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January 15 - 21, 2019

THE UNIVERSE

Serving the Brigham Young University Community

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Provo, Utah

Utah avalanche deaths decrease

Tech, education change backcountry adventure, but there are still risks

By SAHALIE DONALDSON

Shaun Roundy plunged a 9-foot aluminum probe into the churned snow searching for submerged backcountry skiers as he stood shoulder to shoulder with fellow rescue personnel. Flanking him, other search and rescuers did the same.

Another team scanned for clues below Roundy's search line — a glove, a mitten, a ski pole — anything that might indicate a person buried nearby. A different group scanned the slopes for signs indicating whether another avalanche could cascade onto the rescue team.

Roundy repeatedly plunged the probe deep into the snow, aware that with each passing minute, odds of rescue decreased monumentally. Nearby, other responders clutched shovels and waited.

Proceeding is standard each time the Utah County Sheriff Search and Rescue team receives an avalanche call, which generally happens one or two times a year, according to Roundy. Other teams, particularly those in Salt Lake County, tend to respond to more avalanche calls.

Sometimes, the search and rescue team has to return on a different day to recover the body, but the team generally only leaves after the victim's odds of survival decrease to almost zero, Roundy said.

Other times, if conditions are too dangerous, the search and rescue team won't make it to the avalanche site until much later.

"Avalanches are particularly tricky," Roundy said. "The number one rule is never put your own life at risk because then you just become another victim. When there is one avalanche, there is likely to be more."

After one 2009 avalanche, the team wasn't able to recover the victims' bodies until several months later, he recounted.

Roundy said most avalanches are triggered by novices who don't know what they are doing in the backcountry.

The majority of avalanche victims were engaging in backcountry activities before being submerged. Once buried, chances of survival are relatively

low, but researchers have developed new technology to help rescue personnel and backcountry skiers locate submerged skiers.

Backcountry adventurers venture into sparsely traveled parts of the wilderness for outdoor recreation, typically via snowmobiles, skis or snowshoes. Utah — with its touted powder and large, frosted peaks — is famous for its backcountry.

Outdoor lifestyle company Osprey wrote that Utah is one of the top eight U.S. destinations for backcountry skiing. News site CBS DC called Utah the best backcountry skiing destination.

According to Roundy, backcountry activities can be dangerous, unruly and sometimes unpredictable.

Avalanches are voracious. Once triggered, they cascade down mountainsides, tear up vegetation — even large trees — and sweep up anyone or anything in their path.

People triggered a total of 146 avalanches during the 2017-18 winter season in Utah. Of the 146 incidents, 39 people were injured and 16 buried. Zero were killed — an anomaly, according to KSL. Until 2017, an average of four people died yearly.

"About ten years ago or so there was a pretty big need for avalanche education," Roundy said. "Since then (the Utah Avalanche Center) has done such a good job of getting the word out and educating people about which areas to avoid, what equipment to bring and what to look for."

According to Roundy, the Utah Avalanche Center's efforts combined with favorable weather conditions have led to fewer recent avalanche-related deaths.

Roundy said search and rescue team members participate in avalanche training annually. However, every four years, they are tested by other search and rescue teams.

During training, instructors reiterate that search and rescuers will most likely use what they learn to rescue somebody in their own party and not necessarily somebody else's, he recalled. When a person calls in about an avalanche, it takes a significant amount of time to deploy the search and rescue team up the canyon. There is a good chance that by the time responders arrive anyone buried will already



Shaun Roundy

Search and rescue team member Shaun Roundy skis up a slope while attempting to recover victims buried in an avalanche.

have died.

"After 15 to 30 minutes, your chances of being alive and not suffocating are cut in half," Roundy said.

Roundy said responding to avalanches is complicated.

"On one hand, it's urgent," he explained. "On the other hand, in the back of your head you might be thinking it's probably going to be too late by the time I get there."

Roundy said he never lets those thoughts deter him.

Backcountry skier Doug Farrer lost his friend from a backcountry avalanche in 2011.

26-year-old Garrett Smith was magnetic and gregarious, according to Farrer. He was an accomplished backcountry skier and owned an outdoor photography business where he did high angle video and photography.

"It was just such a loss," Farrer said. "It was like having your favorite star in the sky go out that you can never, you know, see ever again."

The Salt Lake Tribune reported that Smith was backcountry skiing in the Sanpete County area with his wife and several friends before he died from avalanche-induced trauma.

Farrer said the group of skiers paused on the mountain to dig a snow pit intended to help them assess avalanche danger. As Smith and the other two men determined the snow was unstable and decided not to ski the area, a slab of snow gave way beneath the snowcat

perched higher on the ridge. The three were swept down the mountain.

According to the Tribune, one of the skiers dug out another who was partially buried. Together, the two managed to pull out Smith, who was not breathing. The skiers administered CPR, but Smith died en route to the hospital.

After Smith's death, Farrer said his confidence almost disappeared. Before the incident, he always felt like judging avalanche conditions was within his control.

"They did all the right things and they still got hit by an avalanche," Farrer said. "His passing gave me a lot more respect for the outdoors and made me realize I need to be more serious about (the backcountry)."

Farrer stopped going into the backcountry alone and bought wireless transmitters and other backcountry gear. He started paying closer attention to daily avalanche forecasts given by the Utah Avalanche Center and became almost painfully aware of even the most minute chance of danger.

In wake of his friend's passing, Farrer said one thing he wants to convey to other backcountry skiers is to practice doing drills and repeating safety practices until they are second nature.

Farrer said avalanche courses are expensive, but necessary.

"You can't prepare enough," Farrer said. "At least by doing that you've taken the right precautions and done

everything you can."

According to Farrer and backcountry skier Trent Duncan, technological developments in the past decade have made the sport far safer.

Avalanche beacons, or wireless transmitters, are one of three critical pieces of equipment individuals venturing into avalanche terrain should carry and know how to use, according to Duncan. The others are a shovel and a probe.

Beacons are worn under the clothing and transmit a signal that, when picked up by another beacon, can be used to approximate the location of a buried skier. A probe, like the one often used by rescue personnel like Roundy, is then used to pinpoint the buried person before digging can begin. Without this gear, there is a nearly zero chance of finding someone buried in an avalanche.

Skier airbags can also help keep someone alive if the person manages to deploy it before being completely submerged in an avalanche. Duncan said he tries not to be out when the snow is reactive, which he believes is the best way to avoid triggering an avalanche. Before venturing into the backcountry, he always checks avalanche forecasts and local weather reports. Duncan said he also spends time researching how and why people died in the areas he plans to go.

See **AVALANCHE** on Page 2

Shake Shack joins Utah's burger ranks

By RACHEL HALVERSEN

2019 is starting out with a sizzle when it comes to local eateries. East Coast favorite Shake Shack announced it is joining Utah's ranks at a new location set to open in mid-to-late 2019.

Meg Castranova, the manager of brand communications at Shake Shack, said in an email that the Utah Shake Shack will be located in Sandy at 11020 S. State St.

Utah's Shake Shack will feature all the classic menu items, such as the Shackburger, crinkle-cut fries, hand-spun shakes and a selection of custard concretes, according to Castranova.

"We'll also have a local charity partner to whom we'll donate 5 percent of sales from one of our concretes," Castranova said.

In keeping with Shake Shack's commitment to green architecture and eco-friendly construction, the Sandy location will be constructed with recycled and sustainable materials.

Shake Shack's booths will be created with certified lumber from the Forest Stewardship Council and its tables will be created from reclaimed bowling alley lanes.



Chris Palac/Shake Shack

Shake Shack is set to open its first Utah location in mid-to-late 2019. The burger joint will be located at 11020 S. State in Sandy.

Utah County is home to two In-N-Out locations, the West Coast counterpart to Shake Shack. Known for its "Animal Style," "Protein Style" and

traditional "double-double" burgers, In-N-Out provides a simple menu with fresh ingredients.

In-N-Out's self-proclaimed claim to

fame is "quality you can taste."

"We won't freeze, pre-package or microwave our food," In-N-Out's website says. "We make things the

old-fashioned way."

Junior Ryan Cottam said Shake Shack should be compared to restaurants like Freddy's Steakhouses because of price point "In-N-Out and Shake Shack are always put together, but In-N-Out should be compared to something like McDonald's in regards to price point," Cottam said.

The Daily Universe took to the polls to find the true owner of BYU's burger heart. After about 18 hours of being posted on The Daily Universe's Instagram page, the results of a poll showed 68 percent of viewers preferred In-N-Out over Shake Shack.

Exercise science student Devon Alkema said he prefers In-N-Out over Shake Shack.

"I've only had Shake Shack once, but I remember feeling that it was very good, but still way overpriced, especially for the portions," Alkema said.

Nathan Young, a student from Pleasant Grove, said he prefers "anything over In-N-Out."

The poll shows a preference toward In-N-Out, but that doesn't mean all hope is lost for the new Shake Shack. It provides a new hotspot for sweets and treats on a drive home from Salt Lake City endeavors like concerts, basketball games or General Conference sessions.

UNIVERSE news briefs

FROM THE ASSOCIATED PRESS



Police search for suspects in Utah mall shooting

A shooting at a suburban Salt Lake City mall started as an argument between rival gang members that erupted in gunfire outside, leaving two people wounded, police said Monday, Jan. 14. Two 19-year-old men were arrested on suspicion of attempted aggravated murder, but investigators aren't yet sure if either of them fired the shots that hit the victims. Shots were fired by both sides, and those injured were believed to be gang members. No bystanders were hit or injured.



Suspect in Wisconsin killings is due in court

Prosecutors are expected to formally charge 21-year-old Jake Thomas Patterson with two counts of intentional homicide and one count of kidnapping. Investigators believe Patterson broke into James and Denise Closs' home near Barron on Oct. 15 by blowing the front door open with a shotgun blast.

Investigators allege he fatally shot the couple and abducted their 13-year-old daughter, Jayme. She escaped her captor on Jan. 10 in rural north-west Wisconsin.



US tells Saudis to hold murderers accountable

U.S. Secretary of State Mike Pompeo said he told the king and crown prince of Saudi Arabia on Jan. 14 that the Trump administration expects the kingdom to hold "every single person" responsible for the slaying of journalist Jamal Khashoggi, who was killed inside one of the country's consulates after writing columns critical of the government. In talks with Saudi King Salman and Crown Prince Mohammed bin Salman, Pompeo said he had been clear about the administration's expectations.



Andy Murray out in 1st round of Australian Open

If this was it for Andy Murray, he gave himself quite a gutsy goodbye, the type of never-give-in performance he's famous for. What Murray could not quite do Jan. 14 at the Australian Open was finish off a stirring comeback and prolong what might just be the final tournament of his career.

Playing on a surgically repaired right hip, he summoned the strength and strokes to erase a big deficit and force a fifth set before eventually succumbing to his first opening-round loss at a Grand Slam tournament in 11 years.



Superstars in Super Bowl show

The NFL on Jan. 13 ended months of uncertainty by officially announcing Maroon 5, Big Boi and Travis Scott as the performers at this year's Super Bowl halftime show. Maroon 5 had been the reported halftime act since September, but the NFL didn't confirm the band as its headliner until Jan. 13. This year the Super Bowl halftime show has been the subject of boycott and protest. Numerous acts have turned down the NFL in support of Colin Kaepernick and other players who have taken a knee during the national anthem.

AVALANCHE

Backcountry skiers seek thrill despite risks

Continued from Page 1

In addition to daily updates about localized avalanche conditions and issuing avalanche warnings, the Utah Avalanche Center provides training, courses and resources so those who enter the backcountry can increase their odds of returning safely.

According to the Utah Avalanche Center, many people who enter the backcountry aren't aware of the avalanche signs they should be looking for. The center in part exists to educate the masses about avalanches. Its online "Know Before You Go" program describes five red flags backcountry skiers should recognize.

The program advises anyone in the backcountry to look

first for recent avalanches, and second, be aware that cracking and collapsing signify weak snowpack. Third, avalanches are often triggered when additional weight is added to an already stressed snow pack — which is why people are encouraged to be extra careful during recent snowfall or rain. Fourth, the program teaches viewers that wind can move more snow than a snowstorm. Snow drifts sculpted by wind sometimes indicate dangerous conditions. Finally, the program emphasizes that changing temperatures can also lead to dangerous avalanche conditions.

Like Duncan, skier Josh Udall carefully analyzes potential dangers before embarking on any backcountry expedition.

The steeper the slope, the more likely the avalanche, Udall said. Snow slides naturally off extreme angles, and after adding the weight of a skier, the slab is even more likely to break. The danger zone lies between 30 and 45 degree angles, which Udall

said is unfortunate as steeper slopes are intriguing and more exhilarating.

Part of the draw of backcountry activity is the thrill, knowing somewhere in the back of your mind how dangerous hurtling down the mountain can be, he explained.

It's different for skiers like Farrer and search and rescue personnel like Roundy because they've been personally touched by death. They've seen first hand how the backcountry's striking beauty can turn deadly within seconds, Udall said.

For most backcountry adventurers, avalanches are a distant force. Distant, until they are not — and people don't typically get a second chance to reevaluate their avalanche awareness once caught in one.

"The smartest people in the world are the ones that can control that appetite of skiing something really steep, yet turn around when things are too dangerous," Udall said. "Sometimes their lives depend on it."

Eternal temple in the eternal city



mormonnewsroom.org

The Rome Italy Temple of The Church of Jesus Christ of Latter-day Saints, pictured here, is set to open to the public for an open house from Jan. 28 to Feb. 16. According to mormonnewsroom.org, the oval-shaped temple's architecture was inspired by ancient Rome.

Police Beat

BYU

THEFT

Jan. 9 – An individual reported a cell phone as lost or stolen in the Martin Building area.

Jan. 10 – An individual reported the theft of a bicycle from a bike rack.

TRESPASSING

Jan. 9 – A previously banned in-

dividual was found skateboarding in the LSB parking garage; the individual had active warrants and was booked into jail.

STALKING

Jan. 9 – An individual attempted to get another person's personal information and class schedule. The person was contacted and warned of the attempt.

EXTORTION

Jan. 9 – An individual reported receiving an email from an unknown individual attempting to extort money.

FRAUD

Jan. 10 – An individual reported witnessing another individual using bogus checks to pay for items on campus.

THE UNIVERSE

Serving the Brigham Young University Community

January 15-21, 2019 • Volume 72, Issue 17 • universe.byu.edu
152 BRMB, BYU, Provo, Utah 84602

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The Universe is a product of The Daily Universe and is an official publication of Brigham Young University and is produced as a cooperative enterprise of students and faculty. It is published as a laboratory newspaper by the College of Fine Arts and Communications and the School of Communications under the direction of a professional management staff.

The Universe is published weekly except during vacation periods.

The opinions expressed do not necessarily reflect the views of the student body, faculty, university administration, Board of Trustees or The Church of Jesus Christ of Latter-day Saints.

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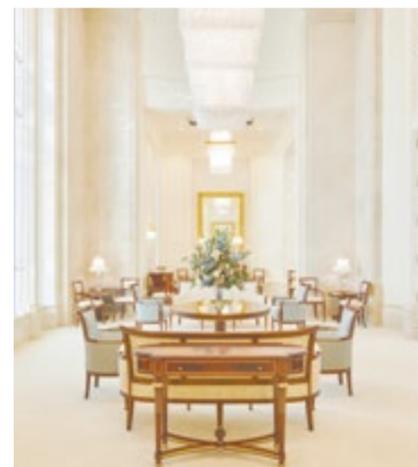
News 801-422-2957

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mormonnewsroom.org

The temple's baptismal font features an original painting of Jesus Christ's baptism. According to mormonnewsroom.org, the font is adorned with Roman-style acanthus leaves.



mormonnewsroom.org

The temple's celestial room is decorated with furniture made by Italian artisans, according to mormonnewsroom.org.

Dance Works

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New rabbi revitalizes congregation, draws youth

By ARIANNA DAVIDSON

Silhouettes of dozens of college students preparing for Shabbat services filled the area as the sun set over the Congregation Kol Ami gardens in late August.

Despite the event's proximity to the beginning of the school year, this was the largest number of students Hillel for Utah Executive Director Dana Tumpowsky said she recalls seeing at any Friday night service.

Congregation Kol Ami is a Jewish synagogue in Salt Lake City that opened in 1973. In 2018, the congregation welcomed a new rabbi — Rabbi Samuel Spector.

"Rabbi Spector has brought a lot of energy to the congregation and that's something that is reflected in the number of people who are showing up for their services," Tumpowsky said. "We have a number of Jewish students who are new to Salt Lake City, and I would say that there are five or six who are involved in religious school at Congregation Kol Ami, which is a number I haven't seen in the past."

Prior to coming to Congregation Kol Ami, Spector graduated cum laude from the University of California, San Diego in 2010 with a bachelor's degree in Judaic studies.

Spector also received a minor in behavioral psychology before receiving his master's degree in Hebrew letters and rabbinic ordination from the Hebrew Union College's Jewish Institute of Religion in 2015.

Rabbinic ordination, also known as semikha, gives rabbis the authority to answer Jewish law questions and become religious community leaders, according to the Jewish Virtual Library. The expression "semikha" comes from the

Hebrew word "l'smoch," which means "to lean on."

After completing school, Spector served as the associate rabbi of Temple Judea in Tarzana, California, where he gained accreditation for creating networking opportunities for young professionals.

"I became a rabbi because, during difficult times, my Jewish community was always there to support me, and I was given opportunities to not only be myself, but to lead," Spector said. "I realized at age 15 that as a rabbi, I could teach and study what I am most passionate about. I could advocate for issues that mattered to me, and I could be part of people's stories during the happiest and most difficult moments."

Spector said he came to Utah for many reasons, but one thing that stood out to him was the importance of religion in Utah.

"Being able to work alongside The Church of Jesus Christ of Latter-day Saints was a really exciting prospect for me. Aside from the rabbis in Rome, nobody else is a rabbi in the epicenter for a major world religion and gets the opportunity to meet with the leadership," Spector said.

Traditionally, reform synagogues have a person called a cantor who chants worship services in the synagogue. Wendy Bat-Sarah is the cantor at Congregation Kol Ami.

According to Bat-Sarah, Spector often talks about difficult subjects and then follows through with events that take care of the people who are affected by the things he discusses.

"It's really fun to have a partner who is just dynamic and willing to take risks. A lot of older rabbis in large established synagogues in bigger cities try to please everybody, and Jewish people have political opinions from the far-left to the far-right,



Arianna Davidson
Rabbi Samuel Spector speaks to a crowd gathered at a candlelight vigil held at Congregation Kol Ami in Salt Lake City on Oct. 30, 2018.



Arianna Davidson
Pepper Chapel in Salt Lake City is the meeting place for Jewish Congregation Kol Ami.

so they'll end up saying nothing by trying to please everybody," Bat-Sarah said. "Rabbi Spector, on the other hand, will bring up an important Jewish value and will discuss how he thinks we should be talking about it."

According to Tumpowsky and Bat-Sarah, Spector's openness and willingness to take risks has attracted many new members to the congregation.

"A lot of people that have been joining the congregation lately have been families with younger children, but there was one woman in her 80s who has been in Salt Lake City for decades and joined solely because she saw that willingness to speak out," Bat-Sarah said.

Since Spector's arrival, Congregation Kol Ami has attracted more members, many of which are younger, according to Bat-Sarah.

"There is something dynamic and vital that is happening at Congregation Kol Ami, and it is because of the energy that Rabbi Spector has brought to the congregation," Tumpowsky said.

Since coming to Utah in August, Spector has met with the First Presidency of The Church of Jesus Christ of Latter-day Saints and has come to Provo to speak alongside barrister Raffia Arshad at BYU.

Spector was installed as the official rabbi of Congregation Kol Ami on Dec. 1.

Campus News



Jeremy Pope



Evan Thacker

DAVID O. MCKAY School of Education

Researchers from BYU and the University of Utah have developed a way to take structural and functional MRI scans of children with autism while they are awake. The research team eased the children's anxiety by calming them throughout the process and filming the MRI process for their families to watch at home. Results from the scans showed both overactive and underactive brain activity and "decreased activity in the left and right hemispheres," according to BYU assistant professor Terisa Gabrielsen. The findings support clinical findings that have never before been observed in the brain.

MARRIOTT School of Business

BYU marketing and global supply chain professor **Tamara Masters** recently published a study in the "Journal of Consumer Psychology" on the effects of villain and hero marketing on food packaging. The study found vice foods, like sugary products and unhealthy snacks, are more likely to be bought at a higher price when the packaging features a superhero. According to the study, the positive attributes of the heroes ease the negative attributes of unhealthy food. On the contrary, healthy foods sell at a higher price when villain labels are used, making the food seem "more edgy and exciting."

COLLEGE OF Life Sciences

BYU public health major **Michael Harding** and professor **Evan Thacker** published a study in the "Preventing Chronic Disease" academic journal that reveals the leading cause of death in the U.S. is shifting toward cancer. Though heart disease remains the leading cause of death, total deaths by heart disease

are decreasing. Thacker theorizes the trend stems from the decrease of tobacco usage in the U.S. and that cancer will eventually surpass heart disease as the number one cause of death.

IRA A. FULTON College of Engineering

BYU engineering student and entrepreneur **Kurt Workman** turned his parental concern into a multi-million dollar company. Workman and his wife, Shea, worried their newborn son would inherit Shea's heart condition. With an entrepreneurial spirit, Workman enlisted the help of BYU classmates Zack Bomsta, Jordan Monroe and Jake Colvin to create the Smart Sock, a non-invasive way to monitor an infant's heartbeat and vitals. After the team won BYU's Student Innovator of the Year competition in 2012, Workman had the funds to start his company Owlet. Today, Owlet's products include the Smart Sock, an Owlet Cam and an app that provides real time updates on the baby's vitals and allows parents to view the Owlet Cam footage from their phones.

COLLEGE OF Family, Home and Social Sciences

BYU political science professors **Michael Barber** and **Jeremy C. Pope** have published a study in the "American Political Science Review" that found citizens value political party over political policy. A representative survey asked 1,300 Americans whether they supported certain political policies. They were then informed of the issues supported by President Donald Trump. The results showed that regardless of a policy's traditional origin, when informed of Trump's support on specific issues, Republicans sided with him and Democrats sided against him.



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Elder Dieter F. Uchtdorf

Member of the Quorum of the Twelve Apostles

Elder Dieter F. Uchtdorf was sustained as a member of the Quorum of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints in October 2004. He was called as second counselor in the Church's First Presidency in February 2008 and served in that position until January 2018. He has served as a General Authority since April 1994.

When Elder Uchtdorf was a young boy, his family became members of the Church in Zwickau, Germany. In 1952 they fled to Frankfurt/Main, where

he received an education in engineering. In 1959 he joined the German Air Force and served for six years as a fighter pilot.

From 1965 to 1996 Elder Uchtdorf worked for Lufthansa German Airlines as a pilot. He flew as captain the B737, Airbus, DC10, and B747. During those years he had many management responsibilities, including Chief Pilot and Senior Vice President—Flight Operations.

Dieter Uchtdorf and Harriet Reich have two children, six grandchildren and four great-grandchildren.

Selected speeches available at speeches.byu.edu.

NEXT: UNIVERSITY DEVOTIONAL

Elder Lawrence E. Corbridge
General Authority Seventy



January 22, 11:05 a.m.
Marriott Center
PLAN NOW TO ATTEND.

How Utah's child care challenges impact



First in a series

By KAITLYN BANCROFT

Destini Van Leeuwen knows firsthand the difficulties of managing child care needs.

While working as an underwriter for personal finance company SoFi, the mother of three from West Valley City would watch her children for the first part of the day while her husband worked; then they would switch and she would work from 1:45 p.m. to 10:15 p.m. because they "just couldn't afford child care."

"I missed out on dinners, baths, nighttime stories and lots of memories," she said.

Though she now works more regular daytime hours as a loan specialist for Celtic Bank, she said she doesn't spend as much time with her kids during the week as she would like.

"I do feel that I miss out on part of their lives and special moments," she said.

Van Leeuwen's story is not unique; her children are part of the 52 percent of Utah kids under age 6 whose available parents are in the workforce, according to 2017 data from the Kids Count Data Center. This means she, like many other Utah parents, faces child care issues such as affordability, availability and credibility.

However, child care problems aren't just Utah-specific, according to Robbyn Scribner, a researcher and writer for the Utah Women and Leadership Project.

"This is a national crisis and it's actually a global crisis," she said.

Affordability

Part of the child care problem is affordability. An appendix in a 2018 report from Child Care Aware of America shows in 2017, Utah was ranked No. 17 in the nation for least affordable center-based toddler care at \$9,600 a year and No. 17 in the nation for least affordable family-based toddler care at \$7,200 a year.

As of Jan. 3, the monthly cost for center-based care in Utah County for children ages 4-5

years was \$626.01, according to data from Care About Child-care, which is part of the Utah Office of Child Care. In Salt Lake County, the monthly cost for center-based care for children ages 4-5 was \$629.82, and in Davis County it was \$606.11. KC Hutton, a program officer at the Utah Office of Child Care, said the reported average rates change continually based on the data in the system, which can be affected by a program updating its rates, a program opening and being added to the pool of programs being averaged and by a program closing and being removed from the average.

Scribner said families who need child care struggle paying for it, but child care providers, who are almost exclusively women, are only making poverty level wages themselves. The U.S. Bureau of Labor Statistics reports the median pay for child care workers in 2017 was \$10.72 an hour and \$22,290 per year. The federal poverty level that year for a family of four in the 48 contiguous states and the District of Columbia was \$24,600, according to the Federal Register. This year, it's \$25,100.

The Economic Policy Institute states in its 2016 "The cost of child care in Utah" report that, nationally, child care workers' families are more than twice as likely to live in poverty as other workers' families (14.7 percent compared with 6.7 percent.) In addition, typical child care workers in Utah would have to spend 44.2 percent of their own earnings to put their child in infant care.

"And so there's a disconnect," Scribner said. "The families can't afford to pay for the care, but the child care providers cannot afford to lower their rate."

Scribner said child care isn't something the market can regulate, and child care is like education in that it needs to be supported through public entities because it helps the entire community's economic productivity rise. She also said child care isn't a lucrative business, so many people just don't go into it.

Van Leeuwen said most child care facilities want upward of \$1,200 a month for both of her 2-year-old twins and \$1,000 a month for her 6-month-old.

"I feel that there needs to be) more affordable child care or that the cost of living needs to come down so that working



Kallie Peterson

Destini Van Leeuwen and her husband Travis struggle to find child care for their two sons, Wyatt and Emri. The couple also has a 6-month-old boy.

parents are able to afford child care, but not have to spend every waking moment away from their families in order to pay for that child care," she said.

Availability

Another child care issue is availability. In 2016 there were 41,144 licensed or registered child care slots in Utah, according to a 2017 report from Child Care Aware of America, compared to an estimated 306,495 Utah children under age six in 2016, according to the United States Census Bureau's American FactFinder. In 2017 there were 58,776 child care slots in Utah, according to a 2018 report from Child Care Aware of America; Utah census data for 2017 is not currently available.

Another child care option is relying on friends and family, but that can take its toll on relationships. Van Leeuwen said she asked her parents, who are in their late 60s and early 70s, for help watching her children when a babysitter quit without notice. However, after watching them during the day, her parents didn't seem as enthusiastic about having them over on weekends and weeknights. She also had a friend help her, but she saw that friendship dissolve when her friend became stressed over watching Van Leeuwen's children in addition to her own.

Still, Van Leeuwen said

she loves her job and having a career is important to her, and she wants her children "to grow up seeing that if you put in the hard work now, the long run will pay off."

However, Van Leeuwen added that in an ideal world she would love to be a stay-at-home mom and spend all her time with her children.

Credibility

Scribner said the shortage issue can often leave working parents going to unlicensed or unregistered child care providers.

The Utah Department of Health Child Care Licensing office regulates and monitors child care centers and home child care providers under Utah Code 26-39, known as the Utah Child Care Licensing Act.

According to the Child Care Licensing website, licensed child care centers are provided in non-residential settings with regular care schedules. Requirements include Child Care Licensing background checks, caregiver training and a director who is at least 21 and meets the educational requirements found under section R381-100-7 of the R381-100 Centers Rule. Caregivers have lower education requirements and only have to be 16 years old. There are also at least two Child Care Licensing inspections every year, and the number of

children allowed is determined by the facility's square footage.

In contrast, registered care facilities are provided in either a center or a home, and they are not required to be licensed with Child Care Licensing. Additionally, if the facility provides care for less than five unrelated children or for less than four hours a day, it is not required to be regulated by Child Care Licensing. Even if these organizations have city business licenses, no Child Care Licensing inspections or background checks are conducted.

Despite their name, registered care facilities are also not required to be registered with Child Care Licensing. Heather Pressey, the office specialist for Child Care Licensing's south region, said "being licensed and just registered for (Child Care Licensing) are two different things." For example, some people who are exempt from licenses sometimes need to be registered with them for other reasons, such as background checks for food stamp programs.

She also said if a facility or home that should be licensed isn't, Child Care Licensing first needs to be contacted about it. From there, an investigator will visit the facility, and if a license is required, the facility will have 30 days to come into compliance or civil monetary penalties may be enforced. Under Section 6 of the Utah Child Care

Licensing Act, facilities may be fined anywhere from \$50 to \$5,000 a day for problems that harm or could lead to harming a child.

Additionally, the Utah Child Care Licensing Act states, "a person who provides or offers child care except as provided by this chapter is guilty of a class A misdemeanor."

Mental health

The various burdens of child care can create an additional burden of mental health, particularly for women. Scribner said the "burned out mom" is almost a cliché in Utah that only becomes worse for working moms who carry both the burden of their jobs and running the household.

In particular, Scribner said there are some cultural pressures in Utah that cause guilt and shame for women who place their children in child care.

"They have professional aspirations, but at the same time, they feel a message (of), 'This isn't the right thing to do. Somehow, you're harming your child, you're letting your child down,'" she said.

However, she said children in high-quality child care situations "are doing fantastic" and women don't need to worry.

"That's something that we need to work on within our culture and society to make sure that we are supporting women, helping them have great options and then helping them feel good about doing what's best for their own individual family," she said.

Van Leeuwen said living in a community where The Church of Jesus Christ of Latter-day Saints is so prominent has led her to "definitely" feel shamed for working instead of staying home with her children, and she feels "a ton of guilt" for not being more involved in her children's lives during the week, amplifying her postpartum depression.

The mental health costs aren't limited to women, either. Scribner said she commonly sees men wishing they had child care options so their wives could work and they wouldn't bear the entire financial responsibility for their families.

Women's workforce participation

Child care issues can also affect both what types of jobs women take and how much

BYU ARTS

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Wonderland

Wonderland is a pop rock musical from the composer of *The Scarlet Pimpernel* and *The Count of Monte Cristo*. This new musical takes Lewis Carroll's classic story and sets it in present day New York. Jump down the rabbit hole to discover this inspirational story of love, redemption, and the power of imagination.

Jan. 24-26, 29-Feb. 2, 7:30 p.m.
Jan. 26, Feb. 2, 2:00 p.m.
de Jong Concert Hall

OFF THE MAP:
The Other Mozart
Thurs.-Sat., Jan. 24-26, 8:00 p.m.
Sat., Jan. 26, 3:30 p.m.
Pardoe Theatre

OFF THE MAP:
The Man Who Planted Trees
Thurs.-Sat., Jan. 24-26, 6:00 p.m.
Sat., Jan. 26, 1:30 p.m.
Nelke Theatre

BYU Vocal Point
Fri.-Sat., Jan. 11-12, 7:30 p.m.
Sat., Jan. 12, 2:00 p.m.
Pardoe Theatre

Comedy of Errors
Feb. 6-9, 13-16, 7:00 p.m.
Feb. 9, 16, 2:00 p.m. & 4:00 p.m.
Nelke Theatre

Living Legends
Fri.-Sat., Feb. 8-9, 7:30 p.m.
Sat., Feb. 9, 2:00 p.m.
de Jong Concert Hall

BYU Contemporary Dance in Concert
Thurs.-Sat., Feb. 7-9, 7:30 p.m.
Sat., Feb. 9, 2:00 p.m.
Pardoe Theatre

Cougarettes in Concert
Wed.-Sat., Feb. 13-16, 7:30 p.m.
Covey Center for the Arts
425 W. Center St., Provo

Winter Chioirfest
Tues., Feb. 12, 7:30 p.m.
de Jong Concert Hall

All events are ticketed.

BYU arts

MIXTAPE

This week:
Patrick

Hippo Campus marked the pre-release of their new album with the release of the song "Bambi". It's been a few years since their last album and "Bambi" promises this latest album will be a hit. The track stands out with its smooth tempo and somewhat more electric sounding synth, partnered with the lead singer, Jake Luppen's, trademark voice.

"Jumpsuit"
Twenty One Pilots
Singles

With the recent release of four new songs, Twenty One Pilots, again, impresses listeners and creates a great deal of anticipations for their new album "Trench". "Levitate", "Jumpsuit", "Nico the Niners", and "Blood" mirror their recognizable sound of past releases allowing the listener to enjoy their evolving sound without compromising their roots. "Jumpsuit" stands out as a clear hit due to its catchy, harder rock guitar riffs accompanied with the iconic voice of their lead singer, Tyler Joseph. Fans should definitely look forward with excitement to the planned release date of Trench on October 5th.

Rhetoric
Child Ivory
Single

With a Beach House vibe, Child Ivory is gaining momentum. Although they haven't released too many songs, each one they have is solid and unique. Look forward to them taking off in the future. "Rhetoric", one of their most popular songs, explores the dichotomy between finding meaning in life and falling into meaningless routines. Check out the music video online.

Bambi
Hippo Campus
Single

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

working parents

they work. Scribner said child care is a “huge barrier to women being able to economically participate in the well-being of their families, as many choose to and many, many have to.”

However, she also said while Utah has the largest family size in the nation — Utah had the largest average household size in 2017, according to data company Statista — Utah women work in roughly the same percentages as women nationally or even slightly above.

For example, a report from the U.S. Bureau of Labor Statistics states in 2016, women’s overall labor force participation rate was at 56.8 percent, while a report from the Institute for Women’s Policy Research states that during the same year, Utah women’s labor force participation rate was 59.8 percent.

“It’s not true to think that Utah women are stay-at-home moms as a whole,” Scribner said.

Scribner added Utah women are more likely to work part-time than women nationally, which contributes to the high labor force participation rate numbers. The high number of young women working contributes to this as well.

She also said many of the people the Utah Women in Leadership Project interviewed for their “Childcare: What Utahns Need to Know” research brief said they haven’t pursued educational or work opportunities because they didn’t have child care solutions. This often results in women taking jobs which give them needed child care flexibility but pay less or taking jobs in what are traditionally seen as “women’s fields,” such as education, where they believe they will be working the same hours their children are in school.

Scribner said she doesn’t want to dissuade anyone from working in education, but many of those traditional “women’s fields” are low-paying, which ultimately contributes to the state gender-wage gap.

“That’s probably a huge part of the reason why so many of our women work part-time is because they can’t afford or they can’t find the quality, full-time child care options that they need to really pursue careers that would be more economically lucrative for them,” Scribner said.

Benefits for everyone

Van Leeuwen said she needs to focus “100 percent” while she’s at work.

“I need to work to provide for

my family and if I’m constantly worrying about whether or not someone is going to be able to watch my children, (that) puts a strain on my day-to-day tasks that need to be completed at work,” she said.

Scribner said she believes everyone will benefit as employers become more

flexible with child care options.

“We’re going to have happier employees who are going to bring more value to their jobs because their child care issues aren’t holding them back,” she said.

Next: Child care challenges for college student parents.

Utah addresses child care challenges

KC Hutton said the Utah Office of Child Care’s biggest challenges are accessibility, encouraging people to enter the child care field and helping child care programs become sustainable.

Hutton is a program officer at the Utah Office of Child Care, a position she said works to establish policies supporting the quality of child care programs in Utah, as well as professional development of youth and early childhood professionals working in child care after-school programs.

She said the Office of Child Care uses funding received through the Child Care and Development Fund to primarily provide child care subsidies to qualifying low-income families. As of September 2013, these subsidies served 11,361 children statewide, according to the Utah Office of Child Care’s website.

Hutton said the child care subsidies allow the parents and guardians of these children to work.

Another issue the Office of Child Care works to address is availability. Hutton said the office provides aid to “child care deserts” — rural areas without child care options — by providing grants for child care providers in those areas to start programs and move toward sustainability.

She said another strategy is encouraging the public to see child care as a profession vital to the health and well-being of the economy and the local community. This means providing scholarships to subsidize professional development courses and onsite coaching so child care professionals can gain vital knowledge about child development.

“We know that child care providers may not be able to incur those types of professional development costs

themselves, but in obtaining professional development, that may lead to greater retention in the field,” she said.

Hutton said families looking for child care assistance can go to jobs.utah.gov, click the “assistance” tab and then click “apply for assistance.” They can also visit a Department of Workforce Services employment center for help through the application process.

If a child care program is looking to improve its quality, Hutton said they can reach out to one of six Care About Childcare agencies across the state, which are funded through the Office of Child Care. They provide resources and referral services to families and programs that support quality. Child care programs can also look at the Office of Child Care’s website to see if they’ve released any grants.

Other help includes Care About Child Care’s list of community support resources, including the Utah Women, Infants, and Children Program; Voices for Utah Children; and Utah Family Voices. They also have lists of a variety of other resources, such as caregiver support service and child development resources.

Additionally, the Utah Association for the Education of Young Children offers the T.E.A.C.H. Early Childhood Scholarship Program, which provides scholarships for teachers and administrators working in licensed Utah child care centers. The scholarship funds can be used to improve the care children receive, reduce staff turnover by requiring participants to stay with their sponsoring program for a specific period of time after their scholarship year and provide better pay based on additional education.

—Kaitlyn Bancroft

Tiny store mirrors downsizing trend

By LAUREN LETHBRIDGE

A tiny store in Provo, like tiny homes, is following the trend toward minimalism. Lou & Jack’s Tiny Store is located on University Avenue in an abandoned stairwell between Black Sheep Cafe and Rockwell Ice Cream and offers items like medicines, office supplies, drinks and snacks.

Owner Joe Wilson said he had the idea to start a tiny store for years. Wilson and his wife Grace both attended BYU where they discovered their love for downtown Provo. They each noticed the area’s growth and said they wanted to be a part of it.

Wilson works across the street from the store’s location as a software product manager. Wilson said seeing increased foot traffic and more visitors to the area made him think there was a need for Lou & Jack’s.

Wilson said the building owner liked his idea and offered him the stairwell. According to Wilson, the stairwell had been closed for nearly 20 years and needed to be painted, cleaned and renovated to fit the needs of the store, which officially opened in October.

“It was a little bit of a nightmare when we opened the door and we started working on it in early August,” Wilson said.

Lou & Jack’s has items displayed both inside and outside the stairwell, hanging on the walls and on movable shelves. The space is small, but Wilson said he and his wife Grace have made the most of it.

“It’s kind of like playing ‘Tetris,’ fitting everything into a certain configuration, but it only takes a minute or two to open and close,” Wilson said.

Visitors can walk up to the door and purchase various beverages, candies and snacks. The store also offers medicines, toys and office supplies.

Tiny shops like Lou & Jack’s are mostly found in larger cities

like New York City or San Francisco, Wilson explained.

Wilson said he and his wife believed Provo residents could use the store because of the city’s entertainment, food and office growth.

“Our goal is to serve the downtown community and make it easier to stay downtown and shop downtown,” Wilson said.

Lou & Jack’s opened when other tiny things, like homes, began to gain popularity. With events like the

Tiny Homes Showcase, which took place in August at the Orem University Mall, and television shows like “Tiny House Hunters” on HGTV, more people are interested in tiny living.

According to The Tiny Life, a website providing resources for those interested in tiny living, moving into small homes is a growing movement. Due to this growth, places like Yesterday Design began offering courses and classes for tiny house building and design.

Brytin Ayers, an Orem resident who has helped build and lived in a tiny house, said she was intrigued by the idea and enrolled in Yesterday Design’s two-week course, which allowed her to see what it was really like to live in a tiny house.

“I think people are drawn to tiny things not just because they are cute, but also because they involve finding what is essential,” Ayers said.

Nate and Tawnee DuBose have been living in a custom-built tiny house in Eagle Mountain since October 2017. Nate said his wife appreciates the simplicity of tiny living while he appreciates the economic benefits.

The average single-family



Grace Wilson

Lou & Jack’s Tiny Store offers an assortment of items to all walking the downtown.

house in the western United States is about 2,400 square feet, according to the 2010 U.S. Census Records, but the DuBoses say they are comfortable in their 400-square-foot home.

Nate said living in the tiny house allows the DuBoses to spend more of their money focusing on experiences, like traveling.

“We’ve been to 15 countries and all through the U.S., and we don’t have the financial stress of a mortgage,” Nate said.

DuBose said he saw many examples of living minimally and in small spaces in other countries.

“I think as the world gets more interconnected there will be more Americans who want to live that kind of lifestyle,” he said.

The lifestyle may be ideal to Nate, but he said the process of moving into a tiny house can be difficult.

“I just recommend that everybody downsize and focus on experiences rather than stuff,” Nate said. “I think they can still have that mentality of simplifying life, getting rid of things they don’t need and spending more time with family without living in a tiny house.”

#BYU hacks

The ‘how to’ at BYU

HOW TO
UPDATE YOUR
BYU HEALTH
INSURANCE
Information

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

BURNS SUPPER

Robert Burns

SCOTLAND’S POET

Saturday, February 2, 2019

Wilkinson Student Center Room 3222

6:00 PM: Dinner and Entertainment

\$30 per person for member or with BYU ID

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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

@Nicole_Cliffe

I once knew a woman who had five to six dinners with online dates a week in order to avoid buying groceries and looking back, wow, what a legend.

@kelli_BYUFan

Hey Alexa... Please turn off all my feelings for BYU sports & men

@_hannahgrace_11

"ohhhhhh no, guess i'm in love with my professor" @HeardAtBYU

@TessaMammott

@HeardAtBYU "I'm related to everyone, that's like my thing"

@allybarry

"I swear if he proposes at temple square, I'm saying no" @HeardAtBYU

@Frosties4life

Found a way to say M*rm*n standard time: Standard Time at Temple Square. @HeardAtBYU

@MegMonk

Before my first date with my late husband, I stalked his Instagram, saw a photo of him at his favorite band's concert, and intentionally name-dropped that band during our date. He thought it was a sign from God and asked me for a second date. I never told him.

@jennalinds

I hate when people recommend the alchemist to me, like who do you think I am, I read it when I was 15 cuz Joe Jonas said it was his favorite book in a teen people interview

@emmeline77

I could tell a girl in my class was a theater major by the way she sneezed and that is NOT a good thing

@courtcaloca

One guy talking to another at a table in the Wilk
"Do you like spreadsheets? Because I think I like, fell in love with spreadsheets."
@HeardAtBYU

@elbert_giron

Idaho Dude: You're an international student, right?

Me: Uh... I'm from Oregon.
@HeardAtBYU

@LordTaylorField

"Woah. Dude, bro. Give me a bro hug. Goodness sakes." @HeardAtBYU

@clayton_hadlock

boy wants to flirt with girl before class, sees a picture of a galaxy on her iPad cover
"So are you, like, into the cosmos?"
@HeardAtBYU

@zachedmonds94

"I don't like fortune cookies, they give false hope like Satan." @HeardAtBYU

@allegralee88

"she played me like an XBOX" @HeardAtBYU

@Sophaloaff

"I have a friend doing the normal sinful college stuff and I don't know how I'm going to save her" @HeardAtBYU

@jennieology

You're supposed to fall asleep much faster if you don't have any screen time before bed but that would require me being alone with my thoughts instead so I'll take the 6 hours of sleep every night for 500, Alex

@todd_corbett89

The 7 stages of Mormon YSA housing:

1. Dorms
2. Liberty Square
3. South of campus apartment
4. Belmont
5. Vineyard townhome
6. Sugarhouse SLC
7. Mesa, San Francisco, or DC

@poetickate

my credit score is pretty good for someone who doesn't really understand what a credit score is

@kailee_bee

"guy on speaker phone with his mom"
His mom: You need to get married soon. I'm losing a lot of weight and this can't go to waste. Have you talked about marriage with her? You need to. I will not have this.
@HeardAtBYU

@mayalizricksy

professor talking in class about pep band with student
professor: you play the trumpet? you have strong lips
student: my wife says so
@HeardAtBYU

Tweets are unedited

READERS' FORUM

Classroom participation

Participation is usually viewed as a requirement in many classrooms. Teachers often push their students to respond to questions, attempting to facilitate a group discussion that involves and educates the class. This is reasonable — every teacher, parent and student knows how incredibly boring and useless a lecture can be when the professor draws on and on without engaging students. However, problems arise when a professor holds "quiet" students at a lower level — academically or otherwise — than more "vocal" students. Let me offer several corrections to common misconceptions:

Silent does not mean problematic. Silent does not mean insignificant. Silent does not mean stupid.

Yes, I am quiet. No, I should not be defined by that characteristic. Speech is a powerful tool that can persuade, empower, reject, frighten, impress, provoke and inspire. Every word I speak is deliberate and thought-out; most times that translates to not speaking at all. But that doesn't mean my thoughts are any less meaningful or that I am deficient in my abilities. Indeed, I am willing to participate in class — but please don't exact participation from me or consider me substandard if I do not always contribute. Quiet students that make up the silent minority in a classroom deserve the same treatment as the vocal majority.

We shouldn't shame someone for being quiet. We should respect how words don't tumble from their mouths like falling bricks. We should admire their self-control over their tongue, especially in fiery situations that could genuinely hurt someone. And when they speak, we should probably listen.

Still waters run deeper than any of us will ever know.

—Niels Turley
Provo, Utah

Fatherhood

In the United States we are facing a crisis: a decrease of devoted fathers. Factors contributing to this issue include a cultural undermining of the importance of fatherhood and less men assuming responsibility. These factors contribute to the current rise in physiological disturbance among America's youth.

This progressive "daddy decline" is being influenced by a society that undervalues fatherhood. On television, fathers are often portrayed as insensitive, shallow and inept, which has led to a growing ideology that fathers are optional, unnecessary

and even disposable, as some have suggested.

In addition, a great portion of liability resides with commitment-evading fathers. Far too many, be it an inherent lack of maturity, lack of courage or an apathy toward their family obligations, prefer to neglect owning up their duties of fatherhood.

Sadly, this disregard has brought consequences. The lack of a caring father's presence has been widely linked to a host of physiological struggles, including compromised physical and emotional security, anxiety and depression.

After all of this, we are left to wonder: What level of impact might a responsible father have on the lives of millions of families who lack his presence? The youth of our country are suffering, whether it be from the literal absence of a father, or from society's dismissal of the need of the father's role to be filled. Until this father famine is solved, the youth will continue to suffer.

—Jacob Burrows
Tallahassee, Florida

Medical malpractice

I've seen a wide scale of differences in the way patients, residents and clients are treated. There are some healthcare providers who show deep concern, love and empathy to their patients, then there are those who have a high level of disregard for their patients' everyday needs. Distastefully and unfortunately, the latter occurs all too often. It could be for a variety of reasons, but the bottom line is that this malpractice happens when it simply should not.

Hospitals and health care facilities should be held to a higher standard to eliminate medical malpractice.

We could require psych evaluations. We could institute strike systems, which enable remuneration for patients negatively affected. We could have more employees on a shift at once.

We could lessen the time of shifts to ensure the mental, emotional and physical rest of employees. We could have clearer job responsibility descriptions and reminders. So why wouldn't we? If it would improve overall health, help healthcare professionals fulfill their job descriptions, ensure that every patient is treated as an equal and give the patients and their families exactly what they are paying for, why hold back? Why would we not institute more precautions regarding medical malpractices? The effort should be instituted. Hospitals and health care facilities should be held to a higher standard of eliminating medical malpractices. I encourage all to take a stand. This does and will affect every one of us at one point or another.

—Senekah Smith
Sandy, Utah

OPINION OUTPOST

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

Provo police department

As of the end of last year, 21,541 names were inscribed on the National Law Enforcement Officers Memorial in Washington, representing officers killed in the line of duty since 1791. Now, sadly, another name will be added from Utah.

Fury and anger are natural feelings. But they must be tempered with gratitude and a desire to honor Shinners and all fallen officers through gratitude and respect.

—Editorial Board
Deseret News

Honesty

While the country more or less remains on the positive side of truth-telling, cracks are clearly forming in a weakening foundation. That's something

to worry about, and it's time to have the right conversations about the role of integrity, honesty and truth before it's too late.

—Editorial Board
Deseret News

Congo

Having come so close to the first genuinely democratic handover of power in its blood-soaked history, Congo would be far better served by an honest tally of the votes. That should be the joint and urgent demand of Congolese politicians, the African Union, the international community, the Catholic Church and all the people who have been waiting for Congo to realize its enormous potential.

—Editorial Board
The New York Times

Troops in Syria

The pullout of U.S. troops from Syria has begun. How long will it take? What measures will be taken to ensure

Islamic State doesn't make a comeback? Will U.S.-allied Syrian Kurdish fighters be safeguarded? No one knows. Clarity isn't defining this process — confusion is.

Trump wants the troops to come home. Fine, when the conditions are right. That includes making certain Islamic State is dead and buried.

—Editorial Board
Chicago Tribune

National monuments

The only difference between President Donald Trump's decree reducing the sizes of the Grand Staircase-Escalante and Bears Ears monuments and the decrees of earlier presidents creating them is that they enraged and delighted different groups. All were decrees, and a decree is not a process.

A better solution would be to simply amend the act to require Congress to create all future monuments, in any state,

through legislation. It ought to be clear to all Americans that no single person should have the authority to re-designate large swaths of land without the public, and its representatives, having some voice.

—Editorial Board
Deseret News

Voting rights

In November, nearly two-thirds of Florida voters backed a state constitutional amendment that would restore voting rights to roughly 1.4 million former felons — a measure that undid a feature of state law, enacted after

the Civil War by racist white lawmakers, designed to disenfranchise African Americans.

Many former felons, having never voted, were thrilled to register. Their enthusiasm for democracy exceeds that of some GOP elected officials, in Florida and elsewhere.

—Editorial Board
The Washington Post

Government shutdown

The ongoing shutdown of parts of the federal government is a national disgrace.

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 Josh Carter can be reached at universe.ideas@gmail.com.

BYU Photo captures campus story

By RACHEL KEELER

Mary Lake dives to the ground, saving the ball that gives BYU women's volleyball the win that takes them to the final four. *Click.*

Zach Wilson hurdles a player on the opposing team during a football game — twice. *Click.*

Yoeli Childs dunks over two players from Utah and wins West Coast Conference Player of the Week. *Click.*

Each time a goal is made, a ball is spiked or a touchdown is scored, it is caught on camera. These pictures draw attention. They evoke emotion and make viewers feel like they are living in the moment. But who takes these captivating pictures?

BYU Photo team

BYU Photo is a team of not-so-typical photographers. According to BYU Photo Manager Jaren Wilkey, none of the students working as photographers are majoring in photography. Some major in public relations, marketing, astrophysics or advertising.

"Several (students) that I hire don't know photography very well when I hire them, but they have an interest and they have an attitude," Wilkey said. "I have had many learn and become great photographers through working with us. It's definitely a mentored learning experience that happens here. It's not just your normal campus job."

The BYU Photo team has two full-time staff photographers and nine students, five of whom are photographers and four office assistants who edit photos.

Nate Edwards, who is a full-time staff photographer like Wilkey, won awards for Best in Show in 2016 and Photographer of the Year in 2017 from the University Photographers Association of America.

Junior and student photographer Gabriel Mayberry said he began photography when he was 12 years old. His first experience using a camera was when he and his father took a trip to see a sheepdog show in Colorado. Mayberry used his father's digital single-lens reflex camera to take pictures of the dogs.

When they returned home, Mayberry's grandmother said he should enter some of the photographs into a competition. He entered and ended up winning the grand prize.

"After that, I started to take a lot more pictures," Mayberry said. "I read the manual and everything for the camera. (Soon) I was making money from it."

Sophomore Tyler Richardson, Mayberry's co-worker, said he started



Sarah Collins

BYU photographer Tyler Richardson positions himself among cheerleaders to get a good angle of the men's basketball team warming up at the game against Utah State on Dec. 5. BYU Photo's work is available to view at photo.byu.edu.

working at BYU Photo long before he decided to study advertising.

"I got really into photography through various opportunities," Richardson said. "I got to shadow Jaren a couple of times and then my passion for it grew and grew. I decided to take it on as my passion project."

Advertising student Courtney Fairbourn had a different beginning with BYU Photo than her co-workers. Fairbourn started as one of the first videographers for BYU Athletics, essentially teaching herself everything she would need to know.

"(This is my) fourth year working with BYU Athletics," Fairbourn said. "I kind of started the video program. After the first year (working for BYU), video kind of took off on social media and that's when I switched and kind of just trained myself to accommodate it all."

The sport of photography

Wilkey's work has been published in hundreds of books and publications including Sports Illustrated, ESPN Magazine, The New York Times, The Washington Post, NCAA Champions Magazine and HuffPost.

According to Wilkey, a great photo can tell the audience everything it needs to know. BYU Photo's main focus is to train its students to be visual storytellers, a skill that comes from planning ahead and thinking of the shots needed in a game, but also being ready to take different shots.

"We run through things that we



Sarah Collins

BYU photographer Tyler Richardson makes sure he gets the shots he needs at the BYU men's basketball game on Dec. 5. He will send them to a live gallery for the BYU social media pages.

want to get — close tight shots of athletes in action," Richardson said. "As the game progresses, we can get creative and branch out with new things."

Though the photographers try to plan their shots in advance, according to Wilkey, sports photography is a

combination of preparation and luck.

"You try to put yourself in a place where you think something's going to happen and push the button when you think the right moment is," Wilkey said.

Each sport is different to photograph

and some are harder than others. Mayberry said volleyball is the hardest to capture on camera.

"The ball moves so fast and it's hard to anticipate the action (and) the shots that you need," Mayberry said. "That's why it's really rewarding when you do get the shots."

To get better shots, Mayberry moves around during the game. He goes into the "bird's nest" with the video cameramen to capture good spikes and net action, then he sits down below the net to get dives and wide angles.

As for gymnastics, Fairbourn has to stand differently to get good movement on beams and bars. She is usually down low taking straight on shots to show the height the gymnasts achieve.

"We get all new angles where no one else can see so that you can get shots that no one else has," Fairbourn said.

A typical shoot

Not only do BYU photographers need to know what position would look good for a shot, but they also have to make sure their camera is still enough to capture clear photos. That can be difficult when they have 10 pounds of equipment to carry.

"On a typical shoot, we'll carry around two cameras with us and four lenses," Mayberry said. "We put them on a backpack strap so that they don't weigh too much, (but) it gets tiring after a while."

Fairbourn said a previous co-worker did arm workouts specifically for this job so the camera wouldn't shake.

Mayberry said photographers can take roughly 2,500 shots in one game. Only about a third of those pictures are kept and even fewer are actually used.

The cameras the photographers use have a wireless transmitter that will automatically upload their pictures to a live gallery, according to Wilkey. The live gallery is accessible to news media outlets for use on social media sites and newspaper articles.

"We installed a system to provide photo instantly," Wilkey said. "Say a touchdown happens, we push a button on the back of the camera and that photo is sent to an FTP site and the social media people can have the photo up in 20-30 seconds (after the touchdown)."

The two full-time staff at BYU Photo, Wilkey and Edwards, teach their students to capture the essence of BYU.

"The goal of our office is to tell the BYU story visually," Wilkey said. "To show to the world what BYU and BYU athletics are really about and who we are. That's really what we're after. We want to tell the BYU story."

Mitchell, Ingles feel at home in Salt Lake City

A Daily Universe social media poll found BYU's favorite Jazz players are Donovan Mitchell, Joe Ingles

By AARON FITZNER

NBA players have called Utah home since the Jazz's first Utah season in 1979. Talented players like Gordon Hayward and Paul Millsap once resided in Utah but ultimately chose to leave, while others like Enes Kanter asked for an immediate departure, leaving Salt Lake City and its memories behind.

Now, for the first time in a long time, Salt Lake City is transitioning from a city players momentarily call home to a city that makes the players feel at home.

Donovan Mitchell and Joe Ingles were recently voted as BYU's top two favorite current Utah Jazz players by former and current BYU students in a poll conducted on The Daily Universe's social media pages. Salt Lake City has been Ingles and Mitchell's first and only NBA destination. Though their paths to Utah were unique, both athletes say they feel at home in Utah.

"Shoutout to BYU and thank you for that honor, I appreciate that," Mitchell said after hearing the poll results. "When I first came here, I just felt the



Claire Gentry

Donovan Mitchell surveys the court during Utah's 110-102 win over the Chicago Bulls on Jan. 12. Mitchell recently told The Daily Universe he feels at home in Utah.

love) immediately. Not even just from the fans but from the people that are right in the organization ... it just felt like home."

Mitchell was the 13th overall pick in

the 2017 draft. Having spent two years in college donning red and white for the Louisville Cardinals, the 6 foot 3 shooting guard told CBS Sports he almost skipped the NBA draft so he

could return to Louisville for his junior season. Since making the decision to join the NBA, Mitchell has averaged 20.6 points per game along with being a consensus top-three pick for the 2017-18 rookie of the year award.

"If I come somewhere I like to embrace it," Mitchell said. "I like to go to colleges, I like to go places to get to know where I'm at. (Utah) has done an incredible job with embracing me and I appreciate it, and I'm always willing to show the love back."

Ingles, a native Australian, was cut from the Los Angeles Clippers in fall 2014 before playing a regular season game with the team. Prior to this, he played eight years overseas in Australia, Israel and Spain. Ingles' professional career started with the Melbourne South Dragons in 2006 after he declined a minimum wage contract from the Adelaide Blunders because they misspelled his name on the contract. Fast forward 11 years to 2017, Ingles signed a four-year, \$52 million contract with the Jazz, making Utah his home for years to come.

"I've loved my time here," Ingles said. "I wouldn't want to be anywhere else. I love the organization, the city, my family is comfortable here. It's a great place. Australia is home, but Utah is definitely a temporary home. We feel comfortable coming back here."

Along with Mitchell and Ingles, many Jazz players and coaches agree Utah is now more than just a state in which they compete. Among them is Grayson Allen, who was chosen by the Jazz in the entry draft. Drafted 21st overall a year after the Jazz drafted Mitchell, Allen came to

Utah after playing four years of college ball for the Duke Blue Devils. Allen has spent time with the Jazz as well as the Salt Lake City Stars, the Jazz's G-league development team. Though new to the city, it hasn't taken Allen long to acclimate himself to his new surroundings.

"It definitely feels like home," Allen said. "I'm getting adjusted here, getting adjusted to the weather a little bit from growing up in Florida, it's a little different, but I like it."

Jazz coach Quin Snyder also offered his thoughts on Utah and the support the team feels here.

"Our fans, (they) don't seem as much like fans. There's a connectivity, I think ... I feel like our fans are participating and living through it with us," Snyder said. "To have a team that is supported on that level and in that way is a pretty special deal for our guys. You just don't see that everywhere. You can feel it."

Mitchell, Ingles and Snyder, along with a hopeful Allen, have given Jazz fans a taste of what it felt like in the late 1990s when the team made the NBA finals in back-to-back seasons. Mitchell and Ingles, along with Snyder, all played key roles in giving the Jazz its first victory in the second round of the NBA playoffs in the 2017-18 season, the team's first such accolade in the last ten years.

Though Utah hasn't been deemed as a major free agent destination in the past, Salt Lake City has proven more recently that it can be a place for NBA stars to call home.

"It feels like home here now," Allen said. "It's nice to call Salt Lake my home."

Draft hopeful records 11th double-double



Hannah Miner

Yoeli Childs records his 11th double-double during the Cougars' 79-56 win over Portland on Jan. 10. Childs was recently named to the Luke Olson Award mid-season watch list, an award given to the nation's most outstanding non-freshman, non-transfer NCAA Division I basketball player.

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Gymnastics breaks season-opening record

By NATALIE ORR

High tension filled the Marriott Center on Jan. 12 when BYU women's gymnastics trailed 196.475 to the University of Utah's 197.250. Although BYU ultimately lost by 0.775, 196.475 is the highest season-opening score ever recorded by the Cougars.

Utah headed into the meet with confidence after beating No. 20 Penn State on Jan. 5. However, BYU's season-opening score of 196.475 against the No. 3 Red Rocks topped Penn State's season-opening score of 194.450, also against the Red Rocks.

"We were in this building two years ago, and I remember that it wasn't a great performance, and I felt that the girls shrunk when they got on the stage," BYU head coach Guard Young said. "That's what I challenged them tonight, to elevate their game and to believe that they belong out there, and I think we showed everyone in the arena that we



Hannah Miner

BYU gymnast Brittney Vitkauskas celebrates with her teammates during a meet against the Utah Red Rocks on Saturday, Jan. 12. The Cougars lost to Red Rocks despite this meet being their highest season-opening score ever recorded.

belong out there."

In rotation one, Utah's Kim Tessen went first on the bars but ended her routine with a fall. However, Tessen's fall in no way foreshadowed how Utah would perform the remainder of the meet. Utah managed to top BYU in each event with the exception of the balance beam.

Heading into rotation three, Utah was in the lead by 0.53. BYU gave Utah little room for error when pulling off scores ranging from 9.8 to 9.9 on the beam. Not only was BYU freshman Abbey Miner visibly overcome with emotion when receiving a 9.9 on her first college beam routine, but Young also couldn't hold back his emotion.

"We've had a plan for a long time on beam," BYU junior and team captain Shannon Evans said. "We sit down at practice and we go one by one saying exactly what we're going to do, how we're going to do it and what it's going to look like. And that's exactly what we did tonight."

While BYU snagged No. 1 on beam with a score of 49.325, the Red Rocks pulled through with a score of 49.200 on beam in the final rotation.

"There was a calmness over on beam," Utah's co-head coach Tom Farden said. "I think we got off to a good start and they all built on each other, but I knew BYU was going to fight through the night."

In the final rotation, the Cougars' personalities shined during their floor routines, giving the crowd a small taste of each athlete's passions.

"I have a new floor routine with music that I'm really excited about," BYU junior Natasha Marsh said. "It showcases my personality and my interests. It's Michael Bubl  and he's my favorite singer."

In the end, minor errors on the floor made it impossible for the Cougars to catch up to the Red Rocks. Specifically, an over-rotation toward the end of Marsh's routine widened the gap between the rivalries. For BYU, this was the team's

only fall of the night, proving that Young's strategy to focus on the basics of gymnastics is paying off.

"That was a good mistake," Young said. "There are bad hits and good falls and that was a good fall. That was the best routine that I've seen her do in four years and to go big and to just over-rotate like that, I'll take that all day long."

Utah's two-time NCAA champion junior MyKayla Skinner won the all-around with a score of 39.600. However, Miner's balance beam performance earned her the No. 1 spot for BYU with a score of 9.900.

Trailing close to a No. 3 team, Evans said she was nothing but proud of her team.

"We're just as good as gymnasts and we've got the skills," Evans said. "Those weren't our best lineups and we've got better in us."

Coming up, BYU will face Utah State on Jan. 18 at the Dee Glen Smith Spectrum in Logan.



Simple Bites

CHILE LIME CHICEKN FAJITAS

For 1	For 2	4 or more	
2 tbsp	1/4 cup	1/2 cup	olive oil
1/4 tsp	1/2 tsp	1 tsp	chili powder
1 tsp	2 tsp	1 tbsp	garlic
1/4 tsp	1/2 tsp	1 tsp	cumin
1/4 tsp	1/2 tsp	1 tsp	6 pepper spice
1/8 tsp	1/4 tsp	1/2 tsp	cayenne pepper
1/2 tsp	1 tsp	2 tsp	sea salt
1/2	1	2	fresh lime
4 stems	6 stems	12 stems	cilantro
1	2	4	boneless skinless chicken breast trimmed
1/4	1/2	1	medium white onion
1/4	1/2	1	medium red bell pepper
1/4	1/2	1	medium green bell pepper
1/4	1/2	1	medium yellow or orange bell pepper
2-3	4-5	8-10	corn or flour tortillas

Marinate chicken:

In a small mixing bowl blend olive oil, chili powder, cumin, garlic, 6 pepper spice, cayenne pepper and salt.

Zest limes and add to mixture. Cut limes in half and squeeze juice into mixture. Blend well.

Place trimmed chicken breast in a gallon size zip lock baggie. Add whole stems of cilantro to bag.

Set aside a small amount of the marinade for use later.

Pour remaining marinade over chicken and cilantro. Seal baggie and marinate in refrigerator for 2 to 4 hours (or overnight).

Turn baggie over in refrigerator after a couple hours to allow marinade to fully saturate the chicken.

To prepare fajitas:

Peel and slice onion, set aside.

Remove seeds and membrane from peppers. Slice into strips. Set aside.

Heat a large skillet with enough oil to coat the bottom of the pan.

Remove chicken from baggie and place in hot skillet.

Cook chicken on one side until brown, turn and cook other side until chicken is completely done.

Take a small paring knife and cut a small slit into the largest part of the breast. Chicken is done when it is white in color without any pink showing.

Remove chicken from pan, set aside. Add Onion and peppers to skillet.

Pour reserved marinade over vegetables and saute on high heat until brown.

Cut chicken into strips and add to onion and peppers.

Remove from heat and serve in warm tortillas.

Top with your favorite garnishes.



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



BYU football extends series with Utah through 2024

By JOSH CARTER

BYU has agreed to extend its series with rival Utah through the 2024 football season, both schools announced Monday, Jan. 14.

The extension adds two years to the historic series, with the teams now set to face off on Sept. 16, 2023, in Provo and Sept. 7, 2024, in Salt Lake City.

After ending the 2018 regular season with a 27-35 loss to Utah, the Cougars are set to open the 2019 season against the Utes on Aug. 29 at LaVell Edwards Stadium. Future rivalry game dates include Sept. 3, 4 or 5, 2020, in Salt

Lake City, Sept. 11, 2021, in Provo and Sept. 3, 2022, in Salt Lake City.

The two teams have played each other nearly every year since the 1922 season, with Utah currently holding a 58-31-4 series advantage over BYU.

Despite not having beat the Utes since the 2009 season, seven of the Cougars' last eight meetings with Utah were decided by eight points or less.

Although the two teams no longer play in the same conference, both BYU Athletic Director Tom Holmoe and Utah Athletic Director Mark Harlan have stressed the rivalry game's significance to the state in the past and interest in keeping the series' future alive.



Abigail Keenan

Zach Wilson throws a pass in a game against the University of Utah on Nov. 24.

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Alum pens NY Times best-seller

By SYDNEY SPRINGER

She swirled her pink Sharpie across the title page of her latest book, “The Dark Descent of Elizabeth Frankenstein,” at a Barnes & Noble signing. New York Times best-selling author and BYU alumna Kiersten White said she always signs books with a bright color.

Her novel was released on Sept. 25, debuting fourth on The New York Times young adult hardcover best-seller list.

2018 was the 200th anniversary of the acclaimed classic “Frankenstein” penned by science fiction writer Mary Shelley in 1818.

White said Shelley’s work inspired her to write her modern-day “Frankenstein” novel. At the time of her Barnes & Noble visit, White was on a promotional tour meeting readers all over the country.

“The Dark Descent of Elizabeth Frankenstein” follows main character Elizabeth Lavenza, the fiancée of Victor Frankenstein, spiraling into darkness as she realizes her place within the Frankenstein family depends on keeping Victor alive. When Victor goes missing in Ingolstadt and doesn’t return any letters, Elizabeth goes off on her own in 18th century Europe to find him and discover the truth.

White’s version of Elizabeth is a different character than the one Mary Shelley originally created.

According to Inquires Journal, the female characters in “Frankenstein” are passive and disposable. None survive the novel. Anti-feminist themes were more common when the book was first published in 1818. White’s depiction of Elizabeth shows her traveling across Europe as a young woman driven by her need to stay alive and bring her fiance home.

In homage to Shelley, White said she wrote the draft of “The

Dark Descent of Elizabeth Frankenstein” in a week’s time. She said she relates to Shelley quite a bit, as they both used writing to support themselves financially and satisfy their storytelling passions.

“I feed my anxieties with stories,” White said, rubbing her sore wrists from hours of typing and signing books. She said she’s careful to not set any goals she can’t control.

When White took her first creative writing class at BYU, she said she wasn’t interested in taking another. Instead, she wrote poetry in her spare time and published a story in BYU science fiction and fantasy magazine “Leading Edge” while she was an undergraduate student.

She didn’t plan on turning writing into a lifelong career. However, after completing her bachelor’s degree in English, getting married and having a baby weeks after donning her cap and gown, the writing bug began to manifest while caring for her newborn.

White landed a publishing deal with HarperCollins in 2008 for her first published work, a novel called “Paranormalcy.” Since then, White has published 13 distinct works and multiple short stories. She also has an upcoming young adult novel titled “Slayer,” a spin-off of the television show “Buffy the Vampire Slayer.”

However, White said her writing success didn’t come easily. She said it took her three unsold books until “Paranormalcy” was published.

“Paranormalcy” is a fantasy book filled with nearly every creature imaginable, from faeries and vampires to shapeshifters and mermaids. The novel sold, pushing White’s career as a fantasy author from American Fork, Utah, to a critically acclaimed storyteller.

This novel, about werewolves and pixies, is unlike her recent



Kiersten White

Kiersten White, left, poses with Triana, a reader from San Francisco, at Kepler’s Books and Magazines. Scan the **Universe Plus** logo to read or listen to the Portuguese translation of the story.



novel about villains. If one were to read her books in publication order, they would find her style progressively becoming darker, with themes discussing abuse, death and the complexity of morals.

White said she didn’t necessarily plan on embarking on a writing career, but she uses it to financially support for her family while being a stay at home mom.

“You need to have something that is just yours,” she said. “It’s OK to be a little selfish.”

According to White, not only does writing books help her balance parenting duties, but her success and dedication are examples to her children as they grow up with two working parents.

White said her best advice for aspiring writers is to get critique partners — “friends who are also working on a book that can get another pair of eyes on your work.” These “drafting buddies,” as she coined them, can keep a writer motivated and help create and enforce deadlines.

Fellow author Natalie Whipple is White’s personal deadline setter.

“We met over ten years ago now in early 2008 when we were both aspiring, agent-less writers,” Whipple said. “We ‘alpha read’ for each other, meaning we trade chapters as we draft to encourage each other to keep

writing. It works for us, though it’s not for everyone. In-depth editing comes later.”

Drafting partners also provide writers with encouragement and support, Whipple said.

“Sometimes you need a cheerleader more than a critic early on,” Whipple said. “That’s what we do. We keep each other from giving up.”

While friends may be crucial to the writing process, an MFA or English degree is not, White said.

“A good story nourishes and engages the reader. You don’t need a degree to do that,” she said.

According to White, having an unattainable view of personal success is a fast-track way to lose motivation in a story. White said her background in publishing taught her about setting plausible goals and attaining them.

“Publishing is a fickle industry that fades and strengthens with the trends,” White said. According to The Balance Careers, the Young Adult industry is currently thriving, but certain topics or trends fade quickly.

“If writing is a part of you, it’s not going to be easy,” she said. “That’s exactly why you should do it.”

The first book of White’s new duology, “Slayer,” hit shelves on Jan. 8, with a secret project debuting in the fall.

Boy, 3, loves new 3D printed arm from family friend



Associated Press

Robert Noyes, 3, who was born without half of his left arm, sits with Ray Buckland, who created Robert’s prosthetic arm with the help of a 3D printer, at Buckland’s home in Price, Utah.

ASSOCIATED PRESS

A 3-year-old boy in Price and his mother are ecstatic about a new prosthetic arm that a family friend made for them on a 3D printer after extensive research, practice and more than 80 hours of printing.

Prosthetic arms for people like Robert, who was born without half a left arm, can cost up to \$12,000, even after insurance, mother Brandi Noyes of Price told the Deseret News.

As he grew up she started asking around about other solutions that would be more affordable.

She eventually found Ray Buckland, who owns a 3-D printer and has used it to create things like a spatula, an ice cream scooper and a handle for a broken can opener over the last four years.

“He was on board immediately,” she said.

He did extensive research online and it took 80 hours of printing time for the machine to create it, but the materials only cost about \$25.

“To me, this is what all this was about,” Buckland said. “As he bends his arm, it brings the fingers in so he can grab something and pick it up and put it down.”

The boy tried it on for the first time shortly before Christmas, and it worked.

He hasn’t stopped smiling since.

“He wants the world to know he’s got two hands,” Noyes said. “The first thing he wants when he wakes up in the morning is his arm. And he gets disappointed when I have to take it off of him at night. It has to be where he can see it.”

He’s developed more confidence and a fast friendship with Buckland, who he calls “Papa Ray.”

“I’d seen that little boy’s look on his face when he got this, and I said that’s what it’s all about,” said Buckland.

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