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UVU, BYU prioritize sustainability

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November 6-12, 2018

# THE UNIVERSE

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## Utah Colleges Exit Poll retired after 36 years

By SAHALIE DONALDSON

The Utah Colleges Exit Poll has been an Election Day fixture since 1982. BYU political science professor and poll director David Magleby said this year's midterm is the first election in 36 years without the student-run poll.

According to Magleby, the Utah Colleges Exit Poll was unique because it was conducted by undergraduate students and included a conglomerate of schools, majors, professors and students across the state. Magleby's entry-level political science class headed the project, aided by BYU statistics and broadcast journalism students.

Magleby was approached by BYUtv, formerly known as KBYU Eleven, and asked if he'd be interested in conducting its election night analysis in 1982. When he asked what he'd be analyzing, station managers told him he would be aggregate vote returns.

Magleby countered that there wouldn't be anything substantial to talk about until well after 10 or 10:30 p.m. — long after most viewers went to bed. He said he'd be willing to host a statewide exit poll and provide analysis on who voted for what and why instead.

The studio agreed, and Magleby secured the funding for the poll soon after.

Students from the University of Utah, UVU, Weber State, Dixie State, Southern Utah University, Westminster, Utah State and BYU helped run the Utah Colleges Exit Poll during the 2016 presidential election.

Magleby said other universities' participation was essential. Without their efforts, Magleby and his students couldn't cover the entire state.

In the months preceding each election, Magleby trained his class intensely in survey methodology. The students needed to thoroughly understand the material because it was their responsibility to go to other



Nathaniel Ray Edwards/BYU Photo

BYU political science professor David Magleby, left, conducts research analysis live on BYUtv with host Bruce Lindsay during the 2016 presidential election. Magleby has been the director for the Utah Colleges Exit Poll for 36 years.

universities and train their participants, Magleby said.

Not only did the poll help establish BYU has a political science and survey research leader, it also helped with university relations, Magleby said.

He recounted advising his students to be themselves when going to other schools as their personable nature would help break down some of the biases and prejudices that existed between schools.

Magleby divided his students into committees based on their strengths. There was a questionnaire committee, a school relations committee, a media relations committee and a data entry and data management committee.

"One of the most enduring lessons

that grew out of me as a teacher, and changed me in every other class, is at the university we evaluate students on a narrow band of skills. It is really memorization, some analysis, compressed timed exams and papers," Magleby said. "A lot of other people have strengths that matter in life — a lot. Maybe they are really organized or personable and can persuade people to do things."

Non-typical students bloomed in a class where their strengths were appreciated, Magleby said. Their skills were needed to complete the exit poll.

The students' sense of ownership purveyed their experience, and they were intensely involved on Election

Day, according to Magleby. Students were deployed across the state. Some traveled as far as Cedar City and St. George.

These were mostly freshmen who didn't even know how to pronounce some of the places they were going, Magleby said. They wanted to do well, people expected them to do well and if they didn't do a good job of it, it would have been very clear the morning after the election.

Sometimes the students would battle freezing temperatures. He recounted sometimes passing out hot chocolate and hundreds of pairs of gloves to try and keep morale up.

Things got more complicated in the latter years as early voting became

common, which meant the students had to complete two exit polls simultaneously. They needed a poll ready to go at the voting stations to catch in-person voters but at the same time account for individuals who voted by mail, Magleby said.

To cover those who voted early, Magleby had his political science students draw a random sample of voters from the state files each night and send them each a postcard with an invitation to complete the KBYU Utah Colleges Exit Poll. The survey was anonymous.

Students also called voters and tried to get people to complete the survey over the phone. In the 2016 election, there were about 60 phones set up at various locations around the BYU campus, according to Magleby.

"The interesting thing, statistically, is we generally had a much lower reject rate than other exit polls. I think the voters take pity on students," Magleby said.

In addition to Magleby's political science students, statistics and broadcast journalism students were also involved in the poll, particularly on Election Day.

Magleby estimated around a thousand statistics students helped each year. Some joined the political science students conducting phone surveys, others evaluated the numbers.

Broadcast journalism students conducted interviews and created intro packages about the candidates and issues. This footage would roll between the BYUtv election night analysis.

"These three very disparate disciplines of undergrads in all three cases got involved in original research where their expertise was essential, valued, evident and appreciated," Magleby said.

Including the other universities' volunteers, nearly 4,000 students were involved with the Utah Colleges Exit Poll during the 2016 presidential election.

See POLL on Page 2

## Ending birthright citizenship via executive order a 'fringe theory'

By SAM BIGELOW

President Donald Trump wants to end birthright citizenship via an executive order. But according to BYU Law professor Frederick M. Gedicks, "virtually everyone" agrees he can't.

In an interview with "Axios on HBO," Trump announced he has discussed altering section one of the 14th Amendment — commonly known as the birthright citizenship clause — with an executive order, rather than a constitutional amendment.

"It was always told to me that you needed a constitutional amendment. Guess what? You don't," Trump said. "It's in the process. It'll happen with an executive order."

Gedicks said Trump's claim is a "fringe theory," and any attempt to issue an executive order ending birthright citizenship would be done on "flimsy authority."

"The president always has to deal with serious problems and disagreements about what the president can or can't do," Gedicks said. "It's been a long time since a president has decided to issue an order that virtually everyone agrees he doesn't have the power to issue just because he thinks he can."

Birthright citizenship is facilitated through the 14th Amendment's first section, which states, "All persons born or naturalized in the United States, and subject to the jurisdiction thereof, are citizens of the United States and of the State wherein they reside."

The announcement was met with support from Sen. Lindsey Graham, R-South Carolina, who announced intentions to introduce a bill to end birthright citizenship. Trump's announcement was also met with opposition from House Speaker Paul Ryan, R-Wisconsin, who said the

president "cannot end birthright citizenship with an executive order," according to CNN.

"As a conservative, I'm a believer in following the plain text of the Constitution, and I think in this case the 14th Amendment is pretty clear," Ryan said in an interview with Kentucky radio station WVLK.

Utah politicians and candidates also rebuffed Trump's statement. Reps. Mia Love and John Curtis, R-Utah, both opposed the president's claims, according to The Salt Lake Tribune. Love said the executive branch doesn't have the power to change laws unilaterally and said she opposes any administration that seeks to do so.

In an emailed statement to The Daily Universe, Curtis said birthright citizenship can only be altered by Congress' actions, rather than by executive order.

"As a firm believer in our constitutional form of government and the separation of powers, the president cannot unilaterally alter the Constitution," he said. "Congress must come together to solve our nation's immigration challenges and that is why I voted to advance several immigration reform bills earlier this year — Utahns and the American people expect Congress to get this done."

Gedicks also said while Congress wouldn't have the power to amend the 14th Amendment, it could potentially reinterpret its wording to exclude undocumented immigrants.

Salt Lake County Councilwoman and U.S. Senate candidate Jenny Wilson also said in an emailed statement to The Daily Universe that Trump rejects the Constitution by sidestepping Congress.

"We are a nation built on immigrants' desire to provide a better life for their children and future generations. With actions like this, the president not only rejects that historical

reality, he rejects the very text of our Constitution," Wilson said. "Consider this a reminder to get out and vote for candidates who refuse to apologize or carry water for this administration."

Gedicks said birthright citizenship is — and always has been — core to America's growth and diversity.

"In the United States, being born here makes you American. It enables us to accept and treat as equals people who haven't been here for multiple generations," he said. "One generation is enough to make you a true American, and we owe much of that attitude to the citizenship clause."

Gedicks also said the president doesn't have any power to alter or reinterpret the Constitution's wording and never has. Any attempt to do so would likely be frozen by the justice system.

"If he were to do that, lawsuits would be filed almost immediately, and courts would certainly file injunctions prohibiting the president and all federal agencies from enforcing that executive order," Gedicks said.

Following these injunctions, the case would work its way through the justice system to the Supreme Court, which would likely side against the president despite a conservative majority, according to Gedicks.

"Even a very conservative Supreme Court is unlikely to read the text of the citizenship clause to give the president that kind of power," he said.

Gedicks also said any arguments in reinterpreting the phrase "subject to the jurisdiction thereof" have been settled, leaving little room for an interpretation that would nullify birthright citizenship — a conclusion shared by political scholars, according to Gedicks and Utah Sen. Mike Lee.

Conn Carroll, Lee's spokesman, said in an email to The Daily Universe that Lee supports Congress' power to interpret the wording of the Constitution



Associated Press

President Donald Trump speaks to reporters on Oct. 27 about a shooting at a Pittsburgh synagogue at Andrews Air Force Base in Maryland. Trump has astonished legal scholars with his claim that he can end birthright citizenship with a swipe of his pen.

but said the executive branch cannot redefine birthright citizenship through executive order.

"Sen. Lee does believe Congress has the power to determine what it means to be born in the United States 'and subject to the jurisdiction thereof,'" Carroll said. "He does not know what legal basis there might be for the executive branch to redefine the meaning unilaterally."

Gedicks said children of diplomats and occupying armies aren't considered citizens since they are under the jurisdiction of other nations. However,

children of undocumented immigrants are considered citizens since they are subject to U.S. law.

"The United States has the power to enforce its laws against them and to require them to go to school," Gedicks said. "The U.S. also has the power to protect these children if they're in danger."

While Trump couldn't revoke birthright citizenship, Gedicks said he would have the power to reinforce the nation's borders to prevent immigrants from entering the United States.

# UNIVERSE news briefs

FROM THE ASSOCIATED PRESS



## Trainee kills Utah mayor in Afghanistan

A Utah mayor who was also a Utah Army National Guard major training commandos in Afghanistan was fatally shot by one of his Afghan trainees, officials said on Nov. 5. Brent Taylor, 39, had taken a year-long leave of absence as mayor of North Ogden located north of Salt Lake City for his deployment to Afghanistan. He was a military intelligence officer with Joint Force Headquarters and was expected to return to his mayoral job in January. Another U.S. military member also died in the attack.



## NBC says it will stop airing Trump immigrant ad

NBC says that "after further review," it will stop airing President Donald Trump's campaign advertisement that featured an immigrant accused of murder. The advertisement aired on "Sunday Night Football" and on MSNBC's "Morning Joe" on Nov. 5.

CNN rejected the same ad, declaring it racist. That drew a public rebuke from the president's son, Donald J. Trump Jr. NBC said Nov. 5 that in its further review, it recognizes the insensitive nature of the ad.



## Eurozone ministers urge Italy to respond to budget

European finance ministers urged Italy on Nov. 5 to respond to European Commission demands and submit a new budget plan after the EU's executive wing rejected Rome's original spending package. The Commission supervises EU countries' budget plans and it believes that the blueprint submitted by Italy's government for next year isn't in line with the rules and breaks Rome's promises to lower public debt. Mario Centeno said he hopes Italy will take steps to bring the plan "in line with our fiscal rules."



## Rapper Mac Miller died from drugs, alcohol

A coroner has ruled rapper Mac Miller's death an accidental overdose due to a combination of drugs and alcohol. A Los Angeles County coroner's report released on Nov. 5 named the 26-year-old Miller's cause of death as "mixed toxicity," saying cocaine, alcohol and the powerful opioid fentanyl were found in his system.

Paramedics found Miller unresponsive in his Los Angeles home on Sept. 7 and declared him dead soon after. An autopsy was performed Sept. 10.



## Huffing driver kills 3 Girl Scouts, mom

A young driver was inhaling chemical vapors, or huffing, just prior to striking and killing three Girl Scouts and a mother and critically injuring a fourth girl who had been picking up trash along a rural Wisconsin highway, police said Nov. 5.

Colten Treu, 21, sped off after the collision in Lake Hallie Saturday morning, but later surrendered. Treu was being held in the Chippewa County Jail on 13 possible charges, including four counts of intoxicated use of a motor vehicle. His bond was set at \$250,000.

## POLL

### Students gain perspective on elections

Continued from Page 1

Magleby said seeing students rise to the occasion was immensely gratifying.

"They all knew in many ways they could fail — many ways," Magleby said. "There was a kind of excitement about that."

The Utah Colleges Exit Poll never called a candidate incorrectly. Not on the national level or the local level. In a few instances, they were off a few percentages, Magleby said, but the students always learned from where they went off.

"They would go and study it for the rest of the semester, and that is what they loved. That's what they had for breakfast, looking at sampling numbers," he said.

The success of the Utah Colleges Exit Poll happened over and over again — the same gratifying results and grueling preparation, Magleby recounted. Students would graduate, a new election would arise and he'd have to find new team leaders.

Magleby said each student typically came out of each shift with about three or four meaningful conversations with voters who really changed the way they thought about voters and survey research.

"I don't think students who were a part of this class will ever see elections, voting, democracy and live television



David Magleby

From left, Professor David Magleby, KBYU-TV news director Bill Silcock and student Jerry Jones conduct election analysis in 1984, two years after the Utah colleges Exit Poll's inception. The Utah Colleges Exit Poll ran for 36 years.

the same way," he said.

The reporting done from the BYUtv studio on Election Day was orchestrated by Magleby's political science students.

Magleby said one year he had a student who nearly fell off the raised dais on live TV. When he asked her a question, the student swiveled a bit too abruptly in her chair, which was

enough to force the wheel off the platform.

He reached out and silently caught the chair by the arm, while she kept her composure and answered the question. Simultaneously people were heaving the chair just off camera back up onto the dais, Magleby said.

They never pretended they

could turn a political science student into a polished broadcaster, Magleby said. Yet the students rose to the occasion and always had interesting things to say.

"It was striking to me over the years how large an audience it (the live broadcast) had," he said.

Magleby credited BYUtv for

always being willing to learn and help build upon the exit poll. Every election, BYUtv gave up three hours or more of prime time TV to a group of college students and a few professors. Sometimes they would be rolling well after midnight, he said.

About the Utah Colleges Exit Poll's retirement, Magleby said there was a great cost to

conducting it every two years. Raising money was difficult and required a lot of time.

The poll got longer each year because the students always had more questions. The voting by mail system also made things more difficult. Running the phones in addition to the postcard survey more than doubled the cost, according to Magleby.

"With KBYU (now BYUtv) deciding not to continue with it, we really didn't have a home that was willing to do it the way we had done it," Magleby said, adding that there was no other station in the state that would allow something like the Utah Colleges Exit Poll to cover so much of its air time.

Although several commercial stations approached Magleby about potentially taking it over, he said the thought made him uncomfortable.

Magleby said, additionally, faculty need to weigh the time costs against the other responsibilities of their jobs.

"I was just crazy enough as an associate professor to not worry about that. And in retrospect, I probably should have," he said. "I think people see the utility of it, but for them personally it is just too intense."

Magleby said he hopes there will be something to replace it, but he doubts it will be quite on the scale of the Utah Colleges Exit Poll.

"This was highly visible and, therefore, scary," he said.

Following midterms, *The Daily Universe* will be releasing several other stories including coverage on the election between Ben McAdams and Mia Love, general Utah election results, a look at voter preferences and turnout based on age range.

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### EDITOR

Camille Baker

### ONLINE EDITOR

Jenna Alton

### WRITING COACH

Elle Cain Adams

### SECTION EDITORS

Sam Bigelow

CAMPUS

Sahalie Donaldson

METRO

Aaron Fitzner

SPORTS

### OPINION EDITOR

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Levie Flickinger

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Emma Benson

Ally Arnold

### DEVELOPER

Jay Drennan

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letters@byu.edu  
News 801-422-2957

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## Campus News

### COLLEGE OF Nursing

BYU assistant professor **Bret Lyman** and nursing students **Michael Scott** and **Riley Mattson** received the DAISY and DAISY in Training awards, respectively. The DAISY Foundation — an acronym for Diseases Attacking the Immune System — awards students and faculty twice a year, commending nurses for their kindness and service to their patients.

Lyman was nominated by his students who praised him for going above and beyond teaching and truly practicing the Healer's art, looking to Christ as his inspiration. A former EMT and firefighter, Scott decided to join the nursing program after seeing the love nurses had toward their patients. Students nominated Scott for his compassion, willingness to serve and cheery demeanor. Mattson was nominated by her peers for her Christlike light, genuine interest in the needs of others and her contagious smile.

The BYU College of Nursing is proud to have such compassionate people in their program, whether they are pursuing nursing or currently practicing in the field.

### MARRIOTT SCHOOL OF Business

BYU and the BYU Marriott School of Business were awarded a \$1.4 million

grant from the U.S. Department of Education. This grant allows BYU to continue acting as one of only 15 Centers for the International Business Education and Research (CIBER), a program created by Congress to increase the nation's international business relations and competitiveness. Not only will the grant go toward 70 initiatives highlighted in BYU's CIBER proposal — including study abroad programs, national case competitions and international business conferences — but will fund research as well. The Marriott School of Business expressed gratitude to be apart of CIBER and hopes to further their dedication to international business and research.

### HAROLD B. LEE Library

The Harold B. Lee Library will be showing two more films this year as part of the Library Film Series. On Nov. 9, Cary Grant fans can enjoy "North by Northwest."

The film series will finish with a screening of "It's a Wonderful Life" on Dec. 7.

Admission is free and open to the public. The doors to the library auditorium open at 6 p.m. and the film starts at 7 p.m.

### DAVID O. MCKAY SCHOOL OF Education

Four new displays have recently

been completed to highlight the mission of the David O. McKay School of Education. The first display depicts David O. McKay's three Cs — citizenship, conduct and character. The second focuses on the question, "Do I feel called to be a teacher?" by highlighting the role of educators as a calling to serve and help students grow intellectually. The third display promotes the David O. McKay School of Education's history and the work they have done to improve. The fourth mural portrays the Savior, urging educators to teach like Christ by focusing on individual needs, asking inspired questions and speaking in terms their students will understand.

### COLLEGE OF Family, Home and Social Sciences

**Kaitlin Jewett**, an outreach and recruitment analyst for the Fulbright Scholarship, will be speaking about the program in the Wilkinson Student Center on Wednesday, Nov. 7, at noon. The program awards grants for faculty, administrators and students to conduct research and teach English in over 125 countries. Both students and faculty are welcome to attend the presentation and learn how to submit winning applications for the program. There is also an opportunity for an one-on-one interview with the representative.

# Utahns talk sealing old mines

ASSOCIATED PRESS

Underneath the mountains and deserts of the U.S. West lie hundreds of thousands of abandoned mines, an underground world that can hold serious danger and unexpected wonder.

They are a legacy of the region's prospecting past, when almost anyone could dig a mine and then walk away, with little cleanup required, when it stopped producing.

In Utah alone, the state is trying to seal more than 10,000 open mines with cinder blocks and metal grates after people have died in rock falls and all-terrain-vehicle crashes and from poisonous air over the past three decades. Just this month in Arizona, a prospector broke his left leg and ankle after plunging to the bottom of an old mine shaft. He spent nearly three days there with no food or water fending off rattlesnakes before a friend heard his cries for help.

Still, not everyone wants to see the mines closed. For years, a dedicated subculture of explorers has been slipping underground to see tunnels lined with sparkling quartz, century-old rail cars and caverns that open in the earth like buried ballrooms.

"Nobody has walked the path you're walking for 100 years," said Jeremy MacLee, who uses old mining documents and high-tech safety equipment to find and explore forgotten holes, mostly in Utah.

He lends his expertise to searches for missing people. That's how he got to know Bill Powell, who looked for his 18-year-old son, Riley, for months before the teenager and his girlfriend were found dead in a mine shaft outside the town of Eureka.

The teens' families formed a close bond with MacLee and other volunteer searchers. Despite his painful memories, Bill Powell decided to see what

draws his friend to those dark recesses deep in the desert.

"It's a whole different life. The underground life," Powell said.

On a recent day, he and MacLee joined a group of friends in front of a mountainside opening near Eureka, wearing helmets, oxygen meters and strong lights, and carrying a stash of extra batteries. Cool air blasted from the opening, cutting through the desert heat.

The group walked between metal tracks that once carried ore carts, making their way through a tunnel shored up in places with squared-off timbers. After nearly a mile, the railcar tracks suddenly dropped into an abyss as the tunnel opened wide into a huge cavern. A hundred years ago, it would be a bustling scene lit with candles and carbide lights, as miners climbed a scaffolding the size of a seven-story building to drill out lead and silver.

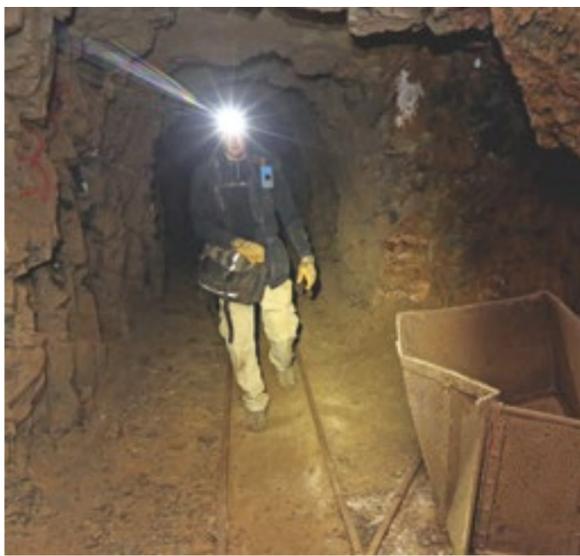
Now, it is silent and pitch-black, illuminated only by head lamp beams.

Bill Powell thought of his son, and the trips they took through the desert when he was a kid. Sometimes they'd come across an old mine shaft and toss a rock down, trying to imagine how far it fell. He doesn't do that anymore, not since his son's body was found in one of those pits.

Though the teenager never explored a mine like the one his father was in, Bill Powell thought he'd like seeing it. "He'd probably wish he was with me, hanging out."

But the dangers of abandoned mines weigh on Utah officials' minds. There have been 11 deaths since 1982 and more than 40 injuries, including people who entered mines to explore and others who fell in by accident, according to state data. Some abandoned mines become filled with tainted water, as in the toxic 2015 spill from Colorado's Gold King mine, but most in Utah are dry.

Legally, entering a mine can



Associated Press

Jeremy MacLee walks through a mine near Eureka, Utah on Aug. 14.

be considered trespassing in Utah if it has been closed or there are signs posted outside, but prosecutions are rare. Explorers argue it's no more dangerous than outdoor sports ranging from hiking to skiing, which also claim lives in the West.

But there are hazards specific to mines that can be especially dangerous to the unprepared, from abandoned explosives to the potentially fatal low-oxygen air known to miners as "black damp," reclamation specialist Chris Rohrer said. And while some explorers like MacLee go in prepared, many do not.

"It's just a wide open, Wild West thing," he said. "It's a completely uncontrolled situation."

In Arizona, prospector John Waddell fell to the rocky bottom of a mine shaft after the rigging he used to lower himself broke Oct. 15. He survived by sucking moisture out of his shirt before a friend who he'd told about his plans came to check on him.

There are also cases like Riley Powell and his girlfriend, Brelynne "Breezy" Otteson. Prosecutors say an enraged man

killed the teenage couple after they visited his girlfriend despite his warning her not to have male visitors. He dumped their bodies in the mine shaft, where they remained for nearly three months before being discovered in March.

Similar cases have occurred in states like Wyoming, Colorado and California. Investigators also searched old mines in Utah and Nevada after a Salt Lake City 28-year-old Susan Cox Powell's high-profile 2009 disappearance. The woman — no relation to Bill and Riley Powell — was never found.

"Unfortunately, an abandoned mine is probably a good place to dispose of something like that — a person or something you want to hide forever," said Hollie Brown, spokeswoman for the Utah Division of Oil, Gas and Mining.

For the state, the message is as clear as its skull-and-crossbones signs: Stay out and stay alive. The program has been around more than 30 years, and the division has already sealed some 6,000 abandoned mines.



Associated Press

The Fallen Soldier Tribute is shown at the Utah Army National Guard Recruiting building Sunday, Nov. 4, in Draper, Utah.

## North Ogden mayor's wife speaks out about husband's death

ASSOCIATED PRESS

The wife of a Utah mayor and Army National Guard member who was killed in Afghanistan says there is "heartache but no regret."

Brent Taylor, 39, took a year-long leave of absence as mayor of North Ogden, located north of Salt Lake City, for his deployment to Afghanistan, where he was training commandos. He was killed in a Nov. 3 attack from small arms fire, military officials said.

Taylor, a major and military intelligence officer with Joint Force Headquarters, was expected to return to his mayoral job in January and come home to his wife, Jennie, and their seven children ranging from 11 months to 13 years old.

"When I asked Jennie what she would like me to say when we came out, she said that there is heartache but no regret," said Kristy Pack, Jennie Taylor's sister, speaking on the evening of Nov. 4 outside the family's home.

Taylor served two tours in Iraq and was on his second tour in Afghanistan. His remains were scheduled to

arrive at Dover Air Force Base in Delaware on Nov. 5.

"When a man like Brent has the desire to bring freedom to others and to serve his country, and he gives his life to that cause, in our view there's not a whole lot of room for anger," Pack said. "We are so proud of the way he lived — proud of the way he gave his life."

Utah media outlets cited a statement from NATO saying Taylor was shot by one of the commandos being trained and the attacker was killed by Afghan forces.

Utah Gov. Gary Herbert said Taylor "was there to help. He was a leader. He loved the people of Afghanistan... This is a sad day for Utah, for America."

"Brent was a hero, a patriot, a wonderful father, and a dear friend," U.S. Sen. Orrin Hatch of Utah said on Twitter. "News of his death in Afghanistan is devastating. My prayers and love are with Jennie and his seven young children. His service will always be remembered."

Hundreds of residents of North Ogden lined the street to see him off as police escorted him and his family around the community of about 17,000.

Taylor became the city's mayor in 2013.

## Police Beat

BYU

## FRAUD

**Oct. 29** – An individual in the Jesse Knight Building received a fraudulent email purporting to be a request to purchase items for another office.

## TRESPASSING

**Nov. 1** – An individual watching movies in a theater room of the Harris Fine Arts Center after the building closed was asked to leave.

## THEFT

**Oct. 29** – An individual reported

material stolen from the Harold B. Lee Library.

**Oct. 30** – An individual reported that a bicycle secured with a cable lock was stolen from the Tanner Building bike rack.

**Oct. 30** – A suspicious individual was reported to have taken items from the vending area in Heritage Halls.

**Oct. 30** – Construction tools were stolen from an enclosed trailer parked near the Museum of Peoples and Cultures.

**Oct. 30** – An individual in the Smith

Fieldhouse reported that personal exercise equipment was stolen.

**Oct. 31** – A group of A-frame signs on display in Brigham Square were stolen.

**Nov. 3** – An individual reported that a bicycle secured with a lock was stolen from the Wyview Park.

## PROVO

## DESTRUCTION OF PROPERTY

**Nov. 1** – Officers responded to a domestic dispute in which a male suspect cut all four tires of a victim's vehicle.

## Devotional for Prospective Missionaries



### Brother Kelly Mills

Administrative Director for Missionary Training Centers

**Wednesday, November 14, 2018**

**WSC Ballroom, 7:30 p.m.**

*All interested students are invited to attend.*

## TODAY

**UNIVERSITY DEVOTIONAL**  
**Tuesday, November 6,**  
**11:05 a.m., Marriott Center**

This event will be broadcast to the JSB Auditorium.



**Elder José A. Teixeira**

*General Authority Seventy*

Elder José A. Teixeira was sustained as a General Authority Seventy of The Church of Jesus Christ of Latter-day Saints in April 2008. He is currently serving in the Presidency of the Seventy. Elder Teixeira has also served as the president of the Europe Area and the South America South Area.

Elder Teixeira's education is in accounting, auditing, and business management. He was an international controller for the Church, with responsibility for Europe and Africa. In this capacity he managed the Europe/Africa processing center in Solihull, England, and supervised the controllers in the Europe East, Europe Central, Europe West, Africa Southeast, and Africa West Areas.

Elder Teixeira has served in a number of Church callings, including full-time missionary in the Portugal Lisbon Mission, elders quorum president, district president, counselor in a bishopric, national public affairs director, stake president, Area Seventy, and as a mission president in the Brazil São Paulo South Mission.

He also served in the Portuguese Air Force and was assigned to CINCIBERLAND, NATO, and was awarded for his services to that international military unit.

José Augusto Teixeira da Silva was born in Vila Real, Portugal. He married Filomena Teles Grilo, and they are the parents of three children.

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

### NEXT: UNIVERSITY DEVOTIONAL

**Elder Shayne M. Bowen**  
*General Authority Seventy*



November 13, 11:05 a.m.  
Marriott Center  
**PLAN NOW TO ATTEND.**

# UVU, BYU emphasize greener approach to campuses

By CIERA KUESER

The UVU administration has been conscious about the land it operates on since 1977 when the school acquired over 185 acres of land from the government in southwest Orem, according to UVU's history website.

UVU's campus energy and heat are sourced by a geothermal ground source heat pump, according to UVU project manager Tad Greener. The geothermal pump is made of four wells of water that work in pairs to heat and cool the buildings. The water is pumped up a well on one side of campus and is used to warm or cool the air across campus. Then the water is returned to the other side of the school, according to Greener.

Greener said no water is removed or chemically altered in the process. According to UVU's sustainability website, using the earth's natural heat reduces the need to burn natural gas. The geothermal system has been extended to all buildings on the UVU campus.

UVU has decreased its impact on the environment by reusing irrigation water. According to Utah's Division of Water Resources, Utahns uses 240 gallons of water per person each day. To reduce the consumption of water resources, UVU reuses water to hydrate lawns and vegetation.

According to UVU sustainability committee leader Stacy Hamm, the university's irrigation water is chemical free and is sourced from local reservoirs. The water from the reservoirs flows naturally so no pumping or treatment systems are needed for UVU's irrigation system. The water is stored in two large

irrigation pools which double as decorative reflection ponds.

In order to combat water waste, UVU uses an irrigation system with sensor watering times. According to the UVU sustainability website, the sensors detect when watering is needed based on the evaporation, temperature and humidity levels in the air. The irrigation system works by slowly seeping water into the ground. The system was designed to avoid wasting water on wet roads and sidewalks and through evaporation.

BYU has a similar irrigation system where sprinklers and drip lines are constantly monitored by a computer program to ensure efficient water usage, according to BYU's sustainability website.

Water from the Provo River Water Rights System is also used for irrigation and fills the stream south of campus, according to BYU's sustainability website.

"Our goal is to get all of our campus irrigation water to come from secondary water sources — Provo river canals specifically. About 70 percent of our campus is watered from the canal system," BYU grounds supervisor Glen Wear said.

Wear said BYU grounds management is looking into other materials to help plants on the BYU campus be more tolerant to water shortages.

BYU landscaping designed an outdoor lighting system to reduce light pollution. Light pollution occurs when artificial light falls on areas where it isn't needed, according to the International Dark-Sky Association. This can cause visual impairment and makes the sky look illuminated at night when the stars should be seen. The unnecessary amount of light sent into the sky and other areas also wastes electricity.

UVU has a similar system in



Lexie Flickinger

UVU presidential intern Skyler Payne helped create UVU's first-ever sustainability wall to increase students' environmental awareness.

place.

In addition to irrigation and energy conservation, UVU builds "green" buildings.

Hamm earned an architecture degree from the University of Utah and has been part of UVU's sustainability team for seven years. Since Hamm joined the university in 2011, seven new buildings were constructed.

Most campus buildings at UVU and several at BYU were constructed according to the LEED building standard before 2015, according to Hamm.

LEED stands for Leadership in Energy and Environmental Design and is a construction certification system that gives buildings certain awards depending on the amount of environmentally-friendly aspects the structure contains, according to the

U.S. Green Building Council's website.

The Hinckley Center, BYU Broadcasting and the Information Technology Building on BYU campus are all LEED certified. These buildings were constructed to save energy, reduce carbon dioxide emissions and improve water efficiency and indoor environmental quality, according to BYU's sustainability website.

Hamm said UVU stopped certifying the buildings with the LEED standard and shifted to constructing under a new system in 2015 called the High Performance Building Standard.

The High Performance Building Standard is a branch under the Utah Division of Facilities Construction and Management, which requires environmentally

friendly construction, Hamm said.

The Fulton Library at UVU was the first building in Utah to be built to the High Performance Building Standard, according to the university.

Hamm said the High Performance Building Standard requires efficient water consumption, LED lighting, installation of environmentally friendly appliances, air-tight insulation, conscious waste diversion and strict auditing.

According to Hamm, air-tight insulation is important because it minimizes heating and cooling costs.

"They do an air test," Hamm said. "They fill a space with air and see where it is leaking out. They make sure the envelope or perimeter of the building is built,

sealed and overlapping so no water or air can escape and get in or out."

Hamm said High Performance Buildings require a strict waste-management plan during construction.

"You have to divert 75 percent of the waste. There is a lot of waste during construction. There has to be a management plan for that," Hamm said.

Hamm was involved in the construction of the Melissa Nellesen Center for Autism in May 2017. The autism center was one of the first UVU buildings built to the High Performance Building Standard. The new Performing Arts Center, which will be completed by the end of 2018, will be built to the same standards, Hamm said.

Hamm said sustainability at UVU is still a priority even as the school expands. Solar panels are not currently installed on a majority of the UVU campus buildings, but Hamm said she suspects UVU will look at solar power options in the future.

UVU's electric car usage and charging stations have tripled in the last year and Hamm said she expects the numbers to continue to increase.

General awareness about sustainability at UVU is also expected to grow, Hamm said.

In addition, UVU presidential intern Skyler Payne has been working on a sustainability wall to increase students' environmental awareness.

"The sustainability wall is a giant mural with interactive touch screens of everything that the university is currently involved with," Payne said. "Students can come up to it and see what the university is doing and how much impact could be generated if the student body would jump on board."

## International students find success amid cultural challenges

By HOLLY FERGUSON

It was 4 a.m. and Juan Camargo was up early for his custodial job, yearning to be home in Colombia. There had been so many struggles since he left his motherland, and Juan realized he needed to make a change in how he was pursuing his education. Things improved as he became more and more

involved with activities.

BYU is home to over 1,530 international students from 105 countries who have come to earn both undergraduate and graduate degrees. This large number only accounts for 4 percent of the total number of students enrolled in BYU, according to BYU News.

Being a minority can come with challenges such as marginalization and discrimination, according to an American

Psychological Association's fact sheet. For BYU students, Camila and Juan Camargo and Marcus Tsukuda, leaving home to come to another country added its own unique set of difficulties.

Challenges for the students included language barriers and cultural adjustments. These students say they have felt these hardships, overcome them and excelled as they have come to study in the United

States.

Camila, from Bogota, Colombia, is among those who journeyed to Utah for higher education. She received an undergraduate degree from BYU-Idaho and chose to pursue an MBA at BYU. She decided to attend BYU because she enjoys the gospel-centered educational system.

"Working in Colombia, I got exposed to many situations where I needed to make hard calls and take a stand," Camila said. "Having an education where the principles of the gospel play a center role helps you make the hard calls when you are in a working environment."

Camila said she faced difficulties letting go of the employees, company and responsibilities she held while in Colombia. One of these challenges has been the difference in culture between Colombia and the United States.

"Colombians are more open and warm. I really miss saying hello with a hug and a kiss on the cheek. Reaching out and making physical touch is also very natural in Colombia," she said. "Now being aware that those things are not OK makes me feel a little constrained and on the parole, not to 'make a mistake.'"

Despite the cultural changes, Camila said she feels she has a good grasp on the language



Holly Ferguson

Juan Camargo helps Hernan Saldana in the Marriott School of Business's Ballard Center for Economic Self-Reliance.

and has made amazing friends. Regardless, Camila said she hopes to take the tools she has learned here to make a difference in Colombia.

BYU MBA student Marcus Tsukuda, from São Paulo, Brazil, is specializing in entrepreneurship. He said he would like to have a career in private equity or venture capital.

Tsukuda wants to go back to Brazil when he finishes his MBA in 2020 to help build up the economy. He said there is much potential for economic growth there.

"I think that Brazil is a country with a lot of opportunities and I want to navigate there and do the best I can over

there," he said.

Camila's cousin, Juan Camargo, followed in her footsteps by traveling to the United States to receive his undergraduate degree. Juan attended BYU-Idaho where he studied before and after serving a mission in Raleigh, North Carolina. He is now a senior at BYU studying economics with a business minor.

Juan is originally from Bucaramanga, Colombia, and has a goal of returning to his motherland after he finishes his degree with the hopes of building the economy there. He said he wants to help take advantage of the agriculture potential of the country.

Tsukuda and Juan have similar goals in each of their countries. Tsukuda said he thinks economically Brazil is growing a lot, especially within the last few years. He said if someone proves they are good enough, then there is space for them in Brazilian industries. Both believe bringing in business can help their homeland economies.

"I really think a lot of social problems can be solved through business ventures and through business ideals," he said. "Being a minority and not being a big population can feel intimidating, but at the same time can empower you and you can take advantage of the uniqueness of it."

# Utah Navajos could tip balance after voting-rights battle

ASSOCIATED PRESS

MONUMENT VALLEY, Utah — Tammie Nakai lives under a vista of red-rock spires and purple sunrise sky that offers arguably some of the United States' most breathtaking views. But her home lacks what most of the country considers basic necessities: electric lines and running water.

"It's been that way my whole life, almost 31 years," she said at the jewelry stand she and her husband run with pride in Monument Valley, a rural community near the Utah-Arizona border where tourists stand in the highway to re-create a famous running scene from "Forrest Gump."

As she decides how she'll cast her ballot, Navajo voters like Nakai could tip the balance of power in their county on Nov. 6. It's the first general election since a federal judge decided racially gerrymandered districts illegally minimized the voices of Navajo voters who make a slim majority of San Juan County's population. The county overlaps with the Navajo Nation, where people face huge disparities in health, education and economics. About 40 percent lack running water in their homes.

The race highlights the simmering tensions between Native Americans and white residents who live across the San Juan River on ranches and in towns laid out in neat grids by Mormon settlers. Though county leaders acknowledge the historical inequities Navajo people face, they say those issues go far beyond their reach.

Willie Grayeyes disagrees. After a fight to get on the ballot, the Democratic County Commission candidate is running in a new district and wants to help address needs like basic utilities and neglected dirt roads that tear up buses and can wash out in storms, keeping students out of school.

Overlapping county, federal and tribal governments mean it's not always clear who is responsible for any given problem. But if Grayeyes wins, the county's governing body will be majority Navajo for the first



In this Thursday, Oct. 25, photo, Brandon Nez displays his flag near his jewelry stand in Monument Valley, Utah, where tourists stand on the highway to recreate a famous running scene from the movie "Forrest Gump." As Native American tribes around the country fight for increased access to the ballot box, Navajo voters in one Utah county could tip the balance of power in the first general election since a federal judge ordered overturned their voting districts as illegally drawn to minimize native voices.

time. "I want to sit at the table ... rather than, 'There's an Indian sitting over there. Let's see what he says,'" he said at a meeting last week. "Long term, I want to change the things, the beliefs that separate us — dominant society versus Native American communities."

Tribes also have been fighting for increased access to the ballot box in Nevada, Alaska and North Dakota, where a U.S. Supreme Court decision last month allows the state to keep requirements that Native Americans said were discriminatory.

Utah's San Juan County is a southwestern landscape of rolling green sage and red mesas that covers an area nearly the size of New Jersey. It includes Monument Valley and a handful of other primarily Democratic communities on the Navajo Nation, which also sprawls into Arizona and New Mexico. The county's larger, mostly non-Native towns of Blanding and Monticello are heavily Republican.

The county faced a voting-rights case in the 1980s, and more recently a federal judge

decided its three commission districts were drawn so only one member would be Navajo. The county is appealing that ruling as unfair to Blanding voters.

Grayeyes is running in a new, 65 percent Navajo district against Kelly Laws, a Republican former Blanding city councilman whose son is the county attorney. It's the county's only contested commission race this year. Laws didn't return messages from The Associated Press seeking comment.

A Grayeyes win would also change the county's position in the still-fresh debate over Bears Ears National Monument, land that tribes consider sacred.

Many of the county's

non-Native residents were angry when President Barack Obama created the monument. They argue the added protections on 2,100 square miles (5,400 square kilometers) were too broad and closed the area to energy development. They cheered President Donald Trump's decision to downsize Bears Ears by about 85 percent.

"It's been very divisive," said Bruce Adams, the commission's Republican chairman, who is running unopposed for another term.

He acknowledges the steep contrast between life in his hometown and conditions on the Navajo Nation, but said it's wrong to lay all the problems at the feet of county government.

"We've tried to treat these people just like we treat

everyone in San Juan County. They're no different to us than any other citizen," Adams said. Navajos in the county do face unique challenges getting to the ballot box. Many homes lack traditional street addresses, and with few jobs on the reservation, people travel frequently for work. Navajos went to court after a switch to vote by mail, saying it made it harder to receive ballots through unreliable mail service and for elderly Navajo-language speakers to read them.

Elections officials have worked to address those obstacles, but Navajo leaders remain skeptical.

The road to Grayeyes' candidacy also went through federal court. The county disqualified him from the ballot after the clerk decided he lived outside the district. Grayeyes fought back, noting he has been registered to vote there for decades.

"It's degrading to be told, 'You don't live here,'" Grayeyes said. "It's a sacred thing."

A federal judge sided with him, finding the county clerk wrongly backdated the complaint from a would-be rival for

the seat.

Outgoing San Juan County Commissioner Phil Lyman sees that ruling as part of the county's ongoing struggle against the federal government, which owns most of the land in the county. Lyman became a figure in the states' rights movement when he was convicted of a misdemeanor after leading a protest ATV ride through a closed canyon.

"It's intended to break the county," said Lyman, who's running for a state legislative seat. "This paternalistic management of Native Americans, it's a concept whose time has way past. But to turn it and say San Juan County is the author of that is the hugest disservice."

Instead, he and Adams say federal and tribal leaders have let Utah Navajos down.

But Kenneth Maryboy, a Navajo running unopposed for another commission seat, said the county could and should do more.

"If we have two Native Americans in there ... that would be leverage to make things happen," he said.

Navajo voter Julie Ann Holiday is glad to see more Native Americans on the ballot. She and her husband live in a traditional Navajo hogan, a circular, one-room dwelling with a wood stove and dirt floor. It has no water tap and is serviced by a plywood outhouse. It was originally built to host ceremonies for her father, who died after years of working in nearby uranium mines.

Growing up, Holiday often rode 70 miles (113 kilometers) to school in Blanding. The schools are closer to reservation homes now, after Navajos filed a lawsuit against the county. Holiday earned her master's degree online from her hogan, after convincing tribal electricity officials to hook up a satellite dish outside.

She loves both cultures that intersect at her home but sometimes feels caught between two worlds.

"We're right on the edge of the Navajo Nation and San Juan County. You don't know which way to turn," she said. "We've come a long way to get what we need. We just worked hard for it."

**"Long term, want to change the things, the beliefs that separate us — dominant society vs. Native American communities."**

**Willie Grayeyes**  
Democratic County Commission candidate

## MIXTAPE



### Coffey Anderson



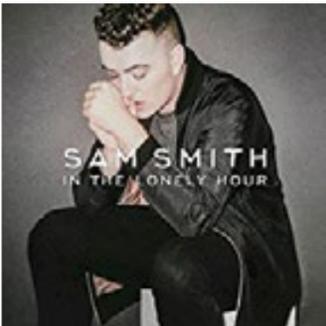
#### Your New Boyfriend

#### "Your New Boyfriend"

Coffey Anderson  
Single

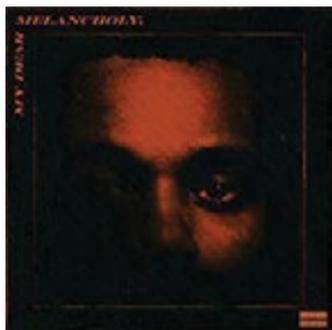
Sometimes it's just fun knowing that you won the break up. In "Your New Boyfriend", Anderson lets his prior love know that she peaked with him. Anderson has been singing country music since he taught himself the guitar in college and is still lacking a recording label despite having nearly half a million likes on Facebook. Born in Banks, Texas, Coffey has performed on a number of TV shows, as well as performing at last year's Armed Forces Bowl on ESPN.

Given a manager at the tender age of 12, Sam Smith has never been a stranger to the limelight. At the time this song debuted in 2014, however, Smith still had yet to find himself in a relationship. Inspired by his unrequited love for another man, the entire album ("In the Lonely Hour") deals with sadness and rejection. "Not in That Way" may be the most heart-wrenching song Smith has ever written/performed.



#### "Not In That Way"

Sam Smith  
In The Lonely Hour



#### "Call Out My Name"

The Weeknd  
My Dear Melancholy,

Thought by many to be about the Weeknd's (Abel Tesfaye) break up with pop star Selena Gomez, "Call Out My Name" deals with struggling to let go. With lines like "Guess I was just another pit stop/'Til you made up your mind/You just wasted my time", this anthem pulls on your heartstrings. A Canadian singer/songwriter, the Weeknd's "Call Out My Name" is featured on his most recent album, "My Dear Melancholy" (2018).

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



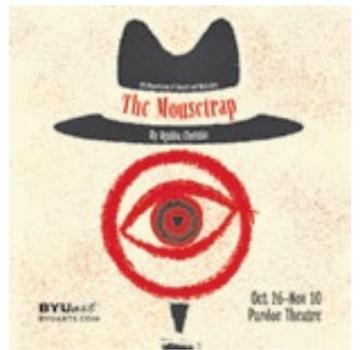
## BYU ARTS

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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.

Nov. 6-10, 7:30 p.m.  
Pardoe Theater



### BYU Symphonic Band and Concert Choir: Americana!

A presentation of America's music — from the serious to the whimsical. The BYU Concert Choir will join us for a presentation of Randall Thompson's *Frolics* for choir and wind band.

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



### BYU dancEnsemble

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 Singers and Concert Choir

Fri., Nov. 9, 7:30 p.m.  
de Jong Concert Hall

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

Evening of Percussion  
Sat., Nov. 10, 7:30 p.m.  
de Jong Concert Hall

BYU Cougar Marching Band  
Tues., Nov. 13, 7:30 p.m.  
de Jong Concert Hall

All events are ticketed.



# Baby zebra debuts at Hogle Zoo



Associated Press  
Baby zebra Clementine is seen with her mother, Zoe, at Utah's Hogle Zoo in Salt Lake City. Clementine was introduced to the public on Oct. 30.

# 105-year-old man credits a life of 'staying out of trouble'



Associated Press  
Don Kirk gets a hug from his great-great-grandson Kade Crowder and great-granddaughter Rachelle Crowder at Kirk's 105th birthday celebration on Monday, Oct. 29.

ASSOCIATED PRESS

For most of his adult life, Don Kirk was a man who enjoyed dancing. In fact, for many of the nearly 64 years he was married, he and his wife Olive danced as much as they could.

"He met my mother at Saltair, back in the days when Saltair had the big dance hall," explained Richard Kirk, 78, the middle child and only son of the couple's seven children. "He and my mother were great dancers who danced all of their lives."

Olive Kirk passed away in November 1994, but even after losing the love of his life, Don Kirk kept dancing two to three times a week, his son said. It was a passion his father pursued until just a few years ago.

"He really liked dancing," Richard Kirk said. "He was a great dancer!"

Now one of the oldest living Utahns, Don Kirk celebrated his 105th birthday last month. The occasion was marked with a party in his honor at Cedarwood Senior Living community in Sandy, where he lives.

In recognizing the extraordinary feat of reaching his current age, Don Kirk said he is appreciative of how his life has turned out.

"It's pretty wonderful," he said. "I believed in being good and honest and staying out of

trouble as best you can. And I love my family."

Richard Kirk said his father has always been a good man who lived his life according to solid principles.

"He was a great father who was very interested in his family," he explained. "He was a great worker, a great supporter of his family and a great member of The Church (of Jesus Christ of Latter-day Saints) all of his life."

For much of his professional career, the elder Kirk worked as a credit manager for Fuller Paints in Salt Lake City, San Francisco and Boise. The family eventually returned to Utah in 1960 where they have remained ever since.

"She packed him a lunch every day for work," he added. Don Kirk stayed in that house until 21 1/2 years ago at the age of 102.

"He fell, and we thought he needed to be where he could be watched a little bit and get better care," his son said. "Until then, he mowed his lawn, shoveled the snow and drove his Cadillac."

He finally gave up driving in his late 90s, Richard said. For the most part, his health has been pretty good, though today he gets around in a wheelchair when he is not in his apartment.

Over the years, Don and Olive raised their seven kids in their Salt Lake area home, where they made their lives together.

"He just loved my mother very much," Richard Kirk said. "They

were a couple. They went dancing, to church activities and they were always together."

"When people ask him what he attributes his old age to, he says he has never had a taste of beer, no alcoholic drinks, never smoked, had a bowl of oatmeal every morning and he never chased the women," Richard Kirk said.

As one of 13 children, Don Kirk was close to many of his siblings and was always there to support his brothers and sisters whenever he could.

"He is just a very caring, great guy and compassionate fellow," his son said.

Today, Don Kirk's family includes his seven children, 37 grandchildren, 99 great-grandchildren, 56 great-great-grandchildren, and one great-great-great-grandchild.

And while at age 105 he doesn't get around quite the way he used to, he still lives by himself on his own, said Margaret Nuttall, Cedarwood sales and marketing director. She recalled one recent occasion where he had the chance to enjoy one final dance at a community function.

"We had someone help him out of his wheelchair and he was able to dance a dance. It was really exciting for him because he is a dancer," she said. "It's an honor to have him here as a centenarian. Having lived the kind of life he's lived, it gives others something to aspire to."



## Simple Bites

### CARAMEL APPLES

1-2	3-4	6-8	apples, medium size
1/8 cup	1/4 cup	1/2 cup	heavy cream
1/8 cup	1/4 cup	1/2 cup	butter, cut into 8 pieces
1/4 cup	1/2 cup	1 cup	sugar
1 tbsp	1/8 cup	1/4 cup	corn syrup
2 1/4 tsp	1 1/2 tbsp	3 tbsp	water
1/4 tsp	1/2 tsp	1 tsp	sea salt
1-2	3-4	6-8	craft sticks

Place cream and butter in microwave-safe container. Heat for 1 to 2 minutes or until butter is melted and mixture is hot. Set aside.

Place sugar, corn syrup and water in a medium-sized pot. Stir to blend ingredients.

Place over a medium heat and bring to a boil, stirring occasionally.

Allow to boil from 5 to 10 minutes or until mixture reaches 320 degrees. Do not mix during this process.

Slowly add cream and butter mixture in small amounts at a time, stirring constantly.

Continue mixing until all cream is blended.

Stop mixing and allow to boil until mixture reaches 240 degrees.

Remove from heat and pour into a heat resistant container. Allow to cool for about 5-10 minutes or until caramel thickens slightly.

Dip apples once at a time, allowing caramel to cover almost to the top.

When caramel stops dripping from the bottom, place apple on parchment paper to cool.

Once cooled, store in refrigerator to keep fresh.

For additional goodness, try some of these variations:

Dark chocolate almond: 1 1/2 lbs dark dipping chocolate wafers, crushed almonds. Melt chocolate in microwave-safe bowl 30 seconds at a time, stirring after each session until chocolate is completely melted and smooth. Do not over cook or chocolate will become lumpy and dry.

Apple pie: Melted white dipping chocolate wafers, cinnamon and sugar

Snickers: Melted milk dipping chocolate wafers, chopped Snickers candy bar

Cookies and cream: Melted white dipping chocolate wafers, crushed Oreo cookies.

Dip caramel covered apple in chocolate, dry slightly.

Roll apple in desired toppings and place on parchment paper to dry completely.

Be creative and create your own unique flavor combinations.



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



## 2018 Veterans Day activities

### Monday, Nov. 5

- The Great War special collections exhibit. HBLL, 7 a.m.
- Pulitzer Prize exhibit featuring "The Flag Raising at Iwo Jima." MOA, 10 a.m - 9 p.m.

### Tuesday, Nov. 6

- Hiring Utah's Heroes Job Fair. Mountain America Exposition Center, Sandy, 11 a.m.
- "My Lai Fifty Years After," Art Access. 230 S. 500 West 125, Salt Lake City, 11 a.m.

### Wednesday, Nov. 7

- Salute to Our Veterans cultural celebration. Weber County Library, Ogden, 5 p.m.

### Thursday, Nov. 8

- Veterans Day 100th Anniversary of the Armistice. Utah State Capitol Building, 11 a.m.

### Saturday, Nov. 1

- Unveiling of first Veterans monument addressing Veterans suicide. Veterans Memorial Park,

Tooele, 2 p.m.

- "The Great War: Commemorating 100 Years Since WWI" concert. 50 W. North Temple, Salt Lake City, 7 p.m.

### Monday, Nov 12

- George Wahlen Park Veterans Day memorial re-dedication. George Wahlen Park, Roy, 11 a.m.
- American Freedom Festival's Timpview High School Veteran Tribute Lunch for Veterans and their families. THS Thunderdome, 10 a.m.

## ARE YOU TOO SALTY OR TOO SWEET?



## TWO CAN HELP.

650+ date ideas Available on racks now

# Student moms search for child care options

By CIERA KUESER

BYU Ph.D. student Jessica Wilkinson picked up her sons from a paid playdate through Momni, a new care-sharing app. Wilkinson said her son Eli didn't want to go home because he had such a fun time playing with his new-found friends.

Momni, a new Provo company, helps moms get the child care support they need while in school.

Nearly a quarter of BYU students are married, according to BYU Magazine, many of which have children before finishing their degree. BYU is the only large university in Utah that does not provide a day care on campus, according to College Simply.

Instead of providing day care, BYU Women's Services and Resources offers a list of local child care locations for parents. In addition to the list from BYU, apps like care.com and sittercity are available to student parents to help them find babysitters, nannies and other forms of child care.

BYU also offers student parents the Keith and Dolores Stirling Family Study Room in the Harold B. Lee Library. The room has sound-proof study rooms and floor-to-ceiling windows so studying parents can keep an eye on their kids.

Some student moms, like former BYU student Jamie Sharp, balance class schedules and child care with the help of family or ward members. Other BYU resources, such as the family study section in the library, did not work with Sharp and her husband's schedules.

Sharp advised other moms to find support while balancing school and parenthood.

"Surround yourself with a support system. Whether that be people in your ward, your apartment complex or family close by, there's almost no way to manage a full-time school schedule

without the help of family and friends," Sharp said.

Momni was featured on Dr. Phil in August and is one of Mayor Michelle Kaufusi's pillar programs for 2019. As a pillar program, Momni will be promoted by the mayor and introduced at Mayor Kaufusi's state of the city address in January, according to Momni's website.

According to Momni founder Karmel Larson, 35 million children age 5 and under are left home alone on occasion so their parents can work. Some children are drugged, tied to tables or locked in their homes in an attempt to keep them safe while their parents work.

"Most people aren't aware of the issues, and it really should be headline news. This issue is recognized by almost every nation in the world," Larson said. "It's really devastating in developing nations, but the U.S. is impacted too. We have lots of child care deserts all across the nation."

Larson said she learned about the global child care crisis in March 2017. As she learned about the problem, she thought of Momni as a solution.

"When something comes to your mind that strongly, I could see it from beginning to end — what needed to happen and how moms could be, maybe not the end-all solution, but a significant solution — and I couldn't not do it," Larson said.

The Momni app and website connects parents to parents for "care-sharing." The app is free, and no subscription is required.

Similar to Uber's ride-sharing, Momni allows host parents, like stay-at-home moms, to schedule time for care-sharing. Fellow parents can be both a Momni host and a Momni user.

"Momni hosts set their own schedules and adjust it at any time, just as Uber drivers can choose to take three weeks off or work full time or work two hours a week," Larson said. "Being a Momni host is similar and is very family-friendly and



Lexie Flickinger

Ph.D. student Jessica Wilkinson plays with her two kids. She uses the Momni app and website that connects parents to other parents to participate in "care-sharing," similar to ride-sharing.

flexible."

Larson said Momni helps combat child care issues among student parents.

"We really want to focus some of this growth towards students because they are one of the most active demographics to be negatively affected by the lack of child care — especially students with small children and single moms," Larson said.

According to Larson, dropout rates rise significantly if a university student has a child. Single-mom students' dropout rates quadruple.

Larson said many student-parents don't need all-day child care. Instead, they need

sporadic, intermittent child care. Momni lets student-parents schedule child care in intermittent periods without having to pay for all-day care, Larson said.

BYU Ph.D. student Jessica Wilkinson said she needed care for her kids and was struggling to find a solution. She found what she was looking for with Momni.

"When I saw (Momni) I was like 'Oh. There's the answer.' I wanted to jump on board. My master's was in public health, so I spent some time in Uganda and other places in Africa where I saw the child care crisis a little bit, and I connected to that,"

Wilkinson said.

Wilkinson said she likes Momni's convenience, but also supports the Momni Foundation, the philanthropy arm of the company.

Larson said the Momni Foundation follows a social-giving model where, for every hour of care provided by a Momni in a developed nation, Momni funds an hour of care for a mother in a developing nation.

"I love what the foundation is doing," Momni supporter Rebecca Palmer said. "Instead of giving someone money that they are going to go spend that day, it starts this whole care-sharing economy and community

by funding care. ... I personally believe it is a step toward a solution."

According to Larson, the funding from the Momni Foundation isn't meant for one sole family or mom. Instead, Momni helps connect many different mothers and parents.

Wilkinson said she read a book on societies from the past and noticed the women were never expected to raise their kids alone.

"The women would all do their laundry in the same river, and all the kids would play. So, I love the idea of the village and using the digital technology to make a bigger village," Wilkinson said.

Wilkinson also said Momni likes to use #paidplaydates to empower moms to pursue their best lives while providing great care for their children.

"I feel like the biggest barrier is mom guilt. Like 'Oh, I shouldn't be dropping my kids off, I should just be watching them myself,'" Wilkinson said. "How I get over that is my kids want other kids to play with."

Wilkinson also said Momni allows moms the flexibility and choice to live their lives and pursue their goals. She reminded mothers to dream big, even if they have kids.

"One of the things I love about Momni is we aren't dictating to moms whether they should work or not work, get your degree or not get your degree," Larsen said. "Momni provides options so that women have more choices to determine their own choices and destiny."

Wilkinson said her experience with Momni gave her the peace to receive her Ph.D. She encouraged other BYU student moms to find that peace as well.

"Don't give up your education because you don't have child care. You don't have to drop off the face of the earth just because you decided to have kids," Wilkinson said. "You still exist. You can still follow your dreams. You don't have to give them up."

Listen, Learn & Love

## In a Faith Crisis/Journey? Want to Help Someone in a Faith Journey?

Tuesday, November 13th  
7:00 PM

SCERA Theatre  
745 State Street  
Orem, Utah

Many of our dear Latter-day Saint members, through no fault of their own, are in a faith crisis or journey and are looking for authentic ways to stay in our church. Also, many members are looking for better tools to help their ward members, friends and family members in a faith journey stay in our church and gospel principals that apply when someone leaves.

Brother Richard Ostler (former YSA Bishop) and Brother Taylor Christensen (YSA member), committed and active Latter-day Saints, are holding a seminar to address this important topic in a faithful way.

This event is open to the general public (generally age 18 and older).

To register for this free event, search 'Richard Ostler' in Orem Utah at [eventbrite.com](https://www.eventbrite.com).



## 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

**@neenee10101**

While discussing family rituals vs. routines my professor said "I had a student that had a ritual of brushing teeth with her husband. They would brush each other's teeth every morning she was very passionate about it" @HeardAtBYU

**@alexarodriguez**

Deciding to get up

**@Common\_Relate**

What part of your morning routine takes the longest?

**@emiweelee**

My roommate in college, @greenjellosalad, would play Called to Serve in a minor key on our apartment piano whenever we had Dear John issues

**@Sierra78581549**

"Is it wrong to date your ministering brother?" @HeardAtBYU

**@keli\_fossett18**

"We can pause class, and you can propose to her right now. I'll even take pictures!" -My professor @HeardAtBYU

**@MayaGMortensen**

Guy 1: So after dinner we do that family search thing where you find out how you're related and it turns out she's my third cousin  
Guy 2: dude  
@HeardAtBYU

**@OliviaKate2000**

'tis the season @HeardAtBYU

Update on how my chemistry exam went:

On one question I got the answer 12, I didn't see that as an answer so I chose the next closet, a 19 digit number....

**@lin\_slavy**

"let's all fast for boyfriends" @HeardAtBYU

**@ImTheeBrock**

Y'all wanna talk about ghosting, let's talk about jobs you apply for and never get denied or accepted

**@alcmelis**

In academia we don't say, "I don't know," we say, "That's a great question! I hadn't thought of that but I will definitely take a look into it" and I think that's really beautiful

**@myranda\_forever**

snoozed my alarm for 5 mins and woke up 2 hours later

**@Frosties4life**

"If our model was perfect, we would be translated. However it sins, and sometimes we call that the error." -my stats professor @HeardAtBYU

**@ejnoodles**

i have been informed that this is called killing people

**@ejnoodles**

the opposite of ghostbusters it's ghostmakers you create ghosts

**@hannahahlander\_**

"I want to graduate so I can at least get paid to be stressed, instead of being here PAYING to be STRESSED." @HeardAtBYU

**@ashlyn\_allred**

Cannot believe today has the "audacity" to not be Friday

**@Littlelslady**

@HeardAtBYU professor "we had a lot of plants until we had kids...we thought one of these is going to die, it better be the plant" 🙄

**@alli\_dactyl**

All these missionaries w/ Instagram and I had to use smoke signals to let my DL know that I was alive every night

**@courtricks6**

@HeardAtBYU "I met my husband at Freshman Orientation, so if you're single and didn't go that might be why"

**@nay\_oh\_mie**

"He dated her for nine months before he even kissed her." @HeardAtBYU

**@AndrewNadeau0**

ME: Okay, going out of town for 4 days, so I need 4 days of clothes.  
MY BRAIN: Cool, cool cool cool... What if you actually need every shirt you've ever owned tho?

**@dougiec0n**

Alexa, play all I want for Christmas is you by Mariah Carey

**Tweets are undedited**

## READERS' FORUM

### Considering vegetarianism

Over the years, our awareness of what goes into our food and the process that occurs before consumption has increased; with this surge, humanity continuously demands food companies to be as transparent, as humane and as clean as possible.

With this trend, vegetarianism and veganism have become very prominent and face-front in today's society, assisted by social media, celebrities and other media outlets praising this lifestyle and bashing those who express opposing opinions. However, veganism and vegetarianism are creating a negative impact on food culture, and the exaggerated drive to please the minority should be diminished.

Although vegans and vegetarians are the minority, they are using scientific arguments to cement and impose their beliefs. One such argument is the idea that humans were not meant to be meat-eaters, which is a common misconception.

In short, the way humans are today is because of the introduction of meat into the diet. Along with using science to back their ideas, vegans and vegetarians use their status as a minority to gain support and create an overwhelming social presence, causing an exaggerated drive to please them.

The pressure to change to a meat- and/or dairy-free selection increases, and is felt more by smaller, traditional restaurants with only a few locations, squashing the cultures represented by these smaller restaurants, including American food culture. Culture is a defining element of humanity; without our differences, we are no longer human, becoming a monotone slab of gray, instead of a swath of endless colors.

People can disagree, but ultimately they should not feel forced to change because someone believes differently and feels inclined to shame those who disagree.

—Jacob Wiley  
Winder, Georgia

### Honor Code

BYU is a very diverse university. With people from all around the world, students can share their lifestyles and cultures with others. All students must agree and comply to the BYU Honor Code. By doing this, students must obey the many strict Honor Code rules. While some of the codes are beneficial, others impose on individual natural rights. For example, there are strict dress and appearance guidelines students are forced to follow, including unnecessary hair restrictions. This prohibits students from fully expressing themselves as individuals. It is unfair to imply that because one has more "wild" looking hair than another, they are lesser of a student.

As a brand-new freshman at BYU, I was aware of the Honor Code rules regarding dress and appearance and was a little apprehensive. I didn't agree with many of the rules but knew I had agreed to follow them. My first day on campus I went to get my BYU-ID picture taken and was turned down because I had a hole in my jeans. I was very unhappy. The hole was below my knees and the picture was only a headshot, so it wouldn't even be shown in it. Although it is smart to have a dress code, BYU's rules and regulations go too far. College students should be able to express themselves and learn who they are, rather than being forced to dress to such a specific standard.

As students, we should come together to address this matter and let our concerns be known. We could start petitions and/or write letters to the BYU administration. I am not suggesting going against the Honor Code, as we all agreed to it, but I believe it is our right and moral duty to express our insights on the matter.

—Brittney Dennert  
Idaho Falls, Idaho

## IN OUR OPINION

### Restoring civility in politics

2018 has seen a political climate where "Twitter storms" and "Facebook rants" run rampant leaving many to wonder, what happened to decent, reasonable and honorable political discussion?

According to a PBS News Hour poll, 74 percent of Americans said political tone has gotten worse since President Donald Trump took office. These numbers suggest many believe the political tone starts from the top. But we can't blame Trump for all our own words and actions.

The first step in improving the political

climate starts with ourselves.

Don't settle for echo chambers that reinforce your own political views; step outside your comfort zone and educate yourself on all sides of political issues. When it comes to social media, don't share something online that you wouldn't say in person. And when electing and supporting public officials we need to support those who are interested in behaving and speaking like respectable individuals, and who will help bring civility back to politics.

—Riley Waldman, Universe Opinion Editor

## OPINION OUTPOST

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

### Domestic violence

It is incumbent upon policy-makers and politicians in Utah to take a broader approach to ending mass violence by prioritizing domestic violence awareness and unlocking greater resources for victims. Of course, physical abuse is but one aspect of domestic violence. Spouses and partners can be the subjects of emotional, sexual or financial abuse, all of which degrade the victims and should be intolerable to the public eye.

—Editorial Board  
Deseret News

### Border regulation

Now, by ramping up his inflammatory rhetoric, and by advancing over-the-top measures such as sending thousands of troops to the border to fulfill a mission for which they are not trained — Congress has barred troops

from law enforcement duties — it seems apparent Mr. Trump has opted for crisis instead of constructive improvements to what he rightly calls a broken system. Instead of deploying thousands of troops, why not hire hundreds of judges?

—Editorial Board  
The Washington Post

### Trump, tragedy

At this point, it is perhaps unrealistic to expect anything different from this president. Like the snake in his favorite parable, Mr. Trump cannot rise above his fundamental nature. And even in the face of national tragedy, his perspective remains fixed: The presidency is all about the politics, and politics is all about him.

—Editorial Board  
The New York Times

### Health care reform

Federal policy should encourage companies to innovate and find more efficient ways of doing business. Instead, companies are

seeking innovation in the manner of desperation, fumbling through the darkness of a void of policy in Washington, which sadly seems likely to persist.

—Editorial Board  
Deseret News

### Immigration

Whatever American culture is — and it runs a broad gamut from North Atlantic lobster to Southern grits to taco stands and from jazz to opera to folk music and hip-hop — immigration doesn't threaten it. President Trump is engaged in a blatant and cynical effort to play to xenophobia and nativism in hopes of helping the Republican Party maintain control of Congress.

—Editorial Board  
Los Angeles Times

### Environment diet

While the health case for vegetarian and vegan diets is inward-looking, the environmental arguments point urgently outwards and forwards in time. Last month a major international

study concluded that huge reductions in meat-eating are essential, especially in the western countries that eat most of it, since food production is a big contributor to global warming as well as deforestation, water shortages and pollution from fertilisers.

—Editorial Board  
The Guardian

### Citizenship

Federal policy should encourage companies to innovate and find more efficient ways of doing business. Instead, companies are seeking innovation in the manner of desperation, fumbling

through the darkness of a void of policy in Washington, which sadly seems likely to persist.

—Editorial Board  
The Salt Lake Tribune

### Internet freedom

There has been plenty of debate over whether platforms such as Facebook should tolerate racist rhetoricians or misinformation-mongers, but less over what happens when the platform itself becomes the problem. Gab was created to support speech that more mainstream sites deemed unacceptable. Now, payment processors have deemed Gab's own

failure to moderate even the most deplorable and dangerous speech unacceptable, too.

—Editorial Board  
The Washington Post

### Political fear

Perpetually re-electing the same people who are playing the same old game to hold on to power is an act of cowardice. Voters reinforce the idea that it is better to play it safe, hunker down, shout at the opposition and get re-elected than to boldly lead and stand up for good policy.

—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.

## Student wins gold chasing Olympic goal

By KENDRA WISE

BYU student Kaija Bramwell had one last chance to fight for her spot to make the Junior Worlds team at the Senior Nationals Weightlifting Competition in April 2016. After two brutal weight cuts and a devastating competition, she was overworked and exhausted. Giving every ounce of energy she had, Bramwell lifted her best, but fell just short of qualifying for the Worlds team that year.

This blow pushed Bramwell to work harder. The opposition was fuel added to a fire that would soon ignite and help Bramwell reach her dreams of competing at the World University Championship.

Now, two and a half years later, Bramwell was the first 2018 overall gold medalist representing Team USA for the FISU World University Weightlifting Championship held in Biala Podlaska, Poland, on Sept. 20-23.

After her heartbreaking defeat two years ago, Bramwell decided to make some changes to her competition style. This included gaining the strength and muscle necessary to go up to a higher weight class than usual, according to Bramwell.

"I was stuck in a rut for a while. I decided to go up a weight class, get healthy and get strong," Bramwell said. "I kept the bigger picture in mind and focused on improving who I was as a lifter one step — or rather — one rep at a time."

A major influence for Bramwell during this transition and training process was her father, Eric Bramwell. Kaija said her father is the most influential person in her weightlifting career. He was there at every competition and always encourages her to keep going.

Weightlifting coach Spencer Arnold has watched Bramwell's progress since she started as a youth in the sport. A year ago, he began working with her to help her reach her goals as a weightlifting competitor. Arnold said Bramwell has what it takes to go far.

"Her strength is clearly her tenacity. She has a knack for rising to the occasion. She's aggressive and focused. I



Kaija Bramwell, center, celebrates her victory as a University Worlds Weightlifting Competition gold medalist on Sept. 23. Scan the photo with the **Universe Plus** app for a Portuguese translation of the story.

Kaija Bramwell



love athletes like this that sometimes I have to calm down rather than amp up," Arnold said.

Bramwell's daily training routine was more jam-packed than the average athlete, with lifting, school and work. As the World Competition crept closer, Bramwell chose to go to Georgia and train full-time with her coach and team at the beginning of summer 2018. She was there for a few weeks getting as much personal coaching as possible in preparation for Worlds.

Once returning from Georgia, Bramwell didn't seem to stay in one place. She participated in a summer internship and chose to work throughout her time off school, always planning her schedule around her training sessions.

"Due to the lack of time, I only got to train once per day, six days a week. Previously I would train six days a week, with three of those days training two times a day," Bramwell said. "Once the semester started I would go to work, class, lift, back to work or class, and eat

and sleep between all of that."

Meikel Reece, the executive assistant to BYU football coach Kalani Sitake and Bramwell's manager at work, also played a huge role in Bramwell's growth. Bramwell said Reece is her "life coach or mentor."

Reece always took note of Bramwell's focus and determination during this training period.

"Working in a football setting, I am used to seeing students work in a team, motivating each other and keeping one another accountable. That is easy compared to what she does," Reece said. "She doesn't miss a lift or a shift, she is so focused and self-motivated. There's not a parent or a coach there pushing her."

Bramwell's favorite piece of advice she relied on while preparing for the World Competition was from Reece: "Know who you are and live in the moment."

Bramwell was in disbelief the day she won gold at the World University Championship. Not only did she make it there, but she proved she was the best.

"When I got to Poland, my body still felt pretty good after all the travel. The start list was not even released until two days before I competed, so during all of my training I had no idea where I was ranked. I just focused on what I needed to do — just lift," Bramwell said.

Bramwell had a goal during the competition to execute each lift and trust what weights the coaches decided should be on her bar. It paid off.

"The moment I was standing on the podium watching the American flag rise, I realized what I had actually done. The sacrifices were finally worth it. I not only medaled, but I became a champion," Bramwell said. "I was overwhelmed with gratitude for what it took to get there. I knew I put in the work to get there but to be standing there on the podium was surreal."

Arnold knew Bramwell had a great shot at placing and wasn't surprised by her win.

"She earned every bit of that total. We knew she had a good shot going into the

competition, and I knew she was prepared to do it. I was just really happy for her. She deserved it," Arnold said.

Qualifications for Worlds include placing first or second in each designated weight class at University Nationals, being under the age of 25 and currently enrolled or working toward a college degree. All athletes competing are in the same demographic, according to Bramwell.

Even after such a victory, Bramwell still sees this as only a step in the right direction and plans to do bigger and better things with the sport.

"Qualifying and competing at Worlds has always been an expectation. The first year I competed in this sport was to Youth Worlds. From there I've been on several Youth, Junior and now University level world teams for Team USA. This year was just the next step," Bramwell said.

Arnold also sees the Olympics in Bramwell's future.

"As she finishes up at school, she will have some choices to make, but she is certainly in the top tier of the talent pool for USA Weightlifting. I expect her to continue making World Championship and Pan American teams and representing Team USA, potentially taking a shot at the Olympics within the next four to six years," Arnold said.

Bramwell said her personal goals are to "continue getting stronger, more efficient and qualify for Senior International Teams."

Her weightlifting journey may not be stopping here, but Bramwell's return to Worlds was a feat she will never forget.

"The last time I competed internationally was a disappointment. This time I put in the work to come this far and it paid off," Bramwell said. "For me, it was redemption."

Although Bramwell doesn't see the Olympics in her immediate future, she sees it as a "big picture" goal — one she has worked toward throughout her athletic career.

"The Olympics won't be for at least six years, so I wouldn't consider myself an Olympic hopeful yet," Bramwell said. "Right now, I'm taking one step at a time, but making it to the Olympics has always been one of my goals since I started."

## BYU athletics launches new student athlete driven video series

By JENAE HYDE

BYU athletics launched a new student athlete focused video series called "This Week in BYU Athletics." Each video recaps the past week's sporting events, informs about upcoming events and includes a feature on an athlete.

The videos are posted weekly to byucougars.com and the athletic department's social media platforms, like Facebook, Twitter and YouTube.

"We have a great fan base that follows us on social media," said Brandon Despain, BYU athletics video services manager and creator of the series. Despain said they wanted to create something to "tailor" to their social media audience to "consume and learn more about our teams and our student athletes."

Despain said the inspiration behind creating this video series came after he saw the musical "Hamilton" with his wife last spring, which emphasized telling one's story. He said this experience made him realize he wasn't completely fulfilling his responsibility of telling the athletic department's story.

"We have such great student athletes at BYU. We really want to personalize and humanize them," Despain said. "We want to give people a reason when they go to the game to say, 'Hey, I know that person. I saw a feature on them. I want them to succeed.'"

The first video in the project highlighted women's volleyball middle blocker Heather Gneiting. Gneiting is a freshman from Pleasant Grove, Utah, who talked about having a supportive family and what interested her most about BYU. She also discussed her hobby of sewing and her experience with the team.

Despain said the series will feature a different student athlete every week and will be hosted by a student athlete. Despain said the hosts will change with each video.

"Last week we had a swimmer,"



BYU Athletics

Freshman backstroke, freestyle and individual medley swimmer Makayla Cazier hosts the first "This Week in BYU Athletics" video, launched on Oct. 24.

Despain said about freshman backstroke, freestyle and individual medley swimmer Makayla Cazier, who was the project's first host. "I think next we're going to have a cross country runner, and we're just going to spread it all around. ... The idea is not to just do one sport. It's the whole athletic department."

Cazier said the videos not only allow fans to get to know the student athletes, but student athletes to get to know each other through hosting a video segment and putting names to faces.

Despain, however, said the videos aren't focused around the host, like many other video series or shows. He said the host is just another way for student athletes to be involved with the project.

"I think what makes us unique is that it's really student athlete driven," Despain said. "We're not trying to have a person get the attention, ... so it's not

about the host. We're not trying to make it funny or entertaining for that person. This is all about the student athletes."

BYU Associate Athletic Communications Director Duff Tittle said the athletic video services team plans to create weekly videos throughout the 2018-19 season and an extended season review sometime in June 2019.

Tittle also said their team is constantly considering new ways to use various communication channels. This will allow them to share what BYU's student athletes are doing in competition and in other areas of their lives.

"We plan to develop new ideas and features along the way," Tittle said. "We've also been discussing ways to include Cougar nation in the show through the use of social media. We've received a lot of positive feedback from the pilot episode and look forward to making subsequent episodes even better."



Associated Press

Green Bay Packers running back Jamaal Williams (30) gains yardage between New England Patriots defensive ends Deatrich Wise (91) and Trey Flowers (98) during the first half of a game, Sunday, Nov. 4 in Foxborough, Mass.

## Cougar alumni face off in NFL

By JACKSON PAYNE



Fred Warner (2014-17): The 49ers rookie linebacker recorded seven solo tackles and a pass defended in a 34-3 rout of the Oakland Raiders. Warner's 73 tackles this season rank second in the NFC and fifth in the NFL.

Jamaal Williams (2012-16): Williams ran seven times for 34 yards, including a 10-yard dash, in a 31-17 loss to Kyle Van Noy and the Patriots.

Taysom Hill (2012-16): The Saints' utility phenom ran twice for 10 yards, including a nine yard scramble on fourth-and-one. Hill also returned two kicks for 49 yards and blocked for most of the game.

Kyle Van Noy (2010-13): Van Noy

recorded nine tackles and a tackle for loss in a 31-17 Patriots victory over Williams and the Packers. Van Noy's 53 tackles lead New England this season.

Ezekiel Ansah (2010-12): In his first appearance since week one, the Lions' defensive end recorded his second sack of the season in a 24-9 loss to the Minnesota Vikings.

Michael Davis (2013-16): The linebacker-turned-cornerback recorded eight tackles, including seven solo in a Chargers 25-17 victory over the Seattle Seahawks.

# Students fit exercise into college schedules through apps, off-campus options

By BRITTANY SALINAS



Provo Recreation Center

The Provo Recreation Center offers several options and discounts that make the center more affordable for college students, according to Facilities Manager Bryce Merrill.

Trainiac currently has an option available for college students, according to Trainiac Marketing Manager Luke Eichinger. Instead of paying the program's regular monthly fee, college students pay a discounted price of \$29.99 per month.

Trainiac app users work with one of 16 certified personal trainers who create a customized workout plan tailored to specific fitness goals. Interaction through real-time video, text and audio message allows users to receive fitness tips, form correction, nutrition advice and encouragement, according to the Trainiac website.

CEO of Trainiac Akshay Ahojja said the app is ideal for college students hoping to incorporate exercise into their busy schedules.

"I remember college was incredibly busy, I couldn't get much working out done," Ahojja said. "I didn't really know what workouts to do in the gym or in my room and didn't have the time to figure it all out. That's where I really wish I had a platform like this to turn to."

Tanne said Trainiac sounds appealing but believes there are more affordable or free

options available.

"I would personally never invest that much money," Tanne said. "One thing that I've done for my whole college career is invested in a watch or equipment because it's a one-time thing."

Despite the cost, Trainiac has seen 300 percent growth in the last three months, according to Ahojja. He offered advice for students struggling to fit exercise into their schedules.

"Do workouts that make you feel energized, push your limits, but don't scare you away," Ahojja said. "Before you know it, you'll have built out a habit of fitness."

## Off-campus options

BYU computer science major John Sanabria said exercising with others is a practice that has helped him stay committed to a workout routine.

"Habits are really good, so I think it really comes down to accountability," Sanabria said. "I wouldn't be going to the gym if I didn't have someone that would be disappointed if I didn't go."

VASA Fitness is an off-campus option available for college students looking to increase their physical activity. A \$10



Lauren Lethbridge

Michaela Tanne demonstrates some of the features of her Garmin watch on the SFH Track. Tanne said her fitness tracker pushes her to exercise.

monthly fee and other contract options are offered, as well as personal training for \$80 every two weeks. Two gyms located in Orem and Provo are open 24/7, except on Saturdays and Sundays.

Sanabria said he signed up for a VASA membership and personal training in Orem after a summer of heavy eating

and little exercise.

"I would eat a burger with bread and fries every day," Sanabria said. "Since I wasn't really doing any exercise, I was just kind of packing it in, and that wasn't really great. The gym is definitely a good motivation."

Sanabria said the cost may be something students don't

want to commit to, but paying the price can help maintain motivation in exercising every day.

"I think it's a good idea because nobody really knows how to work out correctly," Sanabria said. "People just need to budget and afford it."

The Provo Recreation Center is another off-campus exercise option for BYU students and offers a social environment with a variety of classes and equipment available. A membership is required, but the recreation center offers discounts that make the fee more affordable for students, said facilities manager Bryce Merrill.

The recreation center is open from 5 a.m. to 10 p.m. Monday through Saturday and has a \$5 daily admission fee. Membership prices vary depending on residency and contract duration.

The recreation center recently opened a new addition to its facilities at the Peaks Ice Arena. The facility is 7,000 square feet of functional open gym space, turf and racks designed for modern functional workouts, according to Merrill.

The new space is not designed to be a serious lifting area but still provides the tools and machines for high-intensity interval training and functional movement. The size of the space allows for multiple groups — like intramural or club sports teams — to practice and get together to enjoy a fun, social workout, according to Merrill.

"(In) this generation, we work out differently," Merrill said. "It has to be a fun and social experience in addition to a good workout."

# GO FROM THE FRIEND ZONE TO THE END ZONE

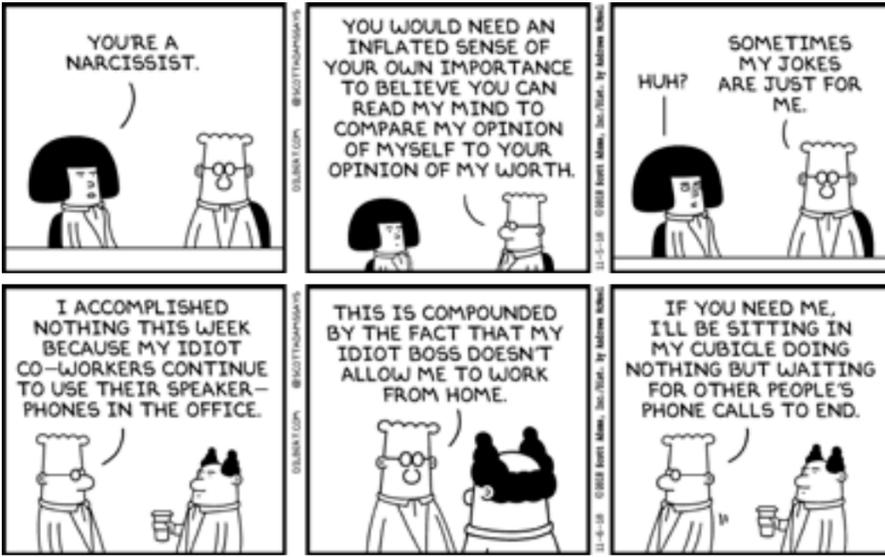


## CAN HELP.

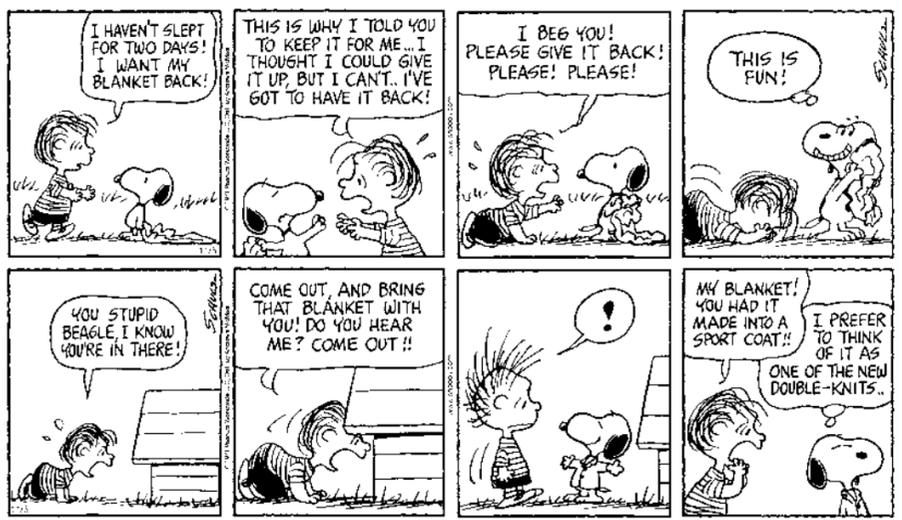
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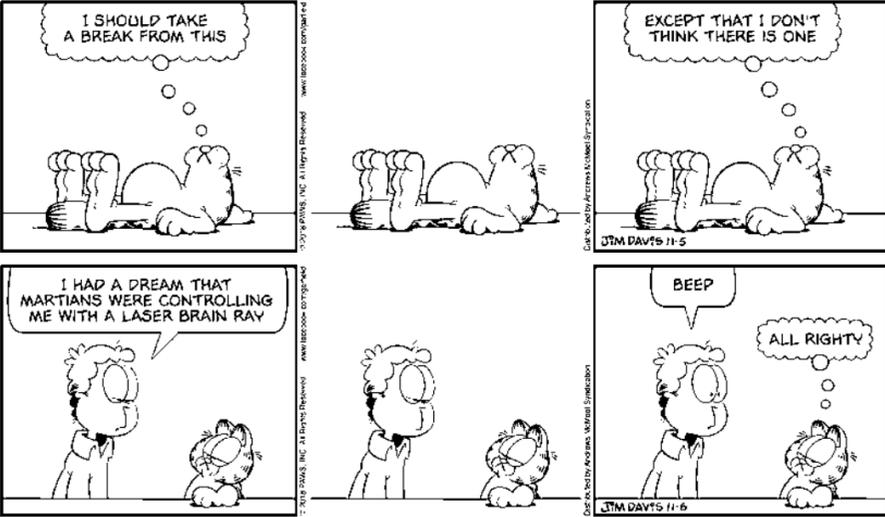
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**Sudoku**

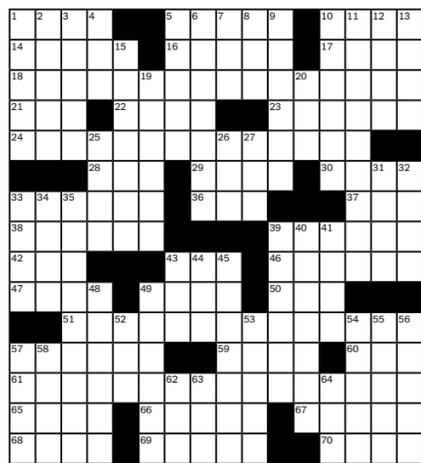
Use the numbers 1-9 once in each row, column and marked grid of 9. Puzzles increase in difficulty from left to right. Solutions are at [universe.byu.edu/sudoku](http://universe.byu.edu/sudoku).

6		7		8					5			1						8								4
8	1			2		4			7		8					9		9	3		1	2				
3	5	4		6	7				4	7	2					5		1	7					3	9	
		7	4						3	1		6	2					5		8		6				
5	4	2	9	7					4				3					1		5	4	3				
		8	9						5	8		9	4				4	2		6		7				
4	8	6	1	5					6	9	4		3				4	2			8	3				
9	7		4	3					1		2		6				3	7	4	9						
2		3		9					9	6	1	4					6			4	9					

**The New York Times Crossword**

Edited by Will Shortz No. 1001

- ACROSS**
- 1 West Coast law force, for short
  - 5 Insurer whose name rhymes with "quack"
  - 10 Q-tip, e.g.
  - 14 Regions
  - 16 Where the Dolphins play
  - 17 Prey for cats
  - 18 Characters in a play, formally
  - 21 Unit of corn
  - 22 Loopy from drugs
  - 23 Some herding dogs
  - 24 Monarch renowned for his wealth
  - 28 N.Y.C. subway inits.
  - 29 Down Under hoppers, informally
  - 30 Overlook rudely
  - 33 Ice cream treat
  - 36 Veer, as a ship
  - 37 Miracle- (garden brand)
  - 38 & 39 Doomsayer's assertion ... or a phonetic hint to 18-, 24-, 51- and 61-Across
  - 42 Santa winds
  - 43 "How stupid of me!"
  - 46 More tidy
  - 47 Trail mix
  - 49 Japanese noodle
  - 50 61, in old Rome
  - 51 College team from the land of Lincoln
  - 57 How TV series DVDs may be sold
  - 28 N.Y.C. subway inits.
  - 29 Down Under hoppers, informally
  - 30 Overlook rudely
  - 33 Ice cream treat
  - 36 Veer, as a ship
- DOWN**
- 1 Stows, as cargo
  - 2 Pianist Claudio
  - 3 Gem strung on a necklace
  - 4 Beaver's construction
  - 5 Mexican friend
  - 6 Popular Friday feast
  - 7 Once around the track
  - 8 Soul: Fr.
  - 9 Ringling Brothers offering, once
  - 10 Round-the-campfire treats
  - 11 Going off script
  - 12 Smoothie "superfruit"
  - 13 "Subjects" of a queen, not a king
  - 15 Like the climate of the African desert
  - 19 Like some auto windows
  - 20 "Like father, like ..."
  - 25 Beach washer
  - 26 Breath-taking snake
  - 65 Response from a greatly amused texter
  - 66 Better aligned
  - 67 Goes way, way up
  - 68 Bellow
  - 69 Comic Bruce with a foul mouth
  - 70 Big Board inits.



PUZZLE BY CHUCK DEODONE

- 27 Specification on an airline ticket
- 31 Desire
- 32 Physics Nobelist Niels
- 33 Without a date
- 34 "You might think so, but ..."
- 35 Grave, as injuries
- 39 Queued
- 40 Strictly platonic
- 41 Hammer's target
- 43 Bit of an ellipsis
- 44 Japanese sash
- 45 Do a surfing maneuver
- 48 Glock, for one
- 49 Jewish village of old
- 52 Dr. Scholl's padding
- 53 Architect Frank
- 54 No, in pig Latin
- 55 Comes closer
- 56 "And Still (Angelou volume)
- 57 With competence
- 58 Uncreative bar order, with "the"
- 62 Metal before refinement
- 63 When said three times, a Beach Boys hit

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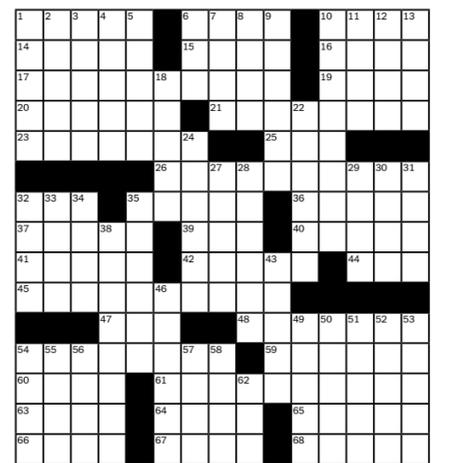
**ANSWER TO PREVIOUS PUZZLE**

USED	OMANI	ACTS
NUDE	RATON	BARE
CBE	EATAT	SLAW
AWE	MCMAHON	VIA
SAIDOK	WAKING	
TYNAN	AMS	SENSE
	MAMMALIAN	
MOVE	BYNES	OVER
APE	APSES	AVA
NERVE	OPP	HOMER
UNTIL	ERA	ADORE
BEEB	HEP	ZOOM
MAXWELL	ANDERSON	
ARE	ROEDEER	ERE
ASS	TARSALS	DEW

**The New York Times Crossword**

Edited by Will Shortz No. 1002

- ACROSS**
- 1 Mends with stitches
  - 6 Schools of thought
  - 10 Glasgow girl
  - 14 Heavenly hunter
  - 15 Process part
  - 16 John Irving's "A Prayer for Meany"
  - 17 Mega-corporation? [1996, 1970]
  - 19 Singer Suzanne
  - 20 Sorrowful sound
  - 21 Exception to a "no pets" policy
  - 23 Prison sentence
  - 25 N's in Athens
  - 26 Pomade? [1968, 1972]
  - 32 Where G.I.s fought in the '60s
  - 35 Stitch loosely
  - 36 Like some pitchers
  - 37 Milan's La ...
  - 39 Worthless amount
  - 40 Lifted
  - 41 Electrical unit
  - 42 Tech support callers
  - 44 Dapper fellow
  - 45 Supreme Court that's corrupt? [2003, 1982]
  - 47 Swelled head
  - 48 Language that gave us "boondocks"
  - 54 Rectify
  - 59 Render harmless
  - 60 Cab competitor
  - 61 Melted? [2018, 2012]
  - 63 Voice on a phone
  - 64 Annapolis inst.
  - 65 Roman wraps
  - 66 To be, to Bizet
  - 67 It's sold in bars
  - 68 Cubic meter
- DOWN**
- 1 Ferry, N.Y.
  - 2 Running wild
  - 3 Severity
  - 4 Night, in Nogales
  - 5 Elitist sort
  - 6 AOL, e.g.
  - 7 Deer sir?
  - 8 Carte that comes before the course
  - 9 Secret agent's activity
  - 10 Parlor piece
  - 11 Immensely impressed
  - 12 Utah's state flower
  - 13 Fly in the ointment
  - 18 Shade of brown
  - 22 A shotgun wedding might be held under this
  - 24 Doesn't take things too seriously
  - 27 Formal response at the door



PUZZLE BY PAUL COULTER

- 28 University official
- 29 Star Yankees 3B for 10 seasons
- 30 Ward of "The Fugitive"
- 31 Fall setting
- 32 Office-inappropriate, in web shorthand
- 33 na tigela (fruity Brazilian dish)
- 34 Artist Chagall
- 35 Ne'er-do-well
- 38 War of 1812 locale
- 43 Duane (pharmacy)
- 46 Dork
- 49 Folksy restroom sign
- 50 In progress
- 51 Fencing move
- 52 Hollywood honor
- 53 V-formation fliers
- 54 Artist's inspiration
- 55 Not much
- 56 Deborah who starred in "The King and I"
- 57 Guestimate phrase
- 58 Lady of Spain
- 62 Stick in the microwave

Online subscriptions: Today's puzzle and more than 7,000 past puzzles, [nytimes.com/crosswords](http://nytimes.com/crosswords) (\$39.95 a year). Read about and comment on each puzzle: [nytimes.com/wordplay](http://nytimes.com/wordplay).

**ANSWER TO PREVIOUS PUZZLE**

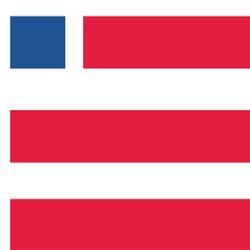
B	F	L	O	A	F	P	A	S	S	B	Y
O	I	L	G	A	U	G	E	S	C	A	L
X	F	A	C	T	O	R	W	A	R	M	U
C	A	R	T	E	R	R	E	S	P	I	R
A	T	E	D	E	V	I	L	L	P	A	R
R	E	D	O	C	C	E	S	E	C	T	I
U	S	S	R	A	L	L	M	A	E		
J	J	C	R	E	W	A	A	L	I	N	E
A	M	Y	A	A	A	O	N	M	E		
B	B	C	O	M	P	L	E	X	E	B	B
S	A	L	T	E	C	O	L	I	R	O	T
R	A	T	P	A	C	K	O	K	F	I	N
O	R	D	E	A	L	E	R	E	A	D	E
F	I	E	R	C	E	R	A	D	A	R	G
F	E	S	S	E	S	D	U	E	S	E	P

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