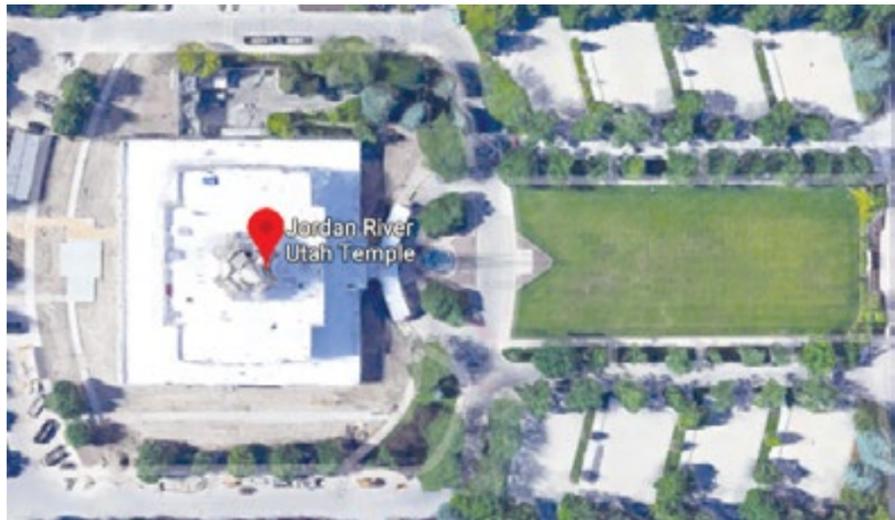


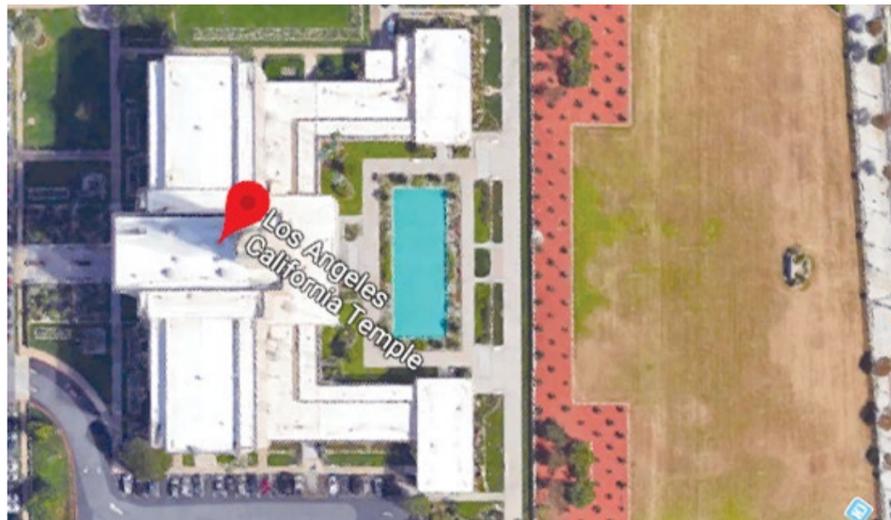
## THE UNIVERSE

Serving the Brigham Young University Community

## Combatting, understanding Utah's water crisis



This 2018 satellite image shows the Jordan River Temple grounds. Despite Utah's current drought, the grass on the temple grounds remains green. Similar green landscapes can be seen throughout Utah's residential and commercial communities.



Google satellite images

The Church of Jesus Christ of Latter-day Saints let the grass die at the Los Angeles Temple in 2015 to conserve water. Now, the temple grass is periodically allowed to die to save water. Current satellite images show a brown lawn.

By RILEY WALDMAN

The Los Angeles California Temple of The Church of Jesus Christ of Latter-day Saints stands apart among the city's office buildings and strip malls. Nestled on a hill, the temple grounds display a lush landscape, most notably featuring a large, green lawn bordering the iconic and bustling Santa Monica Boulevard.

When the state of California faced a devastating drought in 2015, the Church let the 98,000 square-foot lawn die — trading its famously lush, green aesthetic for a dead, brown appearance, as described in a Los Angeles Times article.

Gov. Gary Herbert declared a state of emergency on Oct. 15 because of Utah's drought.

"The drought is at a level unseen for many years and will not be solved with a small series of storms," Herbert said in the executive order. "In some areas, the drought is at, or near, historic levels."

Despite the governor's declaration, satellite images show grassy, green lawns outside the St. George and Jordan River temples and across countless suburban neighborhoods throughout Utah.

Landscape architect and water management expert Brady Pitcher said he believes the idea of a green lawn is a widely spread cultural trend in Utah.

"Utahns love their green grass. They like to take care of it; they like to mow it;

they like to overwater it," Pitcher said. "It's a cultural thing, and until we make that cultural shift, it's gonna take a lot to overcome a drought."

Last summer, the world watched as Cape Town, South Africa, came dangerously close to running out of water. National Geographic estimates Mexico City, Mexico; Melbourne, Australia; and Sao Paulo, Brazil, could soon each face a similar water crisis.

With historic droughts plaguing the state, Utah may join cities across the world facing severe water crises.

**Understanding the problem**

According to the United States Geological Survey, 96.5 percent of the world's water is ocean water and only 2.5 percent of global water is freshwater. Of that freshwater, 98.8 percent is held in glaciers and ice caps or in ground water, leaving 1.2 percent as surface water and other freshwater sources. This means while water constitutes 71 percent of the Earth's surface, only 1.2 percent of global water serves human and animal needs.

One of the most popular water sources in the western U.S. is the Colorado River, which flows from the Rocky Mountains to northern Mexico. In the 1920s, cities along the river's route began to divvy up the water supply. Today, the river supplies water to 30 million people in seven states — including part of Utah — and part of Mexico, according to a Smithsonian article.

Utah State University professor Chris

Lant explained the first thing people need to understand about the water crisis is that all water issues are local.

"What you're really thinking about when you hear global water crisis is it's really that there are local water crises in an increasing number of places," Lant said.

He said Utah is a naturally arid state with a long dry season and a lot of variability, so the state relies heavily on snow melt to fill water reservoirs. He said as climates continue to change and water shortages spread, the way we share water will become increasingly important.

"The issue is, if there's not enough to go around, then who gets it and who doesn't?" Lant said.

Lant said compared to other states, Utah ranks among the highest in water use per capita. And as populations in Utah continue to grow water use will grow as well, further complicating water issues.

"If the population continues to climb but the amount of water available does not, then the per capita water use has to go down, and that's a very simple equation," Lant said.

**Main water uses**

With growing population rates, Lant explained Utahns have to be increasingly picky about how and where the state allocates water. He said the two areas where Utah misuses water most are agriculture and landscape.

According to the Council of State

Governments West, 78.13 percent of Utah water is used for irrigation. Much of that irrigation goes to alfalfa production.

Utah produced 2,226,000 tons of alfalfa in 2016, according to the state agriculture overview. Alfalfa is known as a particularly water intensive crop.

A University of Idaho study shows one ton of alfalfa requires five inches of water, meaning in 2016 Utah used 11,130,000 inches of water just for alfalfa.

Lant suggests this is one area where Utah can cut back on water use.

"When water is scarce, how much of that water are we going to use to irrigate alfalfa for export when that water could be used for the cities as they grow at huge rates?" he said. "And can we use food imports as a way to access other regions' water resources? That's one way to combat our water scarcity problem."

In addition to reevaluating agricultural water use, Lant said urban outdoor water use is "a great area of opportunity to conserve water."

BYU landscape management professor Greg Jolley said water use is one of the first things he teaches students to consider when designing a property. He explained, however, even though water use should be important to a landscape architect or designer, it may not be a priority for a client.

"Anytime you are looking at a property and looking at creating a design, that should always be one of the things you are evaluating. But it's not always considered," Jolley said. "It may not be

valued by a homeowner. They may be thinking, 'I just want it to look pretty.'"

Along with this emphasis on the exterior of the landscape, Jolley said many homeowners don't understand how to properly use their irrigation systems and often overwater their lawns.

"People think an irrigation system is going to do everything, and it's not," Jolley said. "There still needs to be that human element."

Sprinkler Supply Company smart technology specialist Joe Jackson said one way homeowners can improve their irrigation systems is with a smart controller system.

These systems use data like natural precipitation, climate, soil and plant material to help regulate irrigation and minimize water waste, and they make homeowner management easier.

"If I were a homeowner, I'd be telling every neighbor, every friend to go buy a smart controller," Jackson said.

The type of irrigation system can also make a big difference in water efficiency, as Jackson said. Many people still use traditional spray sprinklers which are 50 percent water efficient, whereas drip systems are 90 percent water efficient, according to Jackson.

Despite innovations in irrigation technology, Pitcher said the irrigation industry and homeowners are slow to adopt changes. He said he believes real change will require changes in public policy.

See WATER on Page 2

## Young single adults embrace 'Come, Follow Me' program

By KYLEE LAPEYROUSE

The new "Come, Follow Me" program looks a little different for young single adults of The Church of Jesus Christ of Latter-day Saints than it might for a family.

The Church announced on Oct. 6 that the Sunday meeting schedule would change from three-hour to two-hour meetings.

"It is time for a home-centered Church, supported by what takes place inside our branch, ward and stake buildings," President Russell M. Nelson said in his October 2018 General Conference opening address.

The new Sunday schedule was implemented throughout the Church worldwide starting January 2019 and includes a 60-minute sacrament meeting, a 10-minute transition and a 50-minute alternating class period.

A letter written in October 2018 by the First Presidency said the "Come, Follow Me" program is meant to "strengthen individuals and families through home-centered, Church-supported curriculum that contributes to joyful gospel living."

Although the Church already has

a family home evening program, a weekly designated time for families to build unity and connections, the new program encourages families to spend more time together studying the scriptures.

The letter also encourages Latter-day Saints to read the scriptures to determine what home study looks like for their families. The same goes for Young Single Adults.

Ally Ririe, a BYU senior majoring in elementary education, said she likes the opportunity to read and study.

"Going to church, I remember thinking, 'Wow, I feel like what I'm studying at home is way more beneficial than sometimes going to church,'" Ririe said. "Which I felt bad at the time thinking that, but now that these changes have been made, I'm like 'Oh, God wants us to be more focused on our own studying and conversion.'"

Despite not being able to share the program with immediate family in the home, young single adults are finding ways to individualize their Sunday worship.

"I love the idea of spending that hour doing family history or visiting my grandparents. And I know not

everyone has family close by, but I feel like the definition of family is a little bit different when you're a YSA," Ririe said. "I know in my ward people will post on the ward Facebook page about doing a study group and I love that idea."

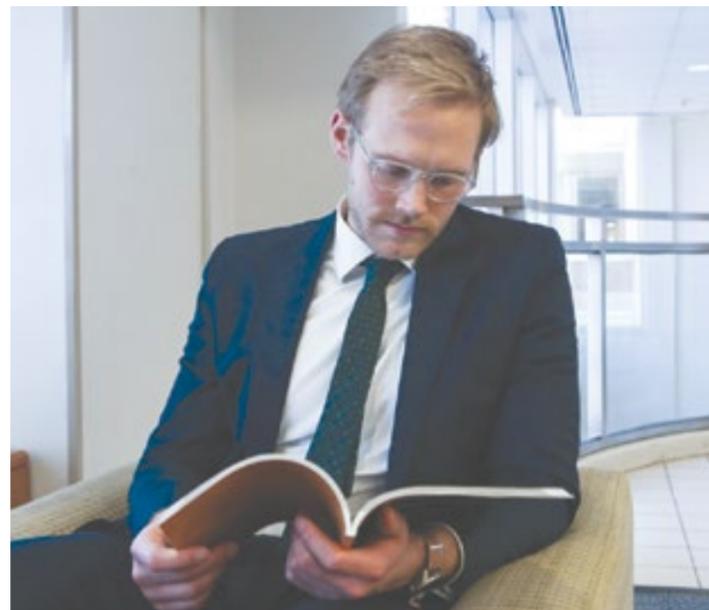
Some students are using the schedule change to focus on their friendships and those around them.

"I've found that since I get out earlier, I'll sit with friends and talk more, and I feel like I've actually developed deeper friendships because I'm not worrying about all the time I don't have on Sundays anymore," BYU sophomore Jade Romano said.

The program places a heavy emphasis on individual conversion and worship. Latter-day Saints get to choose how to build their testimonies based on their own schedule.

BYU graduate student Chris Rytting said he is excited about the new program, but acknowledges some people's hesitations.

"This extra hour to myself is an extra hour to journal and get out as much of my heart and thoughts as possible, which can be more valuable than just scripture study," Rytting said. "For some, this could be taking an hour away from their community,



Arianna Davidson

Graduate student Chris Rytting studies the "Come, Follow Me" manual following the new two-hour church block.

but it depends on how they see church. It's like going to fill your own cup versus going to fill someone else's. They have to decide how they're going to spend that hour."

The extra hour is intended to allow Latter-day Saints to learn how to incorporate gospel-centered learning into their lives.

"There's so many good things to do.

I want to experiment with what works and how it feels," Rytting said. "I'm a fan of having more freedom on how to worship on Sundays."

The last major schedule change happened in March 1980 when the Church moved from meetings throughout the week to the consolidated three-hour block on Sundays, according to history.lds.org.

# UNIVERSE news briefs

FROM THE ASSOCIATED PRESS



## Global economy estimated to slow in 2019

The world economy absorbed more bad news on Jan. 21: The International Monetary Fund cut its growth forecast for 2019.

China, the world's second-biggest economy, said it had slowed to its weakest pace since 1990.

The IMF cut its estimate for global growth this year to 3.5 percent, from the 3.7 percent it had predicted in October and down from 2018's 3.7 percent.

The fund cited heightened trade tensions and rising interest rates.



## Mother reported concerns before daughter slain

The mother of a University of Utah track athlete who was killed in October by an ex-boyfriend can be heard telling campus police that she was worried for her daughter's safety in audio recordings released Jan. 17. Jill McCluskey called on Oct. 10 to request a police escort for her daughter to get her car back from the man after her daughter discovered he had lied about his real name and sex offender status. She said, while holding back tears: "She found out he's a bad person and she broke up with him."



## Trump offers temporary deal for border wall

In a bid to break the stalemate, President Donald Trump offered to extend temporary protection for children brought to the U.S. illegally in exchange for his long-promised border wall on Jan. 19. But while Trump called it a "common-sense compromise," Democrats were quick to dismiss it at a "non-starter." With polls showing a majority of Americans blaming him and Republicans, Trump said that he was there "to break the logjam and provide Congress with a path forward."



## A scaled-down Women's March returns

The third Women's March returned to Washington on Jan. 19, with a message of anger and defiance aimed directly at President Donald Trump's White House.

An estimated 100,000 protesters packed several blocks around Freedom Plaza, just east of the White House, holding a daylong rally. The march itself took about an hour and only moved about four blocks west along Pennsylvania Avenue past the Trump International Hotel before looping back to Freedom Plaza.



## Patriots, Rams headed to Super Bowl

The Patriots are headed to the Super Bowl. It took them overtime and Tom Brady's brilliance to get there - for the third straight year. While the folks back home dealt with a frigid storm, Brady blew through Kansas City's exhausted defense on a 75-yard drive to Rex Burkhead's 2-yard touchdown run in a 37-31 victory. The Los Angeles Rams will be awaiting them in Atlanta on Feb. 3 for Super Bowl LIII. The Rams won 26-23 in overtime against the Saints in New Orleans for the NFC championship.

## WATER

### Water shortages spread to Utah, community searches for solutions

Continued from Page 2

#### Solutions for change

Utah counties and municipalities have already started making changes to improve and limit water use.

Fifteen water conservancy districts throughout the state have been created to help promote and provide sustainable water practices in each of the designated regions.

Pleasant Grove has implemented a scheduled watering system for residents to help manage water use. Depending on house number, homeowners are assigned specific days of the week when they are allowed to irrigate their properties.

A first time violation of the watering day plan results in a warning; however, second and third time violations result in disconnection from the secondary water system and fees to then be reconnected, according to the city's website.

While watering day efforts like these demonstrate a concerted effort to combat drought, Lant said lasting improvement requires more drastic changes.

"It's a good approach to deal with a short-term drought. But in the longer term you actually

have to change what's on the ground to plants and landscaping that don't need as much water," he said.

Orem has taken a fiscal approach to water shortages. The city website outlines "an increasing rate structure for culinary water." Water use is divided into four tiers depending on inches of water and an increasing cost per gallon is assigned to each tier. Tier one water use is priced at 88 cents per gallon while tier four water use is priced at \$1.75 per gallon.

Lant said reexamining the value of water could play a crucial role in an individual's willingness and sense of urgency to conserve.

"A lot of times water is essentially free, so there's no incentive to conserve something that's free, whereas we recycle 99.9 percent of gold," Lant said. "So I do think that it's clearly the case that if you increase the price of water people will be more inclined to conserve it."

Ultimately, Lant said he believes the nation needs to implement changes in a variety of fields and employ multiple strategies to successfully address water use issues. And, as Jolley said, people need to recognize individual responsibility.

"I think the big idea here is that water is becoming scarce and populations are increasing," Jolley said. "So there's more pressure on that water resource. And we really do have to think about our individual stewardship and how it is that we're using water in our landscapes and our homes, and we have to be responsible for that."

## Monday storm cloaks campus

PHOTOS BY TY MULLEN



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# Vaping still compared to tobacco dangers

By MATTHEW BENNETT

Smoking isn't what it used to be. Clouds of flavored vapor replaced tufts of smoke and ash. The classic paper tube gave way to a slim plastic rectangle with a grey matte finish and a USB plug.

But one thing hasn't changed. Electronic cigarettes, commonly called "e-cigs" or "vapes," often still pack a punch in terms of nicotine content. Vapes use heated coils to turn liquid or "e-juice" into clouds of flavored gas and nicotine for users to inhale.

One device, the Juul, uses flavor pods that each contain the same amount of nicotine as a pack of cigarettes, Valley High School Vice Principal Jacinto Peterson said. Peterson fears high school students are becoming hooked.

"I think cigarettes are not even close to this," Peterson said. "My biggest concern is that it might be worse than tobacco."

Peterson said Juuls pose a unique problem for multiple reasons. First, they are easier for students to conceal than tobacco. "It's far more discrete," he said. "It's clandestine."

According to Peterson, students typically use Juuls in bathroom stalls but sometimes even vape in the school's hallways or in class. Since Juuls are so small, he said, they are easy to hide when a teacher or administrator is nearby.

"It looks like a USB stick," Peterson said.

Second, Juuls and other electronic cigarettes open doors for students to become involved in other harmful behaviors. Peterson said he's concerned students who vape will become addicted to nicotine.

"It's going to be hard to put that genie back in the bottle," he said.

Students may turn to tobacco to satisfy the demands of their addictions if vapes are



Valley High School health teacher C.J. Dzubak talks about the potential dangers of vaping. *Scan the Universe Plus logo to read or listen to a Portuguese translation of the story.*



unavailable, but tobacco might not be the only threat. Some devices use cannabis oil or other harmful ingredients, according to Peterson, leading some students to come to school high.

"You can make the mistake that they're all tobacco-based," Peterson said. "That's not necessarily the case."

Third, Peterson said, "it's about respect."

"I wouldn't come into your house and vape," he said. "Why would you come to a school, my house, your house — a shared space — and do that?"

Valley High School principal Sharon Jensen also expressed concerns about Juuls and other electronic cigarettes. She said they can be more appealing to kids than traditional tobacco.

"A lot of the students who use them are people who wouldn't smoke a cigarette," Jensen said. "It's still dangerous, but it has less carcinogens, so students are more open to it."

The National Youth Tobacco Survey, a yearly study by the Center for Disease Control, validates Jensen's concerns.

According to the 2017 Survey, 20.7 percent of sampled youth in the U.S. aged 9 and older have tried electronic cigarettes, compared with 17.4 percent of sampled youth who have tried traditional cigarettes.

Students often begin vaping because they see it as safer than regular tobacco or because they want to try different vape flavors, according to the survey. Juul flavors include mint, mango, cucumber, crème and fruit.

However, the survey also states young people most often begin to use e-cigarettes because they have friends and family members who vape. Valley High School health teacher C.J. Dzubak said she has seen this trend firsthand.

"You're almost looked down upon if you don't do it," Dzubak said. "There's a trend now. This is the cool thing to do."

Dzubak said she is skeptical of claims that vaping is safer than smoking. Her students tell her they genuinely see it as safer than tobacco, but she thinks there's not enough information



Sam Bigelow

One part of Valley High School Vice Principal Jacinto Peterson's collection of confiscated vaping devices includes a Juul visible in the bottom left, lying flat.

about long-term effects to draw that conclusion.

"Doctors used to smoke. No one knew how bad it was," Dzubak said. "Remember the Marlboro man? Every Marlboro man is dead."

In December, Marlboro parent company Altria bought 35 percent of Juul Labs for \$12.8 billion, according to The Wall Street Journal.

Juul Labs, which manufactures the Juul and its flavor pods, claims it doesn't target its products to minors. In an online statement, CEO Kevin Burns called underage usage of the Juul a serious and unintended development.

"Our intent was never to have youth use JUUL products," Burns said. "But intent is not enough, the numbers are what matter, and the numbers tell us underage use of e-cigarette products is a problem. We must solve it."

Juul Labs announced it will terminate its social media presence and stop selling some flavors in retail stores, selling them only through its website using an age-verification system.

"These companies have

targeted younger kids," she said. "The flavors appeal to them."

Clint Ricord, who works at Smoke Spot, a South Jordan store which sells electronic cigarettes and other products, said his store cards people and tries to keep vapes out of the hands of high schoolers. However, he said students can get vapes the same way they used to get cigarettes.

"It's a hard thing," Ricord said. "Kids can get them from their friends or their older brothers who buy them."

Smoke Spot owner Sunny Baig agreed.

"It's mostly friends and family where kids get it from," Baig said.

According to Baig, parents sometimes come in to buy vapes for their children, perhaps without understanding what they are or how they work.

"We know when they can't pronounce the name of the product, or when the kid is waiting outside, that they're buying it for their kid," Baig said.

Ricord said Smoke Spot employees try to educate customers. But, Valley High School's administration agreed, students should be educated without becoming customers in

## Is financial aid affected by government shutdown?

By RACHEL HALVERSEN

The government shutdown has left some U.S. citizens working without pay, but it has not affected federal student aid for BYU students for winter 2019.

The Federal Student Aid office of the Department of Education released a statement on Jan. 3 stating the government shutdown does not directly impact Federal Student Aid, but the office does depend on some federal agencies that are currently closed.

"We are evaluating what impact these closures may have on FSA ... and are working to limit the impact on our partners," the statement says.

Students may have issues retrieving paperwork from closed departments and verifying application information for the upcoming 2019-2020 federal aid application.

According to an announcement on BYU's My Financial Center, the IRS is not processing requests for tax return transcripts (TRT) or verification of non-filing documents.

"Students assigned TRT tasks are encouraged to use the IRS Data Retrieval Tool on the FAFSA to complete this requirement," the announcement says.

University Media Relations Manager Todd Hollingshead stressed the importance of getting ahead when it comes to scholarships and financial aid.

"It is always a good idea for students to evaluate their need for student aid as early as possible and then follow through on all required procedures," Hollingshead said. "These processes can take weeks during the best of conditions. The uncertainties caused by the current government shutdown make those early preparations even more important."

**BURNS SUPPER**

*Robert Burns*

**SCOTLAND'S POET**

**Saturday, February 2, 2019**

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**6:00 PM: Dinner and Entertainment**

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**UNIVERSITY DEVOTIONAL**

**Tuesday, January 22**

**11:05 a.m., Marriott Center**

This event will be broadcast to the JSB Auditorium.

**Elder Lawrence E. Corbridge**

*General Authority Seventy*

Elder Lawrence E. Corbridge was sustained as a General Authority Seventy of The Church of Jesus Christ of Latter-day Saints in April 2008. At the time of his call, he was serving as a Sunday School teacher. He served as president of the Chile Area presidency, having previously served as counselor. Currently he serves in various capacities at Church headquarters.

Originally from Idaho, young Elder Corbridge came to Provo to earn a bachelor's degree in finance from BYU in 1973. He then received a juris doctor degree from

the J. Reuben Clark Law School as a member of its charter class in 1976. He was a founding member of Corbridge, Baird & Christensen, a Salt Lake City law firm specializing in commercial and business law.

Elder Corbridge has served in a number of Church callings, including full-time missionary in Argentina, president of the Chile Santiago North Mission, stake president, high counselor, bishop, ward mission leader, elders quorum president, and Gospel Doctrine teacher. He and his wife, Jacquelyn Gayle Shamo, are the parents of five sons.

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

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**Matthew Luhn**

*Story and Branding Consultant for Pixar*

January 29, 11:05 a.m.

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**PLAN NOW TO ATTEND.**

# Hands-on labs prepare students for engineering careers

By MADISON EVERETT

The Ira A. Fulton College of Engineering and Technology has several free resources and labs available for engineering student use.

While unbeknownst to some engineering students, Ira A. Fulton College of Engineering and Technology's resources available include ME Prototyping Lab, the Checkout Room, the Fulton Supercomputing Lab, CAEDM Labs and more.

According to ME Prototyping Lab Manager Nick Hawkins, several seniors in the program have told him they had no idea these labs existed.

"They never took advantage of them. I think that's the saddest part."

The Prototyping Lab is located on the first floor of the Engineering Building. There are various types of machinery available for use on school projects, including a 3D printer, waterjet, welders, media blaster and precision lathe, to name a few.

Another resource is the Mechanical Engineering Checkout Room located in the basement of the Clyde Building.

The checkout room is home to a vast array of everything from hand tools to electric motors. Some of the machines available are materials testing machines, tensile testers and computer-based data acquisition and control.

Checkout room manager Kevin Cole is available by appointment. To use these resources, engineering students can go to the College of



Ty Mullen

Mechanical Engineering Faculty members Kevin Cole, left, and Nick Hawkins, right, work in the Prototyping Lab.

Engineering's website and book an appointment with Cole or one of his TAs, who will be present to aid students while using these machines.

According to Hawkins, students regularly ask him and Cole many questions about the machinery. "We spend all day every day answering literally every question that you could come up with."

Mechanical engineering student Derek Knowles has worked as a checkout room TA since April 2016.

"Not only do we support all the mechanical engineering labs, but we also help students and faculty get the equipment and tools they need to perform research, complete class projects or work on personal projects," Knowles said. "I enjoy the wide range of



Ty Mullen

The Ira A. Fulton College of Engineering and Technology's Prototyping Lab offers resources to engineering students.

people and projects that we get to support. It's fun to learn about the complex and innovative projects that are being performed right here at BYU."

Engineering students have plenty of opportunities to get experience with the machinery during their time in the program.

"The engineering professors try to make their classes hands on," Cole said. "They take it from

a theory to application."

These resources are vital to students' success in these classes, according to Hawkins and Cole. All the machines and equipment available in these labs not only allow the students to excel in their classes, but also give students an opportunity to prepare for the work field.

"Companies only hire engineers to solve problems, and if they don't solve problems they're not worth very much," Hawkins said. "Helping them develop those skills is really critical to their employability."

Hawkins and Cole, along with all other faculty members in the College of Engineering, are available to help students become as successful as possible in preparation for their future careers. They encourage students of every major to request a tour and explore the resources available to engineering students.

"At BYU we have been blessed with a lot of resources and great things," Cole said. "We need to take advantage of them and not take them for granted, be thankful for them and use them well and wisely."

## Campus News



Larry Howell



David Morgan



Dustin Bruening and Sarah Lyle

### COLLEGE OF Fine Arts and Communications

BYU has been ranked as one of the top 15 schools for student filmmaking by Miniflex, a streaming service for short films. BYU's animation department has won three Student Academy Awards in the last decade. The most recent win was for the short animated film "Owned" by Wesley Tip-pets and Daniel Clark. The BYU Center for Animation has also been awarded numerous student Emmy awards and most recently won the prestigious E3 College Game Competition for its video game "Beat Boxers."

### COLLEGE OF Life Sciences

A team of BYU researchers has created a device that tracks jumping performance for figure skaters. The Fitbit-like device fastens around a skater's waist and counts the number, height and rotation of jumps in a practice session. The development of the prototype is sponsored by the U.S. Figure Skating Association, and researchers hope the device will help skaters train more efficiently and avoid overexertion.

### HAROLD B. LEE Library

The Education in Zion gallery will celebrate its reopening with an event on Jan. 30 from 3-6:30 p.m. in the JFSB. The event is open to the public and will include performances from

BYU performing arts groups and composer Janice Kapp Perry, a meet-and-greet with Col. Gail "Hal" Halvorsen and Crumbl Cookies. The exhibition features interactive displays that tell the history of the Church's education system and the source of BYU's four aims of education.

### IRA A. FULTON College of Engineering

Industrial design professor David Morgan and mechanical engineering professor Larry Howell headed to Washington, D.C., to be featured in the Embassy of Japan exhibit "Folding the Future: Theoretical Origami Devices." The exhibit features both art and functional forms of origami made by BYU students, including displays such as models of the NASA solar array, the Tessel backpack and the art piece "Mother and Child." Morgan and Howell also held a workshop at the Thomas Jefferson High School for Science and Technology, teaching the students origami application and some folding patterns.

### MARRIOTT School of Business

Marriott School of Business students created a company dedicated to teaching computer code to kids and teens. The company, Skill Struck, offers a monthly subscription to provide coding instruction with available tutors so parents don't need to learn to code to help their children to code.

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## Simple Bites

### SPANISH RICE

	For 1	For 2	4 or more	
	1/2 cup	1 cup	2 cups	long grain white rice
	1/4 small	1/2 small	1 small	onion
	2 tbsp	1/8 cup	1/4 cup	vegetable oil
	1 cup	2 cups	4 cups	water
	1 oz	1 1/2 oz	3 oz	tomato sauce
	2 tsp	1 tbsp	2 tbsp	Knorr chicken bouillon
	1 tsp	1.5 tsp	1 tbsp	garlic salt
	1-2 stems	3-4 stems	5-6 stems	fresh cilantro

Peel and dice onion.  
 Heat oil in a skillet, add rice and onion.  
 Sauté until rice begins to brown, stirring constantly.  
 Add water, tomato sauce, chicken bouillon and garlic salt. Stir until blended.  
 Bring to a boil. Sprinkle cilantro on top and reduce heat.  
 Cover and simmer for 20 minutes or until all the water is absorbed and rice is tender and fluffy.  
**HINT:** Do not lift lid or stir rice once you've reduced the heat and allow to simmer.  
 Remove cooked cilantro and serve.



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



## Police Beat

### BYU

#### THEFT

**Jan. 16** - An individual was reported for theft at the BYU Store. Police found and cited the individual.

#### DOMESTIC VIOLENCE

**Jan. 14** - An individual reported domestic assault between a couple at Wymount Terrace.

#### Provo

#### TERRORISM

**Jan. 19** - A man made a threatening Facebook post about committing a mass shooting hours before the Women's Marches. Police were alerted to the post and tracked down the man with the

help of the FBI. The man is currently waiting on an extradition warrant from Colorado, where it is believed he violated parole.

#### Orem

#### THEFT

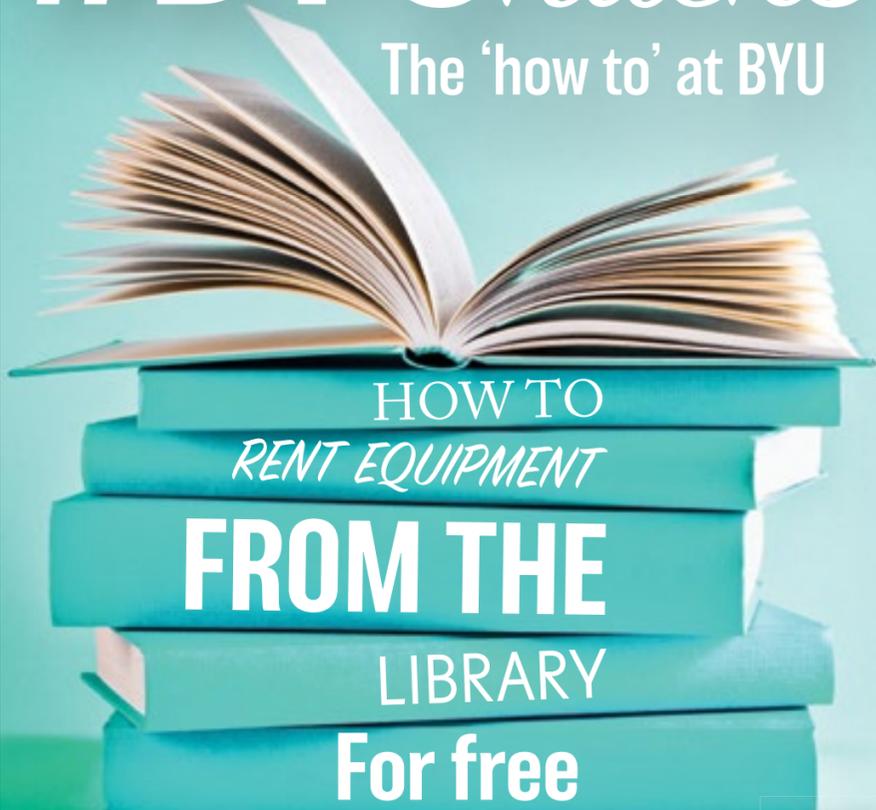
**Jan. 15** - A white van believed to have a connection to a burglary of a small car dealership was caught on a security camera. Police are currently investigating the situation.

#### LOST AND FOUND

**Jan. 11** - A Christmas card containing cash was found on a UTA UVX bus. Police were able to locate the individual and return the cash.

# #BYU hacks

The 'how to' at BYU



HOW TO RENT EQUIPMENT

FROM THE LIBRARY For free

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



# Utah legislative session agenda includes gun locks, domestic violence, suicide prevention

By LILIAN WHITNEY

A wide array of bills are in the works for Utah's 2019 legislative session, which will begin Jan. 28 and end March 14. With a record number of female legislators on Capitol Hill and bills addressing issues from distracted driving to guns and mental health to domestic violence, the 2019 session holds potential to change numerous Utah laws.

Below are four hot-topic bills to watch for during the upcoming 2019 session.

## Gun locks and suicide prevention

The Utah Department of Human Services reported in November 2018 that rifles and shotguns account for 62 percent of rural youth firearm suicides in Utah, the state with the fifth-highest suicide rate in the U.S.

HB17, Firearm Violence and Suicide Prevention, would require the Utah Division of Substance Abuse and Mental Health, in consultation with the Bureau of Criminal Identification, to manage a firearm safety program and suicide prevention education course.

The bill's sponsor, Rep. Steve Eliason, R-Sandy, said HB17 would prevent rural youth suicides by requiring long guns, such as rifles and shotguns, to be sold with cable-style trigger locks.

HB17 would mandate a firearm safety brochure and packet and allow Utah residents who file applications for concealed firearm permits to receive redeemable coupons for a gun safe. The legislation would also require suicide prevention education courses in public schools, community organizations and treatment centers.

"The bill is an approach to educate the public and give them better options to store their firearms," Eliason said.

## Distracted driving

Hundreds of drivers are killed and injured on Utah roads each year because of distracted driving. While previous legislation has banned texting and driving, HB13, Distracted Driver Amendments, would make holding a phone while driving a primary offense for



Porter Chelson

The Utah State Capitol Building in Salt Lake City, Utah, is home to one of the more conservative state legislatures in the country.

which people may be pulled over and cited.

Rep. Carol Moss, D-Salt Lake City, the bill's sponsor, said HB13 could reduce the number of accidents involving distracted driving.

"Everyone has a story about almost being hit or know someone injured or killed by someone who was distracted by their phone," Moss said. "People need to have both eyes on the road and both hands on the wheel to stay safe, especially on the freeway."

Communicating through wireless hands-free devices would still be allowed under the bill's provisions. Use of a handheld device would be allowed during a medical emergency, to report a safety hazard or criminal activity or while parked on a roadway.

A 2018 poll commissioned by The Salt Lake Tribune and the University of Utah's Hinckley Institute of Politics showed a 75-23 margin of Utahns that reported they would support legislation banning the use of hand-held cellphones while driving.

## Mental health procedures

According to the Utah Department of Health, Utah consistently has higher percentages of

mental illness than the nationwide average. SB38, Mental Health Amendments, includes amendments that would allow mental health professionals to look into prospective patients' backgrounds to familiarize themselves with the individuals' mental health history. It

also requires said professionals to be transparent with prospective patients about looking into their health history.

SB38 would also streamline the definition of "unprofessional conduct" in the mental health context as using the services of a licensed professional

in any manner not outlined in the law.

The bill is sponsored by Sen. Lincoln Fillmore, R-South Jordan.

## Domestic violence

Anything relating to domestic violence in Utah is a hot topic

on the House and Senate floors, and SB45, Domestic Violence Revisions, is no exception.

Sen. Allen Christensen, R-North Ogden, the bill's sponsor, expressed the importance of domestic violence legislation in Utah.

"Domestic violence often escalates into beatings and too often death of one of the partners, usually the woman," Christensen said.

Previous versions of the bill included a long list of offenses considered to be domestic violence. SB45 would add aggravated animal cruelty to the list as a domestic violence offense.

"The current law for domestic violence is quiet on animal abuse," Christensen said. "If a person tortures their partner's animal, usually as a way of hurting that partner, there is no repercussion in the domestic violence law. This would make it part of the domestic violence code."

The bill would also include minor technical changes and define words related to domestic violence.

Christensen urged Utah residents to become involved in the 2019 legislative session.

"Many of the laws we pass at the Legislature are going to affect citizens directly," Christensen said.

## HB58 aims to prevent drug fatalities, addiction

By DECKER WESTENBURG

Seventeen-year-old Tooele resident Talia Crowther began taking a variety of drugs when she was a preteen. Her adoptive mother introduced her to methamphetamine at age 12 and heroin at age 14.

"Rock bottom came at 13 or 14," Crowther said. "That is when I realized I was going to die if I kept doing this."

Crowther said her adoptive mother sold her into sex trafficking in exchange for drugs.

Because of cases like Crowther's, several Utah lawmakers have decided it's time to change the way the public understands and views opioid addiction.

The Legislature's Human Services Interim Committee recommended creating the Opioid and Overdose Fatality Review Committee. The bill that would do that, HB58, also proposes designating an opioid fatality review officer in the state Medical Examiner's Office.

Rep. Steve Eliason, R-Sandy, HB58's sponsor, said the review committee would monitor trends of what drugs people are overdosing on and how.

The committee would consist of various officials including an emergency medical services provider, a representative from the Division of Substance Abuse and Mental Health, a healthcare professional versed in treatment of substance use disorders

and any others the committee believes would make a compelling contribution.

According to the National Institute on Drug Abuse, there are 16.4 opioid related deaths per every 100,000 people in Utah.

"There is a troubling statistic of the percentage of people dying of overdose and becoming dependent on opioids," Eliason said.

The committee, which unofficially met last year, would gather at least eight times a year to understand specific drug overdose cases. Committee members would look at individual health records and interview families to provide information about the person. After compiling the data, they would send recommendations

to legislators and doctors.

"We hope that by gathering more information regarding opioid deaths, we will help with future efforts to combat opioid overdoses," Eliason said.

For people like Crowther, the committee's work might provide some hope.

"When I grow up, I want to have a house. I also don't want to relapse. I want to travel the world. I want to travel everywhere, with no care and just roam and take pictures. When I am older I want to be one of those people you would not expect to have been a drugie," Crowther said. "Sometimes it's too late to do things and sometimes its not, but I want to believe that it is not too late for me."

# MIXTAPE

This week:



Aimee



"Blank Space/Style"  
Louisa Wendorff  
*Blank Space/Style (Single)*

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

The second recommendation is Andra Day's "Rise Up" covered by The Nor'easters.

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



"Rise Up"  
Nor'easters  
*Rise Up (Single)*

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



## BYU ARTS

byuarts.com | (801) 422-2981

### 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



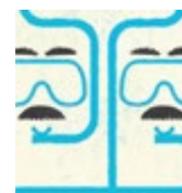
### OFF THE MAP: The Other Mozart

Thurs.-Sat., Jan. 24-26, 8:00 p.m.  
Sat., Jan. 26, 3:30 p.m.  
Pardoe Theatre



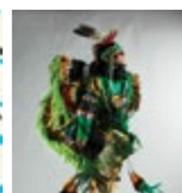
### OFF THE MAP: The Man Who Planted Trees

Thurs.-Sat., Jan. 24-26, 6:00 p.m.  
Sat., Jan. 26, 1:30 p.m.  
Nelke Theatre



### 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

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

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

BYU Philharmonic  
Wed., Feb. 13, 7:30 p.m.  
de Jong Concert Hall

All events are ticketed.





Political Theater

## 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

@samstinnett\_

"I get it, the Lord told you to have a baby, but at least be financially responsible about it" @HeardAtBYU

@\_scosgrove

"I get it, the Lord told you to have a baby, but at least be financially responsible about it" @HeardAtBYU

@rebeccaestevens

Girl in my class (named Ciara): I have to spell my name for people... every time. Professor: Now, I'm not saying your parents did that to make you more special-Ciara: Oh, they did. My little sister's name is China. Spelled C-H-Y-N-N-A. "class groans" @HeardAtBYU

@CollegeStudent

College is a cycle of staying up late to finish homework because you took a nap because you stayed up late to finish homework

@Tdubinit

Friend 1: I wonder if the money is getting tight in heaven  
Friend 2: I heard they blew it all on the temples @HeardAtBYU

@alexandriak00

"Well like, it's not against the honor code to get tattoos... maybe I'll get a temple on my arm." @HeardAtBYU

@lil\_cyborg

"niiice fanny pack duuude! are those tacos and limes?"  
"yeah, and some other stuff too"  
"sick! man, that's a fat pack. I envy you." @HeardAtBYU

@Hauskris

Do BYU students ride unicycles because they think it's cool or because they can only afford one wheel?

@sariah\_d

In my GE class this semester we had to write our name, our major, and one unique thing about us on a card... we heard about 4 Dallin's (and 2 Jared's) who were all business/engineer majors that all rode unicycles @HeardAtBYU

@phiamenina

guy: if we do something spontaneous I'll give you a ring  
girl: well i don't know if i want to do something THAT spontaneous @HeardAtBYU

@palakiks

"You're exams are closed book, closed note, but open revelation." -my BoM teacher my freshman year @HeardAtBYU

@darburst

my religion professor about elder holland "he came into the room and i was like oh, he could beat me up." @HeardAtBYU

@geneticwitch

"You got arrested for trespassing... while starting a fire?"  
"Yes I did. Hi, I'm very stupid." @HeardAtBYU

@skobza24

In BOM class:  
Guy 1: Dude I saw you Tuesday and we made eye contact but I didn't know if I should say hi or not  
Guy 2: You were here on Tuesday?  
1: Yeah  
2: Wait, was I here on Tuesday?  
1: yes....  
2: oh @HeardAtBYU

@nay\_oh\_mie

"He's Spanish! Well he's not Spanish, but he served his mission in Spain so it's basically the same thing." @HeardAtBYU

@rachelmarie187

"Wow it's really coming down out there! I hope you have an umbrella!"  
"I do not, but i have the power of prayer" @HeardAtBYU

@bigbluepuddle

"I mean, I look in the mirror and I wonder why it hasn't broken yet." @HeardAtBYU

@poetickate

and he who looketh on a car with a desire to flip the bird, hath already lifted the middle finger in his heart

@randii\_h

Not @HeardAtBYU but in the dressing room of h&m, but might as well have been:  
"So my new roommate has a tattoo. Oh and she's not a convert and I found out she got it after her mission. So basically I live in a house of sin."

@AlessioDeSimon6

"Let's have a Mutual party where we all hang out and swipe on girls" @HeardAtBYU

Tweets are unedited

## READERS' FORUM

### Diet fads

"I need to go to the gym. The freshman 15 is hitting me hard." Hearing a similar phrase is not an uncommon occurrence on the BYU campus. In fact, many students experience dissatisfaction with eating habits and body image. I have encountered similar feelings, and if you have too, know that you are not alone.

The good news is that it doesn't have to be this way. You can find comfort through intuitive eating, a method that optimizes freedom while honoring the body's needs.

Intuitive eating refers to a way of eating that promotes flexibility and freedom by relying on the body's physical sensations of hunger and fullness. This approach encourages people to simply eat when they are hungry and stop when they are full.

To further explain, imagine a rushed morning where you grab an apple on the way out for class. Your stomach growls as the day progresses. By the time you reach the Cannon Center, you feel ravenous and out of touch with feelings in your body. As a result, you eat past fullness and end up stuffed. Can you relate?

This situation demonstrates concerns of being disconnected from the sensations of hunger and fullness. These internal signals are wiser than external diet culture, and when honored, your body receives steady fuel throughout the day.

This is vital for maintaining proper energy levels and optimal brain function. Attention level will increase during classes, and it may even make the testing center a less dreadful experience. This being said, it is normal to be hesitant about trying an unfamiliar approach to eating.

With the prevalent diet culture that surrounds us, make the courageous decision to do what is unpopular. Tune out the thoughts of diets and find

joy in listening to your body. I promise you won't regret it.

—Bailee Stones  
Highlands Ranch, Colorado

### Athletic scholarships

As a student athlete here at BYU, I am extremely thankful for the athletic scholarship I have received. However, some individuals believe that student athletes do not deserve to have scholarships. Some say those with higher GPAs and more academic accolades in high school deserve these scholarships instead. It may be true that these individuals deserve scholarships, but it does not mean student athletes do not deserve the same privilege.

In addition, student athletes and college sports are another source of revenue for universities. According to ESPN 960, "BYU (athletics) generates around \$67 million a year in revenue." Being a student athlete could be comparable to having a job.

Student athletes do not get their scholarships for free. They go to all of their classes, keep good grades and adhere to the Honor Code, just like all other students at BYU. However, student athletes are also required to go to workouts, practices and to "win at the conference and national level, while displaying world-class sportsmanship," which is verbatim from the BYU Athletics mission statement.

It is an honor for us to attend this wonderful university and have these opportunities at BYU, and we are all striving for success in and out of the classroom. So, before judgements are made on a student athlete's right to a scholarship, please attempt to see it from their perspective first.

—Allysha Mae Mateo  
Mililani, Hawaii

## IN OUR OPINION

2018 was one of Utah's driest years to date, according to the National Centers for Environmental Information (NCEI), yet there were still few measures taken to conserve water. When other states go into a drought they take state-wide measures to conserve as much water as they can. California is a prime example.

In the summer of 2015 I attended a wedding in Los Angeles. The entire wedding party stayed with members of the bride's family on the outskirts of L.A. We were all told that California was experiencing a drought and that we needed to "shower like we were in the Navy" — rinse, turn off the water, put on soap and shampoo, rinse and then be done. No more than five minutes.

Other countries also strive to conserve water, not only because they are in a drought, but also because they know there isn't enough clean water on the earth to waste on taking long showers. Germany conserves water, not only in times of drought, by controlling water heating systems. These regulated controls on the private heating systems permit users to only have heated water between the hours of 5 a.m. and 10 p.m.

With only 1.2 percent of the earth's water being potable and accessible, we need to take measures to conserve as much as we can, especially since Utah is such a dry state. That's not to say everyone should start bucket showering, but we should be more aware of the amount of water being used in our homes on a daily basis.

The first step we can make is to take shorter showers — and maybe make sure the sprinklers are watering the grass and not the sidewalks.

—Rachel Keeler  
Universe Campus Editor

## OPINION OUTPOST

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

### Martin Luther King Jr.

In honoring Dr. King, we salute all the reformers, visionaries and change-agents here in Utah and across the country. Such reformers will be judged not by the color of their skin, nor by whether their name appeared in a newspaper, within a website or on a monument — but by the content of character — just as Dr. King taught and lived.

—Editorial Board  
Deseret News

### Russian-linked Facebook accounts

Facebook's latest takedown of Russian-linked accounts and pages may be the most significant

yet, and this time the removal has nothing to do with a U.S. election.

Russia is speaking with one voice around the world and seizing on social media's viral mechanics to distribute its message. The United States is divided. As long as lawmakers here fail to establish a credible and concerted campaign to deter Mr. Putin and his cronies, Russia will pursue the tactics that have worked for it so well so far.

—Editorial Board  
The Washington Post

### Global debt

The latest report from the Institute of International Finance says the world's total debt — government, corporate and household — totaled \$244 trillion during the third quarter of 2018. That is 318 percent of the world's gross domestic product, or more than three times the world's total economic output.

It's not too late to reverse the trend. Certainly, every American should work hard to reduce

personal debt. Government holds the biggest key, however.

To simply continue the current course, flirting with an unknown debt-level tipping point, is insanity.

—Editorial Board  
Deseret News

### Anti-vaccination

The World Health Organization has ranked vaccine hesitancy — the growing resistance to widely available lifesaving vaccines — as one of the top 10 health threats in the world for 2019.

Thwarting this danger will require a campaign as bold and aggressive as the one being waged by the anti-vaccination contingent. And to launch such a campaign would require overcoming strong inertia: a waning public health apparatus, countervailing politics and a collective amnesia over the havoc the diseases in question once wrought. But to succeed would be to rescue from oblivion one of the greatest triumphs of human ingenuity

over disease — and to save countless lives.

—Editorial Board  
The New York Times

### Sex education

What might really result in fewer abortions, legal or otherwise, happening in Utah is the move by the Utah Board of Education to add a breath of reality to the state's health education standards.

But nothing the state does is likely to brush aside the morals taught in the home. Those lessons

are either taken to heart or they aren't and, if they aren't, then some straight talk about both abstinence and contraception can go a very long way indeed toward minimizing any long-term damage.

—Editorial Board  
The Salt Lake Tribune

### Border wall

Many people envision the border area as mostly desert. In fact, the landscape along the nation's southern border is incredibly

diverse. One finds ecosystems from temperate forests, grasslands and subtropical scrublands to wetlands and salt marshes. A magnificent national park, wildlife refuge and the National Butterfly Center all are in the wall's path.

As the partial government shutdown drags on, remember that it is about more than immigration. Trump's wall would be worse than ineffective — it would cause irreparable environmental harm.

—Editorial Board  
Miami Herald

## 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.

## Women's basketball remains undefeated in WCC



Jaren Wilkey/BYU Photo

Left: Paisley Johnson (13) and Brenna Chase (1) celebrate alongside their teammates after taking sole possession of first place in the WCC. Right: Paisley Johnson celebrates on the court after defeating No. 13 Gonzaga 80-78 on Jan. 17.

By AARON FITZNER

The BYU women's basketball team needed to find new production leaders after losing its top two leading scorers from the 2017-18 season. Luckily for the Cougars, three new leaders have propelled the team to the top of conference standings with an undefeated conference record.

"Those three guards, they really play so well together," head coach Jeff Judkins said. "When one person gets stuck they throw it to the other person. I think they have a lot of trust in what's going on."

BYU topped No. 13 Gonzaga 70-68 on Jan. 17 with sole possession of first place in the WCC on the line. Two days later, the Cougars beat

Portland 79-71. Now hoisting a record of 7-0 in the WCC and a 16-3 overall record, the Cougars are on pace for 24 wins this season, which would be the most wins recorded since the 2011-12 campaign.

Paisley Johnson, a sophomore from Everett, Washington, has been making recent headlines with her play. She was named the WCC player of the week on Jan. 14 after averaging 24.5 points in two road games. Johnson has started all 18 games for BYU this season, a drastic change from last season when she played in all 30 games but started none.

"I definitely worked out a lot during the summer," Johnson said. "I really put time into enhancing my offense because last year I was definitely the defender on the team, that was my role."

In addition to her increase in starts, Johnson has also seen an 8.6 increase in points per game. The Cougars desperately needed her newfound scoring touch after losing their top two scorers from the previous season.

"I had to step in and mentally switch my thought process to make myself more aware of what my role was on the team," Johnson said.

Along with Johnson, Shaylee Gonzales has helped the Cougars significantly. Gonzales is a new addition to the team after graduating high school in Gilbert, Arizona. The freshman currently leads the team in points per game with 17.6, along with rebounds (95), is third on the team in field goal percentage (.473) and co-owns the assist lead (71).

"Shaylee, what do you say? Freshman? The kid's got ice water in her veins," Judkins said.

"She hits big shots, big plays, she wants the ball."

Rounding out BYU's big three is Brenna Chase, who also averages double digits in points per game (12.5). While being a top-three scorer for BYU last season, the Thornton, Colorado, native again finds herself as a leader for the Cougars.

"We have so many threats on the floor that when it's your opportunity to hit I trust my teammates to hit it," Chase said. "I trust myself to hit it as well."

For the big three, the underlying theme seems to be trusting one another and knowing they will have someone to catch them when they slip.

"I know Brenna's got my back, I know Shaylee's got my back," Johnson said. "We say all the time, 'I got your back.'"

## Alum fights for faith

By ROBERT JAMIAS

Injuries aren't fun, especially when you're a professional fighter. BYU alum and professional MMA fighter Westin Wilson can tell you all about that.

Just weeks prior to his appearance at a major MMA event last November, Wilson tore a ligament in his wrist, forcing him out of the event. The event, featuring the third fight between Chuck Liddell and Tito Ortiz, would have presented the perfect opportunity for the featherweight fighter to significantly build his reputation and improve his fighting resume.

"That was probably going to be one of the bigger fights I've ever had," Wilson said. "It was at The Forum (in Inglewood, California), headlined by two legends of the sport."

This isn't the first time Wilson has dealt with injury or illness in his career. He also fought a devastating knee injury and appendicitis. He presses through his injuries so he can continue fighting and represent his faith.

Despite missing the November event, Wilson remains positive about the future. He said missing the event was not ideal, but his career trajectory remains relatively unchanged.

"Everything happens for a reason and it wasn't meant to be," Wilson said. "So you can't just dwell on it and think about, 'What if?'"

It's with that attitude that Wilson has embraced another opportunity to fight again in late February,



Westin Wilson

BYU alum Westin Wilson, left, earns a victory in his Bellator debut. Wilson uses his MMA career to spread the gospel.

headlining an event by Fight Club OC in California where he lives. His appearance will mark his 10th professional MMA fight.

But Wilson doesn't have to fight. He isn't looking for fame. He isn't looking for wealth, either — he said he lives comfortably working full-time managing finances for a software company. Wilson said it's all about his faith.

"I want to be the Steve Young of MMA," Wilson said. "I've gotten to do some really cool things in the sport but I really just want to be an example of the Church."

As a devout member of The Church of Jesus Christ of Latter-day Saints, Wilson said he feels it is his duty to use his talents as a fighter to share the gospel.

Wilson's father, Kevin Wilson, said Westin Wilson's missionary spirit has always been one of Westin's most admirable traits.

"The thing that I'm impressed with is he lets everybody know that he's a member of the Church," Kevin Wilson said. "He uses it as an opportunity to do missionary work."

Recently, Wilson has been training with elite names in the sport like Stephen Thompson and Kelvin Gastelum, both of whom have defeated world championship level fighters.

Wilson's manager Jason House said he has high hopes in anticipation of February's fight.

"Westin's looking great in the gym," House said. "He never cheats the process and that's why I think he's been so successful in his life."

## Swimming and diving prepares for upcoming meets



Freshman Kennedy Cribbs practices for an upcoming dive meet. In addition to diving, Cribbs also participated in gymnastics for 12 years.



Junior Nathan Gonzales gets ready for an upcoming dive meet. Gonzales scored a 351.15 in the 1 meter during the 2017 Diving Invite.

Emma Willes photos

# Gymnastic team carries last season's high note into 2019

By NATALIE ORR

average jumped two points in three years came with a learning curve.

"A lot of what I do is try to educate them," Young said. "I tell them, 'This is what we're doing and this is why we are doing it.' Especially with Generation Zs. As soon as you connect the why, they'll work hard for you."

Young's coaching style propelled the team to achieve two all-time team records last season: a 49.325 on beam and a 49.425 on bars. These records had remained untouched since 2005.

"We focused on fixing the fundamentals of their gymnastics," Young said. "We weren't missing the big skills. We were messing up the little things. Last year, all the hard work we spent fixing the fundamentals paid off, and as soon as we did that, the falls stopped."

Team captain and senior Natasha Marsh earned a spot with the Cougars as a freshman at the same time Young replaced former head coach Brad Cattermole. Entering the program together, Marsh and Young watched the team adapt.

"He is really passionate and dedicated," Marsh said. "I know there isn't a night that goes by that he doesn't go to sleep without us being on his mind or what the next practice is going to be."

Last season, Marsh boasted two personal records on bars (9.875) and beam (9.900).

"I think I ended on a good spot and I felt really confident," Marsh said. "I want to build on that confidence and help the other girls recognize their abilities and how incredible they can be by doing what they've been practicing."

The Cougars welcomed 11 freshmen and volunteer coach Leonid Matsyuk in preparation for the 2019 season. On Jan. 11, the Cougars broke records in their opening meet against No. 3 University of Utah.

Positioned toward the top of the vault set in the season's first rotation, junior Angel Zhong foreshadowed a strong meet by earning a 9.725 on vault. Zhong made the transition to hard landings just three days prior to the meet after nursing an ankle injury during the preseason. This dedication follows suit of the team's 2019 season motto.

"This year, we are focusing on being all in and working more together as a team," Zhong said. "We're going to surprise a lot of teams with how much we have improved because we are ready."

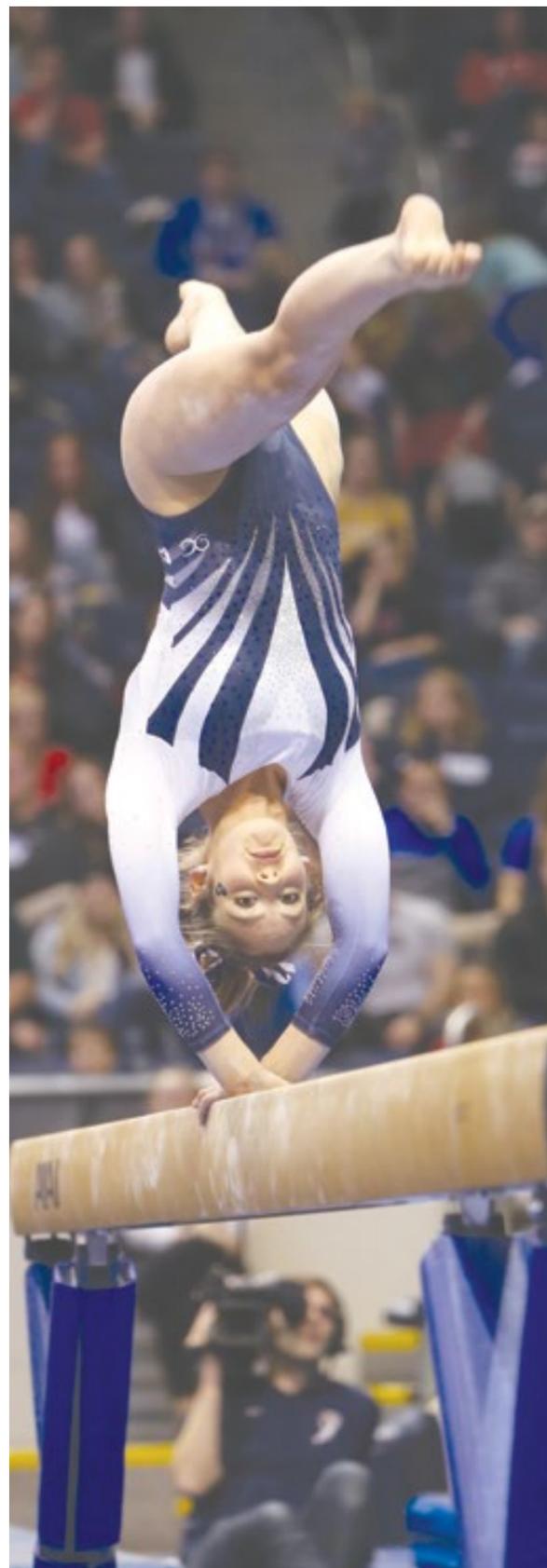


Hannah Miner

Abbey Miner, a sophomore from Mapleton, participates in her beam routine, scoring a 9.9.

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Hannah Miner

Senior team captain Natasha Marsh, from Tucson, Arizona, participates in her beam routine, scoring a 9.9.

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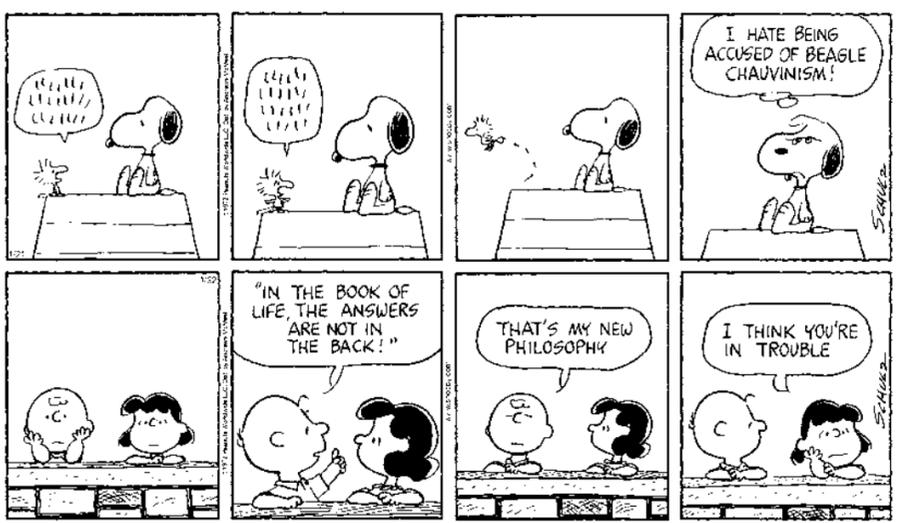
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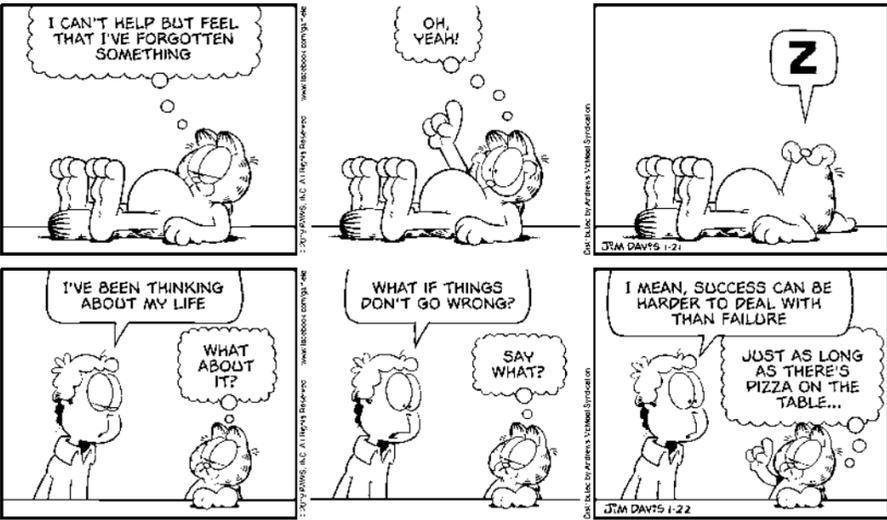
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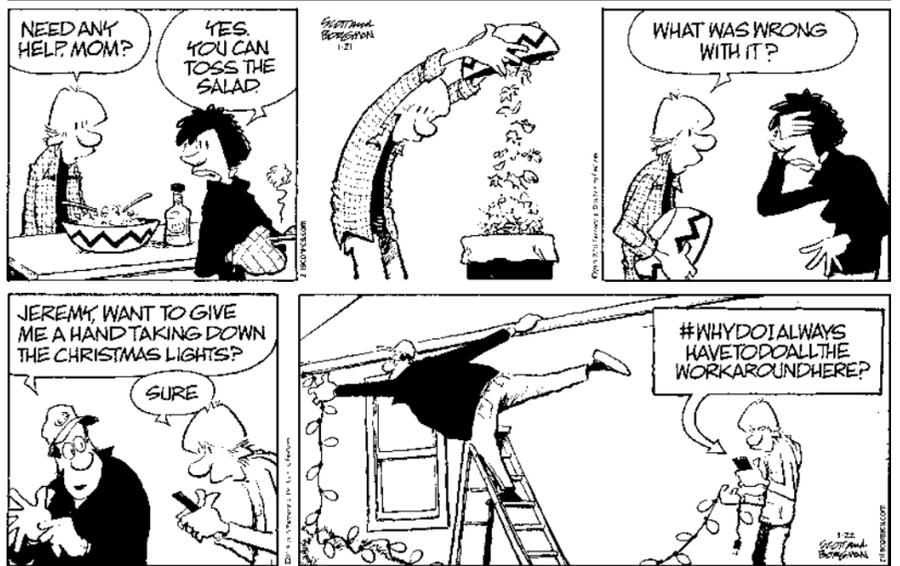
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**Sudoku**

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).

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

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

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

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

**The New York Times Crossword**

Edited by Will Shortz No. 1217

**ACROSS**

- Baseball's record-setting Ripken
- Catches a touchdown pass, e.g.
- Not much
- Lead-in to carte or mode
- Tel Aviv's land
- Helen of (mythical beauty)
- Flier that may carry rabies
- Small bird of prey
- French girlfriend
- Ginger (soft drink)
- Seaweed, e.g.
- Something falling down, in a children's song
- Lucy of 2000's "Charlie's Angels"
- Summons, as strength
- Put the kibosh on
- Actor Efron of "High School Musical"
- Sign by a fire escape
- "Mazel \_\_\_!" (cry of surprise)
- Commandeers ... or a friendly hello to the people starting 18-, 24-, 51- and 62-Across?
- Init. on an airport uniform
- \_\_\_ out a living (barely gets by)
- Moonshine container
- Carriage named for an English county
- Careful reading
- Farrow of "Hannah and Her Sisters"
- Dorothy's footwear in "The Wizard of Oz"
- White-faced
- Bit of cookware
- Big bizwig
- What follows Thanksgiving
- "What \_\_\_?!" (cry of surprise)
- Volcanic flow
- From not long ago
- Was in charge of
- In a dead heat
- No longer shrink-wrapped
- First Republican prez
- Group of schemers
- Mission where Davy Crockett was killed
- Don Juan sort
- Bro's sibling
- Network for political junkies
- Big name in toothbrushes
- Pinker in the middle, say
- Always, in poetry
- \_\_\_-mo (replay option)
- Olympics competitor
- Toot one's own horn
- Sioux City's state
- Young 'un
- Goes back and forth, as a tail
- Revise copy
- "That's gotta hurt!"
- Big name in desktops
- Part of m.p.h.
- Took a load off
- Hicks and Judge of Major League Baseball
- Conveyance for Calvin and Hobbes
- Sushi garnish
- Accomplished
- Wearers of 17-, 24-, 50- and 59-Across?
- More of an \_\_\_ than a science
- Barely beat (out)
- Massage
- Vittles
- Sign gas
- Proper attire for shadowing a suspect?
- Reynolds of "Boogie Nights"
- Gary who played Buddy Holly
- Wedge, for one
- "Planet of the \_\_\_"
- "You can keep me"
- Outbox folder
- Cousin of a pollock
- Unvarnished identity
- Pull-off spot
- Former senator Trent
- \_\_\_ loss
- Parrot with a showy crest
- George who played Sulu on "Star Trek"
- It can't be improved upon
- W.S.J. competitor
- Alternative to John F. Kennedy
- Basketball Hall-of-Famer Mourning
- Model Chrissy who wrote the best seller "Cravings"
- Titles with tildes
- Sticks (out)
- Thrash about
- Co. with brown trucks

**ANSWER TO PREVIOUS PUZZLE**

LACES FRY PABST  
SLATE LIE ALOHA  
DIRTY CHEAP SAFES  
PUT OUT ATMFEE  
TAO GRASSROOTS  
ELOPES ICY  
APLUS MAGI SWAT  
THE PLOT THICKENS  
SARA TIES PINTA  
PHD BUSTER  
BUSHLEAGUE RDS  
ONTOUR LAREDO  
ODIUM JUNGLEGYM  
SENSE IED KAUAU  
TREES FYI SLEPT

**The New York Times Crossword**

Edited by Will Shortz No. 1218

**ACROSS**

- Relative of Alt on a keyboard
- Be part of, as a play
- Pull-up muscles, briefly
- Cookie with its name on it
- One agreeing with everything you say
- Sheltered at sea
- Proper attire for taking fingerprints?
- Dramatic "You too?"
- Mauna \_\_\_
- Bat for hitting practice fly balls
- Red, white and blue team
- Proper attire for picking up a series of clues?
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POOF POPBY BAS  
JONI ATRIA PIPE  
SHELLSHOCK AREA  
EASED MIDST  
PROCTOR PEELOUT  
CARLIN HURT NIL  
STEEN SARI NATE  
GROUNDS CREW  
AMOK FATE AGILE  
PAN TOGO AZARIA  
PITBOSS SLOWEST  
ENRON AUDRA  
AMAL COMPOSTBIN  
RAID ADIEU TIVO  
SNL PEERS STEW

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