

The end of an era

Manti's Mormon Miracle Pageant will end this summer after 52 years of production

By SAM BIGELOW

The first Mormon Miracle Pageant was blessed with its own miracle of sorts.

Former pageant President Doug Barton said the inaugural performance of the pageant, which was held in an outdoor fairgrounds in 1967, was caught in the middle of a major tropical storm.

The storm moved in with thunder, lightning and pouring rain, threatening to rain the pageant out. However, someone offered a prayer at the beginning of the pageant asking the elements would hold off until the pageant finished.

According to Barton, the prayer was answered. The weather cleared above the fairgrounds, allowing the show to go on.

"There was a major downpour all around the rodeo arena, but not one drop of rain fell on the pageant," he said. "You could see blue sky if you looked straight up."

Once the performance ended, the rain came crashing down, soaking everybody as they ran to their cars. Barton said this "first miracle" may have prevented the first pageant performance from literally becoming a wash and allowed the pageant to continue for

more than half a century.

The Mormon Miracle Pageant was originally planned as a local July 24 celebration, according to the pageant's website. The show depicts scenes from the Book of Mormon, the formation of The Church of Jesus Christ of Latter-day Saints and the Saints' westward migration.

Manti has hosted over 4.5 million visitors throughout the pageant's history, according to Barton. Manti pageant historian Marilyn Jorgensen said nightly visitors often number close to 25,000 attendees — just under 10 times Manti's permanent population of 3,540 residents.

However, The Church of Jesus Christ of Latter-day Saints announced Oct. 27, 2018 that large productions like pageants were discouraged. This directive was later updated on Dec. 4 with changes regarding existing pageants: the Nauvoo, Mesa and British pageants are set to continue, but the Manti Pageant will take its final bow in 2019. The Hill Cumorah Pageant in Palmyra, New York, will also conclude following its 2020 performances.

While local leadership in Sanpete County ultimately made the decision to end the pageant, pageant President Milt Olsen said the Church agreed to let the pageant continue on the conditions that the pageant soundtrack would be updated and the production moved off

the south lawn of the Manti Temple.

Despite the Church's offer to pay for the soundtrack to be rerecorded, waning interest from younger generations and the change in venue played into the decision to end the pageant. Olsen said local leadership decided the Church's resources could be better used worldwide.

"When you view the Church as a worldwide organization that establishes policies to meet or support that organization, then the pageant becomes one of those things that doesn't do that," Olsen said.

Olsen said unity within the local community has been the most significant product of the pageant. Volunteers from the surrounding communities regularly assist in setting up chairs for thousands of visitors every night. Local volunteers also help prepare and serve the traditional pageant turkey dinner, Jorgensen said.

Jorgensen, who is also the author of pageant history book, said the pageant has been a way of life for many Manti residents. Jorgensen herself has filled several leadership roles over the years, including dance choreographer, costumer and director.

Jorgensen also said the pageant has been a labor of love for the community for decades. She said people in the community, including both Church members and nonmembers, often fill

different roles every year.

Olsen said despite a few local restaurants and lodging businesses seeing a profit from pageant visitors, Sanpete County has primarily benefitted culturally from the pageant.

"The main thing people do when they come to town is they eat and they go to the pageant. They don't come here to shop," he said.

Barton said many visitors often attend the pageant for a day before driving home without spending a lot of money. He said while there may be some economic impact, the loss in business wouldn't devastate the community.

Sanpete County officials did not respond to a request to comment in time for publication.

Olsen said there are no plans to hold another event in place of the pageant. He also noted a congruity with the scriptural phrase "it came to pass" and an "attitude felt by many" that the pageant has fulfilled its purpose.

"The pageant 'came to pass.' It filled a significant need for many years that our culture today has not felt," he said. "Now it's going away since the need is no longer identified by priesthood leaders."

The Mormon Miracle Pageant's final performances will run from June 13-15 and 18-22. According to the Sanpete County events page, the pageant is free and begins at 9:30 p.m.



Nick Marsing

Manti locals portray a pioneer family in the Mormon Miracle Pageant in 2014. The pageant will run for the last time this summer.

Single parents struggle despite child care subsidies



ISSUES IN UTAH

Third in a series

By KAITLYN BANCROFT

Deborah Lamb Osborn was in the process of a divorce when she moved to Utah.

The mother of two from Alaska, who works for the Veterans' Administration and doesn't receive child support, qualified for state-assisted child care when she first came to Utah. Then she received a raise at work, and the increase in salary made her ineligible for state-assisted child care. The raise, however, wasn't as much as she lost in state assistance.

"I would have rather not had my raise, because (the state) went from paying \$825 a month to nothing. I didn't get an \$825 a month raise," Osborn said. "There's no help for single working moms. If you make too much money to be on the poverty level, forget help."

Osborn has made her situation work through an understanding child care provider that allows her to pay only hourly, which she said it doesn't do for everyone. She also works from home, except for one day a week when she goes into the office.

"If I didn't have (child care), I would not be able to work," Osborn said, adding she doesn't have any nearby family or friends to ask for help.

Osborn is far from alone in her single parent status. Nationally, about 19.65 million children lived with one parent in 2018, according to data company Statista. Nearly 16.4 million of those children lived with their mother only.

In Utah, 37,690 households are headed by a woman living with her own children under age 18 with no husband present, according to a 2018 research brief from the Utah Women and Leadership Project called "Child-care: What Utahns Need to Know."

See CHILD CARE on Page 5

Hogle Zoo animals adapt to Utah's winter climate

By MAXWELL ATWOOD

Utah's Hogle Zoo in Salt Lake City remains open year-round despite the cold temperatures and snow a Utah winter can bring.

Erica Hansen, community relations manager and official spokesperson for the zoo, said she enjoys telling people things people might not know about the zoo during the winter.

"A lot of people don't know this zoo is open year-round," Hansen said. "We kind of fall off the radar for a lot of people and we do have species from all sorts of climates."

Hansen said having so many species in a winter climate requires a different strategy, and the zoo tries to ensure the safety of both the animals and the human visitors.

"This past Sunday we had to close the zoo, which we almost never do, because our grounds crew just couldn't keep up with the snow removal," Hansen said following the snow storm on Sunday, Jan. 6.

Depending on the animal, the zoo takes different precautions during the winter, Hansen said. Animals from the African savanna, for example, are different from the Asian big cats.

"A lot of our exhibits are designed



Hogle Zoo

A zebra runs through the freshly fallen snow at Hogle Zoo. The zoo remains open year round.

with heated concrete and overhead heat," Hansen said.

Weber State zoology professor Patrice Kurnath Connors has focused her research on the stress warm environments can have on mammals.

"I would guess that any stress that zoo animals might experience during

our winter climate in Utah does not negatively impact them in a substantial way," Connors said. "In fact, warmer temperatures are much more energetically stressful than colder temperatures for mammals in general, because it is physiologically harder for mammals to dissipate heat than it is for mammals to

stay warm at colder temperatures."

Connors said it's easy to house indoors the smaller animals that come from different climates, and most zoos have procedures for larger animals.

"For many of these larger animals, having access to different climates (like snow is actually a great form of enrichment," Connors said. "I'm sure animals that are endemic to colder climates, like the polar bears and the red pandas, are loving our winter climate."

Hansen said coming to the zoo during the winter months or the off-peak season can be one of the best experiences because of the small crowd and winter animals guests might not usually see, like the Siberian tigers, snow leopards and polar bears.

Big crowds can create white noise which make the animals retreat, according to Hansen, but during the winter the animals tend to be more social with less noise.

"Our African lions have heated concrete too, which is right up by the glass," Hansen said. "They love to come out on winter days and just nap right on the warm concrete."

Hansen said the zookeepers are most careful with the giraffes during the winter, as they have to protect them from slipping and potentially breaking a limb because they have such long legs. The giraffes tend to stay in the barn when

it's cooler.

Zoo patron Annie Warren recently bought an annual season pass for her family.

"I enjoy visiting the zoo during winter since there are typically a lot less people than during the summer," Warren said. "I chose to buy a season pass because my husband and I have a toddler, and the zoo is an excellent way to provide an educational outing for him."

Warren recently attended Zoo Lights, one of the winter events the zoo hosts during the Christmas season. She said it was fun but cold.

"The animals are a lot heartier than you think," Hansen said. "Even the zebras can come out and they love to chase each other through the snow, which is something people don't expect to see. Our zebras are Hartmann's mountain zebras and they come from a more mountainous region."

The big cats of Asian highlands are at their best during the winter, Hansen said. They grow two extra inches of fur — the colder the weather the better. During the summer, the zoo is sometimes forced to keep them cool.

Protecting the animals and taking necessary precautions during certain seasons is a year-round endeavor for zookeepers.

"We try and keep these animals as acclimated as possible," Hansen said.

UNIVERSE news briefs

FROM THE ASSOCIATED PRESS



Iraqi president hits back at Trump

Iraq's president hit back at Donald Trump Monday, Feb. 4, for saying U.S. troops should stay in Iraq to keep an eye on neighboring Iran, saying the U.S. leader did not ask for Iraq's permission to do so.

"We find these comments strange," said Barham Salih, speaking at a forum in Baghdad. Trump's comments added to concerns in Iraq about America's long-term intentions, particularly after it withdraws its troops from Syria.



Ocasio-Cortez to bring Kavanaugh critic to SOTU

Democrat Alexandria Ocasio-Cortez's guest for the State of the Union address is a woman who cornered Sen. Jeff Flake on live television to protest his support for Brett Kavanaugh.

Ana Maria Archila, who lives in the star freshman Democrat's New York district, said she will wear white and a pin that the congresswoman gave her that says, "Well-behaved women rarely make history."

"I never thought I'd be excited about being in the same room with Donald Trump," Archila said.



Virginia governor pressured to resign

Virginia Gov. Ralph Northam met privately on Feb. 4 with top administration officials but gave no public signal he intends to step down amid unrelenting pressure to resign over a racist photo on his 1984 medical school yearbook page.

Practically all of the state's Democratic establishment — and Republican leaders, too — turned against the 59-year-old Democrat after the picture surfaced of someone in blackface and another person in a Ku Klux Klan hood and robe.



Grammy-nominated rapper in US immigration custody

Grammy-nominated rapper 21 Savage was taken into federal immigration custody early Feb. 3, authorities said.

The artist, whose given name is Sha Yaa Bin Abraham-Joseph, was arrested in a targeted operation in the Atlanta area involving local and federal law enforcement officers, U.S. Immigration and Customs Enforcement spokesman Bryan Cox said in an emailed statement. Abraham-Joseph is a British citizen who overstayed his visa and also has a felony conviction, Cox said.



Pats' Belichick joins icons with 6 championships

Bill Belichick is now standing shoulder to shoulder with the NFL's all-time greatest coaching icons.

When considering his place in history, Belichick's accomplishments transcend the Super Bowl era after his New England Patriots' 13-3 Super Bowl 53 win over the Los Angeles Rams on Sunday, Feb. 3.

Belichick has joined George Halas and Curly Lambeau as the only coaches to win six NFL titles.

Bill would gauge public opinion on daylight saving time

By HARRIET NORCROSS

Rep. Marsha Judkins, R-Provo, is sponsoring a bill for the current legislative session that would see whether Utah residents want to continue observing daylight saving time.

If HB66 passes, a two-part, non-binding question will be added to the November 2020 ballot. The first part of the question would gauge the public's preferences.

Voters would have four choices: remain on daylight saving time year-round, switch to standard time year-round, indicate equal preference between options one and two or change nothing.

The second question would ask voters if, in the event the state does not choose their preferred option, they would support the other option or prefer to continue observing daylight saving time.

"Some people have a preference," Judkins said. "Like me, I would like to stay on standard time year-round, but I would prefer going to daylight saving time year-round as long as we didn't have to change our clocks."

Regardless of the vote's results, the majority response would not become law — at least not immediately. The question would help gauge where the public stands on daylight saving time.

Judkins said the question is not her end goal, but a starting



Emily Larson

Proposed legislation would gauge whether Utah voters would like to switch from daylight saving time to a year-round schedule through a non-binding question on the November 2020 ballot.

point for a longer-term plan to switch Utah's timetable.

"We'd take all the data that we could gather and of course, this non-binding question would be a large part of that, and then the Legislature would make their best decision based on that data," Judkins said.

On both sides of the daylight saving time debate, citizens have concerns.

Judkins said many people who care about the issue have contacted her, including people in tourism, nurses who work long shifts and families with disabled children. To some, changing the clocks is an inconvenience; to others, it

is a problem that makes a real difference in their lives.

"I get some emails, 'Why are you dealing with such a trivial issue?'" Judkins said. "But it's really not trivial to a lot of people."

According to Judkins, some Utah farmers and ranchers work day jobs to support their farming or ranching. For them, later sunsets are more convenient because coming home when it is still light makes caring for livestock easier.

Judkins said it is also more dangerous for school children to be walking, waiting for the school bus or driving to school when it is dark in the mornings.

"There's a lot, a lot, of things that go on with this," Judkins said. "That's why I'm doing it."

Abby Anderson, a junior studying nursing, grew up in Mesa where standard time — meaning earlier sunrises and sunsets — is observed year-round.

When she moved to Utah for her freshman year at BYU, she and her friends were eager to experience the hour repeating itself for the first time. However, she described daylight saving time as "anticlimactic."

"I mean it was a cool notion, getting an extra hour of sleep and all," Anderson said. "But honestly, the difference didn't seem to impact my daily schedule or anything."

Anderson said she was not sure if she had a preference, but admitted she found changing the clocks to be confusing.

"It is also weird to be at a different time than my family.

I have called and woken them up too many times to count," Anderson said. "I guess because I haven't noticed any benefits with daylight saving in my life, it has become more of inconvenience than anything."

Anderson said she would vote to remain on a year-round schedule in Utah if given the chance.

"I don't mind daylight saving and getting rid of it isn't something I am overtly passionate about," she said. "But because I haven't reaped any benefits from it, it makes more sense to me to do away with it."

Carly Cottrell grew up with daylight saving time, but recently moved from Utah to Arizona for work. She said it is confusing for her family and friends, who can never remember which time zone she is in.

"Half of the year we are the same as Utah, the other half we are the same as California," Cottrell said.

Still, she says she found the early darkness during Utah winters "depressing" and doesn't think daylight saving time is necessary anymore.

Last year, California and Florida both passed laws to stay on daylight saving time year-round and are waiting on a waiver from the federal government before they can implement them, according to Judkins. She said there is the chance other states will also move to year-round schedules.

"We've also been contacted by several states around us that would like to stop changing their clocks, too, and possibly stay on daylight saving time year-round, as long as there's a group of states that are willing to do it," Judkins said.

HB66 will be considered during the 2019 legislative session, which began on Jan. 28 and will conclude March 14.

Campus Events

Tuesday, Feb. 5

- AMA with Mike Mangelson on International Law. 273 HRCB, 3 p.m.
- Annual World Interfaith Harmony Week Lecture. Hinckley Center Assembly Hall, 7:30 p.m.

Wednesday, Feb. 6

- Divided Kingdom? Divergent Opinion in the UK in 2018. 238 HRCB, 4 p.m.
- Just Ask: A Candid Look at Consent. Varsity Theater WSC, 5 p.m.

Thursday, Feb. 7

- BYU STEM Career Fair. WSC Ballroom, 9 a.m.-3 p.m.
- Europe at the Crossroads. 1060 HBLL Auditorium, 11 a.m.
- "Comedy of Errors." HFAC Nelke Theatre, 7 p.m.
- BYU Contemporary Dance In Concert. HFAC Pardoe Theatre, 7:30 p.m.

Friday, Feb. 1

- The Summit: BYU Leadership Experience. Wilkinson Center Ballroom, 7 p.m.
- Living Legends. HFAC de Jong Concert Hall, 7:30 p.m.
- BYU Contemporary Dance In Concert. HFAC Pardoe Theatre, 7:30 p.m.

Saturday, Feb. 9

- BYU Contemporary Dance In Concert. Pardoe Theatre, 2, 7:30 p.m.
- "Comedy of Errors." Nelke Theatre, 2, 4, 7 p.m.

Monday, Feb. 11

- FHE: Vignettes of Black Saints. Education in Zion Gallery - JFSB, 7, 7:30, 8 p.m.

THE UNIVERSE

Serving the Brigham Young University Community

February 5-11, 2019 • Volume 72, Issue 20 • universe.byu.edu
152 BRMB, BYU, Provo, Utah 84602

EDITOR

Jenna Alton

ONLINE EDITOR

Riley Waldman

SECTION EDITORS

Rachel Keeler

CAMPUS

Sahalie Donaldson

METRO

Aaron Fitzner

SPORTS

OPINION EDITOR

Josh Carter

COPY EDITOR

Colton Anderson

SENIOR REPORTERS

Kaitlyn Bancroft

Sam Bigelow

PHOTOGRAPHERS

Ty Mullen

Levie Flickinger

Claire Gentry

Hannah Miner

Emma Willes

Arianna Davidson

ASSIGNMENT EDITOR

Emma Benson

EDITORIAL ASSISTANT

Ally Arnold

DEVELOPER

Jay Drennan

EDITORIAL DESIGNERS

Allie Jones

Amanda Lund

GRAPHIC DESIGNERS

Joan Phillips

Jacob Baker

Haley Mosher

PRODUCTION ASSISTANT

Jordan Sterling

SPECIAL SECTIONS

Matthew Bennett

MARKETING

Madison Everett

Mireya Lavender

CIRCULATION

Ryan Tiu

Thaddus Ng

ADVERTISING SALES

Emily Strong

Eric Forbush

Jake Goodsell

ACCOUNTING

Adam Esplin

PROFESSIONAL STAFF

DIRECTOR

Steve Fidel

BUSINESS MANAGER

Ellen Hernandez

DESIGN MANAGER

Warren Bingham

NEWSROOM MANAGER

Carrie Moore

FACULTY ADVISERS

Kris Boyle

Joel Campbell

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

The Universe is published weekly except during vacation periods.

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

Copyright 2019 Brigham Young University.



For more news, including audio and video, visit

universe.byu.edu

@UniverseBYU
letters@byu.edu
News 801-422-2957

Advertising & Circulation 801-422-7102

LARGE Private AND Affordable

CARRIAGE COVE
APARTMENTS

APPLY TODAY!

CARRIAGECOVE.COM | 801-374-2700
606 W. 1720 NORTH, PROVO, UT 84604

Anechoic chamber provides student research opportunities

By HOLLY FERGUSON

Physics professor Tim Leishman described the sensation of walking into an anechoic chamber as being similar to stepping outside on a winter day after a heavy snowstorm, away from buildings and other people. It sounds dead and is very quiet.

The Eyring Science Center holds an anechoic chamber deep within its basement where students and faculty can conduct research on sound and acoustics. According to the BYU acoustics website, the chamber absorbs 99 percent of sound, making it an ideal place to hold experiments and analyze data.

BYU is also home to the Acoustics Research Group (ARG), which holds the “largest university-based acoustics and vibrations research facility in the intermountain west,” according to the Explore Sound Acoustical Program Directory.

Physics professor Brian Anderson is a member of the ARG, which conducts experiments in the anechoic chamber. He said the main purpose of the chamber is to purely record the sound that comes out of a sound source.

“Anechoic means no echo, so it is a room without walls, if you will. So, all the walls, the floor and the ceiling absorb at least 99 percent of the sound,” Anderson said. “The floor is absorptive so it is like the ground is not there.”

As a professor in physics, Leishman specializes in acoustics, focusing specifically on audio, architectural acoustics and active noise control. He said the chamber is meant to provide a “free field,” or a field with no reflections. The chamber is mostly used by students, faculty and the ARG.

Graduate student Aaron Vaughn conducts much of his acoustic research in the anechoic chamber. He and other students process the data retrieved from within the chamber.

“Over the years there have been many projects that without the anechoic chamber could not have occurred,” Vaughn said.

Anderson said physicists are trying to understand how sound is radiated from an object. He gave an example of the flute and the fact that as it is played, the sound can escape through the various holes within the body of the instrument.

“That sound made by the flute interferes with itself and it makes a complicated sound radiation pattern, and so the anechoic chamber allows us to measure that radiation pattern and thus figure out how that sound interferes with itself,” Anderson said.

Physics graduate student Brian Patchett is working to generate high-amplitude focal sounds by using reverberant environments. He must be in an echo-free location to characterize and classify his sound sources.

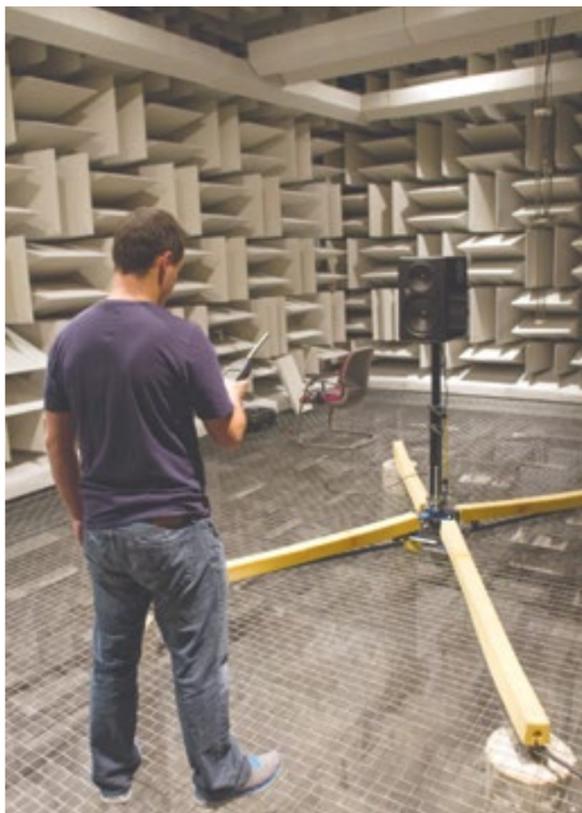
“We have to go into the anechoic environment where there are no interferences and all there is is the sound coming off of the device, no matter what it is,” Patchett said.

It is important that students studying in applicable fields have access to an anechoic chamber because of the rarity of the environment, according to Patchett. He said the accessibility of the anechoic chamber on campus allows BYU to receive funding and grants to do research.

“It provides opportunities for the students to do research that is meaningful in a way that will contribute to their careers in the future,” Patchett said. “It really helps them understand what they would be doing at large corporations and national laboratories.”

Traci Neilsen is an associate professor who researches acoustics. She said part of the professors’ jobs is to find fundable opportunities to give students the best skills, contacts and networking ability.

Neilsen said it is great for students to have the opportunity to see there is learning beyond books when they are able to measure, write the codes or



Hannah Miner

Physics graduate student Aaron Vaughn conducts research in BYU’s anechoic chamber. *Scan the Universe Plus app logo to read or listen to a Portuguese translation of the this story.*

analyze the data for themselves. She said the anechoic chamber is a good example of the mentored, experiential and inspired learning that happens at BYU.

“People in general also need to understand the caliber of research that undergraduates can get involved in at BYU. This is really top-notch,” Neilsen said.

Retired physics professor Scott Daniel occasionally gives tours of the anechoic chamber to groups and other organizations upon request. He worked on documentation on the electronics instrumentation of the chamber when he worked on campus.

“Without an anechoic chamber, you are going to be crippled with a lot of the parameters that we like to know and we depend on, especially in noise quieting,” Daniel said.

Anderson said one of the best ways for students to get experience with the anechoic chamber is to take PHSCS 167,

Descriptive Acoustics of Music and Speech.

The professors said the class is a general education course focusing on the concepts of acoustics instead of math. It teaches students about the physics of human hearing, speech and musical instruments.

“Students should recognize that it is primarily a research facility, and we do want to allow people to see it to generate excitement about acoustics, but we also have to make sure that experiments can get done and that we do not have to interrupt them,” Anderson said.

The anechoic chamber provides a unique opportunity for students to retrieve the data they need for projects, according to Anderson.

“In terms of giving our research students access, I think what we are doing here at BYU is pretty exceptional,” Leishman said. “It is a special thing for BYU to have the anechoic chamber.”

Campus News



Colby Wright

MARRIOTT School of Business

A study conducted by four BYU information systems professors found that playing video games with colleagues may increase office productivity. The researchers asked the teams to do one of three things: play video games, quietly complete homework or discuss goals as a group. Those who played video games for 45 minutes increased productivity by 20 percent. “Team video gaming may truly be a viable – and perhaps even optimal – alternative for team building,” said lead researcher Mark Keith. Further research needs to be done to see if pre-existing relationships with colleagues can be strengthened or worsened by competitive video games.

The finance program is celebrating its fifth year of being a standalone major. Finance professors **Jim Brau** and **Andy Holmes**, “the fathers of the finance major,” sifted through hours of paperwork and meetings to create the major and currently teach in the program. Program Director **Colby Wright** implemented many student activities including info sessions and dinners to create a cohesive student body. What was once an emphasis of the business management major now enrolls 529 students. “Our progress over the last five years is a story of exponential growth, and that’s



Mark Keith

thanks to a massive team effort from our fantastic faculty, staff, students and alumni,” Wright said.

COLLEGE OF Fine Arts and Communications

Trumpet associate professor **Jason Bergman** performed and recorded an album with the Dallas Winds that was nominated for two Grammy Awards. The album is a tribute to composer John Williams titled, “John Williams at the Movies.” Arranged by Paul Lavender with Williams’ seal of approval, it includes themes from “Star Wars,” “E.T. the Extra-Terrestrial,” “Superman” and the Olympics. Bergman listened to the band growing up and said he felt honored to both play with the Dallas Winds and be nominated for the awards together. “Having the chance to perform on a recording that has been nominated for two Grammy Awards is a true honor,” he said. “I feel especially honored to have been a guest in the wonderful Dallas Winds and to work with such amazing colleagues.”

BYU theatre professor **Megan Sanborn Jones** wrote a book examining church pageants in the 20th and 21st centuries. “Contemporary Mormon Pageantry” was published on Oct. 1 by the University of Michigan Press. In a Q&A posted on the College of Fine Arts and Communications website, Jones discusses her interest in the topic, research



Megan Sanborn Jones

process and takeaways she hopes readers will get from the book.

COLLEGE OF Life Sciences

BYU associate professor **Ben Abbott** recently co-authored a study that found microorganisms keep the water clean in fresh water bedrock. Humans are producing more nitrogen than the environment can handle, leading to harmful algal blooms. Microorganisms protect soil and river beds from this process and ensure drinkable water. The researchers used a new method called stratified reactivity framework to direct their study. The method uncovered that 80 percent of the sites sampled had microorganisms performing denitrification, a process in which the nitrogen is converted into a harmless gas found in the atmosphere. The microorganisms keep water clean, but the study advised against using excess amounts of nitrogen in fertilizers and fossil fuels.

COLLEGE OF Humanities

BYU is the No. 3 school in the nation for producing foreign language degrees, according to a report done by The Chronicle of Higher Education. BYU topped in Arabic, Russian and Portuguese categories. About 65 percent of the campus population speaks a different language, students speak 128 languages and BYU teaches 92 language classes.

TODAY

UNIVERSITY DEVOTIONAL
Tuesday, February 5
11:05 a.m., Marriott Center

This event will be broadcast to the JSB Auditorium.



Elder Ulisses Soares

Member of the Quorum of the Twelve

Elder Ulisses Soares was sustained as a member of the Quorum of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints in March 2018. He had been serving as a General Authority Seventy since 2005 and was named a member of the Presidency of the Seventy in 2013. He served previously as a counselor in the Africa Southeast Area, president of the Brazil Area, and counselor in the Brazil South Area.

Elder Soares received a bachelor of arts degree in accounting and economics from the São Paulo Pontifical Catholic University, School of Economic Science, in 1985 and later received a master’s degree in business administration. He was an accountant and auditor for multi-

national corporations in Brazil and director for temporal affairs in the Church area office in São Paulo, Brazil. At the time of his call as a General Authority, he was serving on a special assignment for the Presiding Bishopric of the Church in Salt Lake City.

Elder Soares has served in a number of Church callings, including full-time missionary in the Brazil Rio de Janeiro Mission, elders quorum president, counselor in a bishopric, high councilor, stake executive secretary, regional welfare agent, stake president, and president of the Portugal Porto Mission (2000–2003).

Elder Soares and his wife, Rosana Fernandes, are the parents of three children and three grandchildren.

Selected speeches available at speeches.byu.edu.

NEXT: UNIVERSITY DEVOTIONAL

CARRIE ROBERTS
Head Coach,
BYU Women’s Golf Team



February 12, 11:05 a.m.
Marriott Center

PLAN NOW TO ATTEND.

BYU ARTS

byuarts.com | (801) 422-2981

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.

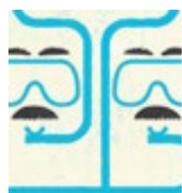
Thurs.–Sat., Feb. 7–9, 7:30 p.m.
Sat., Feb. 9, 2:00 p.m.
Pardoe Theatre



Living Legends

Living Legends combines a dynamic repertoire of Native American choreography with the color and vitality of Polynesian and Latin American dance styles. Traditions come to life as talented descendants of these cultures weave together authentic choreography, intricate costumes and heart-pounding music into one captivating show.

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



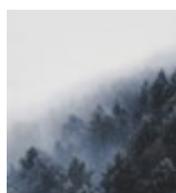
Comedy of Errors

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



BYU Philharmonic

Wed., Feb. 13, 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 Symphony Band
Unexpected Love Songs
Thurs., Feb. 14, 7:30 p.m.
de Jong Concert Hall

BRAVO! VOICES8
Thurs., Feb. 14, 5:30 p.m.
Thurs., Feb. 14, 7:30 p.m.
Madsen Recital Hall

All events are ticketed.

BYU arts

Vandalism, theft threaten Utah historical sites

By SAM BIGELOW

Archaeologist and Archaeology Southwest CEO William Doelle once visited Grand Gulch, an isolated Anasazi historical site. As he examined petroglyphs along the rock walls, he noticed a small, red drawing of a person — with a bullet mark right over its heart.

"It's like, 'Well, good shot,' but the level of destruction is very disappointing to see when you're back in these places where the preservation is otherwise extremely good," Doelle said. "What motivates someone who sees an ancient painting like this and feels a need to test their marksmanship? I can't explain it."

Similarly, BYU assistant archaeology professor Michael Searcy said he's excavated archaeological sites in northern Mexico that were pristine aside from obvious looter's pits. According to Searcy, most looters often approach archaeology in a disorganized manner, leading to literal holes in a site's context and history.

"The parts that were looted were so badly destroyed that we found looter's pits on top of looter's pits," Searcy said. "It's

almost uninterpretable when it comes to looking at structures or burials. There's really no way to interpret the information and data because it's so destroyed and damaged."

At best, cases like these are the result of carelessness. At worst, they're the product of deliberate vandalism and theft — both felonious actions punishable by fines and prison time, according to Brenden Rensink, a BYU assistant history professor, historian of the North American West and assistant director of the Charles Redd Center for Western Studies.

According to the Utah Bureau of Land Management, Utah has a long history of looting and vandalism on both archaeological and paleontological sites. These sites are considered significant to Native American communities located in Utah, including the Navajo, Ute, Paiute, Goshute and Shoshone peoples.

While over 900 archaeological sites were discovered



William Doelle

A red man petroglyph seen by Archaeology Southwest CEO William Doelle in Grand Gulch, Utah, is marked with bullet marks.

across Utah in 2017, the southern portion of the state — home to Zion National Park, Bears Ears National Monument and the Grand Staircase-Escalante National Monument — are notably vulnerable to negative human impact because of tourism, Rensink said.

According to Rensink, designating monument sites can be a double-edged sword — remote sites may not need monument



Michael Searcy

BYU assistant archaeology professor Michael Searcy stands in a looter's pit at a heavily looted site in northern Mexico.

status because of the difficulty of hiking into them, but any damage or theft is less likely to be noticed. On the other hand, protected monuments often attract large groups of people, which can result in damages and theft.

"There's some concern that monument status could lead to increased traffic and more risk," Rensink said. "There's kind of a devil's bargain and we're really not sure how it's going to play out."

Rensink noted the reduction of the original Bears Ears National Monument has left it unclear whether archaeological sites within the boundaries will receive the same protections. Some sites left out of the new boundaries include Grand Gulch, Valley of the Gods and Cedar Mesa, according to The New York Times.

"Bears Ears was only a monument in its original boundaries for a very short time," Rensink said. "It's been split into two along with Grand Staircase Escalante, so it's hard to say if it's going to receive more or less protection."

Rensink said other monuments, like Canyons of the Ancients in Colorado, have been left underdeveloped to reduce human traffic, which has led to some increased protection for sacred sites.

Regardless of a site's remoteness, Doelle said it can be difficult to date damage and theft to an archaeological site. Searcy also noted once an artifact is taken from its original location, it loses most of its historical context and significance.

"A lot of times people come and say, 'Hey, I have an artifact I found in my grandpa's basement,' and my first question is, 'Where is it originally from?'" Searcy said. "If it's looted, for the most part, you're losing probably 80 percent of the information. That's how important context is."

Shawn Lambert, the public archaeologist for the Utah Division of State History, said accidents are treated differently than intentional looting. He said someone who accidentally ran over an archaeological site on BLM land may not face criminal charges. However, Lambert said his job is to educate and inform people to help decrease both accidental and intentional looting and destruction.

"Most of the people who are doing this don't understand what they're doing. They may not know they're shooting at rock art or running over a site," he said. "We need to educate people about these resources and how to help people be stewards over these resources."

According to BYU Anthropology Department Chair James Allison, looting and vandalism don't only interfere with archaeological work — they also disrespect Native American culture, indirectly exacerbating distrust and other issues.

"There are huge problems in Native American society with a legacy of racism and poverty, and those problems are not

made any better by the disrespect shown to their ancestral sites," Allison said.

Allison and Searcy said the looting of any human remains, either modern or ancient, is strictly forbidden by the Native American Graves Protection and Repatriation Act. According to the U.S. General Services Administration, human remains and Native American cultural items must be returned to "lineal descendants."

"Someone values those sites for their ancestral connections and they do actually have a sacredness to them," Allison said. "It's like going into a cemetery and stealing the rings off corpses. It's very offensive."

According to Doelle and Rensink, there is always a market for historical antiquities obtained legally. Rensink said artifacts obtained legally are fine to sell.

"Legality depends on where the artifact was found," Rensink said. "If you own the land and there are artifacts there, you can sell them legally."

Despite this, a black market for illicit artifacts and goods still exists and attracts a wide variety of consumers, including international terrorists. According to a study by The Antiquities Coalition, the Islamic State of Iraq and Syria turned to the dark web to exchange stolen artifacts for bitcoin to fund their operations.

According to the study, following the 2015 terrorist attacks in Paris, a hacking group discovered ISIS had access to over \$3 million in bitcoin, which the group used to purchase weapons used in the attack.

Searcy said many looters will often trade among themselves in person or on auction websites like eBay. Unfortunately, according to Searcy, many artifacts are hard to trace to their original location, which results in many stolen pieces being passed off as legally acquired.

Searcy also said it can be difficult to patrol looters because many sites are located in remote locations. Site protection is often the responsibility of the land managers, like the Forest Service or BLM. Concrete evidence on illicit artifact trading occasionally leads to joint sting operations like Operation Cerberus Action, he said.

The FBI, BLM and the state of Utah conducted a sting in Blanding in 2006, leading to 24 indictments involving antiquities collectors who stole from graves and ruins on the Colorado Plateau, according to the Salt Lake Tribune. Operation Cerberus Action recovered over 6,000 artifacts and two defendants died by suicide. The other defendants were not required to serve jail time, according to the Tribune.

Lambert said thieves and vandals could face steep fines and prison time in a worst-case scenario.

"You could get fiercely fined up to hundreds of thousands of dollars and you could also go to jail for intentionally looting archaeological sites," he said.

Education key to archaeological site protection

Utah archaeological sites have a "long history" of looting and vandalism, according to the BLM's 2017 accomplishment report. BYU experts say education and appropriate participation in archaeological experiences can go a long way in curbing damage to ancestral sites.

BYU assistant history professor Brenden Rensink said educating the public on the importance of archaeological sites is a good starting point in preventing theft and other damages.

BYU assistant archaeology professor Michael Searcy said he visits fourth-grade classes across Utah to teach about the state's history, which includes information on historical sites and monuments. Shawn Lambert, the public archaeologist for the Utah State Historic Preservation Office, said he and other public archaeologists primarily work with communities to increase awareness about historical sites.

According to Searcy, another way people can get involved in archaeology is through site stewardship. Site stewards are often assigned archaeological sites to regularly visit and maintain.

The Utah BLM offers resources on site stewardship programs for government-managed lands. Additionally, Friends of Cedar Mesa regularly post links to stewardship opportunities.

Searcy also noted that although increased tourism can increase the potential of harm to archaeological sites, visiting these locations can be comparable to visiting a museum.

"I see these lands and these resources as open-air museums, and you wouldn't go to the Museum of Peoples and Cultures, open up a case and put an artifact in your pockets," he said.

Searcy and Rensink said anyone who finds artifacts or archaeological sites should report the location to the appropriate land managers or an archaeologist.

In addition, Rensink said anyone who engages in pot-hunting, even as a family activity, should stop, since taking artifacts can be a felony. However, he said arrowheads on the surface are fair game and visiting ancient sites can be a special experience.

"There's a special and sacred feeling when you go out to these ancient sites and stand where ancient peoples did," Rensink said. "Going out and having that experience is the best way to win advocates for protecting these sites."

—Sam Bigelow

Simple Bites

WHITE BEAN CHICKEN CHILI

	For 1	For 2	4 or more	
	1 cup	1-15 oz can	2-15 oz cans	canned white beans (Navy, Great Northern, Cannellini)
	1/2 lb	1 lb	2 lbs	ground chicken or turkey
	2 tsp	1 tbsp	2 tbsp	vegetable oil
	1/2 med	1 small	1 med	diced onion
	1 tsp	2 tsp	1 tbsp	chopped garlic
	1/4 fresh	1/2 fresh	1 fresh	diced and seeded jalapeño pepper
	2 oz	1-4 oz can	2-4 oz cans	canned green chilies
	1 cup	1-5 oz can	2-15 oz cans	chicken stock
	1 tsp	2 tsp	1 tbsp	Knorr chicken bouillon
	1 tsp	2 tsp	1 tbsp	garlic salt
	1/4 tsp	1/2 tsp	1 tsp	pepper
	1/8 tsp	1/4 tsp	1 tsp	cumin
	1/8 tsp	1/4 tsp	1 tsp	chili powder
	1 tbsp	1-2 tbsp	2-3 tbsp	cornstarch
	1/2 cup	1 cup	2 cups	cream, half & half or whole milk
	Garnish as desired:			chopped cilantro
	1 tbsp	2 tbsp	1/4 cup	
	sour cream			
	shredded cheddar cheese			
	chopped green onion			
	diced avocado			

In a large pot, brown chicken or turkey, onions, garlic and jalapeño pepper until chicken is completely brown. Add beans, green chilies and chicken stock. Stir. Add seasonings and stir well. Reduce heat and simmer to incorporate flavors (about half an hour). Add cream and mix well. To thicken chili (if desired) mix cornstarch with a small amount of water (1 2 tsp). Bring chili to a boil, pour in cornstarch mixture and stir well. Add more or less to desired thickness. Add more seasoning if desired. Serve hot topped with desired garnishes.

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

ENGAGEMENT SETS
OVER 3,000 SOLD
50% OFF !!
customjewelrydirect.com

Professor, students represent BYU at Sundance Film Festival



Emma Willes

BYU student Brad Bills works at the Sundance Film Festival in Park City.

By KYLEE LAPEYROUSE

The Sundance Film Festival provides BYU students with an opportunity to submerge themselves in independent film making culture and volunteer with industry icons.

From Jan. 24 to Feb. 3, attendees participated in filmmaker and panel discussions and attended live music events and screenings of documentaries, short films, series and episodic content. Volunteers helped run the 11-day event.

BYU junior Brad Bills said he loves volunteering because of the festival's atmosphere.

"I get to be around so many people who love film just like me," Bills said.

After submitting an application and undergoing training, volunteers receive their shift schedule and team assignment. They may help hand out ballots, direct people to their seats, answer questions or clean the theaters after film screenings.

Bills said he has served as a guard for the green room, which is where filmmakers and actors spend time away from the general public.

BYU student Mickey Randle said the festival gives volunteers a place to gain a better understanding of the industry.

"Sundance is really important in the film industry, so it's great that BYU has a place there," Randle said. "It can provide important opportunities to network."

Student volunteers have the opportunity to clear up ideas attendees may have about the BYU community.

"A lot of times the outside world, and BYU itself, tend to think of BYU film students as only LDS filmmakers," Bills said. "But getting involved with this shows we're not LDS filmmakers, we're filmmakers who happen to be LDS."

BYU photography professor Robert Machoian Graham's short film "The MINORS" was one of 73 shorts that made the cut out of 9,400 submissions. The film follows the story of a grandfather whose grandchildren want him to be in their band and emphasizes that anyone can have a dream. Graham said most of his film ideas are family-oriented.

"What I've found in myself over time is how much I am personally an advocate for family. That's something I believe in and I'm in favor of and I support it," Graham said. "I support anyone who's concerned about raising children in a healthy environment so that they can become amazing people."

Graham also combats predisposed ideas people may have toward BYU. He said representing BYU and the Latter-day Saint community in the film industry have always been important to him.

"I find that I'm a spokesperson for BYU and for being an LDS person. I feel privileged to be able to do that," Graham said.

Graham said it's crucial for students to have the exposure available through student volunteer opportunities. Students having the ability to view films that challenge different aspects of living is "really valuable," according to Graham.

CHILD CARE

Subsidies help single parents afford child care, but not without limitations

Continued from Page 1

Additionally, 52 percent of Utah kids under age 6 have all available parents in the workforce, according to 2017 data from the Kids Count Data Center. The Utah Women and Leadership Project's brief notes, "We must not forget that in many households with children, 'all available parents' is just one."

Subsidies

According to the Utah Office of Child Care, a child care assistance payment is "a subsidy that helps parents pay for approved child care while at work or looking for work." The payment amount is determined by the Utah Department of Workforce Services and is paid directly to the child care provider. Workforce Services also determines the parents' copayment.

For example, if a child care provider's monthly charge is \$530, Workforce Services might pay a \$433 subsidy and determine the copay to be \$77. This leaves a \$20 out-of-pocket payment for the parent, which, added to the \$77 copayment, totals \$97 paid by the parent to the child care provider.

Maximum monthly child care payments are based on the local market, the child care provider type and the children's ages. Additionally, child care assistance is determined by income, which is limited to 85 percent of the state median income. In federal fiscal year 2018, the estimated state median income for a four-person family was \$74,437, according to the Low-Income Home Energy Assistance Program Clearinghouse website.

Copayment requirements are determined by income range, household size and the number of children in a family.

KC Hutton, the program manager at the Utah Office of Child Care, said the office provides a variety of types of child care assistance, but the most common is employment-supported child care.

She said because the Office of Child Care wants to support continuity of care for children, families who are eligible to receive employment-supported child care have 12-month eligibility periods during which changes in eligibility don't occur unless the family reaches 85 percent of the state median income.

"In many situations, this allows families to receive raises

Household size	Maximum monthly income	
	At application	While receiving assistance
2	\$2,362	\$2,805
3	2,918	3,647
4	3,474	4,342
5	4,030	5,037
6	4,585	5,732

Source: Utah Department of Workforce Services, Office of Child Care
Once a person is approved for child care, the income limit increases.



Arianna Davidson

UVU's Wee Care Child Care Center offers low-cost child care programs for infants through 12-year-olds.

throughout a year and not have those raises impact the assistance they receive during that eligibility period," she said.

Single parent students

To receive state child care assistance, employed single parents must work an average of 15 hours a week, according to the Utah Department of Workforce Services website. If parents are also in school or a training program, they must verify their course of study, schedule and graduation date.

UVU's Wee Care Child Care Center Director Todd Harper said about 30 to 40 percent of the families who use the facility are single-parent families. He said the challenge with state subsidies is that single parent students have to work at least 15

hours a week to qualify for state child care assistance.

"What I have learned from the families here is that it is a struggle to go to school, raise a family and work to provide," he said, adding that Wee Care gives priority to single families and there are single parent scholarships offered through UVU's Women's Success Center.

Cheryl Preece-Smith, director of the Little Brigham Aggies day care at USU-Brigham City, said the day care takes state assistance for child care and a majority of the parents using their facility are single parents. Most work lower-paying jobs, and she sees the same problem Todd Harper does at Wee Care: student parents struggling to both attend school and work the hours required to qualify for

state child care assistance.

"In other states, if you even just go to school, but don't work, you qualify for state assistance," she said. "Our state doesn't specifically pay for school or study hours for parents. In a state with so many children and with state goals that want to lift families out of poverty, this change would make a huge difference in completion and persistence rates for some single parent college students."

'A vicious cycle'

Osborn said she only works because she has to, calling the three months she was able to stay home with her daughters when she first moved to Utah "the best three months of my life."

She said it's hard when her daughters want her to come on field trips or help in their classrooms and she has to say "no."

"I don't get to do those fun things I remember my mom doing with me when I was a kid," Osborn said.

She also said the mental health challenges of being a single parent are overwhelming. Some nights she feels like she snaps at her kids more because she's tired from working a nine-hour day and being a full-time mom when she gets home.

But what she struggles with the most is seeing moms working hard to make ends meet but losing state assistance while there are moms who don't work and live off state assistance.

"I have a huge issue with that," she said. "But I have to work to support my family. It's just kind of a vicious cycle."

Provo offers single parents education and support groups at the Family Academy, and the Utah Office of Workforce Services has a website page dedicated to various child development, food, housing, medical, legal and other resources for parents.

Resources for children include the Utah Summer Food Service program, the Utah Children's Health Insurance Program and the Utah Head Start Association.

SHAKE UP YOUR DATE



CAN HELP.

650+ date ideas
Available on racks now

#BYU hacks

The 'how to' at BYU

HOW TO
AVOID LINES
AT THE
Testing Center

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



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

@syd_the_squid17

Are you even really in a Provo YSA ward if they don't plan a speed dating activity for Valentine's day?
@HeardAtBYU

@CaucasianJames

nursing student: sorry i'm studying can't talk wow am i stressed looks like i'll be pulling another all-nighter

@abby_lasagna

In the immortal words of Ariana Grande, I have no tears left to cry" @HeardAtBYU

@mclawsome

Person 1: "What's your name?"
Person 2: "Tyler"
1: "I don't think I've heard of you before."
2: "You may have heard my street name, T-bone?"
1: "...Nope"
@HeardAtBYU

@KalistaPaladeni

A guy on a bike screaming into his phone "AND THEN THEY TOOK A PICTURE OF MY TORTILLA!!"
@HeardAtBYU

@lesatinkaa

"I don't want my book bag to smell like meat"
@HeardAtBYU

@laurenbridge18

@HeardAtBYU
"What's a precinct?"
"It's like a ward but for the police."

@kaitietc

"It hasn't been 8 weeks yet. I can't put a ring on it!" @HeardAtBYU

@autumndaun_kang

"Jazz hands bro. Jazz hands."
@HeardAtBYU

@akkerr12

Girl: I really liked him but he really liked avatar.
Boy: like the last air bender or like the blue people?
Girl: the last air bender. It was the wallpaper on his phone. It was just too weird.
@HeardAtBYU

@Frosties4life

1 point out of 10? That's tithing right there!
@HeardAtBYU

@poetickate

presses ctrl alt dtl
opens task manager
selects "utah construction"
clicks "end task"

@_hannahgrace_11

"men are snakes but they're essential to the plan" @HeardAtBYU

@kylecoug

me: "have you seen the Ted Bundy documentary?"
him: "yes; he's the comedian, right?"
me: "sure."
@HeardAtBYU

@laurenvolley11

@HeardAtBYU
"You so garbage"
Provo insults, man

@AlessioDeSimon6

HOW DO WE MISSIONARY WORK?
2016: We invite our non-member friend to meet with the missionaries.
2019: We invite our non-member friend to download Mutual.

@KizzMcWizzFizz

Scholarship is not fun unless...it's fun.
#RealQuotesFromClass @HeardAtBYU

@ChrisWhetten

@HeardAtBYU
Singles Ward Testimony meeting:
"I'm not going to preach to you all about eternal marriage, but it's part of the plan, y'all... Marriage is 1,000 times happier than not being married... I invite all of you to do it and I will do the same."

@mfadonohue

1 "Oh hey, is that your mom?"
2 "No"
1 "Girlfriend?"
2 "No, that's my wife."
@HeardAtBYU

@autumndaun_kang

Prof: What kind of bacteria are there?
"Well there's germs and there's cooties and those are the main ones I think"
@HeardAtBYU

@BrittEldredge

"What's better than boys? Uhhhh knitting."
-@hankrsmith @HeardAtBYU

@burtOnmaddie

"If Peter Pan served a mission, it would be over for all these Provo boys." @HeardAtBYU

@BrittEldredge

in PS100 review
TA: mass matters more. so would you rather have a piece of paper hit you from the ceiling, or a bowling ball?
Student: at this point in the semester, I can't answer that question.
@itsjustjaybae @HeardAtBYU

Tweets are unedited

READERS' FORUM

Student athletes

compete in a sport they love.

—Evan Gregory
Fort Wayne, Indiana

College sports, specifically football and basketball, are enormously popular in the United States.

Millions of people follow their respective teams throughout the college football season and millions fill out brackets for "March Madness," the NCAA basketball tournament held at the end of every season. This invested interest allows the NCAA and individual universities to sign lucrative TV deals, which has sparked debate over the compensation of student athletes.

Many people argue the NCAA should give the money it earns back to the athletes who made it possible. However, I think student athletes are already fairly compensated through scholarships, exposure to professional teams and leagues and the fulfillment that comes through doing what they love.

Student athletes get paid through scholarships, which allows them to graduate debt-free with a valuable college degree – a degree that will help them be successful long after graduation. In addition to their scholarships, student athletes can perform at an elite level that gives them high exposure to professional leagues, which for many is truly a priceless opportunity.

Beyond the scholarships and professional opportunities, college athletes get to experience the fulfillment that comes with playing their sport at a top level. Overall, student athletes are fairly compensated and should not receive a wage or salary.

Although many people argue it is justified for these athletes to receive a cut of the profits they produce, I would argue they already receive payment through scholarships, exposure to professional leagues, and the opportunity to

Living in the present

When I watch a sunset, attend a party, travel or even just get food, I see people around me taking pictures or videos. The phrase "pics or it didn't happen" has become all too real in our society. Young people are constantly updating their social media with what they are doing, where they are and who they are with.

I can think of multiple events I've missed out on because I was focused on recording them, and I'm sure you could as well. When we prioritize our social media, we miss out on so much happening around us. We miss real experiences just to create digital ones.

I could go on social media right now and see what several of my friends are doing through their different stories and posts. I have found that with the availability to keep up with people on social media, I reach out to call, text or meet up with old friends much less. It is so much easier to check Snapchat and Instagram to see what people are up to. It has made us lazy in terms of communication. Our relationships have become online and impersonal.

Social media is great and can make it convenient to stay updated. However, amazing experiences and long-lasting friendships are so much more important. We need to find a balance between social media and real life, before everything we do is centered around our number of followers and likes. Remember what it's like to enjoy a moment before updating your feed becomes the biggest priority.

—Cameron Cook
San Diego, California

IN OUR OPINION

Daylight saving time

Daylight saving time was first implemented in Germany in 1916, according to history.com. It wasn't until two years later in 1918 that the United States adopted daylight saving time as a practice of its own.

Though I understand the mindset of wanting to add an extra hour of sunlight at night, this practice also takes an hour of sunlight away in the morning. The consequences in doing so are numerous.

The consequences of losing an hour of sunlight in the morning seem to be heavier than losing an extra hour of sunlight at night. Waking up and having to drive to work in the dark while your body is still adjusting to being awake and children walking to school or waiting for the school bus in the dark and colder morning temperatures are a few of the reasons I think daylight saving time should be abolished.

Being from northern Canada, cooler morning

temperatures affect more than just the air itself. Low temperatures mean that ice and snow cover roads that have yet to be driven on, making morning commutes to work more difficult and dangerous, especially in the dark. We only get around six hours of sun during the winter months as is. Whether that six hours comes from 10 a.m. to 4 p.m. or 9 a.m. to 3 p.m., six hours is still six hours. Asking workplaces to adjust their schedules and employees to adjust their sleep patterns seems to be a little much considering it's still the same amount of sunlight just at different times in the day.

I have never been a fan of setting our clocks ahead or behind because the negative effects seemingly outweigh the good. Ending daylight saving time wouldn't be hard to implement, but I think it would be a change for the greater good.

—Aaron Fitzner
Universe Sports Editor

OPINION OUTPOST

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

Troops in Afghanistan

If efforts to deal with international terrorism are to be sustainable indefinitely, they need to rely principally on intelligence and interdiction, diplomacy and development — not war without aim or end.

The troops have fought bravely in Afghanistan. It's time to bring them home.

—Editorial Board
The New York Times

Gun safety

"We don't elect people to pray for us. We elect people to lead us." The day after four of his officers were shot while on duty, that is what Houston

Police Chief Art Acevedo had to say to politicians who offer up "thoughts and prayers" in the wake of tragic shootings. His scolding of elected officials who do absolutely nothing about the public-health epidemic of gun violence was well earned. It ought to shame Congress into finally enacting some sensible gun safety policies.

It is long past time for those who have been elected to start listening to common sense on this issue.

—Editorial Board
The Washington Post

Screen time

The average American spends three hours a day, equivalent to 45 days of the year, looking at their smartphone, according to a new report from mobile device data site AppAnnie.com.

With documented evidence showing how addictive mobile phones are, an invitation to step away is in proper order. If you

feel endlessly tied to technology, try putting down the phone for one hour a day, one day a week and one week a year.

Setting aside the phone and talking to a loved one, a neighbor, a friend or even just writing in a journal could prove a fitting antidote to today's excessive screen time.

—Editorial Board
Deseret News

Border control

In the eight-year period ending in 2015, the federal government spent \$2.3 billion building an array of fencing, some formidable, some flimsy, along more than 500 miles of the southwestern border.

As Homeland Security analysts noted in a 2017 report, the key to achieving "operation control" along the border, whereby authorities are aware of most illegal activity at the frontier, is a combination of what security

experts call "domain awareness" and intelligence — not a barrier the height of a three-story house.

—Editorial Board
The Washington Post

Including the elderly

The U.S. is getting older and less social. That's a recipe for a costly, lonely and less-stable future.

It will take families who deliberately choose to get to know

their neighbors, children who devote a little more time to aging parents and a society that feels a renewed sense of accountability toward its oldest and wisest members. Inclusion, not isolation, will be the best medicine.

—Editorial Board
Deseret News

Bullying

Bullying is one of the most vexing problems that schools, students and parents can face.

—Editorial Board
Houston Chronicle

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.

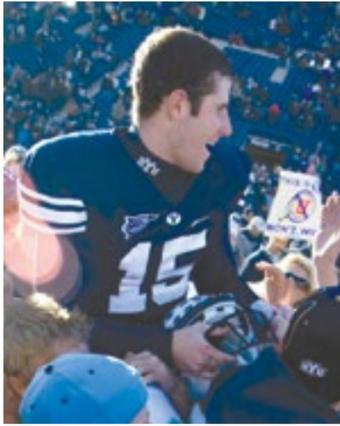
Top 5 BYU-Utah rivalry moments

By JOSH CARTER

The BYU-Utah rivalry has seen a number of memorable moments since the teams faced off for the first time 97 years ago. In light of the recent announcement to extend the rivalry series to 2024, The Universe looks back at the rivalry's top five moments over the past two decades.



BYU Photo



Claire Monson



BYU Photo



Stephanie Rhodes



BYU Photo

5 'He missed it!'

NOVEMBER 21, 1998

A BYU field goal gave the Cougars a 26-17 lead with just under three minutes remaining, and Utah's Daniel Jones returned the ensuing kickoff for a touchdown to cut the deficit to 2. Utah's defense forced the Cougars to punt on their following possession, and the Utes' offense proceeded to drive the ball to the BYU 15-yard line with nine seconds remaining. Utah kicker Ryan Kaneshiro lined up for a potential game-winning 32-yard field goal only to watch the ball bounce off the right upright, preserving a 26-24 win for BYU.

4 Fourth-and-18

NOVEMBER 24, 2007

BYU was down 10-9 with just over a minute remaining in a fourth-and-18 situation when quarterback Max Hall found wide receiver Austin Collie behind the Utah defense for a 49-yard gain to keep the drive alive. BYU running back Harvey Unga finished things off with an 11-yard touchdown run, bowling over Utah defensive back Robert Johnson in the process, to give the Cougars the lead. Following a successful 2-point conversion attempt, the Cougar defense held on for a 17-10 win.

3 LaVell's last miracle

NOVEMBER 24, 2000

Legendary BYU head coach LaVell Edwards took the field one last time to coach the final game of his career against Utah at the end of the 2000 season. Down 1 and facing a fourth-and-13 from BYU's own 17-yard line with just over a minute remaining, BYU quarterback Brandon Doman found wide receiver Jonathan Pittman for a 34-yard gain to keep the Cougars' hopes alive. Doman finished the drive with a four-yard touchdown run with 23 seconds remaining, which proved to be enough to give the Cougars the win and send LaVell out on top.

2 'I think he's caught it!'

NOVEMBER 28, 2009

Senior quarterback Max Hall led BYU into its game against Utah with a 9-2 record and a shot at a MWC championship on the line. After leading Utah 20-6 at the end of the third quarter, BYU allowed the Utes to score 14 unanswered points in the fourth and send the game into overtime. BYU was down 3 after Utah kicked a field goal on its first possession of overtime. On the second play of the Cougars' ensuing possession, quarterback Max Hall threaded the needle to tight end Andrew George who ran untouched into the end zone to give BYU the walk-off win.

1 Harline's still open

NOVEMBER 25, 2006

Jonny Harline's game-winning catch in 2006 with no time left on the clock is often referred to as one of the top plays in BYU football history. BYU quarterback John Beck led the Cougars on a drive starting from their own 25-yard line with just over a minute remaining in the game. After marching down to the Utah 12-yard line with only three seconds left, Beck kept the final play alive just long enough to find a wide open Harline in the end zone for the dramatic walk-off win.

Gymnasts take on the 10-year challenge

By NATALIE ORR

BYU gymnasts team members paused to reminisce on their childhoods surrounded by over 5,000 elementary school children at the annual Kids Meet on Jan. 25. Three gymnasts shared stories about their beginnings in the sport and how they earned their spots on BYU's No. 16 team.

BYU's first All-American in 14 years, junior Shannon Evans initially joined gymnastics to follow her sister's footsteps.

"When I first started, it was really lighthearted," Evans said. "It's always been really fun for me. It's never been brutal or degrading."

Evans laughed as she reminisced on times some would deem embarrassing, but she sees as learning moments in her young career.

"I would watch videos of when I was little on bars and I would fall on my face," Evans said. "I would jump right back up and throw my hands in the air with the biggest smile on my face like I just had gotten a 10 and run over to my dad and be like, 'Did you see that?'"

Reminiscing on those family home videos reminded Evans not to take herself too seriously.

"Whenever I have a hard day, I'll watch those videos of me biffing it on bars and then think to myself, 'Wow, I've come so far,'" Evans said. "I mean, I could be falling on my face jumping onto the bar, but now I just fall on my face doing really cool tricks."

Evans' mindset has helped her progress toward a career-high score of 9.950 on the uneven bars, in addition to receiving the honor of 2018 Second Team All-American.

While Evans naturally improved at the uneven bars, she had to find a creative angle to be successful on floor.

"When I was little, the skills never made me nervous, but memorizing those stinking compulsory floor routines got me," Evans said. "I remember just being in my routine and I would do a dance move and then look over at my coach and say, 'What's next?' I forgot it all the time."

However, Evans used another one of her talents to tackle this weakness: musical theater. Evans spent years in the theater and worked with assistant coach Natalie Broekman to create a routine that carried a storyline, making it easier for Evans to remember.

"I like acting it out and doing it like a play," Evans said. "Dance and ballet don't fit my style, but when it comes to acting and putting a story together, it changes the whole aspect of it and I have fun doing it."

This season, her routine focuses on the Nintendo classic "Super Mario Brothers."

"It's so nerdy, so don't judge me," Evans said. "When I get out there and do Mario, it takes my mind off the

nerves and lets me just have fun and perform."

Evans' unique approach to creating floor routines has helped her receive national recognition. Her "Mario" routine made headlines in Sports Illustrated.

Sophomore Abbey Boden, another gymnastics team member, always had her heart set on college gymnastics as a child. Starting at the age of 3, Boden quickly progressed as she began training for level 10 as a 10-year-old.

"I had been asked to train elite by my coaches, but I knew that I didn't want to do that with the sport," Boden said. "I wanted to compete in college gymnastics and get a scholarship."

Like Evans, Boden advanced through levels quickly, but worked to overcome a weakness of hers: bars.

"I hated it my whole life until two years ago," Boden said. "It was never my best event and I've almost died on it like four times."

However, head coach Guard Young specializes in bars, helping Boden develop a love for the event.

"Guard told me, 'This is how you know you're a strong gymnast, when your worst event becomes one of your best,'" Boden said. "I thought, 'Yeah right, I hate bars.' But once you start to love an event, you can't help but get better at it."

After hours of practicing during preseason, Boden went from hating bars to performing against No. 3 University of Utah in the season opener, earning BYU a score of 9.659.

Unlike Evans and Boden, sophomore Abby Boden started in soccer and ballet first. Ultimately, she switched to gymnastics.

"In my ballet class, they would want us to stand there and move our feet, but I would be bouncing all over and being obnoxious," Boden said.

Boden's high energy and lightheartedness never faded through the intense years of training, and BYU head coach Guard Young noticed this energy when evaluating Boden.

"I was bouncing around and Guard goes up to my coach and was like, 'Is it just all rainbows and unicorns for this girl?'" Boden said. "It was a pretty big meet, but it seemed like I didn't have a care in the world."

When reflecting on her memories with the sport, Boden noted her love for gymnastics runs deep. A meet against Southern Utah last season reaffirmed her passion.

"We hit solid bars and I think it was Haley (Pitou) who nailed her dismount right in front of me and I remember running under the bar and I thought, 'I love this. This is why I do this,'" Boden said.

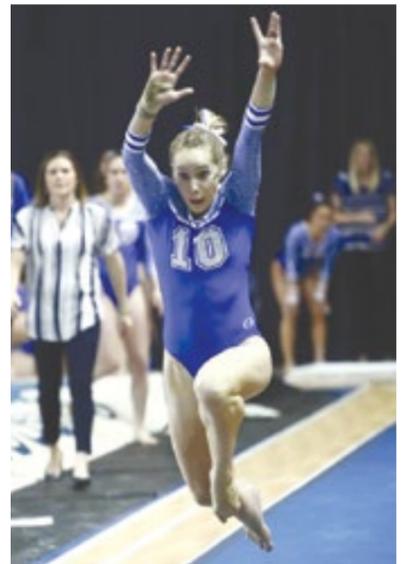
A common theme among the BYU gymnasts is that hard work pays off.

"I didn't love it for the good moments," Evans said. "I didn't love it just for making nationals or becoming All-American. I loved the days leading up to that and the hard work that was put into that."



Abby Boden

Abby Boden put her energy to use in gymnastics as a young girl.



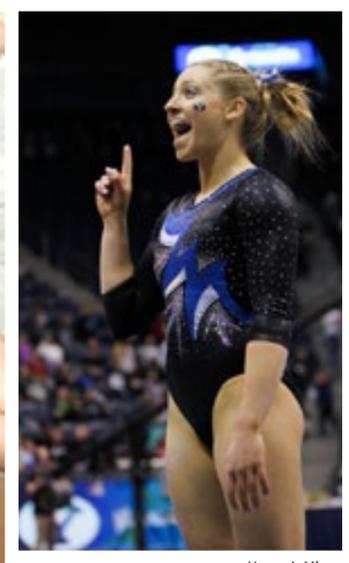
BYU Photo/Jaren Wilkey

Abby Boden approaches the vault at a meet on Jan. 12, 2018.



Shannon Evans

Shannon Evans started gymnastics at the age of 2 and is now BYU's first All-American.



Hannah Miner

Shannon Evans performs her "Super Mario Brothers" routine at a meet on Jan. 25.

BYU tennis, with service from Russia

By ROBERT JAMIAS

The season opener for BYU women's tennis featured a hard-fought match between the Cougars and the Wildcats of Weber State, with BYU clinching a 5-2 victory. Sophomore Anastasia Abramyan and junior Polina Malykh won two key matches in the singles division.

In many ways, Abramyan and Malykh are like other student athletes at BYU. Abramyan hopes to be admitted to the public relations program, the same program Malykh is in. Both work hard to balance school and tennis. They frequently visit Cafe Rio and enjoy tacos. Abramyan loves Utah Valley's mountains. Malykh drinks Dr. Pepper religiously.

What might not be apparent about Abramyan and Malykh at first glance is that they aren't from Utah — or even the U.S. Abramyan and Malykh are from Russia.

Two Russians playing tennis for a Church school in Utah Valley, a unique case, offers an interesting peek into the European athletic system.

Just like in the U.S., many athletes begin playing sports at an early age. Abramyan began tennis as a way to round out her



Hannah Miner

Anastasia Abramyan, left, and Polina Malykh, brought their passion for tennis to BYU from their homeland in Russia.

education.

"I started playing tennis when I was 7," she said. "My parents just wanted me to do something besides school for fun."

Malykh found the sport through her older brother.

"Because I was younger, I would spend all of my time with (my brother)," she said. "The coach asked me if I wanted to try it and the rest is history."

In the U.S., most athletes progress in their sport through high school, college and then the professional level. In Russia, however, teenage athletes can decide whether they want to progress toward the professional level or choose a different path and focus on their education.

When athletes like Abramyan and Malykh choose to focus on their education, they enlist the

help of a sports agency to help them find a school where their abilities could act as a gateway to colleges around the world. Abramyan and Malykh both used the services of an agency named 4RSport.

Athletes provide agencies like 4RSport with everything from their standardized test results and grades to their sports rankings and records. The agency

uses that information to determine everything from the division in which the athletes should compete to the size of the school that best fits the athlete's academic needs. Agencies take the results and reach out to schools to arrange campus visits for the athletes. These agencies also help to provide equivalency for school certifications so they remain valid from country to country.

After campus visits and meetings with potential coaches, Abramyan and Malykh still had to decide on a school. While BYU appeared to be a somewhat puzz-

safe here. That's why I came."

Malykh said a full-ride scholarship made the decision easier, too.

Abramyan and Malykh aren't the only ones who think BYU's a great fit. Head coach Holly Hasler said she has grown fond of the two athletes during her time with them.

"Our team chemistry would not be the same without Polina and Anastasia," she said. "We are lucky to have them at BYU."

Coach Hasler praised Abramyan and Malykh's competitive spirit and passion for tennis. She said they also work fantastically in a team setting.

"The Russians are fighters. Their mindset is competitive and they never give up," Hasler said.

While Abramyan and Malykh are just as worried these days about tests, papers and projects, their love of tennis hasn't diminished at all during their time at BYU. Tennis provides them with a valuable outlet and diversion to supplement their education.

Malykh says that when she's on the court, her mind can be clear, even if just for a short amount of time. She can focus as soon as she steps onto the court.

"It's just you, the ball, the racket," Malykh said, "and the girl whose butt you have to kick."

"I feel safe here. That's why I came."

Anastasia Abramyan
Sophomore BYU tennis player

zling choice at first glance, both Abramyan and Malykh agree that there couldn't have been a better fit.

"I made my visit and I really loved the environment and people here," Abramyan said. "I feel

Freshman reigns as national futsal champion

Taylin Nguyen went from playing street futsal to winning a national title

By NATALIE ORR

Taylin Nguyen first made an impression on members of the Gamer Futsal Club when she was a junior in high school who simultaneously sprinted and maneuvered a futsal ball down the streets of San Mateo, California. Just two years later, the soccer player and futsal rookie became a U.S. National Futsal Champion.

Now a BYU freshman, Nguyen started competitive soccer in seventh grade, but pursued futsal in her spare time. Lucky for Nguyen, her futsal street competitors happened to play for Roxy Kamal, coach of Gamer Futsal Club and the U.S. Women's National Futsal team. Upon meeting Nguyen, Kamal extended an invitation to join her club team.

"That was scary for me because I had never played real futsal before, and it's way different playing on the streets," Nguyen said.

Nguyen joined Gamer Futsal Club her senior year but did not leave soccer in the past, juggling club and high school soccer concurrently. U.S. Soccer defines futsal as a derivative of soccer with five man teams and smaller balls.

"At first we approached futsal as cross-training for Taylin to do in the offseason," said Huy Nguyen, Taylin Nguyen's father. "Futsal allowed her to get in touches, keep in shape and learn footwork and agility."

Huy Nguyen watched futsal climb up the pedestal of Nguyen's priorities and knew her dedication would allow her to succeed in both.

"She is constantly working out and trying to get better and faster," Huy Nguyen said. "The contact aspect of both sports is very welcomed by Taylin."

While futsal started off as "cross-training," Nguyen developed an unexpected passion for it.

"I think I like futsal better because I like the faster pace," Nguyen said. "I'm not a super fast runner and I'm more quick with short distances."

Nguyen graduated high school in May 2018 and accepted admission to BYU in Fall 2018, leaving her futsal career in California. However, during



Taylin Nguyen

Freshman Taylin Nguyen, far right, and teammates, members of the U.S. Futsal Women's National team, celebrate their win at the Pacific Rim Futsal Cup in Honolulu, Hawaii.

her single year on the team, she made quite the impression — so much so that coaches Kamal and Laura Corrado invited her to try out for the under-20 U.S. Women's National Futsal Team.

Nguyen flew out for tryouts in October 2018 and accepted a position on the team. Kamal and Corrado offered her a spot knowing she would be unable to practice with the team in California.

"Just seeing her grow up in the club team, we knew of her work ethic and we knew she would be one of few athletes who would train on her own," Corrado said. "She's a workhorse, that's for sure. She's a very intelligent player on the court."

After joining the team in October, Nguyen had less than two months to prepare for the Pacific Rim Futsal Cup in Honolulu, Hawaii.

"I was left to practice on my own and had to keep up with my fitness and nutrition," Nguyen said. "It was really stressful because I wanted to be prepared."

Nguyen made her first appearance as a member of the U.S. Women's National team at the annual International Futsal event on Nov. 29. Immediately after arriving, the team came together to train. A short-term issue with team chemistry

arose when three of the squad's starting five players had not trained together.

"It took us a minute to get into the groove of things because I was new and didn't know a lot of the girls," Nguyen said. "In the end, the long training really helped and we clicked pretty fast."

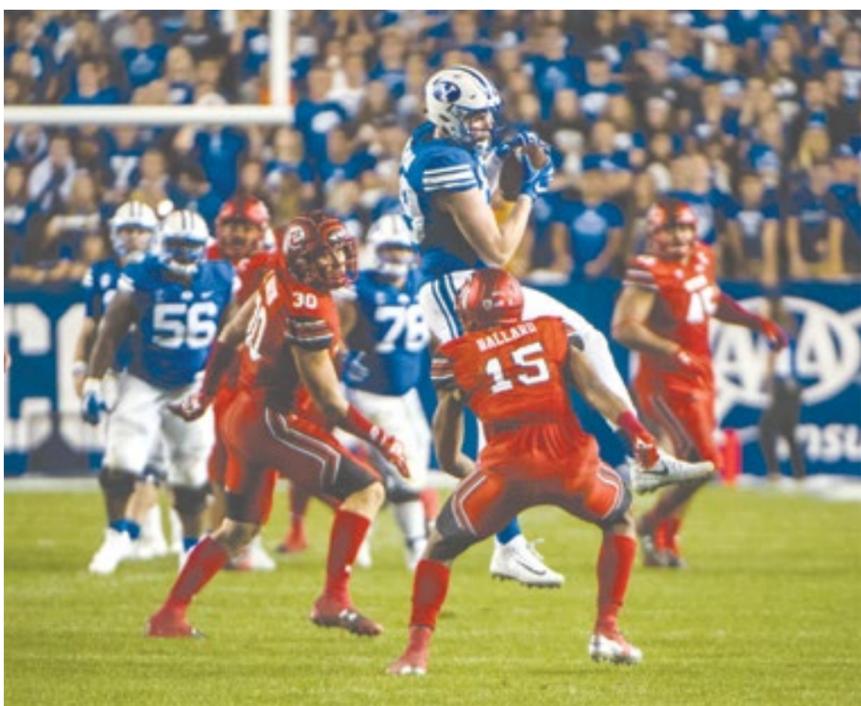
The team lost its first match of the tournament, but the loss didn't foreshadow the remainder of the tournament. The U.S. team members reigned as champions by Dec. 2. Even with this esteemed title, Nguyen noted scenarios to practice in the coming months.

"I think I can improve at switching positions," Nguyen said. "It was hard for me because I rotate a lot and I get mixed up if I'm playing defense or forward."

Even though she recognizes room for improvement, Corrado claimed that Nguyen's talent proved crucial to the team's success.

"She played the most out of anyone on the team during the tournament in Hawaii," Corrado said. "We would give her a little breather and then would get her back on the court because she was key in winning."

For now, Nguyen continues to prepare herself in hopes she will make the roster for future international competitions.



Savannah Hopkinson

Matt Bushman catches a pass against the University of Utah on Sep. 10, 2016. BYU will face Utah on home turf Aug. 27, 2019.

BYU announces 2019 football schedule

By RACHEL KEELER

BYU football will have a grueling start to its 2019 schedule with four straight games against Power 5 teams, the program announced Jan. 30.

The Cougars are scheduled to open the upcoming season against Power 5 teams Utah, Tennessee, USC and Washington. The season opener will be on home turf against in-state rival Utah on Aug. 29, which

will be followed by a trip to Tennessee for the Cougars' first ever matchup against the Volunteers on Sept. 7. The Cougars then return to Provo for two home games against USC on Sept. 14 and Washington on Sept. 21.

BYU will take on its out-of-state rival Boise State at home on Oct. 19, as well as in-state rival USU on the road Nov. 2. The last time BYU beat the Broncos was in 2015. BYU boasts an overall record of 48-37-3 all-time against its

Logan rivals, with the matchup victors receiving the coveted "wagon wheel."

In addition to their home games against Utah, USC, Washington and Boise State, the Cougars will also play Liberty and Idaho State at LaVell Edwards Stadium. Games against South Florida, Toledo, UMass and San Diego State round out BYU's road schedule.

The team is currently preparing to take on the Utes and will start spring ball the first Monday in March.

Passive-aggressive notes from your roommates?

Pick up Housing Guide to learn more about Conflict Resolution.



New 2019 edition available on racks throughout campus

changed the trash bag, but someone still needs to take it out... (:

IF YOU DIRTY A DISH, CLEAN IT!!!

Cleanliness is next to Godliness

Restaurants incorporate gluten-free eating into practices, menus

By JESSICA SMITH

Several Provo restaurants welcome gluten-free dieters by incorporating vegetable-based foods to their menus with hopes that these measures will provide customers with a safer dining experience.

Los Hermanos Manager Mary Witham admits she was the primary inspiration for major menu adjustments when she was diagnosed with celiac disease six years ago. As the daughter of Los Hermanos owners Craig and Lisa Witham, Mary Witham's painful symptoms and eventual diagnosis prompted her parents to create an appetizing atmosphere for customers with dietary restrictions.

"Before I was diagnosed, I was deathly sick," Mary Witham said. "I was throwing up every night. We had no idea what it was."

After finally being diagnosed six months later, Mary Witham said she struggled to find restaurants that offered a variety of options for her dietary needs. Most restaurants only had a salad or makeshift meal to offer, even though a Mayo Clinic study reports gluten-free trends have tripled since 2009.

Even today, many restaurants and their staff remain grossly unprepared, Mary Witham said, and when a customer sits down to eat gluten-free, they are often met with inconsiderate options and ignorant service.

"The most frustrating thing is when a server has no idea what you're talking about when you say you can't eat gluten," Mary Witham said. "It's the worst feeling to not feel safe to eat somewhere."

Owner Lisa Witham said they shifted everything at Los Hermanos when they found out about Mary's diagnosis.



Jessica Smith

Mary Witham holds the gluten-free Nachos Supreme plate at her family's restaurant, Los Hermanos. The restaurant is one of many to incorporate gluten free options.

"We did a lot of research on exactly what we had to do to make sure we didn't poison anyone," Lisa said.

Because many restaurants risk contamination by forgetting to use separate grills for products that contain gluten, the Withams bought a new grill specifically used for warming corn tortillas. They also purchased a separate fryer for chips and designed their menu so nearly every item can be replicated gluten-free. Los Hermanos also trains their servers to know the ins-and-outs of gluten-free options.

Witham said customers are surprised to find they can eat anything from chimichangas to burritos and fajitas — and all with similar tastes to their gluten counterparts.

Other restaurants in the area have made similar changes in recent years.

Guru's Café, an eclectic restaurant on Center Street, offers a variety of dishes and dietary options. Guru's labels its menu items with symbols representing gluten-free, vegan and nut-free to aid individuals with particular preferences and allergies.

While Manager Ysaac Ramirez said most restaurants in Provo have done a good job at responding to dietary restrictions, he feels Guru's has a special mission to provide healthy options as delicious as they are nutritious.

"We're going to take care of you," he said. "We are more than happy to welcome all diets."

Brick Oven Manager Rayna

Olsen said Brick Oven has several practices to ensure their customers' safety. Gluten-free pizza dough is made in a separate facility to avoid cross-contamination and employees use separate cutting knives and utensils specially designated for gluten-free products.

Brick Oven, Olsen claims, is the perfect location for healthy dieters as well as those looking for a chance to splurge.

"The salad bar is so appealing to me because of all the different options we have," she said. "We don't just have pizza and dessert. In the same restaurant, I can splurge and bounce back to my healthy eating as well."

Olsen said many customers, especially students, may feel timid asking their server to make something special than

what is listed on the menu. However, each person interviewed encouraged customers to feel free to ask a server for any required adjustments to their meal.

A gluten-free diet is not recommended for everyone.

According to Provo dietitian Margaret Holden, most gluten-free health benefits come from avoiding processed foods rather than avoiding gluten itself, and she discourages individuals from eating gluten-free unless serious medical needs require it.

Holden said the benefit of diet trends, whatever they may be, is that their popularity among customers has pressured food producers to proceed with greater caution in the way they make, preserve and list items on their menus.

Amanda Knight Hall up for sale, renovation

By SAM BIGELOW

The Amanda Knight Hall is listed for sale.

BYU is looking for an investor willing to work with the Provo City Landmarks Commission to repurpose and preserve the building, which "has no remaining useful life as constituted," according to a disclosure statement for investors provided by University Communications. The university estimates it would cost roughly \$10 million to properly renovate the building.

The statement acknowledges that the university's previously-announced plan to demolish the building and construct a replica has been unpopular with Provo residents and some members of the commission. If an arrangement to sell the building can't be met, the university will pursue its plan to develop a replica.

According to the statement, necessary renovations of the 80-year-old brick building include adding an elevator, insulation, energy-efficient windows, a new roof, updated plumbing and a modern electrical system.

The building also contains lead paint and asbestos, which represent serious health concerns, and a plywood diaphragm would be necessary to help protect against earthquakes.

According to BYU Special Collections, Amanda Knight Hall was built in 1939 as a counterpart to Allen Hall. Allen Hall was constructed to house young men in 1938 while Amanda Knight Hall was built as a dormitory for female students. BYU demolished Allen Hall last summer.

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



MIXTAPE

Grammy Edition



"All The Stars"
Kendrick Lamar

Anyone keeping up with the worlds of Hip-Hop and R&B could have predicted putting Kendrick Lamar and SZA together would result in an absolute hit.



"The Middle"
Zedd, Maren Morris & Grey

Zedd has collaborated with countless artists, producing hit after hit. Out of all his other chart-toppers, 'The Middle' has outshone all the rest.



"In My Blood"
Shawn Mendes

Mendes brought more rock influences to this track than his previous tracks, a risk that paid off enough to warrant a Grammy nomination.



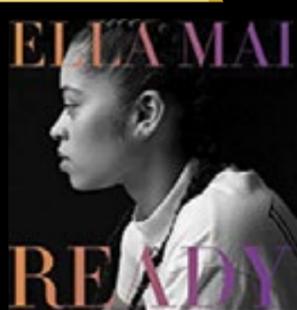
"This Is America"
Childish Gambino

Moms everywhere are calling this song (and music video) "weird", "confusing", and saying "I'm glad I'm not a millennial."



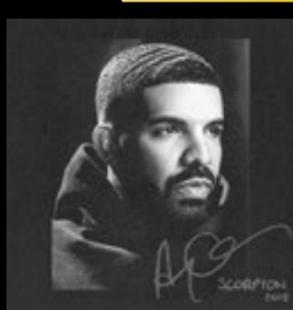
"The Joke"
Brandi Carlile

One minute into this song and you can count on being 100% 'shook'. Carlile's heart, soul, and passion are evident behind her absolutely stunning vocals and heart-wrenching lyrics.



"Boo'd Up"
Ella Mai

Ella's voice carries a classic R&B feel while her lyrics touch her audience in a modern and relatable way. A staple on any break-up playlist, this song is guaranteed to have you feeling all the ways.



"God's Plan"
Drake

Hitting the #1 spot on charts in 92 countries within the first week of its release, Drake's album Scorpion was practically guaranteed a Grammy nomination.



"Shallow"
Lady Gaga, Bradley Cooper

We never expected the Lady Gaga we were 'Just Dance'-ing to in 2008 to bring us to tears a decade later, but her soulful, heart-wrenching vocals have done nothing less.