we depend on throughout the year," Palmer said.

Julie Rose, a homeowner in Herriman, said she was surprised to hear about the governor's drought executive order.

"I haven't heard anything," Rose said. "My friend said she just happened upon something



Lauren Hanson

The Spanish Oaks Reservoir is currently affected by drought. Gov. Herbert declared Utah at a state of emergency.

mentioning a drought, but it didn't seem like a big deal."

Palmer said the Utah Division of Water Resources is trying to get the word out.

The Division of Water Resources has state-wide programs no other state in the nation has, Palmer said, citing a water abuse reporting program that alerts water providers to help businesses, residents and governmental institutions manage their water usage.

"One of the things Utahns can do right now is go to utahwatersavers.com. If you don't have a smart sprinkler timer you can get a rebate for a smart sprinkler timer that will water according to the plant's needs," Palmer said. "If you don't want to worry about how many times your sprinklers go off or not watering in the rain, there is an automatic weather shut off as well. You can set the sprinkler to the most efficient setting."

Palmer said the Utah Division of Water Resources partnered with a landscaping business called Localscapes and other landscaping companies to help residents save water in their yards.

"You can have the most beautiful landscape in your neighborhood and it will be the most water saving one too," Palmer said.

The Division of Water Resources also has a lawn watering guide and other educational resources available on their website. Palmer said it's time for Utahns to make little changes in

their lives.

"The small changes impact our ability to supply water to our kids and grandkids. That's a decision Utahns need to make," Palmer said. "We need to make these changes. We are not panicking, but we have to change."

According to Palmer, Utah is projected to have 5.8 million residents by 2035. It currently has about three million residents.

"We are looking at water shortages with the three million now. You can be sure that it will be even more challenging with 5.8 million," Palmer said.

According to Palmer, residents are starting to talk about conserving water because of Gov. Herbert's drought declaration, but to prevent future droughts, residents should be conserving year-round.

"There were Utahns who really conserved after a good precipitation year in 2017, and there were Utahns who didn't, and we see the impact of not conserving in our reservoirs," Palmer said. "If we conserved better in 2018, then some of the impacts of this drought would have lessened. A high desert state can't waste water — every drop that people can conserve makes a huge difference."

Palmer said The Division of Water Resources wants Utah to be a national example for what water usage, efficiency and conservation can be.

"If there is anything that Utahns are good at, it's coming together to make a difference for the community," Palmer

DIVERSITY

Church grows beyond Utah roots

Continued from Page 1

However, a racially diverse church leadership may be a far way off. According to information on the church's website, 13 percent of the church's First Presidency and Quorum of the Twelve Apostles are not American — a small number considering 58 percent of church membership is comprised of individuals outside of the United States.

Paul Reeve, a professor of Mormon Studies at the University of Utah and the author of "Religion of a Different Color: Race and the Mormon Struggle for Whiteness," said he believes the disparity between membership demographics and those of church leadership is concerning.

"When the leadership is mainly composed of white men from the Wasatch Front, their experiences are very different and distinct from what it means to grow up in Africa or the Philippines — two of the church's largest growing areas in the 21st century," Reeve said.

According to Reeve, to fully embrace a more diverse identity, there needs to be a fundamental change in how Latter-day Saints view other members of the church.

"(We need to) step away from the notion that living Mormonism is looking like and thinking like someone who lives along the Wasatch front and recognizing that there is more than one way to be a Mormon," Reeve said.

For some, that dream seems a long way off despite recent progress. Esperandieu Anofils, a Haitian member of the church who immigrated to the United States as a child, said he believes many American members of

the church fail to realize the large international presence of the church.

"The average member is not ready to view the church as an international church," Anofils said. "It's difficult to imagine an African guy telling you what to do in Payson, Utah, as the mission president, but a mission president from Payson, Utah, can go to Nigeria and tell them what to do."

García, who wrote the book "Chicano While Mormon: Activism, War, and Keeping the Faith," said he has seen how preconceived notions can negatively affect minority members.

"When the stake wants to do something, the Latinos can sing, dance or cook," García said. He said many members' capabilities are beyond these simple tasks. They are lawyers and doctors, former bishops or mission presidents; they have more to offer. García said for many this becomes "a downer."

"After a while, you want to be known for more than you can sing, dance and cook," García said.

While García said he believes most white members don't mean to be hurtful, minority members are still harmed by these cultural and racial misunderstandings.

"You realize it traps you into being whatever the perception is," García said, adding that many members are left to deal with the struggle leaders have to overcome pre-existing prejudices.

Despite these and other obstacles, García said he is hopeful.

"It's just complicated and it's silly to say it's not complicated, but it's workable. Especially when we have the same eternal goals," García said.

"We look at the same man as the prophet of God. The temple is a temple, regardless of who's inside. Those things are the ones that need to guide us because there's enough worldly things to divide us."

TODAY

UNIVERSITY DEVOTIONAL
Tuesday, October 23,
11:05 a.m., Marriott Center

This event will be broadcast to the JSB Auditorium.



Brother Stephen W. Owen
Young Men General President

Stephen W. Owen was sustained as the Young Men general president in April 2015. His previous Church service includes serving as a full-time missionary in the Texas San Antonio Mission, president of the California Arcadia Mission, stake president, as a counselor in the stake presidency, bishop,

high counselor, Scoutmaster, ward Young Men president, and elders quorum president.

He received a bachelor of science degree in finance at the University of Utah and is a business owner in Provo, Utah. He is married to Jane Stringham, and they are the parents of five children.

Selected speeches available at speeches.byu.edu.

NEXT: UNIVERSITY FORUM

Bryan Stevenson
Executive Director,
Equal Justice Initiative
and Professor, New York
University School of Law



October 30, 11:05 a.m.
Marriott Center
PLAN NOW TO ATTEND.

#BYU hacks

The 'how to' at BYU

HOW TO
GET YOUR
VENDING MACHINE
SNACK
Unstuck

Scan the books with the Universe Plus app to view the hack!

Engineering students follow in their parents' footsteps

By HOLLY FERGUSON

Choosing a major is a critical decision every BYU student must make. According to the BYU Undergraduate Catalog, students can choose from 181 different majors.

In the engineering school, chemical engineering students Colton Van Wagoner, Rebecca Prymak and Hayden Etter followed in the footsteps of their parents and other family members, becoming second- and third-generation students in their specified field.

Colton Van Wagoner

Wagoner pursued chemical engineering, the same field as his father, Jeff, who graduated from the University of Utah in 1983.

Upon graduation, Van Wagoner's father entered the semiconductor industry and has since worked at Motorola, Medtronic and Lawrence Semiconductor Research Laboratory in Arizona.

Van Wagoner said his father's career did not necessarily influence him to major in chemical engineering but stimulated his interest in the STEM fields. This helped him realize he enjoyed chemistry and solving problems, making chemical engineering a good fit for him.

"His career piqued my interest in science and technology fields. He is a very smart guy, so I wanted to be like him. Also, I saw that engineering has brought financial stability to our family," he said.

Van Wagoner said while he is not as likely to enter the semiconductor industry, he is still considering a career dealing with oil and gas, chemicals or manufacturing. No matter what he decides to do, he is hopeful "to excel in the role he ends up in."

In addition to his father, Van Wagoner followed his two



Colton Van Wagoner

Jeff and Colton Van Wagoner both pursued chemical engineering degrees. Colton said he wants to be like his dad.

brothers, who also graduated in chemical engineering. He said it has been nice to have conversations with them when talking about something technical.

Rebecca Prymak

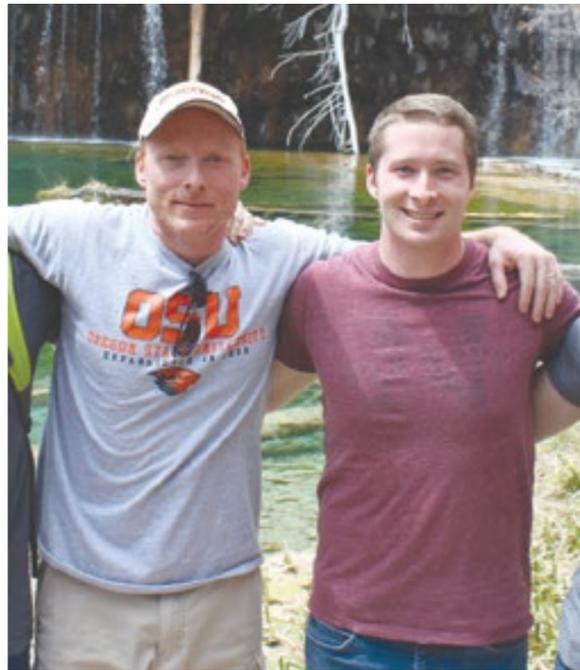
Prymak followed both her father and grandfather into engineering, making her a third-generation student.

Her father studied chemical engineering during his time at BYU until his senior year when he ultimately decided to pursue a career as a chiropractor.

Prymak said her father's time studying chemical engineering gave her the exposure she needed to pursue this path.

"My dad's career showed me how lucrative the STEM field is. It influenced the direction I want to take my career, which is the biomedical route in chemical engineering," she said.

Prymak's grandfather immigrated to the United States from Eastern Europe during World War II. He graduated from Columbia University as an electrical engineer. Her brother also



Hayden Etter

Hayden Etter, right, hopes to become an engineer like his father, Rob, who works at Intel.



Rebecca Prymak

Rebecca, right, and David, left, Prymak come from a family of engineers. Rebecca said she likes this field because not everyone can do it and those who do are held in high regard.

studied manufacturing engineering technologies at BYU.

"Growing up, I saw these successful people in my life as engineers," she said. "I saw working as an engineer as something that was admirable and empowering because it was something hard that not everyone could do."

Prymak said she plans to graduate and work in the biomedical field. She is also considering the possibility of pursuing additional education.

"The best part of me and my

dad studying the same thing is I have someone to talk to who understands the classes I'm taking and is knowledgeable about the field," she said.

Hayden Etter

Etter's father, Rob, graduated from Oregon State University in 1996 with a degree in electrical engineering, which gave Etter a firsthand account of what it was like having an engineer as the head of the family.

Etter said his father's career had a major impact on him

"We have had very similar struggles and classes in college, so he has been able to give me advice and tell me about his experiences, which have helped me in my studies."

Hayden Etter
Engineering student

because of the happy and comfortable lifestyle he could provide for his family. He said his career allowed his father to gain other skills that helped their family.

"My father was a very intelligent man that was able to take care of a lot of the other things that needed to be done to take care of our family," he said. "He knew how to fix things around the house, take care of bills and help us with our homework. I believe his career helped him become competent in all of these areas."

His father's career steered Etter toward the path of an engineering degree because he saw he could provide a great life for himself and his future family.

Etter said he is thinking about pursuing a career in nuclear power or nuclear security research. He said having a father to help him decide these things and relate to has been a huge help.

"We have had very similar struggles and classes in college, so he has been able to give me advice and tell me about his experiences, which have helped me in my studies," Etter said.

Campus News

IRA A. FULTON COLLEGE OF Engineering and Technology

BYU has partnered with Boeing for the Aerospace Partners for the Advancement of Collaborative Engineering (AerosPACE). AerosPACE is a multi-college capstone course that gives college students the opportunity to build and fly unmanned aircrafts in a real world engineering environment. BYU is one of the nation's leaders in UAV research and continues to develop new drone technology.

Engineering professors **Randy Beard** and **Tim McLain** head the Center for Unmanned Aircraft Systems at BYU, which is the only National Science Foundation-funded unmanned aircraft research center in the country. The program is sponsored by companies such as Boeing, NASA and General Electric. In return, BYU provides groundbreaking research at a low cost. Beard and McLain, along with other professors and students, are currently working on UAVs that fly autonomously in places where GPS does not work. Previous projects include ensuring UAVs do not run into things, and the ability for UAVs to land on moving objects.

COLLEGE OF Fine Arts and Communications

The BYU Public Relations Student Society of America (PRSSA) won top awards at the 2018 PRSSA National Conference in Austin. Making Cougar history for winning two Teahan awards

at a single PR conference, BYU won for its excellence in Community Service and for the Chapter Website, out of over 300 PRSSA chapters from around the nation.

BYU art professor **Joe Ostraff** will give a presentation titled, "We Breathe the Same Air" at the November Faith and Works Lecture Series on Nov. 1. Throughout his career, Ostraff has directed multiple collaborative programs, received a grant to fund the Western Wilds Collaboration through the BYU Laycock Center and was a recipient of the 2010 Utah Arts Council Visual Arts Fellowship.



Joe Ostraff

COLLEGE OF Family, Home and Social Sciences

The BYU Civic Engagement Leadership Association will be hosting an informational voting workshop to help students register to vote and learn how to become more civically involved. The workshop will also present information on current candidates and issues that will be on the ballot. The BYU Civic Engagement Leadership Association hopes students will be more passionate about civic issues in their community and understand the value of one's voice in a democratic

government. The workshop will be held on Tuesday, Oct. 23 at 6 p.m. in room 2111 JKB.

The Office of Civic Engagement will also be holding a Civic Engagement Research Conference on Thursday, Oct. 25 in the Hinckley Center. This research conference will include presentations from scholars from Columbia University, Arizona State University and Notre Dame, and a panel of BYU faculty and students.

DAVID O. MCKAY SCHOOL OF Education

The Polynesian American Psychology Research (Poly Psi) Team has recently returned from their summer trip to American Samoa and New Zealand with a year-long study of Polynesian psychotherapy ahead of them. Not only did the Poly Psi team learn about various methods of psychotherapy on these islands, they also taught and trained psychotherapists, physicians, nurses and medical administrative staff. The team hopes to continue researching culture-centered treatment.

COLLEGE OF Humanities

The BYU Women Studies program will be holding a conference titled, "Bodies of Women" on Nov. 1 and 2. Focusing on the physical bodies of women and what a body of women can accomplish together, the conference will include six speakers and a service project for Days for Girls.

This event is free and open to the BYU community.

Police Beat

BYU

CRIMINAL MISCHIEF

Oct. 17 - An officer responded to a report of vandalism in a men's restroom in the Cannon Center. Maintenance was contacted for cleanup.

FRAUD

Oct. 17 - An individual in Heritage Halls reported an online attempt at financial fraud.

THEFT

Oct. 14 - An individual was ap-

prehended after they attempted to steal a truck on campus and backed into a gate.

Oct. 14 - A wallet was stolen from a vehicle parked in the parking lot north of the Joesph Knight Building during Sunday church services on campus.

Oct. 16 - A bicycle was stolen from the Joseph F. Smith Building bicycle racks.

OREM

SHOOTINGS

Oct. 15 - A homeowner shot and

killed Marcos Rosales, 49, after he found him in his garage. The homeowner shot Rosales several times in the abdomen after a brief scuffle.

DOMESTIC VIOLENCE

Oct. 20 - A man was arrested after police responded to a report that he broke into the home of his former partner and threatened to shoot her. He refused to leave his apartment but was apprehended when a SWAT team found him hiding in the laundry room.

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JBR CLINICAL RESEARCH

How opioids affect the mind, body

By SAM BIGELOW

Khalil Rafati first experienced addiction at 10 years old, messing around with pot and alcohol behind his school. As he got older, his life was a collection of oxycodone and acid, blackout episodes and raves.

Following a tooth extraction, he experienced “the incredible effects” of popping a few Vicodin with wine or a beer. After that, he was hooked on opioids. Rafati’s life quickly began to revolve around pain pills like oxycodone, Percocet and eventually, heroin.

Rafati tried to get healthy at 29 after being on opioids for two years, but found himself trapped in a cycle of addiction and opioids, which he would mix with coke, crack and alcohol. It all led to an eventual crash. He found himself, a high school dropout and felon, homeless on Skid Row in Los Angeles.

“After eight overdoses and a handful of seizures, nine hospitalizations, scabies, ringworm, teeth falling out of my head, I bottomed out,” Rafati said. “I didn’t have the strength to go on any longer.”

Rafati reached out for help and found himself at a treatment center, where he got on his knees and prayed to God for help.

“It wasn’t a burning bush moment, but I felt a lightness to my spirit and my being. I believe that’s ultimately why I’m alive 15 years later,” he said. “I know there’s a God, and every time I fell down I asked him to be with me. Never once did he let me down.”

After that, Rafati stayed strong. Prayer, meditation a strong belief in a higher power encouraged him to turn his life around. He got a job, opened a checking account and got off welfare.

His self-confidence improved. He started a successful business, sold it and started another one, becoming more and more successful. He wrote a book, “I Forgot to Die,” detailing his experience with overdose and rehabilitation.

Today, Rafati is clean. He owns and operates SunLife Organics, a growing chain of health food stores. His brand adopted the pink lotus, symbolizing growth from darkness.

“From the mud and the darkness grows a beautiful flower. That’s why I chose the name

SunLife. Life in the Sun,” his website reads.

A national crisis

Rafati’s struggle is emblematic of what thousands of Americans face as opioids become more readily accessible and potent, according to the Centers for Disease Control and Prevention.

Opioids themselves are safe to take over a short time period when prescribed by a doctor, but abuse can lead to dependence, overdose and death, according to the National Institute on Drug Abuse.

According to the Centers for Disease Control and Prevention, opioids include oxycodone, fentanyl, carfentanyl, fentanyl and U-44700 (also known by the street name Pink).

According to Pat Bird, deputy director of operations at the Department of Drug and Alcohol Prevention and Treatment, synthetic drugs like fentanyl are stronger than natural opiates.

“Synthetic opioids have been chemically engineered to be more potent,” he said. “They have different potencies and purities, which change the amount given.”

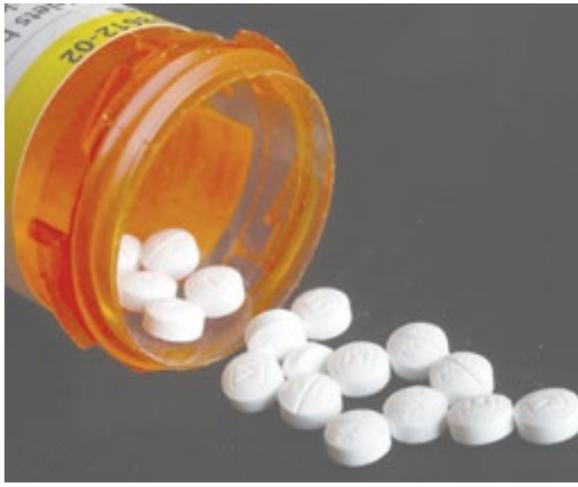
Opioid users often become dependent due to abusing a prescribed medication, which leads to addiction, according to Bird, and after a person crosses their “trigger line,” it can be a lifelong battle to beat physical and mental addictions.

Opioid use has rapidly increased since 2013, according to the CDC. Fentanyl encounters, in particular, more than doubled from 5,343 in 2014 to 13,882 in 2015.

The CDC reports more than 19,000 deaths involving opioids in the United States in 2016. The largest increase in deaths occurred in males aged 25–44 east of the Mississippi River. New Hampshire, West Virginia and Massachusetts had the highest death rates in 2016, according to the CDC.

Although opioid use is less common in the western U.S., notable cases have still reached Utah. In 2016, the Deseret News reported that two 13-year-old boys from Park City died from an overdose on Pink, which they had obtained from a 15-year-old female classmate, who was later arrested for ordering the drugs online from China.

At the time, Pink was only regarded as a controlled substance in four states. According



Associated Press

Opioids have become increasingly common in the United States, especially on the East Coast.

to the Drug Enforcement Administration, Pink was declared a Schedule 1 controlled substance on Nov. 14, 2016, banning it nationwide.

The Utah Department of Health announced on Oct. 1 that the state has seen a decline in heroin overdoses for the first time in seven years. Deaths caused by prescription opioids are down for the third consecutive year, thanks to state government initiatives focused on fighting the opioid crisis.

Though opioid deaths in Utah are in decline by 19.8 percent from 2016 to 2017, Lt. Gov. Spencer Cox said during an Oct. 1 press event that 360 people died from an opioid overdose in 2017.

Addiction and the human body

According to Kyle Bills, who works in the Scott Steffensen Neuroscience Lab at BYU, opioid addiction often results in users becoming more sensitive to pain, which leads them to pursue more potent substances, like heroin or stronger synthetic drugs.

Bills said opiate-based drugs target the central nervous system to increase the body’s natural dopamine levels, which help manage sensitivity in the body’s pain receptors. The more a person takes these drugs, the more they become desensitized to their body’s natural dopamines.

“The first time someone takes an opiate, their dopamine levels are going to spike up pretty high. As they come down off of the opiate, their dopamine levels will drop again,” Bills said. “Each

subsequent time they take the drug, the release of dopamine is not quite as high. Afterward, the dopamine will drop below the baseline.”

Bills compared fighting an opioid addiction to having one’s head held below water in a swimming pool. As the person underwater struggles to gain oxygen, they experience a moment of panic when they realize they can’t get what they need to survive.

“When someone’s dopamine levels drop below baseline, this sensation of drowning might be what they feel like,” he said. “It can take weeks upon weeks for that sensation to go away.”

Robert Waldman, head of detox at the Cliffside Malibu treatment center in Los Angeles, said as a person uses opioids, they begin keeping secrets and lying to those around them, which robs them of their integrity.

He also said pain pills and other opioids can often be viewed as less taboo than heroin, which can make them easier to abuse.

“When people discover they can get just as good a high from smoking or inhaling a pain pill, then it takes away the stigma of heroin because they don’t have to inject it,” he said.

However, as prescription opioids become more difficult and expensive to obtain, addicts could end up switching to heroin, which is relatively cheaper than other opioids, Waldman said.

He also said although drugs like marijuana and cocaine can lead to psychological dependence, opioid addiction withdrawals can

cause gastrointestinal issues, anxiety and depression. Opioid users will stop taking drugs recreationally and find the physical symptoms are too much to handle — turning themselves into what Waldman calls “maintenance users.”

“When you stop using heroin, you get diarrhea, symptoms like the worst cold you’ve ever experienced and you get physically ill,” he said.

Maintenance users can also fall prey to stronger synthetic drugs, like fentanyl (also a known opioid), which are being increasingly hidden in heroin or cocaine, according to Waldman. After taking what they think is their usual dose, users will occasionally end up overdosing due to the more potent drug.

Beating the habit

The first step in fighting substance abuse and the stigma surrounding those affected is understanding proper terminology, according to Bird.

He said using negative terminology for beating an addiction like “dirty” or “getting clean” can cause those struggling with an addiction to avoid getting help. Instead, Bird stressed the need for substance abusers to “get healthy.”

Many people facing so-called “addiction” are actually facing a drug dependence, according to Bird. Dependence is a state in which a person feels like they need a substance to survive and often results in mild side effects and withdrawals.

In comparison, addiction is an advanced state of dependence that changes brain chemistry, resulting in actual brain disease and chronic relapses. Addicts will also change their lifestyle to accommodate their addiction, Bird said.

Anything that can form habitual dependence should be seen as equally harmful, according to Bird, and therapists and clients often view any abused substance harmful to “individuals, family and communities” as a direct substance disorder.

“If a drug impacts a person’s life, we shouldn’t consider it ‘harder.’ That substance could be alcohol, which is a legal drug,” he said. “It doesn’t matter if the drug is illicit or legal. Some have higher abuse rates and are scheduled by the DEA (Drug Enforcement Administration) accordingly.”

Waldman also said a

teenager’s stronger, healthier body will often be easier to treat for substance abuse. However, older patients often neglect their personal hygiene and medical well-being, which leads to difficulties treating both an addiction and physical afflictions.

“When you treat someone in their 40s or 60s, you have to worry about high blood pressure, diabetes, arthritis and heart disease,” he said.

Waldman also said controlled substances and prescription profiles are monitored by pharmacists, which helps prevent opioid users from abusing their prescription or obtaining prescriptions from multiple doctors.

Communities nationwide are also making efforts to save opioid users from overdoses. Those suffering from substance addiction can call the National Drug Abuse Hotline to receive rehabilitation information. According to the website, all calls are anonymous and callers will not be “scolded, judged or reprimanded for drug use.”

The U.S. Senate recently passed a bipartisan opioid package. The legislative package requires the Postal Service to screen overseas packages for fentanyl and other opioids and will increase access to medication-assisted treatment and comprehensive recovery centers.

Utah is home to approximately 62 Narcotics Anonymous meetings and 33 long-term drug rehabilitation facilities. The Utah Department of Health has also received a \$3.2 million grant from the CDC to establish “near real-time monitoring and reporting of opioid overdose events” to help communities accurately address opioid addiction, according to an Oct. 1 press release.

Additionally, the Utah Department of Human Services has provided grants to communities to train and provide first responders with naloxone, a drug that can reverse an opioid overdose, according to NIH.

Rafati said adopting the philosophy behind rehabilitation programs — and a belief in a higher power — can help others get healthy, as it did for him.

“Surrender and find and build a relationship with God. Hang on like a drowning man with a life preserver, and you’ll be OK,” he said. “Anyone can make it through one day without drinking and drugging. If you throw God and grace into that, then you’ll have an amazing life.”

MIXTAPE

This week:



Aimee



“Blank Space/Style”
Louisa Wendorff
Blank Space/Style (Single)

It can be really tough to find quality covers of the originals we all love. While I find myself cringing at most of the covers and mashups out there, there are two that I love even more than the originals. The first is “Blank Space/Style”, a mash-up by Louisa Wendorff. The two singles, originally made popular by Taylor Swift, make a flawless mash up, blending perfectly together. Wendorff creates some amazing harmonies with her co-singer Devin Dawson.

The second recommendation is Andra Day’s “Rise Up” covered by The Nor’easters.

The a cappella arrangement of this powerhouse track is sure have you swooning, and the quality of the voices is unreal. Before you lose faith in covers completely, be sure to check out these two knockouts.



“Rise Up”
Nor’easters
Rise Up (Single)

Scan the album covers with the Universe Plus app to hear a sample of each song.



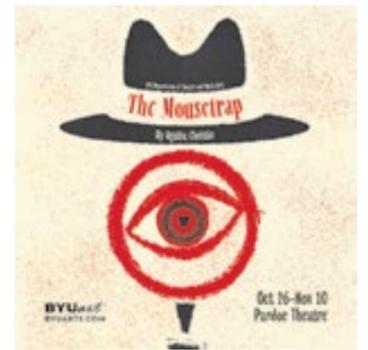
BYU ARTS

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The Mousetrap

Trapped in a local bed and breakfast by a snowstorm, a group of strangers is horrified to learn there is a murderer in their midst. Join us for the longest-running play of the modern era, a tale of suspense and terror that ends as shockingly today as it did in 1952.

Oct. 26-27, 31, 7:30 p.m.
Nov. 3, 6-10, 7:30 p.m.
Oct. 27, Nov. 3, 2:00 p.m.
Pardoe Theater



Opera: Theodora

This dramatic oratorio by Handel, staged as an opera, is based on the true story about the religious oppression of a 4th-century Christian woman who stands up for her religious beliefs and defies the governmental edict to make a sacrifice to pagan gods.

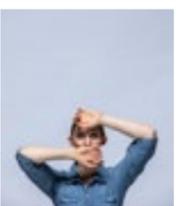
Fri.-Sat., Oct. 26-27, 7:30 p.m.
de Jong Concert Hall



BYU Men’s Chorus and Women’s Chorus:
A Million Dreams
Fri.-Sat., Nov. 2-3, 7:30 p.m.
de Jong Concert Hall



BYU Symphonic Band and Concert Choir:
Americana!
Wed., Nov. 7, 7:30 p.m.
de Jong Concert Hall



BYU dance Ensemble
Fri.-Sat., Nov. 9-10, 7:30 p.m.
Sat. Nov. 10, 2:00 p.m.
Dance Studio Theatre,
Richards Building

BYU Symphony Orchestra
Thurs., Nov. 8, 7:30 p.m.
de Jong Concert Hall

BYU Dancesport Championship
Fri.-Sat., Nov. 9-10, all day
Wilkinson Student
Center Ballroom

BYU Singers and Concert Choir
Fri., Nov. 9, 7:30 p.m.
de Jong Concert Hall

All events are ticketed.

BYUarts

TRUMP SAYS HE'S GOING TO NEGOTIATE BETTER DEALS... WHAT MAGIC WAND DOES HE HAVE?



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

@madilynn_riley

"When I fail this midterm I'll just redownload mutual and find a shoulder to cry on"
@HeardAtBYU

@scosgrove

"Sometimes you just gotta have faith and have a kid" @HeardAtBYU

@Sadie_Morrow

I was leaving campus after taking my midterm and this one girl saw her friend and the FIRST THING SHE ASKED WAS "Hey have you gotten a chance to sleep yet?"
@HeardAtBYU #Midterms

@LXavierPerez

Reading the Book of Isaiah like



@carolynmaeee

in rexburg we say "i ride a unicycle to class" which roughly translates to "i'm desperate for attention and needed to find a way to stand out from all the other white RM's who served in Peru" and i think that's beautiful

@lexi_torg

"As my girl Cardi B said, 'knock me down nine times but I get up ten'" @HeardAtBYU in sacrament

@jdazzler11

"And there was another hot guy there but he had a wedding ring on so he's irrelevant"
@HeardAtBYU

@vints

Crazy that they just announced five minute church and drive thru sacrament

@sammakattack

"... and I go on at least three double dates every day"
That girl must never pay for food
@HeardAtBYU

@AbbieEvansXO

Me: hey do you want your mind to be blown?
My dog: woof
Me: we live on a ball

@m_tunstall2

My professor wore a utah shirt today. And now I don't like his class. #byu

@ding_ace

At a work lunch I was asked what part of byu I liked most I panicked and said leaving

@Mikailbitterman1

"I got a 46% on my exam" - some girl walking by on the phone. I feel ya, I am with you.
@HeardAtBYU

@ajquist

If a girl named Eve marries Bill Nye and takes his last name without knowing anything about him she is Nye, Eve

@youngprovogirl

A haunted house but it's just all the DMs you never responded to

@aubreycottrell

A kid in my STATS class asked if he could pray in his mission language, then proceeded to pray in English...you got us kid
#onlyatBYU

@ParkerH

Haunted House idea: A poorly lit Walmart littered with people you haven't seen since High School

@hashtagosophia

going on the social media fast reminded me of being a missionary when LDS tools would be my 'social media' and I'd get excited when people changed their profile picture lol

@rollerchol_ster

"If you're wondering why I am goofier than normal today, it's cause I'm wearing my favorite fleece" - Brother Dew @HeardAtBYU

@westontsgrant

Every girl at BYU is in love with David Archuleta until they find out he's 5'6"
@HeardAtBYU

@JollyMollyDay

"we matched on mutual and she said 'i wanna make out with you' and i said 'ew!'"
@HeardAtBYU

Tweets are unedited

READERS' FORUM

Choose to be happy

Every day for weeks, this little 5-year-old girl would excitedly tell me she was going to have a baby sister and just recently, that baby was born.

Two days after the birth of the baby, I discovered the mom was in jail for doing drugs throughout the pregnancy and the baby was very sick in the hospital. I later found out the baby doesn't even share the same dad as this little girl.

Despite everything going on, this little girl and her dad are some of the happiest people I know. Sometimes when talking with this dad, I can see how much life is weighing down on him. But he never acts that way. He and his daughter have so many reasons to be upset at life and blame this mom for what she has done, but instead, they choose to live happily and don't complain. They chose to make the best of a terrible situation and because of that, they have a happy life.

Happiness truly is a choice. We can't choose what other people are going to do, but if we choose to react in a positive way we will have a positive life. Like this admirable little girl and her amazing father, we can forgive and avoid grudges, look for the positive parts of life and be thankful for what we do have. By doing so, we can be happy no matter what life throws at us.

—Samantha Wright
Wood Cross, Utah

Dealing with stress

We are under a lot of psychological pressures in our everyday lives. This includes stress from work and family life, anxiety from school and finances and strain from health and disease. This leads to a need for escape and ways to cope. There are many solutions such as meditation, doctors and exercise.

What many people don't know is that artistic activities such as knitting, crocheting, macramé and ceramics can help tremendously. The repetitive nature of these activities can lower heart rate and blood pressure, and lead to a more relaxed state of being, similar to the effect of meditation. But they can also lead to satisfaction and higher self-esteem from the resulting tangible and usable creations that are aesthetically pleasing.

These activities can also help break addictions and decrease body fat because while the hands and mind are occupied creating useful objects, time is taken away from emotional eating and potentially getting involved in addictive substances.

Although this may not be for everyone, these artistic activities can greatly help reduce stress and anxiety, therefore we should put a greater emphasis on them.

—Amy Gilliat
McMinnville, Oregon

IN OUR OPINION

Teacher pay and Question 1

This November, Utah residents will have the opportunity to vote yes or no on Question 1. This nonbinding opinion poll gauges public opinion on a potential measure that would levy a 10 cent gas tax increase to fund state road construction. In turn, infrastructure funds would be rerouted to education funding, according to Ballotpedia.

Utah's current gas tax is currently 47.81 cents per gallon, including federal taxes. If any tax increase for education was passed, the tax rate per gallon would be several cents above the current United States average of 52.12 cents per gallon.

As the son of a grade-school teacher, I know from firsthand experience that a price cannot be put on education. As a teacher in Arizona — and later in Utah — my mom has spent countless hours of her own time and hundreds of dollars out of her own pocket to provide her students

with a quality education.

Many other teachers in the Beehive State frequently engage in the same practices, all for an average pay of \$54,180 a year, according to Sokanu — which is well above the U.S. salary average of \$39,580, but still below national average pay for engineers, computer science specialists and mathematicians, according to the National Association of Colleges and Employers.

I strongly encourage all Utah residents to support our teachers and vote yes on Question 1. It is worth the additional 10 cents per gallon to provide Utah's teachers with improved pay and funding. In turn, these teachers could be in a better position to properly educate and inspire the next generation of innovators and specialists in our nation's workforce.

—Sam Bigelow, Universe Campus Editor

OPINION OUTPOST

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

Midterm elections

The nation needs representatives in Congress who will act against corruption in the Trump administration and work for legislation to provide health care, public services and jobs to Americans, as opposed to tax breaks for millionaires. These six in New York and New Jersey will be among the best.

—Editorial Board
The New York Times

Canadian border

The U.S. has already been blocking Canadians who admit to having used marijuana or working in that country's existing, legal medical marijuana industry. In theory, the law helps border agents identify and exclude drug traffickers and addicts. But the policy has already swept up many Canadians who are neither

addicts nor dealers but nevertheless get blocked from traveling to the U.S. to see the sights, do business or visit family.

—Editorial Board
Los Angeles Times

Opioid crisis

The Trump administration on Monday unveiled its latest proposal for reining in the cost of pharmaceuticals: requiring television advertisements for prescription drugs to display the price tag of the medication being promoted. For the 10 drugs seen most often on TV, the administration says, those list prices range from \$535 to a whopping \$11,000 per month or per course of treatment. Like the administration's other efforts to address this issue, the mandate is a small response to an enormous problem.

—Editorial Board
Los Angeles Times

Fake news

It's increasingly clear, however, that at this stage of the internet's evolution, content

moderation can no longer be reduced to individual postings viewed in isolation and out of context. The problem is systemic, currently manifested in the form of coordinated campaigns both foreign and homegrown. While Facebook and Twitter have been making strides toward proactively staying off dubious influence campaigns, a tired old pattern is re-emerging — journalists and researchers find a problem, the platform reacts and the whole cycle begins anew.

—Editorial Board
The New York Times

Recycling

But while recycling is championed for good reason, it should be the second-last resort — before landfill. Reducing waste and reusing things should be the aim for both individuals and the country. Businesses and other organizations can help with this; in Germany, producers and retailers must pay for packaging to be recycled.

But the lead must come from government, which should also be investing in research and development work on new biodegradable materials to replace single-use plastics.

—Editorial Board
The Guardian

Cyberattacks

While cybercrime is prolific and damaging, the world hasn't come to the point yet where large numbers of consumers are refusing to share private information online. And with so much of modern commerce conducted in the online world,

avoiding it is neither practical nor desirable. So while citizens are being encouraged to be vigilant in protecting themselves, large companies must not lose sight of the need for private and public interests to prioritize an investment in security measures. Patrons deserve fewer worries about their exposure to the malicious intruders of the cyberworld.

—Editorial Board
Deseret News

Religious freedom

The world is becoming both more religious and less free

— two things that, when combined, can result in disastrous discrimination and violence.

Liberal democracy makes freedom of religion possible in the first place, making it incumbent on those nations that do enjoy such governance, even if their own religiosity is falling, to engage thoughtfully with these statistics and allow them to shape how they advocate for religious liberty around the world. The world is stronger, richer and safer when religious plurality thrives.

—Editorial Board
Deseret News

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 Riley Waldman can be reached at universe.ideas@gmail.com.

BYU football a 'family affair'

By JACKSON PAYNE

Many family trees have spread their roots into Cougar territory over the years. More than 30 players on the current roster have some sort of family connection to the program, including eight sets of brothers, a number of cousins and a few sons of former players.

A few family connections include brothers Brayden and Bracken El-Bakri, Neil and Butch Pau'u, Adam and Addison Pulsipher, and Gunner and Baylor Romney; cousins Aleva Hifo and Sione Takitaki, Beau and Tristen Hoge, and Koy and Mitch Harris.

Other players who have had family play for BYU football include Troy Warner, brother of former Cougar Fred Warner; KJ and Jaren Hall, sons of former Cougar Kalin Hall; Motekiai Langi, cousin of former Cougar Harvey Langi; Morgan Unga cousin of former Cougar Harvey Unga; James Empey, son of former Cougar player and coach Mike Empey; Matthew Criddle, brother of former Cougar Ben Criddle; and Gavin Fowler, third generation Cougar and son of former quarterback Blaine Fowler, a member of the 1984 National Championship team.

The Kaufusi family has also been a long staple of the Cougar defense, currently featuring brothers Corbin and Devin Kaufusi and their cousins Isaiah and Jackson. Corbin and Devin's brother Bronson starred at BYU from 2012-15, and their father, Steve, played from 1985-87 and formerly served as the defensive line coach.

"(BYU) means everything to us. It's a family affair," said Corbin Kaufusi, the senior defensive end. "A lot of my cousins, myself and my brothers were all looking at other schools, and there were definitely opportunities to go to big-name programs, but when it comes down to it, BYU is just unique because of that whole family aspect. Even if I didn't have family here, you feel like you're a part of a family."

Wide receiver Dylan Collie, a



Claire Gentry

Cousins Isaiah and Corbin Kaufusi celebrate after a defensive stop in a game against Hawaii on Oct. 13. The Kaufusi family is one of many with ties to BYU football.

graduate transfer from Hawaii, comes from a strong tradition of pass-catchers. His brothers Zac and Austin played receiver for the Cougars in the early 2000s and their father Scott from 1978-82. Dylan recorded the Collie family's 300th career reception earlier this season against Wisconsin.

"There's a lot of love here, and to be a part of this team, culture and everything it means to the fans makes (BYU) one of the greatest places in college football," Dylan said. "Ultimately, (transferring from Hawaii) came down to my comfort and where I felt was the best place I could be, and this was it. Coming back is definitely one of the

best decisions I've ever made."

Austin Collie left BYU as one of the most decorated receivers in school history, spending five years in the NFL primarily with the Indianapolis Colts as one of Peyton Manning's favorite targets. Scott Collie played a few seasons in the Canadian Football League and enjoyed the luxury of catching passes from legendary Cougar quarterbacks Jim McMahon and Steve Young during his college career.

"There's a reason why those guys are Hall of Fame quarterbacks and Super Bowl champions. It all started when they were here," Dylan said. "Just being able to know that (my dad)

was one of those guys that they relied on really sets a precedent for us as his boys. It's a sweet experience."

Freshman tight end Hank Tuipulotu comes from a rich BYU bloodline, with his father Peter playing running back from 1987-91 and his mother, Mo, playing on the women's basketball team during the same period. Hank's brother Ben, a teammate at Nation Ford High School in South Carolina, is currently serving his mission and will join the Cougars in 2020.

"My dad played here, and my mom played basketball here, so there was definitely a big push for BYU," Hank said. "Growing up, my dad would

critique every BYU game with us, telling us what they were doing right or wrong which helped us in our high school games. Whenever they came out to the East Coast, we were always there. I've wanted to be at BYU my whole life. This is my dream."

Peter Tuipulotu played his entire career for legendary head coach LaVell Edwards, and Hank reflected on the respect his father has for the late BYU hero.

"My dad loved LaVell," Hank said. "He always said how much of an all-around great person he was and how much he cared about him and all his teammates."



BYU Photo/Nate Edwards

BYU athlete Olivia Hoj races in the NCAA Championships in Louisville, Kentucky, Nov. 18, 2017. This year, BYU cross country will host the NCAA and WCC Championships. Scan this story with the **Universe Plus** app to hear a Portuguese translation of this story.



Cross country hosting championship races

By RACHEL KEELER

BYU cross country will host the WCC Championship at the East Bay Golf Course on Oct. 27 for the first time since entering the West Coast Conference in 2010.

The Cougars will also be hosting the NCAA Mountain Regional Championship at the East Bay Golf Course on Nov. 9.

The WCC rotates between all universities in the conference to host the championship meet, according to men's coach Ed Eyestone. There are four states with 10 universities that compete in the WCC.

"It's always an honor to host a conference meet," Eyestone said. "Then to have it fall on a year when we're going to host a regional meet makes it fun and kind of gets it all out of the way at the same time."

Women's coach Diljeet Taylor said the teams are excited to be hosting

races this year on their home turf.

"I think (athletes) always tend to run better when they consider it a home meet," Taylor said. "Hosting both conference and regionals is going to be really exciting for our (team). They're really looking forward to it."

Eyestone agreed that there are benefits for BYU's athletes to have these major races at home instead of traveling.

"The main thing is that the athletes will be sleeping in their own bed the night before," Eyestone said. "And they're going to have their friends, family, roommates out in attendance, so we'll definitely have the large cheering section."

Taylor said there is a travel roster created explaining which athletes will travel with the team when they are on the road, but since these meets are in Provo, the entire team can participate, whether on the sidelines supporting or in the actual race.

"Most of our other (runners) who wouldn't be making the travel roster ...

will have the opportunity to cheer on their teammates," Taylor said. "I think that brings a different element of support to the meet."

The East Bay Golf Course is the ideal place to hold the races, according to Taylor.

"It's a nice, easy course and it's very spectator friendly," Taylor said. "As a coach, I like my athletes to be able to hear me all throughout their race and this is good because it just loops."

The teams haven't had the chance to practice on the course this year because of the fires in early September that caused BYU to change the location of the Autumn Classic to Logan.

According to Eyestone, there is a green fee any time the team shuts down the course and there is a lot of communication between the coaches and the crew at the course.

"You are out marking the course to paint the lines around the course the day before so it requires some cooperation between the golf course and the coaching staff," Eyestone said.

Middle blockers contribute on offense, defense



BYU Photo

Kennedy Eschenberg (24) and McKenna Miller (14) go up for a block against St. Mary's on Sept. 22.

By JOSH CARTER

Middle blockers Kennedy Eschenberg and Heather Gneiting have contributed in big ways for the Cougars so far this season.

The sophomore-freshman duo has helped BYU remain one of the top teams in the country in blocks per set this season with 2.75. Individually, Eschenberg ranks 19th in the country in total blocks with 85, while Gneiting ranks 62nd with 71.

"Our middles have been working hard," said BYU head coach Heather Olmstead. "They've been doing a good job of seeing the setter and getting over square on the hitters and being a presence."

Not only have Eschenberg and Gneiting been a force on the defensive side for the Cougars, but they've left their mark on the offensive side as well. The two have combined for a total of 229 kills so far this year.

"They're doing a really good job at being a part of our offense," Olmstead said. "Lyndie (Haddock-Eppich) knows she can set them at any time. That's a big deal for our offense — that we can set our middles and that they always try and make themselves available."

Although they are both underclassmen, Eschenberg and Gneiting have made immediate impacts in their college careers.

Last year, as a freshman, Eschenberg played in all 33 matches. She recorded a total of 10 solo blocks and 140 block assists. In addition, she also accumulated 149 kills and had a .286 hitting percentage.

Gneiting, who graduated in January 2018 from Pleasant Grove High School to start practicing with the Cougars, also had a solid start to her freshman year. She's played in all 18 of BYU's matches so far this season and recorded a total of 110 kills on a .418 hitting percentage.

Gneiting said Eschenberg's mentoring is a big reason why Gneiting has had such a quick start to her career at BYU.

"I've been following (Eschenberg) and seeing what she's been doing," Gneiting said. "She's taught me a lot of stuff, and she's really awesome to play middle with."

Eschenberg said she has also learned from Gneiting and that the two push each other to keep improving.

"She's pushed me, and we push each other," Eschenberg said. "It's cool that we had all of last winter to work together."

Van Noy scores first NFL touchdown



By JACKSON PAYNE

Kyle Van Noy (2010-13)

Van Noy recorded six solo tackles, a tackle for loss and returned a blocked punt 29 yards for his first career touchdown in a 38-31 Patriots victory over the Bears. Van Noy's 36 total tackles on the season rank second for New England.

Taysom Hill (2012-16)

The Saints' utility player ran six times for 35 yards and recorded two solo tackles on special teams. Hill also successfully executed a fake punt run for a first down in the Saints' 24-23 victory at Baltimore.

Michael Davis (2013-16)

The linebacker-turned-cornerback recorded two solo tackles and played coverage for the Chargers in their 20-19 victory over the Tennessee Titans in London.



Associated Press

New England Patriots' Kyle Van Noy celebrates after returning a blocked punt for a touchdown during the second half of the NFL game against the Chicago Bears Sunday, Oct. 21, in Chicago.

Fred Warner (2014-17)

The rookie linebacker led the 49ers with nine total tackles in a 39-10 loss to the undefeated Los Angeles Rams. Warner's 59 total tackles this season rank first in San Francisco and seventh in the league.

Andy Reid (1978-79, 1982)

The former Cougar lineman and graduate assistant guided the Chiefs to a dominant 45-10 victory over the Bengals on Sunday Night Football. At 6-1, Kansas City sits atop the AFC standings.



Ty Mullen

Sam Tullis, right, puts his arm around his younger brother, Jacob, after practice on Oct. 11. The Tullis brothers both play for BYU.

More than just teammates

By RACHEL KEELER

The scores were 7-6, 6-0 and 7-6, 6-0.

Jacob Tullis broke two rackets. His older brother, Sam, had taken the win at their finals match in the Logan Tennis Tournament a decade ago.

No one imagined the Tullis brothers would even make it this far.

Sam was 12 years old and Jacob was 11, playing in the 14-16-year-old division. The two had joined separate divisions but had beat out their older opponents and met in the finals.

The brothers were close in skill level, but Jacob had a temper and quit in the match against Sam. After that, their parents never let them play each other again.

Sam and Jacob laughed about the whole experience.

"It was pretty savage," Jacob said. "I was being really petty. We would get on changeovers and I'm like, 'You're an idiot.' I was just trying to get under (Sam's) skin."

Sam and Jacob have come a long way since then and are now teammates on the BYU men's tennis team.

The Tullis brothers got hooked on the sport because of their parents, but not in a common way.

"When they were dating, my mom beat my dad (at tennis) on a date, and my dad got into tennis just so he wouldn't lose to her again," Jacob said.

According to their mother, Tiffin Tullis, Sam and Jacob began playing tennis at ages 9 and 7.

"The only thing I can take credit for is signing (Sam and

Jacob) up for classes when they were little. Their father deserves all the credit for their success," Tiffin said.

The Tullis brothers remember waking up early in the morning to practice tennis with their dad.

"My dad used to buy us breakfast because we would wake up really early to play tennis," Jacob said. "My dad (would) say, 'OK, whoever wins gets to pick breakfast,' and we would always pick the same thing for breakfast."

The brothers laughed as they remembered teasing one another about not picking their favorite breakfast if they won.

"We would always toy with each other: 'I'm not gonna pick it,'" Sam said. "And the other one would be in tears, 'Just kidding, I'm gonna pick it.'"

It was always the sausage, egg and cheese McGriddles from McDonald's, according to Sam.

Tiffin said though Sam and Jacob were competitive and teased each other a lot, they are the best of friends.

"Growing up they were very competitive against one another, and yet they could leave it on the court, walk off and still be friends," Tiffin said.

Tiffin said she is proud of her sons for their accomplishment to play collegiate tennis, but she said the friendship between the two brothers is what she is most proud of.

"I'm sure, like every one of us, junior high is not easy, and so they stuck together," Tiffin said. "They have such a close relationship where they really look out for each other. They take care of each other."

Sam, the oldest of six children, was the first to play for BYU. He

spent a year on the team before Jacob joined.

According to Sam, the past two years playing with Jacob on the BYU team have been much more enjoyable because he has someone who he can count on.

"The enjoyment level has definitely gone up a lot," Sam said. "I know he'll have my back even though he'll be like, 'You're an idiot, but I got your back.'"

According to Sam, because of court configuration, he is placed playing near the crowd of the opposing team most of the time.

Sam said it's been nice to have his brother there to support him. The brothers have always been there to cheer each other on.

"It'll be me against (the opponent's) whole team, and then Jake will be taking down their whole team cheering," Sam said. "He's kind of a one-man army sometimes. It actually makes a big difference, (and) it's been a lot more fun."

The Tullis children all play tennis. Jacob and Sam hope their younger siblings come to BYU to play, but they aren't pressuring them.

"We haven't put pressure on them for anything," Jacob said. "We've shown them that (BYU) is a really great place to be. Here, you can really excel in a lot of things — academics and sports."

Tennis has brought the Tullis brothers closer to each other, according to Tiffin. Whether on or off the court, these two best friends are each other's biggest supporters.

"They have been really close because of their tennis," Tiffin said. "They make sure that they're both improving, not just on the court, but off."

Simple Bites

MAC AND CHEESE

	For 1 3 oz	For 2 6 oz	4 or more 12 oz	
	1 tbsp	2 tbsp	4 tbsp	elbow macaroni (or other shapes if desired)
	1 tbsp	2 tbsp	4 tbsp	butter
	pinch	1/4 tsp	1/2 tsp	flour
	pinch	1/4 tsp	1/2 tsp	salt
	1/4 tsp	1/2 tsp	1 tsp	pepper
	pinch	1/8 tsp	1/4 tsp	onion powder
	3/4 cup	1 1/2 cups	3 cups	cayenne pepper
	1/4 cups	1/2 cup	1 cups	milk
				grated sharp cheddar cheese
	1/8 cup	1/4 cup	1/2 cup	grated Gruyere cheese
	1/8 cup	1/4 cup	1/2 cup	grated Asiago cheese
	1/8 cup	1/4 cup	1/2 cup	grated Fontina cheese
	1/4 cups	1/2 cup	1 cup	panko bread crumbs
	1 tsp	2 tsp	1 tbsp	butter, melted

Cook pasta as directed on package.

Drain and set aside (do not rinse pasta).

In a large skillet, melt butter.

Add flour and whisk until completely blended and bubbly.

Add salt, pepper, onion powder, and cayenne pepper.

Stir to blend.

Remove from heat and add cheeses.

Stir until cheese is melted and smooth.

Add cooked pasta to cheese sauce. Mix together.

Place in a greased 3 quart oven proof container.

Toss bread crumbs in melted butter to coat. Sprinkle over pasta.

Bake at 350 degrees for about 30 minutes.

Mix it up:

Add crumbled bacon to create a smoky, cheesy dish.

Dice ham and green onion for a more robust dish.

Add fresh or frozen peas for flavor and color.

Chopped grilled chicken becomes a hearty meal to enjoy.

Add cooked and sliced kielbasa or summer sausage for a zesty flavor.




Scan the photos with the Universe Plus app to see a video demonstrating how to make this recipe.



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Terrarium business provides stress relief

Little Terra connects creativity, nature

By LAUREN LETHBRIDGE

A new Provo business called Little Terra gives patrons the opportunity to connect with nature in a creative and stress-free environment. The owners provide the tools and supplies for customers to make their own individual terrariums, a transparent container in which plants are grown and displayed.

Little Terra owner and creator Marina Groom said she developed the business with the hope of sharing her love of plants and creativity with others.

Building terrariums started as a hobby for Groom nearly 20 years ago while she was living in her home country of Brazil. She spent time gardening and experimenting with plants. Using the internet, she continued to learn more about terrariums and the process of building them.

She sold her terrariums and other creations at local farmers markets, but she said she



Left: Little Terra provides a variety of plants and vases for customers to choose from. Top: Fe Marucci and McCade Rose make terrariums at Little Terra.

always had bigger dreams in mind. She said she wanted to share her hobby and give others the opportunity to construct their own terrariums instead of just buying them.

Groom runs the shop with her husband, Roger, and her daughter, Fe Marucci. They work together to share the process of building terrariums, or "creating little worlds."

Marina chooses the supplies and materials, Marucci runs the customer service aspect of the business and Roger works more on the sales and corporate side. All three said they share the same hopes and dreams for Little Terra to grow into multiple stores across the state and eventually the country.

"We want people to come and have the experience of making

their own terrariums. We try to make it easy and simple. The idea is to come with your friends, have a good time and connect with nature," Marina said.

The family noted the therapeutic aspects of making terrariums. Roger said often if any of them feel stressed or overwhelmed they sit down, build a terrarium and feel calmer.

"It's fun to see what everyone is creating because no two terrariums are alike, even if they are the same type of vase. It really gets you to think outside the box and get creative," Marucci said.

When patrons arrive, they are led to the back of the store where they can choose a vase from a wide selection of shapes, sizes and prices. After

choosing a vase, guests choose their plants. Little Terra provides many options including succulents, generic indoor plants, mini trees (small, slow-growing plants) and air plants (small plants that cling to nearly any surfaces including street signs, rocks and branches).

After deciding on a vase and plant, customers choose a base, place their plant and add water. They can also add layers of large and small rocks, colorful sand and seashells, all of which are provided through an \$8 studio fee.

The variety of materials allow customers to personalize their terrarium. The total cost ranges from as low as \$16 to as high as \$50, though the average cost is around \$25.

Not only does the business give customers the chance to build their own terrariums, but it also offers a form of therapy, according to Marina and her family.

"We believe by making terrariums, people connect with nature, and there are so many advantages," Marina said.

Advantages to making terrariums include reducing stress, boosting creativity, lowering heart rates and blood pressure and sharpening mental focus, according to Marina.

Provo businesses channel creativity to relieve stress

By LAUREN LETHBRIDGE

Several companies in Provo provide experiences to relieve stress. Like terrarium building business Little Terra, Color Me Mine and The Soap Factory also help patrons explore their creative sides in relaxing environments.

The Soap Factory, located across from the Provo City Center Temple, allows patrons to pick colors and essential oils to mix into soap molds. Owner and founder David Peterson said the business chooses eclectic music to accompany patrons to make the store as peaceful as possible.

Peterson said The Soap Factory gives patrons a sensory

experience. Those who come can smell the oils, feel soap and even taste homemade lip balm.

Peterson said visitors experience something new and interesting when they come to The Soap Factory, something that can help manage stress.

After mixing the ingredients together, customers can paint the soaps. Peterson said the painting is fun, relaxing and encourages

creativity.

Color Me Mine also uses painting and art to give visitors a stress-free experience. After choosing a piece of pottery like a mug, plate or piggy bank, customers paint the item with sponges, tape, stamps and stencils. Once the product is finished, it is left at the store to be glazed, fired and eventually picked up, according to the Color Me Mine

website.

"Painting is a positive outlet that allows you to focus on creating, so it's no wonder that it's good for the mind, body and soul," Color Me Mine worker Abby Viveiros said.

Viverios said creativity reduces stress regardless of artistic talent. It also increases dopamine while reducing the stress hormone cortisol.

BYU junior Alyssa Gunnell said these opportunities, such as provided by places like Color Me Mine and The Soap Factory, are beneficial for students because of the stress they experience.

"They are appealing because most people are usually very stressed through school or work, so the idea of being able to relax is enticing," Gunnell said about her experience at The Soap Factory.

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