

International Cinema expands understanding

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Sexual violence issue among Native American women

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Vote for the team you think will win

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Dance programs create positive environments



Whitney Finuf



Students in Shayla Bott's ballet class practice positions and exercises. Scan the photo with the *Universe Plus* app to read a Portuguese translation of the story.

By ARIANNA DAVIDSON

Dancing environments can play a major role in helping dancers avoid problems like eating disorders and perfectionism. Many BYU professors are striving to make dance environments positive and healthy for students.

According to BYU ballet dancer Ashley Bouwhuis, eating disorders can come from the environment created by teaching practices and a dancer's peers.

Though few dancers develop a clinically defined eating disorder, many develop some form of disordered eating, according to Dance Psychology for Artistic and Performance Excellence.

According to the Academy of Nutrition and Dietetics, disordered eating is used to describe a range of irregular eating habits; the main factor that differentiates disordered eating from an eating disorder is the severity and frequency of behaviors.

While the need to be thin and "perfect" is a common mindset in much of the dance world, things are different at BYU, according to BYU Ballet Administrator and BYU Ballet Artistic Director Shayla Bott.

"We here at BYU are always trying to help people come to a healthier place," Bott said. "I think overall, especially in small companies across the nation, people are looking for healthier bodies that can do all of the repetition that is required of them."

According to Bott, unhealthy influences from dance environments will be evident in the dancers.

"Our students are with each other for around 22 hours a week, and if that were to be a toxic environment for any of them it could be really damaging," Bott said.

Some comments made in passing by teachers and peers can have a lasting impact on students, according to former BYU student Nicole Harvey.

"They can cause mental blocks when it comes to insecurities and pushing forward and having confidence, or it can do the opposite and give great confidence and help," Harvey said.

According to BYU associate dance professor Shani Robison, the pursuit of perfection is a driving force when it comes to mental instability in dancers.

"I think our art form, being such a visual performing art, affects mental health because of the desire to look a certain way," Robison said.

According to Department of Dance Associate Chair Pam Musil, there's always the need for perfectionism in dancing, and that need establishes a feeling of a constant need to be perfect in dance environments.

"There's quite a bit higher level of perfectionism in dancers than in other populations, and that perfectionism, I think, also attributes to eating disorders," Musil said. "There's also quite a bit of research that suggests dancers begin worrying about their weight at a much younger age than their peers and begin restricting calories as young as 9 years of age."

Musil said that, similar to the ballet program directors, the contemporary dance directors look for healthy dancers and focus more on dancers' health than on the aesthetics of a performance.

"In a contemporary classroom, there's a lot of space and room for individual choice and a lot of valuing of different kinds of bodies and different looks," Musil said.

University policy says, dance department faculty are prohibited from speaking about weight with students. However, some areas of dance continue to measure and compare their dancers with the hope of achieving a uniform look, a practice that can create an unhealthy environment, according to BYU dancer Mallorie Davis.

According to Robison, with the toll dance takes on dance students, teachers are striving to make dance environments more conducive to healthy thinking.

"I think facing away from the mirror is something that helps dancers focus less on what they look like and more on how they dance," Robison said. "I also think talking to students ahead of time about the resources that are available to them if they are struggling with mental health or disordered eating is extremely important."

Ballroom dance teacher Natalie Schultz said change can come from how teachers instruct their classes or how students interact with each other, but it primarily has to come from within the individual dancer.

"If people want to see that change



Whitney Finuf

A BYU student en pointe in Shayla Bott's ballet class.

is happening, it has to start within themselves and how they approach it," Schultz said. "Until dancers accept how they look and that they look beautiful, nothing really will change."

Along with this change in dancers' mindsets, Bott said instructors also need to gain emotional intelligence.

"I think that dance can get to a point where those in charge value the individual dancers just as people and not just as a means to put on a performance," Bott said. "I also think it is important to create a family environment within dancers so they have a support system that is existent even outside the classroom."

Arianna Davidson is a member of one of BYU's ballroom dance teams.

Lack of on-campus child care impacts students

By KAITLYN BANCROFT



Second in a series

BYU student Katelyn Casperson and her husband had seen many couples around campus with children and decided having their own baby would be manageable.

During her first semester back to school after her son was born, Casperson, a computer science major, participated in a babysitting swap with some of her neighbors who also had young children. Casperson found this arrangement stressful, as time she could have spent studying was spent babysitting. This semester, she and a neighbor split the cost of a nanny who watches both of their boys.

Though Casperson has no regrets about having her baby, she and her husband can't afford both child care and her full-time school tuition, so she only attends school part-time while her husband, a BYU alum, works as a schoolteacher. She's also had to retake some classes from the semester she used the babysitting swap.

"The lack of child care options and affordability of child care has impacted my graduation date by extending it out by a year," Casperson said.

Casperson, whose baby is now six months old, said on-campus day care at BYU would make "a huge difference" to her.

"I would be able to study and do full-time school," she said. "I'd be able to get out of here sooner and move on with my career and hopefully have a higher quality of life for all the members of my family."

Robbyn Scribner, a researcher and writer for the Utah Women and Leadership Project, said BYU could "take a page out of the book" of other universities and recognize what a benefit on-campus child care would be to its students.

"The Church makes such a push for how important it is for women to get their education, and to have that little extra boost (of) having child care right there on campus ... would help both the male and female students graduate from college," she said.

See CHILD CARE on Page 4

Rocketry Club sets world record

By MADISON EVERETT

BYU Rocketry Club team High Power set a Guinness World Record for the highest launch of an effervescent tablet rocket at the U.S. Bayer Alka-Rocket Challenge.

The competition was held at the Kennedy Space Center in Merritt Island, Florida, on Dec. 12. A team of four BYU students — Zachary Lawless, Mark Johnson, Riley Meik and Alex Laraway — was one of five finalists selected to compete in the Alka-Rocket Challenge.

According to Johnson, 18 college teams entered the competition, but the five finalists were California Polytechnic State University, University of Minnesota, Texas Tech University, the University of Georgia and BYU.

The team more than doubled the previous world record height with its rocket soaring to 883 feet. The previous record,

held by University of Minnesota, was 429.7 feet.

BYU Rocketry Club President Mark Johnson said he was surprised by the hype about the competition's result. According to Johnson, the rocket is essentially a potato gun.

"Traditional rockets, like NASA rockets, carry all their fuel with them, and they burn all the way up into space," Johnson said. "Our rocket was a cannon that shot a dart, and that dart was unpowered. The only force to it was from the initial launch, so it functioned like a potato cannon."

According to Johnson, this is not the team's most ambitious project, and he is surprised by the response and attention the club has received because of the competition.

"This is not our most technically complex project, our coolest project or most ambitious project," Johnson said. "It's just kind of another project. And suddenly it's been huge."

In preparation for the competition, Johnson said the team members felt confident with the rocket they created.

"I personally knew we were going to win," Johnson said. "We were putting up big numbers."

According to High Power team member Lawless, the team hit 860 feet the day before the competition.

Simplicity is key in these competitions, Lawless explained. According to Johnson, BYU was the only team out of the five whose launch was 100 percent successful every time.

"A design doesn't have to be complex to be effective," Johnson said.

Lawless has always been interested in aerospace. Although he didn't have a lot of hands-on experience before joining the BYU Rocketry Club, Lawless said he always knew he wanted to do something related to aerospace and engineering.

"I always wanted to be an astronaut as a little kid," Lawless said. "Then I hit six foot and they have a height requirement,



BYU Rocketry Club

Rocketry Club members, from left, Riley Meik, Zachary Lawless, Alex Laraway and Mark Johnson stand at the Kennedy Space Center for the Bayer U.S. Alka Rocket Challenge.

so I realized I couldn't be an astronaut, so I wanted to build rockets instead."

Lawless' passion for aerospace is what led him to major in mechanical engineering and join the Rocketry Club. Lawless and Johnson said they are proud of the results and excited for the

opportunities that lie ahead.

The team won \$30,000 from the competition and plans to put the money toward future projects and competitions. Johnson said he hopes to get another team together for upcoming competitions.

UNIVERSE news briefs

FROM THE ASSOCIATED PRESS



Trump sets less than 50-50 odds of reaching wall deal

President Donald Trump said Jan. 27 that the odds congressional negotiators will craft a deal to end his border wall standoff with Congress are "less than 50-50."

As hundreds of thousands of furloughed federal workers prepared to return to work, Trump told The Wall Street Journal that he doesn't think the negotiators will strike a deal that he'd accept. He pledged to build a wall anyway using his executive powers to declare a national emergency if necessary.



UK leader pressured to secure Brexit concessions

Pro-Brexit British lawmakers were mounting a campaign Jan. 28 to rescue Prime Minister Theresa May's rejected European Union divorce deal in a parliamentary showdown, as major retailers warned the U.K. could face food shortages if it leaves the bloc without an agreement.

Lawmakers threw out May's Brexit deal in mid-January and will debate and vote Jan. 29 on competing plans for what to do next. Britain is scheduled to leave the EU on March 29, with or without a deal.



Heavy snow hitting parts of Midwest

Heavy snow and powerful wind created blizzard-like conditions Jan. 28 across parts of the Midwest, prompting officials to cancel about 1,000 flights in Chicago and close hundreds of schools in several states. But forecasters warn the most dangerous weather is yet to come: frigidly low temperatures the region hasn't seen in a quarter century.

Snowplow drivers had trouble keeping up with the snow in Wisconsin and Minnesota, where up to 14 inches is expected.



New leaders taking over as Utah Legislature opens

The Utah Legislature's 2019 session opened Jan. 28 with new faces in several leadership roles.

Taxes, education and Medicaid expansion are expected to be among the big issues this year. Utah voters approved fully expanding Medicaid in November, but lawmakers who long resisted the change are expected to propose revisions that will have supporters fighting back.

Republican Brad Wilson is moving from majority leader to speaker of the Utah House.



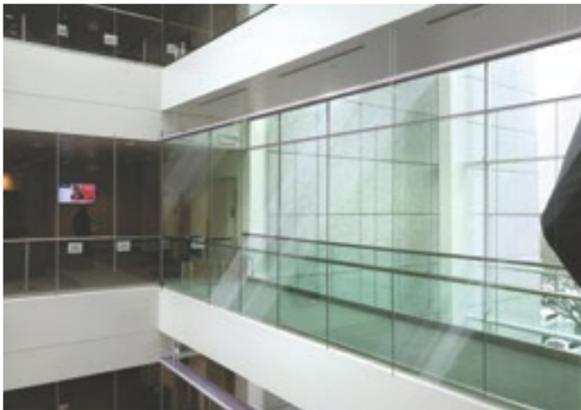
'Black Panther' wins top honor at SAG Awards

"Black Panther" took the top award at Jan. 27's 25th Screen Actors Guild Awards, giving Ryan Coogler's superhero sensation its most significant awards-season honor yet and potentially setting up Wakanda for a major role at next month's Academy Awards.

The two leading Oscar nominees - "Roma" and "The Favourite" - were bypassed by the actors guild for a best ensemble field that also included "BlackKkKlansman," "Crazy Rich Asians," "Bohemian Rhapsody" and "A Star Is Born."

BYU enclosing Tanner Building atrium

By KRISTEN HOLLINGSHAUS



A construction illustration shows how a glass enclosure on the second, third and fourth floors of the Tanner Building will look.

BYU announced plans to enclose an atrium in the Tanner Building in glass seven weeks after a student died by suicide while the atrium was open.

The Tanner Building is home to the Marriott School of Business, which announced the renovation to its students in an email on Tuesday, Jan. 22.

"Plans for renovation of the bridges between the east and west sides of the Tanner Building were approved last week by BYU's Campus Planning Committee. The glass parapet walls on the second, third, and fourth floors surrounding the atrium and across the walkways are being replaced and will be several feet higher than the previous glass," assistant business school dean Eric Teel said in the email.

The original and main portion of the Tanner Building surrounds a large atrium that

is already completely enclosed in glass. The atrium being renovated connects the original building to the 2008 addition.

"Construction will be prioritized beginning with the fourth floor and moving down so that the upper floor(s) can be opened upon completion, even while work on the lower

floors continues," Teel said. "It is possible that the fourth floor will be open as early as the end of February."

The email says students will have to go outside to get between the east and west sides of the building during construction, which is scheduled for completion in April.

Police Beat

BYU

THREATENING

Jan. 24 - An individual reported threats made by another person at Wyview Park.

DRUGS

Jan. 23 - Officers responded to a report about a marijuana smell in the area of Helaman Halls. Officers checked the area and cited two individuals.

OREM

DRUGS

Jan. 22 - An officer checked on a man who was sleeping in his car at Walmart and found the man possessed meth and drug paraphernalia. The man had multiple warrants and had stolen tools in

the car. He was taken to jail and police are following up to return the stolen tools.

Jan. 22 - An officer responded to a call from a local hotel about a bag of meth found in one of the rooms. The suspect moved to a different room in the hotel and a warrant was quickly filed.

THEFT

Jan. 22 - A hotel reported an unknown guest leaving a small safe with the digital keypad broken off the front of it. The officers are doing a follow up to see if it was linked to any local break-ins or robberies.

SHOPLIFTING

Jan. 22 - A man attempted to

walk out of a Walmart with a large TV in his cart and was stopped by the door greeter. He was able to steal a set of bed sheets. Police knew his identity because he made a return to customer services before the theft.

Jan. 22 - A woman stole a pair of jeans from the Buckle store inside the Orem mall. She attempted to return them for money at the Provo Buckle store. The store called the police and the woman was booked into jail.

PROPERTY DAMAGE

Jan. 22 - An unknown individual threw a package full of bricks into the post office kiosk in south Orem. An investigation is still ongoing.

Man guilty of stealing from BYU library

ASSOCIATED PRESS

The Daily Herald reports Orem resident Kevin Mark Ronald Schuwer pleaded guilty to stealing eight books and a historic picture from the Harold B. Lee Library between September

and November 2018.

Investigators say Schuwer checked out eight books valued at \$300 each.

A police search warrant says Schuwer also took a historic picture of Porter Rockwell.

Court documents say he then sold the photo and three of the books to a collector for \$3,000.

Authorities recovered three more books at Schuwer's residence, but two of the "rare LDS Church books" are still missing.

Schuwer pleaded guilty last week to two counts of wrongful appropriation, both third-degree felonies. The charges each carry a zero- to five-year prison sentence.

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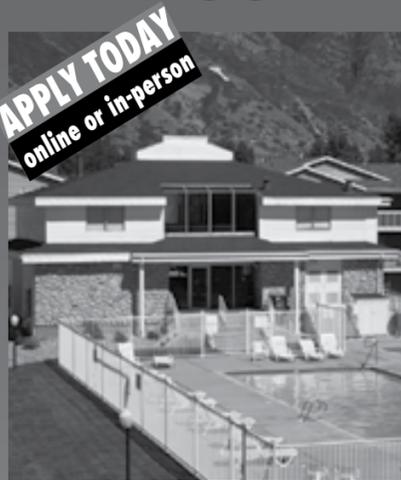
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Sexual violence rates double against Native American Women

By AUBURN REMINGTON

The United States is currently facing a little-known crisis: Native American women are twice as likely to be raped or sexually assaulted than other women in the U.S., according to the U.S. Department of Justice.

Tarah Demant, the director of human rights group Amnesty International's Gender, Sexuality and Identity program, said there is no protection and "absolute impunity" when it comes to the sexual assault of Native American women.

"We've done interviews in communities where not one woman we talked to was not a survivor of sexual assault ... all the way from the 10-year-old great-granddaughter to the great-grandmother at 90 years old, all of whom in their community had experienced sexual assault at some point," Demant said.

According to the U.S. Department of Justice, 96 percent of native women who reported sexual assault in their lifetime said they had been assaulted by a non-native man.

An Amnesty International report claims the high levels of sexual violence against Native American women are perpetuated by a "maze of injustice": the complex interrelation between tribal, state and federal courts.

According to the report, if a Native American tribe is federally recognized, the government recognizes it as sovereign. However, if a non-native man commits rape or sexual violence against a Native American woman, determining which court prosecutes the crime can get confusing. The organization that prosecutes the crime depends on whether the victim is a member of a federally recognized tribe, whether the accused is a member of a federally recognized tribe and if the crime took place on tribal land.

Until the 2010 passage of the



Amnesty International/Adam Nadel

Jackie Brown Otter is the founder of Pretty Bird Women House, an organization that helps those affected by domestic and sexual violence at the Standing Rock Sioux Reservation.

Tribal Law and Order Act, many times non-native men couldn't held in Native American jails, according to Demant.

Because of the act's passage, tribes can now impose a prison sentence of up to three years — up from the previous maximum sentence of one year — for any crime. However, the average prison sentence for rape by state or federal courts is "between eight years and eight months and 12 years and 10 months respectively," according to Amnesty International.

"Until very recently, non-native people couldn't even be held in Native American jails, so if I, as a non-native person walked onto a reservation ... and committed a crime, I couldn't be held by the local authorities," Demant said. "So then some state official would have to drive in from 100 miles away ... or a federal official from even farther away, maybe from the FBI, and the FBI is not spending their time trying these cases."

Demant said she believes the history of colonization is what causes non-native men to perpetrate sexual violence against Native American women.

Princella Redcorn, the communications officer at the National Indigenous Women's Resource Center, agrees that

colonization has a lot to do with why sexual violence against Native American women is so prevalent.

"From colonization to our people and lands, learned behavior, abuse of power and control, Native American women and children remain most vulnerable to violence," Redcorn said. "Federal, state and tribal jurisdictions make it hard to seek justice for victims."

Amnesty International also found many Native American women struggled to gain access to basic post-rape care.

Demant said if a Native American woman was assaulted and walked into a Native American-run clinic to get a rape kit, she would be turned down, making her case going to trial very difficult.

"Because of this, they have that incident of trauma that they're already dealing with on a health level, and then they will never be able to walk that through the criminal justice system if they so choose," Demant said.

According to the U.S. government Accountability Office's 2011 survey of Indian Health Services and tribally operated hospitals, of the 45 hospitals surveyed, 26 reported they can usually perform forensic exams



Amnesty International/Adam Nadel

Winona Flying Earth is the co-chair of the Board of Directors of Bridges Against Domestic Violence (BADV).

on-site for victims of sexual assault, while 19 reported they "choose to refer sexual assault victims to other facilities."

Demant said in recent years the federal government has done little to help the situation. For example, the laws and policies put in place, such as increased funding and the Tribal Law and Order Act, are not always implemented.

However, Redcorn and the National Indigenous Women's Resource Center have been working to address the issue from a "traditional/ancestral perspective."

"Respect for women was not a colonial value, but it is and was an indigenous one. Women are sacred in Native American communities. We are the lifesavers. We are connected to our creation stories on a very deep level," Redcorn said. "That respect, rooted in spirituality, is not prioritized in most mainstream communities."

The National Indigenous Women's Resource Center has also helped head and champion programs to help Native American women, and its policy team works to educate tribal and national leaders about the sexual violence problem. Public awareness initiatives share studies and statistics and have

collaborated with related organizations like the National Domestic Violence Hotline to create the Strong Hearts Native Helpline.

According to Demant and Redcorn, the Violence Against Women Act is up for reauthorization. The act provides funding and support for victims of sexual violence and works to prevent it. If the act is reauthorized, Redcorn said she hopes it will contain meaningful and substantive changes for Native American communities.

Photographer Dana Gluckstein — known for photographing Nelson Mandela, Mikhail Gorbachev and Muhammad Ali — has also worked to increase awareness about sexual assault against native women.

Gluckstein's book "Dignity" contains photos of indigenous people throughout the world. According to Gluckstein, these photos and a partnership with Amnesty International helped create a tipping point for President Barack Obama to endorse the United Nations Declaration on the Rights of Indigenous People in 2010.

Gluckstein is a spokesperson to support sexual assault protocols to ensure Native American women have the right to freedom from sexual assault. Gluckstein said those who want to improve this issue can send an email to Indian Health Service asking the service to to guarantee Native American women's equal access to care after sexual assault.

Both Redcorn and Demant stressed the importance of being informed on this issue.

"The most beneficial thing that someone could do is to just pick up the phone and dial the Capitol switchboard. You can dial one number and get to all of your representatives, just so they know that you care and want them to do something about it," Demant said. "It's easier for someone who represents you to do what you want when you tell them what it is specifically."

Provo-Orem recognized for economic growth

By SYDNEE GONZALEZ

The Provo-Orem area was named the No. 1 metro in the nation for the second year in a row in a report released Jan. 24 by the Milken Institute.

"It's a great time to live in Provo," Provo Mayor Michelle Kaufusi said.

The report says the Provo-Orem metro area secured the top spot thanks to "a dynamic high-tech sector, educated workforce, and business-friendly tax and regulatory climate."

In the past five years, the area's wage growth was 19 percent ahead of the U.S. economy, job growth was 17.5 percent faster than the national average and the tech sector grew 31 percent faster, the report finds.

"I was thrilled to see Provo at the top of another nationwide ranking," Kaufusi said. "Provo City works hard to help our community thrive."

While the Orem-Provo area was ranked No. 1, the report still identified one of the area's weaknesses: a tight labor market that struggles to support continued growth. The report cited BYU as a main asset in combating this problem.

"Brigham Young University attracts and educates students, supporting the local economy and a highly-skilled local workforce," the report says.

BYU Media Relations Manager Todd Hollingshead said the university helps students "prepare to contribute right out of college."

Hollingshead said many BYU alumni have started successful businesses in the Provo-Orem area, including Qualtrics, Domo and Entrata.

"BYU graduates are smart, hardworking, have high integrity and make excellent employees," Hollingshead said. "They care about their community and they are great hires no matter where they go."

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Matthew Luhn
Story and Branding Consultant for Pixar

Matthew Luhn is an accomplished storyteller, instructor, keynote speaker, and story consultant with more than 20 years of experience creating stories and characters at Pixar Animation Studios. Along with working at Pixar, Matthew consults with CEOs, directors, and other professionals on how to craft and tell stories for Fortune 500 companies, Academy Award-winning movies, and corporate brands grossing billions of dollars worldwide.

His story credits include *Toy Story*, *Toy Story 2*, *Toy Story 3*, *Monsters, Inc.*, *Monsters University*, *Finding Nemo*, *Up*, *Cars*, *Ratatouille*, *Toy Story of Terror*, *Toy Story That Time Forgot*, and other films and TV shows currently in development.

Matthew speaks to diverse audiences around the world within a variety of industries. His clients include Google, Charles Schwab, Disney, BBC, Stanford University, Adidas, and many others.

Selected speeches available at speeches.byu.edu.

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CHILD CARE

Utah colleges, universities offer varying levels of child care

Continued from Page 1

Day care vs. preschool

Child care options on Utah university and college campuses differ between day cares and preschools. While the university and college day cares typically charge a low hourly fees, don't accept infants and sometimes have flexible hours, the preschools typically charge several hundred dollars tuition per semester, don't accept infants and have set hours. According to the Utah Women and Leadership research brief on child care and information from their respective websites, the following Utah universities offer on-campus day care:

- Salt Lake Community College, which also offers a preschool. Both have income-based fees.

- Snow College, which director Danni Larsen said is mainly a preschool but does offer some day care hours. Rates range from \$2.75 to \$3.80 per hour and differ based on whether the parents or guardians are students, faculty or staff, or community members, and based on whether the child is an infant, toddler or preschooler.

- University of Utah, which has five different child care programs and charges students an hourly rate based on the child's age, socioeconomic status and family size. Its website also states, "All University child care programs include preschool. All preschool programs do not offer child care."

- Utah State University, which charges students \$4 per hour for children ages 0-2 and \$3.50 per hour for children ages 2-8. They also have an early care and education center which includes several preschool programs and a kindergarten program ranging from \$396 per month to \$1,100 per month.

- UVU, which charges students on a sliding scale according to family size and income.

- Weber State University, which charges students \$3.50 per hour. It also has a preschool which charges \$615 per 15-week semester.

According to their respective websites, the following Utah universities offer on-campus preschool, but not day care:

- BYU, which had not posted preschool tuition as of Jan. 28. It also offers an on-campus kindergarten which charges \$1,700 per semester for the kindergarten year.

- Dixie State University, which charges \$300-\$450 per semester.

- Southern Utah University, which charges \$450-\$500 per semester. In May 2017, SUU announced the creation of an on-campus day care and preschool center. The estimated \$1.5 million project, which has experienced delays due to funding issues, could be completed by fall 2019.

LDS Business College, Utah State University-Eastern and Westminster College do not have child care options for student parents.

Additionally, the university and college day care centers tend to prioritize children of students, while the preschools differ in their availability to students. For example, Dixie State University preschool teacher Teresa Snow said students are "more than welcome" to enroll their children at the university's preschool; it just doesn't happen very often because the university students don't usually

have preschool-aged children. She said the majority of children enrolled in the preschool come from the community, with a small number coming from faculty and staff. The preschool charges between \$300-\$450 per semester, according to its website.

Calls to Southern Utah University's preschool were not returned. Its website does not state that student parents at SUU are ineligible to enroll their children in the university's preschool.

BYU's on-campus preschool and kindergarten gives placement first to dependent children of full-time faculty and administrators, then full-time staff, then full-time students and then community members, according to its website.

The program's director declined interviews on behalf of the school's teachers, saying the first few weeks of the new year are stressful for teachers and staff.

Additionally, the BYU David O. McKay School of Education, the BYU College of Nursing and the BYU Didactic Program in Dietetics all have policies not allowing children in class.

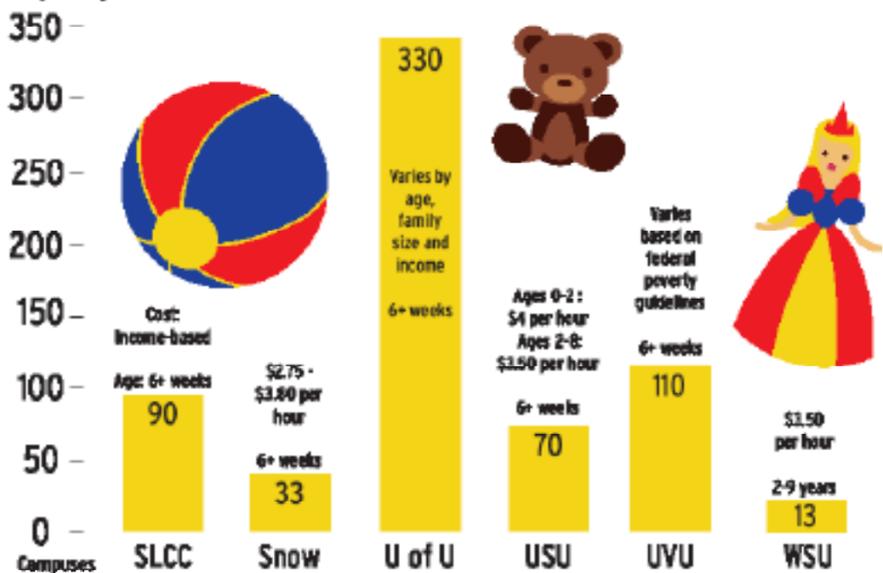
"We recognize the challenge to provide appropriate care for children while parents attend classes," the McKay School policy reads. "However, bringing children of any age is not in the best interests of the child, the parent as a learner, peers in the class, or the instructor."

If illness or family emergencies disrupt normal child care routines, the policy asks students to contact the instructor prior to class. The instructor may then approve or disapprove of the child being in the classroom.

Resources for BYU student parents

BYU Magazine reports that more than a quarter of BYU

Capacity of child care center



Allie Jones

Child care centers at Utah colleges and universities have varying capacities and costs to parents.

students are married, but no data exists for how many BYU students have children, according to University spokeswoman Carri Jenkins.

Jenkins said the possibility of an on-campus day care service is not under discussion. She also said while BYU has made the decision not to provide on-campus day care, the university does provide "a supportive environment for our students with children." This is done through offering on-campus family housing, such as the 790 units in Wymount Terrace and the 270 units in Wyview Park.

She also said the university's family housing offers many activities and facilities for families.

Jenkins said BYU also supports students with children by offering a free UTA transit pass to BYU students, faculty, staff and their spouses and dependents.

"It was important to BYU that not only students have this opportunity but also their dependents," she said.

The new family-friendly study room in the Harold B. Lee Library, which includes a play area, child-friendly restrooms and glass-walled study areas, is another resource available to student parents, according to Jenkins. The room allows students to study while their children play.

Library Communications Director Roger Layton said prior to building the study room, library staff had been looking for ways to help student parents. Layton said the library hold service was developed specifically for students with children, though anyone can use it.

"I'm happy to point out that this type of service is now common at other organizations, such as grocery stores, but our staff was on the leading edge," he said.

Layton said the library also supports student parents through the Article Delivery service, which allows students to request articles and book chapters online to be delivered electronically.

Casperson said she was excited when the family-friendly study room was built and it was one of the reasons she and her husband felt confident they could have a baby while she was still in school. They also live at Wymount Terrace, which she said is affordable and higher quality than what they would otherwise be able to afford in Provo.

However, BYU student parent Rachel Tenney said she personally feels BYU doesn't do enough to support its student parents and the family-friendly study room and other services haven't affected her. Tenney has a 10-and-a-half-month-old baby boy named Jack.

"At least for me and my husband, I feel like we haven't felt too many options or support being offered from the university," she said.

Student parent challenges

Tenney, a landscape management major, said she and her husband have struggled with common child care issues such as affordability and availability. Since they can't afford child care, they've arranged their schedules to take turns watching their son.

Having access to affordable child care "would definitely take quite a bit of stress off of both of us," Tenney said. "But for now, we'll just make it work."

Tenney said she has "definitely" felt a negative stigma from having a child while in school, and that stigma was one of the hardest parts of deciding it was the right time to have a child. She was especially worried what her classmates would

think.

"Even now, when I am in class or interacting with peers ... I try and hide my identity as a mom, because I feel like I'm treated differently," she said, adding it's been difficult to balance school while trying to figure out who she is as a mom.

However, Tenney said though she sometimes feels overwhelmed from balancing school, a part-time job and her baby, she doesn't want people to feel like they can't have a child while in school.

"There's so much joy. There's so much happiness in it," she said. "And it works out. Miraculously, it all works out. And if you just take it day by day, things are going to be OK."

The importance of parents' education

Snow, who has been teaching at the Dixie State University Preschool for 22 years, said it's important for parents to get an education so they can better themselves.

"An education just expands your mind and your possibilities," she said. "Plus it's a good role model for your kids. You want your kids to have continuing education because that's what it's all about."

Tenney said she wants her children and future children to know that finishing her education was important to her, and she feels teaching them by example to get their educations is one of the biggest things she can do for them. She also said she loves learning and hopes she can have a side job while raising her children.

Casperson said she wants a career and "can't imagine" not getting her degree.

"What I'm going to do (is) set a good example for my children of pursuing your talents and being able to give back to the world," she said.

Simple Bites

Super Bowl Edition

PHILLY-CHEESESTEAK-SANDWICHES

	For 1	For 2	4 or more	
	1/4 lb	1/2 lb	1 lb	roast beef deli meat
	1/4 med	1/2 med	1 med	onion
	1/4 med	1/2 med	1 med	green pepper
	2 small	4 small	8 small	mushrooms
	2 slices	4 slices	8 slices	white american cheese (or provolone)
	1 each	2 each	4 each	hoggie roll
	1 tbsp	2 tbsp	4 tbsp	vegetable oil
	1 tbsp	2 tbsp	4 tbsp	butter
	1/2 tsp	1 tsp	2 tsp	salt
	1/2 tsp	1 tsp	2 tsp	pepper

10-20-30-40-50-40-30-20-10

Peel and slice onion.

Remove stem, seeds and membrane from pepper.

Slice pepper.

Slice mushrooms.

Cut sliced deli meat into strips.

In a skillet on high heat add oil and butter. Heat until butter is melted, add veggies.

Sauté, stirring continually until browned.

Season veggies with salt and pepper, use more or less to taste.

Add roast beef and stir until meat is heated through.

Separate into serving sizes and place sliced cheese on top of meat mixture.

Remove pan from heat and cover with lid. Allow cheese to melt over meat mixture.

Scoop into hoggie roll.

Serve hot.

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

#BYU hacks

The 'how to' at BYU

HOW TO USE THE "Map my classes" feature

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

International Cinema increases global awareness

By HOPE THOMAS

BYU German professor Joseph Baker started in 1968 what he called the International Film Festival, a foreign film group for language majors. He might never have imagined its transformation from a small cinema gathering in the JSB auditorium to a greatly expanded program attended by thousands of students across all majors.

Fifty-one years later, what is now International Cinema shows 80 foreign films during close to 200 screenings per year.

International Cinema Co-director Daryl Lee has been attending showings since the 1980s. Lee boiled the program down to three dominant attributes: discovery, displacement and empathy.

“I think it’s about expanding our viewing and cultural vision,” Lee said. “(International Cinema) puts us in unfamiliar viewing positions. That’s crucial for empathy, itself a synonym for Christlike



Arianna Davidson

BYU humanities professor Chip Oscarson lectures students on “First Reformed and Anthropocene Cinema” before the International Cinema viewing on Jan. 23.

compassion.”

According to Lee, the university has created an entire class, ICS 290R, dedicated to exposing more people to the themes raised by international films.

The course requires students

to write short responses about the screenings and discuss themes, values and messages portrayed in films from across the globe.

“International Cinema is kind of a window into other

cultures,” ICS 290R student Ethan Jacobson said. “Getting to see artistic expression and direct experiences that people in other countries have had is really enriching. It kind of opens your mind to more

possibilities.”

Jacobson said watching international movies paired with class discussions has expanded his awareness of what Lee described as “Hollywood’s successful though formulaic patterns.”

Jacobson recommends students take the class as an opportunity to think outside of boxes they may not know they are in.

Perhaps no one sees as many of these foreign films as Joseph Hegstrom Pratt, a film major who has been working the projector at International Cinema for two semesters.

According to Hegstrom Pratt, the typical crowd-pleasers are anime films or films more familiar to the audience. The theater was packed with 900 people when International Cinema played “Won’t You Be My Neighbor?”

Hegstrom Pratt encourages students to go to films they are not necessarily inclined to see, as these can turn out to be the most informative and insightful.

Hegstrom Pratt gave an

example of the most impactful movie he has seen at International Cinema, the Swedish drama “Persona.”

“There’s constantly a lot of interesting editing choices,” Hegstrom Pratt said. “It wants you to think and acknowledge that it’s a film while you’re watching it.”

“Persona” is one example of many critically acclaimed foreign films many students might not be aware of or have not had the chance to see.

According to Hegstrom Pratt, International Cinema provides a way for members of the community to appreciate remarkable foreign films they would not normally have free access to.

“In Provo, sometimes things feel — at least to me — like they can be very homogeneous for each person,” Jacobson said. “At International Cinema, difficult issues are addressed in very honest ways, and it just gives me the chance to try and see something from someone else’s point of view in a way that I don’t often get in American cinema.”

Campus Events

Tuesday, Jan. 29

- Forum with Matt Luhn, story and branding consultant for Pixar. Marriott Center, 11:05 a.m.
- Free Live Animal Show: Adaptations. MLBM, 7:30 p.m.
- Wonderland. HFAC de Jong Concert Hall, 7:30 p.m.

Wednesday, Jan. 30

- Education for Eternity and Constructing a Soul Opening Event. Education in Zion Gallery, JFSB, 3 p.m.
- AMA with David Arnold on Global Business. 238 HRCB, 4 p.m.
- Faculty Recital: Q’d Up. HFAC Madsen Recital Hall, 7:30 p.m.
- Free Live Animal Show: Utah’s Diversity. MLBM, 7:30 p.m.
- Wonderland. de Jong Concert Hall, HFAC, 7:30 p.m.

Thursday, Jan. 31

- We’re All Americans (right now): The Korean War and the American Civil Rights Movement. 238 HRCB, 10 a.m.
- GSS Faith & Scholarship Symposium. WSC Ballroom, 7 p.m.
- Free Live Animal Show; Classification. MLBM, 7:30 p.m.
- Wonderland. HFAC de Jong

Concert Hall, 7:30 p.m.

- Gonzaga vs. BYU. Men’s basketball. Marriott Center, 9 p.m.

Friday, Feb. 1

- Free Live Animal Show: Adaptations. MLBM, 7:30 p.m.
- Wonderland. HFAC de Jong Concert Hall, 7:30 p.m.

Saturday, Feb. 2

- Nature Experienceship: Birding with Merrill Webb. MLBM, 7 a.m.
- Free Live Animal Show: Vertebrate Variety. MLBM, 1 p.m.
- Wonderland. de Jong Concert Hall, 2 p.m.
- Free Live Animal Show: Vertebrate Variety. MLBM, 3 p.m.
- Loyola Marymount vs. BYU. Men’s basketball. Marriott Center, 7 p.m.
- Guest Artist: American Piano Duo meets BYU Percussion. HFAC Madsen Recital Hall, 7:30 p.m.
- Wonderland. HFAC de Jong Concert Hall, 7:30 p.m.

Monday, Feb. 4

- Free Live Animal Show: Vertebrate Variety. MLBM, 6:30 p.m.
- FHE: Vignettes of Black Saints. Education in Zion Gallery – JFSB, 7, 7:30, 8 p.m.

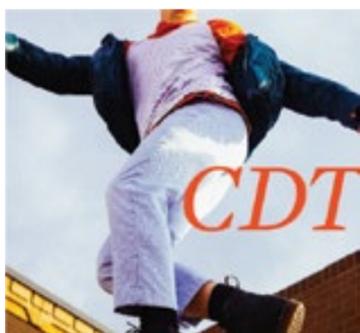
BYU ARTS

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. This contemporary adaptation of *Alice in Wonderland* encourages audiences to dream big and reconnect with their inner child.

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



BYU Contemporary Dance in Concert

Feel the energy with contemporary dance that is innovative, accessible, and enriching. Come celebrate the human experience through dance works presented by BYU Contemporary Dance Theatre as they share Martha Graham’s choreographic masterpiece “Dark Meadows” alongside internationally ranked guest artists Jenn Freeman, Laja Field, Martin Durov, and Brandon Welch. A concert not to be missed.

Thurs.-Sat., Feb. 7-9, 7:30 p.m.
Sat., Feb. 9, 2:00 p.m.
Pardoe Theatre



Living Legends

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

Living Legends combines a dynamic repertoire of Native American choreography with the color and vitality of Polynesian and Latin American dance styles.

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

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

Cougarettes 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.

BYU arts

“Doughnut”
end up on
the streets.

Come to **Housing Fair**
Jan. 30 & 31
10 a.m. – 4 p.m.
WSC Garden Court



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

@poetickate

getting in touch with my pioneer ancestor roots by driving a kia soul through utah right after a snowstorm can't wait to bear my testimony about this

@WendyLee543

"Stalking your friends is the best way to find love."

@HeardAtBYU

@hankrsmith

Tonight at FHE I read Joseph Smith History where it reads, "This is my beloved Son, hear Him."

My 6 year old sincerely said, "I thought his name was Jesus, not Heerem."

@iliannasierra

My rhetoric professor today: "What are y'all gonna be once you graduate? Government employees? That's a good and secure job."

@kelseystop

Conversion between 2 girls in the lib: "He called me and my date had just canceled so I went out with him, and now we're engaged!" "So how long have you known him?" "2 weeks!"

visibly uncomfortable

"Oh wow..." @HeardAtBYU

@CollegeStudent

Every college student knows the importance of 11:59 pm

@KiaraMercedes_

Brother Smith: say goodbye to the people around you! By name! Tell them they're gorgeous!
Boy sitting next to me: "turns to his friend" hey bro? you're gorgeous @HeardAtBYU

@HeardAtBYU

"Should we set me apart for my calling? Ya know, being a wingman?" submitted by @saimygy

@MeganMugleston

@HeardAtBYU
Boy: You should call me babycakes.
Girl: You're not baby cakes, I'm babycakes.
Boy: You're a trophy wife.
Girl: Yeah, you're right.

@autumndaun_kang

In sacrament meeting today: "A lot of truth in this world comes from memes" @HeardAtBYU

@basicprovbro

Brigham Young: this is the place Me in 1847: are you sure? California is literally right there

@hazel_pratt

"Oh you're a Pratt? I go snowboarding with a guy who calls himself Gnarly P. Pratt." @HeardAtBYU

@madisonthrowup

"If you marry a couch potato you're gonna be a widow."

@HeardAtBYU

@hattie_jeann

@HeardAtBYU
Me to a friend: You have church in the Wilk? I have it in the MARB.
Passing stranger: Did you just say you have church in the MARB? I am so sorry.

@lincbang6

@HeardAtBYU
CHEM TA- "What time should we have a review?"
(Students grumble about everyone's schedule conflicts)
Student w/mustache - "I think the 3rd hour of church should be good"

@hilaurenharvey

"So, yeah, I'm probably just gonna watch food videos for the entire class." @HeardAtBYU

@gabrielwsmith

Only at BYU will you hear people singing "What Makes You Beautiful" while hottubbing at 10:30pm 🙄🙄 #gohome #itswednesday @HeardAtBYU

@burtOnmaddie

"I'm not saying I want to have 13 kids, but if my husband can afford us all, then I'm not opposed to the idea." @HeardAtBYU

@lil_cyborg

"the topic of my talk is 'Try Try Try' by Henry B. Eyring"
"isn't that a Plnk song?" @HeardAtBYU

@victoriagarvin

bishop over the pulpit in sacrament meeting: "[member of the ward] came up with the party theme: single awareness night. it seems to be a yearly holiday for him... sorry i don't mean to roast anybody" @HeardAtBYU

@alex_atty6

"Never let a man come between you and your mutual matches sis" @HeardAtBYU

@lizzy_ericksen

"You can trust me, I'm wearing a bow tie for Pete's sake" -my stats professor @HeardAtBYU

Tweets are unedited

READERS' FORUM

Pen and paper

What happened to the days of pen and paper? They are not used as often as they should be. Some may say that technology needs to be embraced, but I say, look at the facts. Uncap your pens, my friends, and take notes.

An experiment conducted by the Association for Psychological Science concluded that students who wrote notes by hand "performed marginally better than the other participants." This confirms what I have found in college.

When my professor was solving problems in pen in one of my classes, it was refreshing to comprehend the material better. A student has to solve a math problem by hand, so it makes sense for the professor to teach the solution by hand, too. Remembering your professor's messy handwriting is easier than straining to recall a slide.

Handwriting quiz answers would make stronger connections than bubbling in the letter "b." In my opinion, students would do better on tests if they took their quizzes with a pencil and paper. The formatting would be more familiar when a student goes to the testing center.

I encourage all college students to take their notes with a pencil or pen and see if they retain information better and score higher. I encourage professors to start writing in pen, too.

I encourage people to take a step back and ponder why they have done away with graphite and ink.

—Annie Newsom
Murphys, California

Missions and depression

A mission will be one of the most demanding journeys of your life. The exhilarating and joyous experiences are real; however, so are feelings of loneliness and despair. The serious reality of depression is often misunderstood.

Understanding the worth of souls is vital to erase the feelings of fear depression brings. As the offspring of Heavenly Parents, every human being is divine. Moses 1:39 teaches that "we" are God's work. Caring for a friend with this perspective is the most important thing a companion can do.

I will never forget the time I looked into the blank face of one who was trying desperately to persevere and the time I took to stop everything and focus on him. These memories are unforgettable.

The unity of a companionship can change your life! As one of my dearest friends was honest with himself, myself, our mission president and God, he received the direction he needed.

Although words of encouragement and counsel help, there may come a time when one needs to humbly accept professional help, no matter the costs.

Missionaries who return home because of depression must never be viewed as having

served dishonorably. We should all reach out to them as a friend and be willing to listen and talk.

If you are reading this and think these things don't apply to you, please think again. Did the Savior not willfully reach out and claim you as His?

The experience of a mission is truly unforgettable in both positive and negative ways. You will be of greater service to yourself and to those around you.

No matter what challenges one may face, it is your responsibility to do everything in your power to reassure everyone of their worth. Even if that one is you.

—Brayden Tolman
North Ogden, Utah

Skating on campus

On the BYU campus you are permitted to ride a bicycle to get from class to class or simply just to cross through campus, as long as you are not riding during the class break. What is not permitted is the use of a skateboard, longboard or scooter.

It seems that just 10 minutes before classes begin, the pathways between buildings are flooded with frenzied kids rushing to get to their classes. It is less stressful to drive on I-15 during rush hour than it is to walk through the narrow passage between the KMBL and JFSB.

With that in mind, it makes complete sense that there is a rule that prohibits the use of bicycles during the passing periods — there is barely room to even walk!

However, this rule implies that during non-passing period times, there is sufficient room for a bicycle.

What puzzles me is that if campus police can agree that there is room for bicycles during the calm time between five after the hour and 10 till the hour, then why is there not room for a skater?

The rule could derive from the stigma that skateboarding is a dangerous thrill sport that could be considered "reckless." However, there is a difference between street skating and just skating.

If you take a look around at the boards students carry in their hands on campus, they are cruiser boards, meaning they are meant to get from point A to point B.

Many of these cruiser boards even have brakes now. If the concern is that those skating on campus are more prone to crashing and bumping into other students while riding, that is the exact reason bicycles are only allowed during the non-busy hours, isn't it?

It would only make sense to allow kids to skate on campus during non-busy hours, just like the bicyclists.

—Jonathan Charpentier
Austin, Texas

OPINION OUTPOST

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

Shutdown

On Friday, America's leaders finally came to their senses and reached an agreement to end the longest federal government shutdown in the nation's history.

The shutdown was a self-inflicted injury that we hope our leaders will not repeat in three weeks — or ever. It's easy to envision a win-win deal. Now is the time for our leaders to get serious about forging it.

—Editorial Board
Chicago Tribune

Venezuela

Venezuela's political and economic crisis took a fateful turn on Jan. 23 when the 35-year-old head of the National Assembly, Juan Guaidó, declared

himself interim president and was promptly recognized by the United States, Canada, the Organization of American States and most Latin American governments.

The Trump administration is right to support Mr. Guaidó. But given the history of American support for right-wing dictatorships in Latin America, the United States must be seen as participating in a broad coalition of South American and other democratic nations seeking to help Venezuelans achieve a peaceful end to a destructive dictatorship.

—Editorial Board
The New York Times

Homeless shelters

State leaders released a timeline this week outlining transition details for the closure of Salt Lake City's downtown homeless shelter, as well as new deadlines for the county's three new resource centers, which are under construction.

Utah has a chance to turn these actions into a model for others. Troubling audits of late indicate the state isn't there yet, but what's most important is that each step of progress lifts the hands that hang down and helps individuals thrive in a dignified life.

—Editorial Board
Deseret News

Lake Powell

Utah's plan to take more of its Colorado River water — by building a pipeline from Lake Powell to St. George — may be fading.

After just 55 years of existence, Lake Powell is unsustainable without fundamental changes. It contains half the water it did in 2000. The level has dropped 100 feet in that time and is now about 50 feet from the point where Glen Canyon Dam no longer produces hydropower. Meanwhile, drought weather has become so common we can't keep calling it drought.

It's no longer about Utah getting what it is owed. If we build

a pipeline, will the river deliver?
—Editorial Board
The Salt Lake Tribune

Opioids

The pharmaceutical industry's direct marketing to physicians, through free samples, meals, consulting and paid speaking engagements, has long been controversial.

Although the JAMA Open Network study found an association between heavy marketing and opioid deaths — not

causation — it supports the idea that further progress against the opioid epidemic may require more marketing restraint.

—Editorial Board
The Washington Post

Instant certainty

When a video emerged showing a standoff confrontation between Covington Catholic High School students and a Native American elder in front of the Lincoln Memorial, the

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.

Freshman honorees Empey, Wilson look to 2019

By JACKSON PAYNE

BYU center James Empey and quarterback Zach Wilson received notable end of season accolades following impressive freshman campaigns. Empey was recognized as a Freshman All-American by the Football Writers Association of America, and Wilson was named to the Touchdown Club of Columbus' 2019 Players to Watch list.

"I was excited. It's an honor to be recognized like that, but I was mostly excited for the team," Empey said. "We're all a bunch of young guys so to have one of our freshmen get noticed is exciting looking forward to this next year. It really could have been anyone."

Empey is BYU's 13th Freshman All-American since 1993, successfully filling the void left by former four-year starter and current Kansas City Chief Tejan Koroma. Empey was one of four underclassmen to start on the offensive line for the Cougars last season, and the American Fork native looks to continue the unit's established "rhythm."

"Offensive line play is all about rhythm. As you play with each other, you gain that rhythm and are able to communicate and be on the same page more often," Empey said. "Going into next year with a bunch of guys that have played together already will hopefully let us pick up right where we left off and get better in spring ball and fall camp."

Empey said he hopes the offensive line continues its rhythm with offensive coordinator Jeff Grimes, a longtime

line coach heading into his second season calling plays for the Cougars. Empey credited Grimes for the offensive improvement last year.

"Coach Grimes is awesome. He's taught us a lot and is very detail oriented with a very high standard for us," Empey said. "That has helped a lot with what we're trying to do, not just as a line, but as a whole offense where everybody is held accountable and can create opportunities for each other."

Empey and the young offensive line were instrumental in opening up holes for the team's running backs, with the Cougars running for over 2,000 collective yards in 2018.

"It's no secret that if you can run the ball, that you have a certain control over the game. So when you run the ball effectively it just makes our offense so much more dimensional," Empey said. "A bunch of our backs are returning so we're really excited to keep working with them."

Wilson, who will be well protected under center by Empey and company next year, said he sees his recognition as an opportunity to further improve.

"I've never been a part of any (list) like that before, so it's a really cool experience," Wilson said. "It makes me realize that this offseason is a big deal and that I have to work hard to have a good year next year. We need to make sure we're in the weight room every single day and doing more outside the program."

Taking over the starting job midway through the season, Wilson threw for 1,578 yards with 12 touchdowns to just three interceptions over nine games.



BYU Photo/Jaren Wilkey

Freshman quarterback Zach Wilson runs for the end zone against Boise State Nov. 3. The Broncos beat the Cougars 21-16.

He capped his rookie season with a dominant bowl performance over Western Michigan, throwing for 317 yards with four touchdowns and zero incompletions.

"I didn't even know that I didn't have an incompletion until they pulled me out at the end," Wilson said. "A lot of the credit should go to my team. We had a lot of good execution all the way around, especially in the third quarter."

A number of close losses in the season stick out for Wilson as the separation between being a good team and a great team.

"At times I think I could have played better and finished games better," Wilson said. "Personally, I feel that we should have only lost two games as a team for what we were capable of. We have a lot to prove for this next year."

Offseason recruiting is in full swing, and Wilson has become part of the effort to enlist young talent to join his offense, including Under Armour All-American

wide receiver and BYU commit Chase Roberts from American Fork.

"I know recruiting is a big deal. I've been helping out with a lot of that and talking to a lot of different guys, so hopefully this next class is invested in wanting to make this team something special," Wilson said. "We'll have more skill sets around at different positions. I'm excited that we have those guys coming in."

Wilson said his hopes are high for the 2019, especially with the challenge of beginning the season against Pac-12 powerhouses Utah, USC and Washington at home, along with a tough SEC road game at Tennessee.

"I hope that we can be a top-15 ranked team, which I think that we can," Wilson said. "We have a tough schedule at first but I think we can win all of those games. I think that's our goal as a team, to push to show that BYU is back to being what it always was."



BYU Photo/Nate Edwards

BYU quarterback Zach Wilson throws a pass against Hawaii on Oct. 13.

Super Bowl: Pats vs. Rams in a meeting of past vs. future

ASSOCIATED PRESS

It began in 2002, back when the Rams were in St. Louis and the Patriots were a plucky underdog standing in the way of a potential dynasty.

So much has changed

This hasn't: Bill Belichick and Tom Brady.

The duo, every bit as formidable now as when they won that first title, face the Rams, now back in Los Angeles, in a Super Bowl rematch of sorts that pits the NFL's past against its future.

At 32, Sean McVay is the youngest Super Bowl coach. At 66, Bill Belichick has an NFL-record 30 playoff wins.

At 24, Jared Goff is the youngest quarterback to win the NFC championship. At 41, Brady will be the oldest quarterback to start a Super Bowl.

The Rams (15-3) are back in the Super Bowl for the first time since that meeting against the Patriots — and for the first time as the "Los Angeles Rams" since 1980, when they fell to the Steelers. The Patriots (13-5) are back for the third straight time — they lost to Philly last year — the fourth in five seasons and the ninth since Belichick got the New England dynasty on track in the 2002 win over St. Louis.

The Rams duo of McVay and Goff has spent the past two seasons heralding the coming of a new age of football — one in which McVay's reimagined offense has dealt a blow to the old, increasingly dated adage that teams ultimately must win championships with defense. The Rams have cracked 30 points in 13 of their 18 games this season. A generation ago, that would've been novel; now, it's normal.

But to officially usher the NFL into a new era, the Rams will have to get past New England, which is a 1-point



Charlie Neibergall

New England Patriots quarterback Tom Brady (12) celebrates with his teammates after the AFC Championship NFL football game, Sunday, Jan. 20, 2019, in Kansas City, Missouri.

favorite for the game in Atlanta, set for Feb. 3 — exactly 17 years to the date of the last Super Bowl showdown, and a bit more than three months since the Boston Red Sox topped the LA Dodgers for the World Series. (Who will Magic and Bird cheer for? Stay tuned.)

Is Brady up to it?

Well, on Jan. 20 he drove the Patriots down the field for three straight touchdowns — two in the fourth quarter and

once in overtime — for a 37-31 victory over the Chiefs, the only team that gained more yards than Los Angeles this season.

It put an end to the dream of a rematch between two teams of the future — Rams vs. Chiefs — who delivered a wildly entertaining, defense-optional touchdown-fest in a 54-51 Rams victory in November.

Instead, we get a "rematch" of that 2002 Super Bowl, won by the Patriots

20-17.

The Rams came into that game as a franchise on the edge of a dynasty.

They were one season removed from their first Super Bowl win, led by quarterback Kurt Warner and known as "The Greatest Show on Turf" for the fake grass they burned up at their seven-year-old home in St. Louis. They had amassed what was then unheard of — 500-plus points in three straight seasons — and were a two-touchdown

favorite against Belichick and Brady, who was in his second year and best known as the sixth-round draft pick Belichick stuck with after Drew Bledsoe got injured.

New England used ball control, defense and a last-second field goal to topple Warner and the Rams. On the surface, the task figures to not be all that different this time around, though Brady is showing he's perfectly capable of matching opponents touchdown-for-touchdown. The Jan. 20 win adds to a Week 6 victory over Kansas City by the score of 43-40. The Patriots ranked fifth in overall offense this season, only 28 yards a game behind LA.

Theirs is an offense built around Brady, his mastery of diagnosing defenses at the line of scrimmage and his ability to use interchangeable parts on his offense over the years. (Receiver Julian Edelman and tight end Rob Gronkowski have stood out most recently.)

Stability

Offensive coordinator Josh McDaniels has interviewed for jobs virtually every year since returning to Foxborough after short stints in Denver and St. Louis. He was out the door for Indy last year, but changed his mind and returned once again to call plays for Belichick.

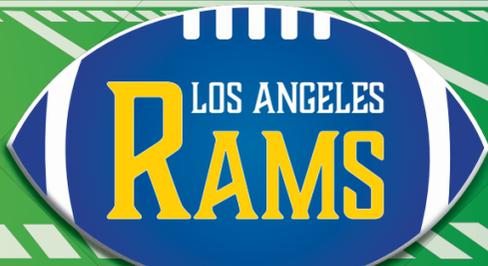
As for the Rams, they improved from 10th last year in offense to second this season, as McVay and Goff found their footing. But maybe the most telling sign of their success is that McVay's offensive assistants are, as a group, the most sought-after sideline talent in the league. Two left after last season. Two more, quarterbacks coach Zac Taylor and tight ends coach Shane Waldron, are drawing attention this season.

Now, the ultimate question: If they leave, will they do so with a Super Bowl ring?



WHO WILL WIN?

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Super senior trades pitch for hardwood

By NATALIE ORR

Senior Caitlyn Alldredge bitersweetly placed her softball bat in the closet, trading it for a nostalgic item: a leather basketball. After devoting four years to BYU softball, Alldredge decided to fulfill her dream of playing NCAA basketball.

Playing T-ball since the age of 5 and watching her brother play baseball instilled Alldredge's love for softball at a young age. However, along with her involvement with the Viewmont High School softball team and the Salt Lake Pegasus club softball team, she discovered a passion for basketball.

Alldredge made a name for herself in the basketball community by playing not only for her high school's team, but also the Salt Lake Metro club basketball team.

Alldredge's success led schools to offer her athletic scholarships in both softball and basketball by her senior year. However, the choice was always

clear to her.

"I fell in love with both of them, but I had been in love with softball for so long, so it was always my dream to play softball in college," Alldredge said.

Alldredge stood out among recruits prior to accepting a scholarship with BYU. This was largely in part to holding the home run record among all 5A schools in Utah, with an impressive total of 14 in 2014.

Alldredge played third base and managed to start in five games as a freshman at BYU in 2015. Peaking during her junior year, she started in all 59 games and increased her batting average from .250 to .344. Her knack for softball earned her West Coast Conference Player of the Year in 2017.

Because of her busy schedule as a NCAA athlete, Alldredge entered her fifth year as a student at BYU to finish her degree in communications. However, due to NCAA rules, an athlete can't compete in a specific sport for more than four years.

This led her to reach out to the assistant coaches for BYU



BYU Photo/Jaren Wilkey

Caitlyn Alldredge throws a pitch for BYU during her final season as a softball player.

women's basketball and request a chance to walk onto the team.

"I wasn't surprised that she was able to make the switch, but I didn't know that she had aspirations to do that," softball head coach Gordon Eakin said regarding Alldredge's decision to switch sports.

Eakin said he had full confidence in Alldredge's ability to play basketball despite her four

year leave from the sport.

"She's a coach's dream," Eakin said. "You can do so much with an athlete, but you can't teach them to have that competitive spirit."

This competitive nature would be essential as Alldredge left behind her softball legacy in May and immediately started practicing with the basketball team in June.



Claire Gentry

Caitlyn Alldredge celebrates with the crowd after the Cougars' win over No. 13 Gonzaga on Jan. 17.

"I jumped to a whole new level that I had never played at before and it was a little overwhelming," Alldredge said. "I tried to stay really confident my first couple weeks of practice because it's a mental game. After four years of not playing, you lose a lot."

Even though Alldredge had a rocky start returning to the sport, basketball head coach Jeff Judkins said he sees her potential.

"I think her dream was to play college basketball at some point in her life, and she's paving her own way," Judkins said. "I'm not afraid to put her in the game because she's so on top of it and prepares to know what she's supposed to do."

The team embarked on a four-game European tour where

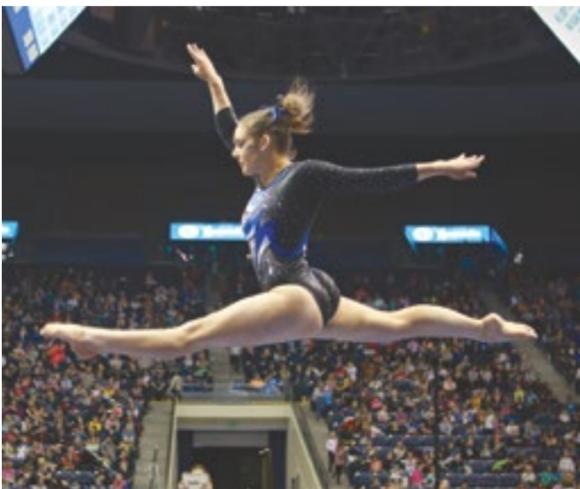
Alldredge showcased her talent for the first time at the college level. The NCAA allows each team a foreign tour once every four years, and Alldredge joined just in time.

"I forgot how intense basketball is," Alldredge said when reflecting on her first college basketball game. "It was such a rush to get back on the basketball court and to have my heart pounding the whole time."

Judkins is putting Alldredge to work, as she's played in nine games so far this season.

"With a couple of my players hurt, she's been able to travel and be in the rotation," Judkins said. "I wish I had another year with her because she's a team player through and through and will do anything to help this team out."

Nationally-ranked BYU gymnastics beats USU



Hannah Miner

Gymnast Natasha Marsh jumps during her routine in a meet against Utah State University on Jan. 25. The Cougars beat the Aggies 196.450-195.025.



Hannah Miner

Gymnast Shannon Evans performs her "Super Mario Brothers" routine during a meet against Utah State University on Jan. 25. The Cougars beat the Aggies 196.450-195.025.

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YouTube screenshot of a video titled "MY 1ST DORM ROOM | BYU" by Shaylee Gonzales, showing her in a dorm room.

YouTube screenshot of a video titled "MY 1ST DORM ROOM | BYU" by Shaylee Gonzales, showing her in a dorm room.

YouTube screenshot

BYU basketball player Shaylee Gonzales has a YouTube channel with over 13,000 followers.

Athletes build YouTube following

By EMILEE ERICKSON

Sophomore Paisley Johnson and freshman Shaylee Gonzales produce numbers both on the basketball court and on their YouTube channels.

The women's basketball players created their YouTube channels in high school, Johnson in 2017 and Gonzales in 2015.

"The reason why I wanted to start my YouTube channel was because I want to be able to document some really good times in my life and be able to watch them later in my life," Johnson said.

Both Johnson and Gonzales started their channels wanting to capture fun times with their families and teammates. They also both gained several subscribers from the popularity of a single video.

Johnson's following spiked after she posted a video titled "A DAY IN THE LIFE OF A D1 COLLEGE ATHLETE | BYU," which currently has over 399,000 views. Gonzales' channel sparked from her video called "MOVING INTO MY 1ST DORM ROOM | BYU," which has over 72,000 views.

"When I started my YouTube channel, I didn't think that it would blow up that fast," Gonzales said. "It was one of my dreams to have my YouTube get big like this, and I can't wait to see what happens to it in the future."

Johnson has more than 27,000

subscribers and Gonzales has more than 12,000.

The women's basketball players post videos once every two weeks on average, depending on their schedules. During the season, it's harder for them to make weekly videos, but they try their best to make time for school, basketball and YouTube.

Most of their videos are about their experiences as BYU athletes. Johnson and Gonzales involve their teammates in many of their videos as well.

"I always have so much fun being part of it and we always end up with funny videos to laugh about later," said BYU basketball player Maria Albiero.

Johnson is studying sociology and plans on becoming a private investigator. She said she thinks she could continue her YouTube channel on the side. She has had multiple businesses reach out to her to promote and review their products, but since she is an NCAA athlete, she cannot accept those offers. After she is done playing at the collegiate level, she said she could make extra money through YouTube.

Gonzales is a freshman and her major is undecided. She wants to play professional basketball overseas after college and continue to run her YouTube channel.

The underclassmen are the two highest scorers on the team. Johnson averages 14.1 points per game and Gonzales averages 17.3 points per game.

MIXTAPE

"I Want It All"
COIN
Single

Formed in 2012, members of the band COIN struck a chord with many alternative listeners and began to sell out shows quickly after getting started. With two albums to their name COIN's basic sound tends to lean toward alternative rock, but some of their songs feel like they are merging into a more alternative electric sound. To kick off the New Year, they released a new single "I Want It All" on January 10th. The song carries a similar sound to that of their top hit "Talk Too Much", but replaces the guitar riffs with that of piano. This song should be a top alternative hit for the next few months and should pave the way for a release of another hit album.

"IDKYA"
Sam Denton
Single

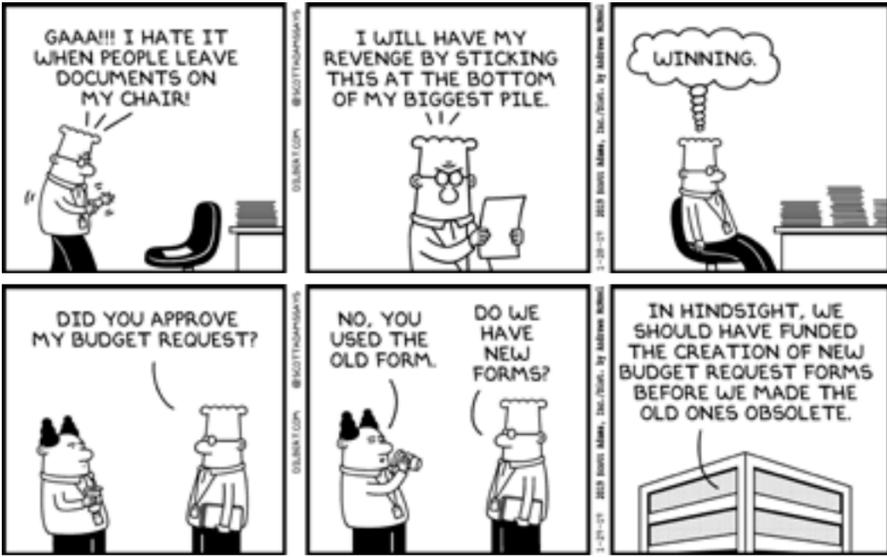
With a small following on Instagram and not much written about him on iTunes or Spotify, Sam Denton is starting to slowly gain traction after the release of a new single on iTunes. He mixes a slight electronic, lo-fi sounding beat with his high ranged vocals. He only has a few songs to his name, including his newest, "IDKYA" now listed as his most popular on iTunes. I recommend checking out his music. I'm a fan of his newest single and hope it prompts an album deal in the near future.

"Day 1"
Honne
Love Me / Love Me Not

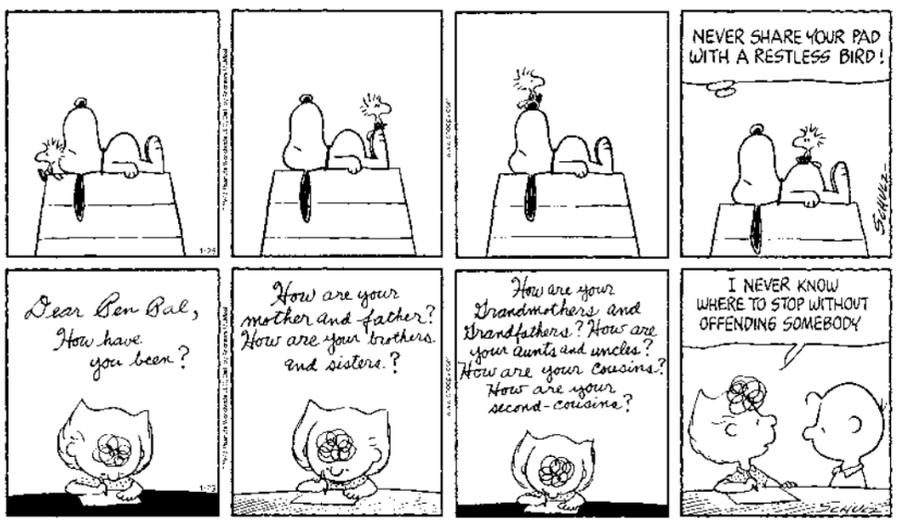
"HONNE"
Honne

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

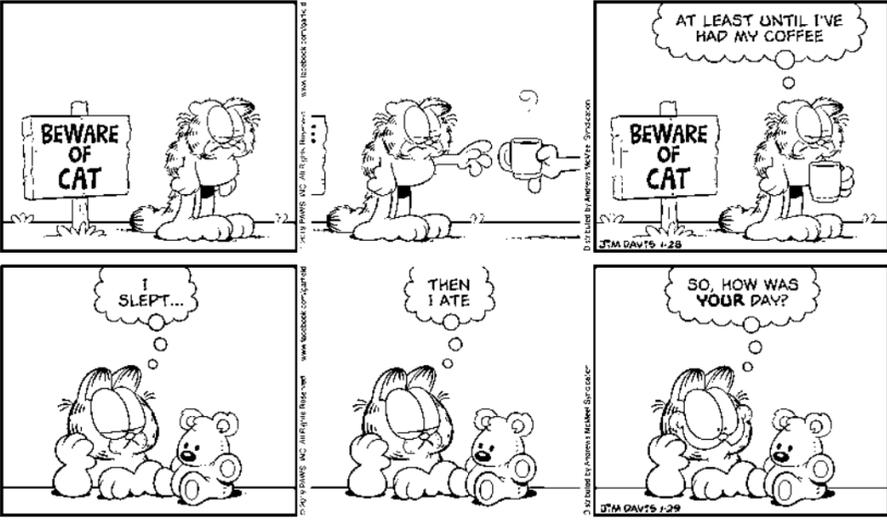
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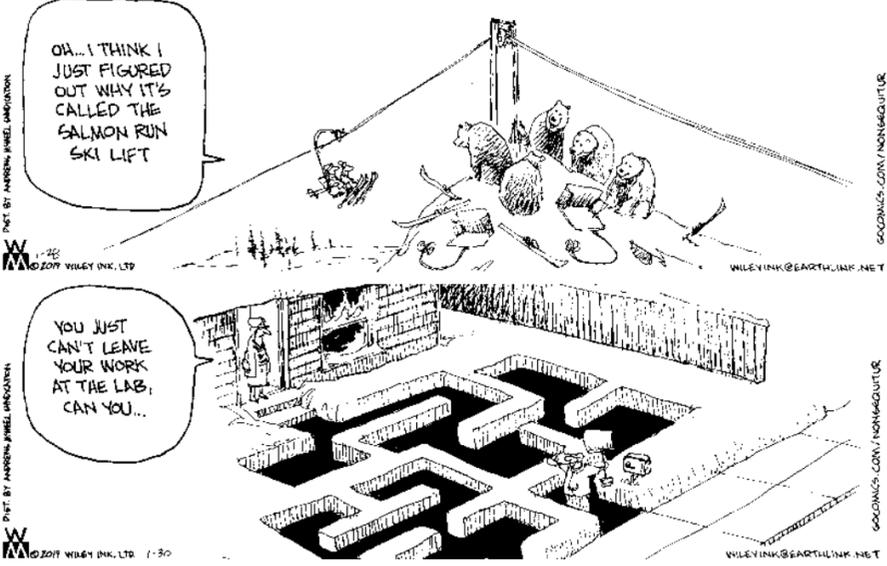
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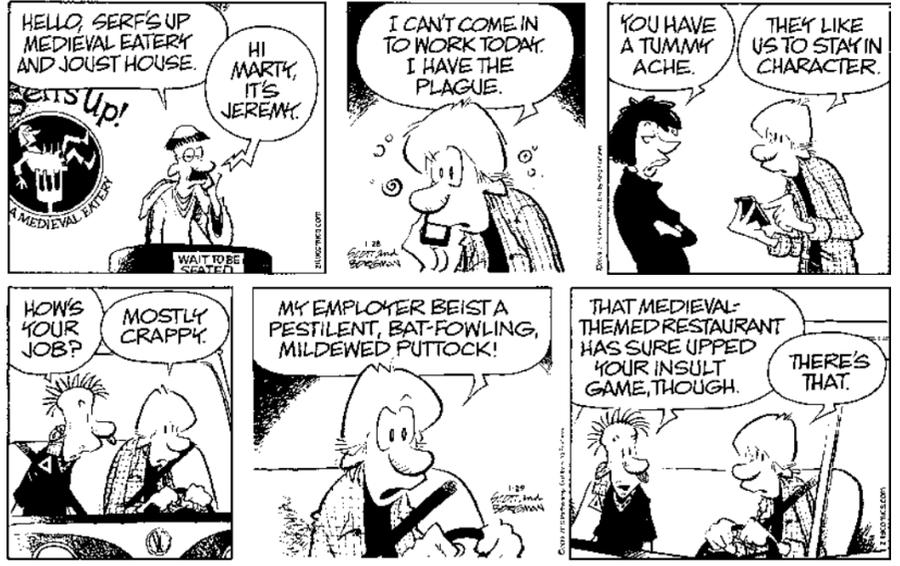
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Sudoku

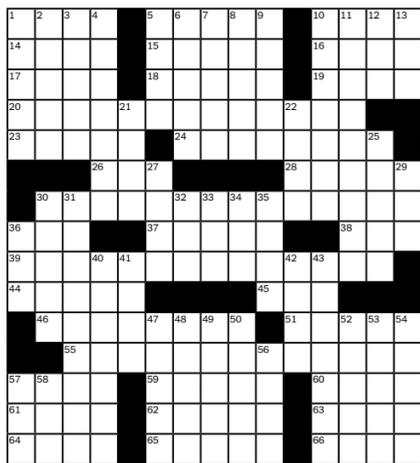
Use the numbers 1-9 once in each row, column and marked grid of 9. Puzzles increase in difficulty from left to right. Solutions are at universe.byu.edu/sudoku.

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The New York Times Crossword

Edited by Will Shortz No. 1224

- ACROSS**
- 1 Kiss, in Spanish
 - 5 Cooper of hard rock
 - 10 "That was a bear!"
 - 14 Reclined
 - 15 Snake poison
 - 16 Shovel's creation
 - 17 Dog in "The Thin Man"
 - 18 First ex-wife of Donald Trump
 - 19 One of the Great Lakes
 - 20 Features of some eco-friendly vehicles
 - 23 Give the go-ahead
 - 24 Comes to understand
 - 26 ___ the chips fall where they may
 - 28 City near Scottsdale
 - 30 Dry region covering most of Botswana
 - 36 Swamp
 - 37 Similar
 - 38 Battery for a remote
 - 39 It may or may not correspond with one's birth sex
 - 44 More crafty
 - 45 "Delicious!"
 - 46 Former attorney general Jeff
 - 51 Involving warships
 - 55 Getting picked up by the side of the road ... or what 20-, 30- and 39-Across are literally doing?
 - 57 Partly open, as a door
 - 59 One way to commute
- DOWN**
- 1 Bored feeling, with "the"
 - 2 Course you're almost guaranteed to get a good grade in
 - 3 Not get involved while something's happening
 - 4 Really cookin'
 - 5 Rah-rah
 - 6 Pry bar, e.g.
 - 7 Silly
 - 8 Dance done in a line
 - 9 One might end "Sent from my iPhone"
 - 10 Asthmatic noises
 - 11 Taboo alternative to beef
 - 12 Manning with a good throwing arm
 - 13 Tiny
 - 21 Furniture giant founded in Sweden
 - 22 Time after dark, in commercials
 - 60 Jane Austen title woman
 - 61 Broad valley
 - 62 Clement C. ____, writer of "A Visit From St. Nicholas"
 - 63 One twix 12 and 20
 - 64 Birds that hoot
 - 65 In a pouty mood
 - 66 George H. W. Bush had four



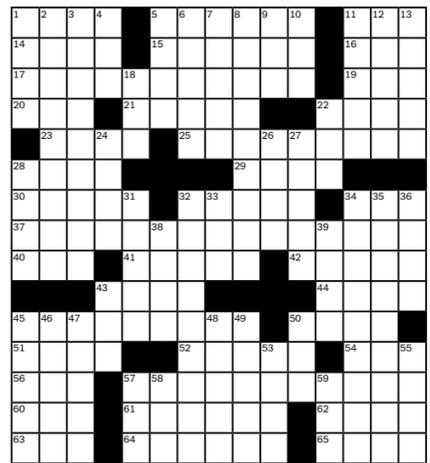
- PUZZLE BY BRENDAN EMMETT QUIGLEY**
- 25 Apply, as pesticides
 - 27 Them ___ hills
 - 29 Info on an airline website
 - 30 Falls (over)
 - 31 Woody Allen comedy that won Best Picture
 - 32 Mahershala ____, co-star of 2018's "Green Book"
 - 33 Cleanse (of)
 - 34 Eisenhower, informally
 - 35 Say it isn't so
 - 36 Some fourth down scores: Abbr.
 - 40 Wishes
 - 41 Once, back in the day
 - 42 Sandwich fish
 - 43 Ottoman inns
 - 47 Parts of a Cold War arsenal, for short
 - 48 Words to a joshier
 - 49 Actor Williamson
 - 50 Sarcastic comments
 - 52 Alternative to YouTube
 - 53 Some jingle writers
 - 54 Favors one side
 - 56 ___ Poupon mustard
 - 57 Hullabaloo
 - 58 Scary part of a T. rex

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The New York Times Crossword

Edited by Will Shortz No. 1225

- ACROSS**
- 1 Speaker's spot
 - 5 "Guess so"
 - 11 Film buff's channel, in brief
 - 14 Novelist Ferber
 - 15 Have relevance to
 - 16 "Woo-hoo!"
 - 17 First female recipient of the Cecil B. DeMille lifetime achievement award in film
 - 19 Plastic pipe material, for short
 - 20 Lobster ___ Newburg
 - 21 Rural's opposite
 - 22 Spa treatment
 - 23 Become less dense, with "out"
 - 25 Major crop of Brazil
 - 28 "Hmm ... I see"
 - 29 Another name for Cupid
 - 30 Debauched sorts
 - 32 Lyricist Cahn who wrote "Let It Snow! Let It Snow! Let It Snow!"
 - 34 Wonderment
 - 37 California baseball pro
 - 40 Some words from Wordworth
 - 41 Like some cereals
 - 42 Prerequisites for some college students
 - 43 Funny Bombeck
 - 44 Noted Art Deco artist
 - 45 Washington, Jackson or Ford
 - 50 Range for yodelers
 - 51 Hebrew letter whose name is also a body part now
 - 52 Doctor Doom, to the Fantastic Four
 - 54 Bagel go-with
 - 56 Big Apple N.F.L. team, on scoreboards
 - 57 Seasonal song with a hint to the last words in 17-, 25-, 37- and 45-Across
 - 60 Ghost's cry
 - 61 Retort to "No, you're not!"
 - 62 Lead-in to girl or boy
 - 63 Junkyard dog
 - 64 Anastasia ____, woman in "Fifty Shades of Grey"
 - 65 Sneaky laughs
- DOWN**
- 1 ___ vu
 - 2 A step above the minors?
 - 3 Here, as derived from hip-hop slang
 - 4 Two cents' worth
 - 5 Construction girder
 - 6 People between Hungarians and Bulgarians
 - 7 Pacific island nation
 - 8 Supporters of England's King William III
 - 9 Jesus, to Mary
 - 10 Put the kibosh on
 - 11 Like workaholics
 - 12 Expert
 - 13 Go biking
 - 18 Rev, as an engine
 - 22 Applies they're not
 - 24 Home furnishings giant
 - 26 Navy and Air Force vis-à-vis the military
 - 27 "Once in ___ David's City" (carol)
 - 28 "___ and Janis" (comic strip)
 - 31 Saw logs
 - 32 Reassure
 - 33 Cakes and ___
 - 34 Lab culture site
 - 35 Deteriorated ... or started out like Santa on December 24?
 - 36 Word after who, what, when, where or why
 - 38 Groups of whales
 - 39 Seasonal song
 - 43 German article
 - 45 Rachel Maddow's network
 - 46 "Stop being so silly!"
 - 47 Pep
 - 48 Hit musical with the song "Tomorrow"
 - 49 Kidney-related
 - 50 Author Rand
 - 53 Something that goes viral
 - 55 December 25, informally
 - 57 Yiddish laments
 - 58 Vietnamese festival
 - 59 Cry from Scrooge



- ANSWER TO PREVIOUS PUZZLE**
- CTRL ACTIN LATS
OREO TOADY ALEE
DUST JACKET GOIN
ETTU KEA FUNGO
USA TRAILBLAZER
PER SAT AARONS
SLED ROE DID
FASHION POLICE
TUT DAM ARMS
TRAUMA YES EEO
HOLDING TANK ART
EDGED RUB EATS
NEON FOLLOWSUIT
BURT BUSEY IRON
APES IPAS S SENT

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