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Lauren Malner

Visitors gather around the U.S. Capitol in Washington, D.C. A 2018 Quinnipiac University national poll found that 66 percent of American voters say the news media is an important part of democracy, while only 22 percent say it's the enemy of the people.

Is US press freedom declining under the Trump administration?

By KAITLYN BANCROFT

Editor's note: Daily Universe reporters Kaitlyn Bancroft and Lauren Malner traveled to Washington, D.C., to explore press freedom and the First Amendment in today's increasingly volatile media landscape. This installment addresses the state of U.S. press freedom under the Trump administration.

First in a series

WASHINGTON — Sitting in a tall, black leather chair, Sen. Tom Udall, D-New Mexico, asked Federal Communications Commission Chair Ajit Pai a yes or no question: “Do you agree with President Trump that the media is the enemy of the American people?”

Just prior to asking the question during the March 8, 2017, oversight hearing with the Senate Commerce Committee, Udall cited Pai's official FCC biography, which states he has been “an outspoken defender of First Amendment freedoms.” Udall also quoted Pai from a 2014 Wall Street Journal Op-Ed in which Pai wrote, “The government has no place pressuring media organizations into covering certain stories.”

Pai, however, skirted the question: “I don't want to wade into the larger political debates, but I'll simply reaffirm the quotes that you offered from last year and the year before.”

Later in the hearing, Sen. Maggie Hassan, D-New Hampshire, referenced a 2017 Op-Ed published in The Hill by

former FCC Chairman Michael J. Copps, in which he quoted Pai as saying, “In my view, anyone who has the privilege of serving at the FCC — any preacher with a pulpit, if you will — has the duty to speak out whenever Americans' First Amendment rights are at stake.”

Hassan referred back to Udall's original question: “So yes or no, do you agree with the statement that the president made that the media is the enemy of the American people?”

Pai restated he didn't want to get into “the larger political debates” and said, “All I can tell you is that I personally believe that every American enjoys the First Amendment freedoms that he or she is granted under the Constitution.”

Over at media advocacy organization Free Press, Dana Floberg and her colleagues were watching the hearing.

“We've fought a lot with Chairman Pai in our work at Free Press, but this was pretty shocking to hear from a self-described First Amendment champion,” Floberg said. “And I think it raises a lot of questions when those in charge of regulating our media feel that it's too politically dicey to openly state that a free press is not the enemy.”

Pai later released a letter directly answering “no” to the question, “Do you believe the media is the ‘enemy’ of the American people?” and stating, “A free media is vital to our democracy.”

However, “I still can't get over his hesitancy,” Floberg said.

Floberg isn't alone in her concern. A 2018 report published by the International Press Freedom Mission to the United States highlighted five areas

which “paint a perturbing picture for press freedom in the U.S.”: the physical safety of journalists covering protests or major events; an increase in border stops and searches of media employees; weakening of source protection and rising

“By openly and aggressively targeting journalists and media outlets, the current U.S. administration risks undermining media freedom and creates a culture where journalists find themselves unprotected.”

The International Press Freedom Mission to the United States

numbers of journalists prosecuted under the Espionage Act of 1917; the Freedom of Information Act system being “lethargic and frequently unresponsive”; and the Trump administration's verbal attacks on media. These factors leave journalists facing greater abuse, harassment and threats, particularly online.

“By openly and aggressively targeting journalists and media outlets, the current U.S. administration risks undermining media freedom and creates a culture where journalists find themselves unprotected,” the report reads.

However, a 2018 Quinnipiac University national poll found 66 percent of American voters say the news media is an important part of democracy, while only 22 percent say it's the enemy of the people. The poll also found voters trust the media more than President Donald Trump to tell the truth about important issues, at 53-37 percent.

Defining press freedom

Floberg, a policy analyst with Free Press, said one of the most widely understood parts of press freedom is freedom from government intervention, meaning the government can't punish journalistic institutions for reporting on certain stories or giving voice to whistleblowers.

Another critical piece of press freedom, however, is freedom from other powerful interests such as advertisers or corporations. Floberg said Free Press has been working on opposing big media mergers, such as the Sinclair-Tribune merger. The Sinclair Broadcast Group often forces local stations to air prepackaged content “that fits their corporate agenda but doesn't necessarily reflect the values of local journalists or local communities on the ground,” Floberg said. Tribune Media called off the \$3.9 billion merger in August 2018.

She also said the U.S. is “definitely” in danger of losing much of its press freedom, seen through instances like an

uptick in journalists being arrested at protests, including the 2017 inauguration protests in Washington, D.C., where nine journalists were arrested along with over 200 protesters, according to the New York Times. All of the charges were eventually dropped.

Floberg said the Trump administration's narrative of media being the enemy of the people is a serious issue “when we consider the media is really meant to be the fourth estate that protects the people, that serves the public in a way that is meant to be antagonistic to other powerful institutions.”

From a legal standpoint, Trump isn't having much of an impact on press freedom, according to Gene Policinski, chief operating officer of the News-um's Freedom Forum Institute and of the Institute's First Amendment Center. He defined press freedom as “the right of every American, not just those who work in the profession of journalism, to express themselves in writing, communicate with their fellow citizens and express their opinions without government interference.”

He said freedom doesn't cover private companies, though, which have their own rights to freedom of speech. He also emphasized the U.S. has strong press freedom protections, particularly when it comes to reporting on public officials and government.

“The Trump administration makes a lot of noise,” he said. “But if you look at changes in the law, at least yet (there's been) no real changes.”

See TRUMP on Page 2

BYU community opens discussion about diversity

By JESSICA SMITH

BYU ushered in Black History Month with an Instagram story series calling for change in daily campus exchanges. The stories were posted Jan. 29 and are now featured as a highlight titled “Respect” on the university's official page.

Since then, the posts have sparked discussions on campus and in the comments online, with many praising the openness of the story's conversation. BYU's Instagram initiative offered a platform to African-American students who feel the university's diversity discussion has a long way to go. BYU sociology professor Jacob Rugh

praised the initiative as a necessary step in the right direction and a perfect segue into Black History Month's purpose of promoting cultural acceptance.

“I thought it exceeded expectations,” Rugh said. “There's a line in (the Instagram story) that talks about respect. Respect isn't just about not offending — it's also being proactive about how we honor others.”

Kira Nielsen, a public relations major and representative of the Black Student Union at BYU, insisted the end of the Civil Rights movement does not equate the end of white supremacy, nor does it mean its relevance does not reach the banks of the Great Salt Lake.

“Just because Martin Luther King gave a speech and Rosa sat on a bus doesn't mean it's over and everything

is solved,” Nielsen said.

Nielsen lamented that even in 2019, racist symbols continue to permeate the community. Yet differing opinions suggest the connotation of many of these symbols is rarely clear cut.

According to the Daily Herald, the Confederate flag made an appearance at the Harvest Days Parade in Midvale in August, sparking outrage from some and support from others. The dispute led Midvale Councilman Dustin Gettel to question whether the flag has any place in the public sphere.

BYU student Virginia Jones is from Memphis, Tennessee. She said her ancestors fought in the Civil War to defend their homes and that she is proud to be from a place “where people will go to war to protect their way of

life.”

That, she said, is why she owns a Confederate flag.

“I don't necessarily think it's good or bad,” Jones said. “I think the flag itself represents an organization that no longer exists.”

In her own experience with racial insensitivity, Nielsen said that despite the original intention of the Confederate symbol, its association with 150 years worth of terrorism inevitably taints it.

“When I see someone with the Confederate flag, I feel terrified,” Nielsen said. “I immediately think of all of our people who were lynched and murdered and killed and enslaved. It is not right to use it as a pride symbol.”

Alexandria Gamble owns a

Confederate flag as a memento of her Latter-day Saint mission in Tennessee. She said it signifies to her, as it does to many southerners, one's pride in heritage and home.

In the debate about the flag's place in American society, if any, Gamble proposed the flag may be historically revered while modestly displayed. She says that while the back of a truck may not be appropriate, the flag belongs in a museum or cultural center.

“Although it represents a somewhat un-American thing like secession, it's a historical piece,” Gamble said. “There's too much trying to erase the past. If we (remove it), we won't learn from it.”

See DIVERSITY from Page 2

TRUMP

Press 'at the very core of democracy'

Continued from Page 1

Trump has damaged, however, public support of the media. Policinski said the press is being attacked philosophically by an administration that says journalists are "hateful, horrendous people" producing "fake news."

"You have this assault on public confidence in the press and then you just have a multiplicity of sources ... in which it's very hard to tell what's credible and what's not," he said. "And I think it's very negative. The actual legal structure right now stands, but who knows where we're going with it?"

Katie Townsend, the legal director for nonprofit association Reporters Committee for Freedom of the Press, added the First Amendment goes beyond allowing journalists to report without fear of repercussions; it also guarantees both the media and the public the right to attend judicial proceedings and obtain judicial records.

"So there are other aspects of the First Amendment protection for press freedom that we rely on every day that are very important," she said.

Checks and balances

Floberg said if the U.S. ever truly lost its hold on press freedom, one of the greatest harms would be greater difficulty in addressing corruption in any powerful institution.

"And that can run amok without the check and balance of a free press being able to investigate that story (and) report what's actually going on," she said.

Policinski said without press freedom, there's no effective force for holding the government accountable, particularly in an era of sophisticated communications where many nations have entire teams devoted to information — or disinformation. Losing

press freedom would also mean losing the information needed to be self-governing.

"The founders didn't give us the First Amendment and the right of free press so we could grunt or just write silly things. They held out as the highest use of freedom of the press the role of being a watchdog and holding government accountable," he said. "So I think it's at the very core of democracy."

Policinski also said as the emphasis on math and science education has increased in public schools, civics education has declined, perhaps because of an assumption that people already know about their freedoms.

But according to the Freedom Forum Institute's 2018 State of the First Amendment survey, only one of the 1,009 people surveyed could correctly name all five rights guaranteed by the First Amendment. Although 77 percent of respondents were supportive of the First Amendment, 40 percent couldn't name a single First Amendment Freedom, and 36 percent could only name one. Nine percent thought the First Amendment includes the right to bear arms, but that's actually guaranteed by the Second Amendment.

However, Policinski said the Newseum Freedom Forum Center is pleased the materials on the NewseumED website have reached more than 12 million students, according to the website. Resources include lesson plans, videos, interactives and other tools.

Policinski said it's important to increase First Amendment education at an early age.

"What it gets down to is really empowering the next generation or several generations of citizens to live up to their obligations to be a self-governing nation," he said.

Policinski added that people can support press freedom by subscribing to accurate news gathered by professionals. Although there's nothing wrong with blogs, they are often incomplete or focused on a single issue. Supporting

press freedom also means supporting local news outlets, as the vast majority of journalism is practiced on a local or regional level, he said.

In addition, he said press freedom should be protected because all First Amendment freedoms are interdependent.

"If you don't have freedom of press and speech, then what's the point in having to rally people to petition and assembly?" Policinski said. "If you lose one, I think you begin to lose them all."

Floberg said it's a fallacy to think because press freedom and other rights are written in the First Amendment, people don't have to worry about them. Rather, the press needs protection against government and corporate encroachment.

She also said one of the best things people can do to support press freedom is to use their right to publish, share and be part of the press.

"We've got to work constantly to make sure that we're upholding the First Amendment and upholding press freedom, even outside of the scope of the First Amendment," she said. "It is, unfortunately, something that I do think we have to worry about a lot, especially right now."

Townsend said courts can protect press freedom by advocating for "robust First Amendment protections," and people can protect press freedom by practicing journalism.

"Going into the profession and doing it, holding yourself to really demanding standards should be just one space... I think that's something that young journalists and journalism students should be doing," she said.

Floberg added an optimistic perspective.

"As we've seen these problems getting more serious, we've also seen a lot more energy being devoted towards protecting press freedom and trying to build up the resources that we need to take some of those freedoms back to keep fighting for an actually free press," she said.

Next: *The definition and impact of 'fake news.'*



Jessica Smith

Student Kira Nielsen is a member of the Black Student Union at BYU and an advocate for African-American rights.

DIVERSITY

Students discuss how racism manifests itself at BYU

Continued from Page 1

Nielsen said the consistent presence of Confederate flags in hate crimes condemns their place in public, even if other owners' intentions innocently seek to honor their heritage.

After the Charlottesville attacks in 2017, Confederate flag sales quadrupled in Civil War memorabilia stores in Pennsylvania, Alabama and Georgia, with one Georgia store owner claiming to still sell as many as 15,000 flags a year, according to Reuters.

A report from the Anti-Defamation League signifies that racially-based hate crimes increased 18 percent in 2017. Nielsen credited the rise to Trump's inauguration. She further said the consistent presence of "Make America Great Again" hats from Trump's campaign mark them as another symbol of racism.

According to CBS News, African-American actor Jussie Smollett was attacked by two men on Jan. 29 in Chicago. Smollett reported they held nooses in their hands and shouted racial slurs as they beat him and poured acid on his body, all while shouting "MAGA country."

BYU sociology major and Black Student Union member Andra Johnson claimed when he sees a group of white people wearing MAGA hats, it is enough to make him feel unsafe and go out of his way to avoid them.

Nielsen said that even for people who feel the hat is an article of political support, its presence in prejudice crimes marks it as a blatant symbol of hate.

"You have to be aware of the symbol it has become," Nielsen said. "If communities of supremacists who are emboldened by racism are wearing those hats, then they're going to start being connected by wearing that symbol — just like the KKK."

BYU student Chase Fowers grew up in the heart of the South in Augusta, Georgia. Majoring in political science, Fowers said a distinction needs to be made between extremism and freedom of speech. Just as Fowers said the Confederate flag should be left to individual discretion, he said protecting the MAGA hat takes a stand for protecting all individuals' freedom to express themselves.

"Personally I would take off my hat if it caused another person to experience fear," Fowers said. "Ultimately, I think it's an issue with freedom of speech. We can't be selective — even if it's offensive."

According to the U.S. Census Bureau, African-Americans constitute just 1.4 percent of Utah's population. Students like Kira Nielsen and Andra Johnson said they have felt singled out, stared at and discriminated against, even if most offenders have had innocent, if ignorant, intentions.

Growing up as a black member of The Church of Jesus Christ of Latter-day Saints, Johnson described having to confront racist symbols at scouting activities. Perhaps unknowingly placing Johnson in an uncomfortable situation, a few of the boys would tie nooses when they practiced knots.

"Being one of the only black people in the Church, it always made me feel weird," Johnson said. "Their ancestors might have used that same knot to hang my ancestors from a tree. I don't see any uses nowadays for that kind of knot."

Johnson said when it came time to go to college, he expected BYU to be a good Church school where everyone was kind and generally like-minded.

"I thought it would be heaven," he said. "Then I got here, and I'm like, 'Did you just call me cursed?'"

Johnson said he was shocked to hear his peers so bluntly talk about the "Curse of Cain" in one of his first religion classes. Despite repeated discouragement from Church leaders, the "Curse of Cain" is a theory suggesting that African-Americans were forbidden the priesthood until 1979 because of their ancestry.

Johnson said one of the worst

weeks to be black at BYU is homecoming week. When older generations return to their alma mater, Johnson said he and his friends often receive unwarranted comments in public.

"This last homecoming, an old guy came up to me and my friend and said, 'Hey there, darkies. I served my mission in Africa, and I just love you darkies,'" Johnson said. "I didn't know how to respond to him."

Another time, an elderly man and his wife went out of their way to approach Johnson and eight of his black friends while they were eating lunch to say, "A lot has changed since I've been here."

"We didn't know how to take that," Johnson said. "How do you take that?"

For Nielsen, racism at BYU "manifests itself in the various micro-aggressions that occur daily" — in the little moments of "the looks and the faces, the open mouths and the gaping" whenever she and her friends meet as a group.

Just recently, Nielsen said she was standing by the BYU Store with four other black girls when a group of white women passing by stopped in their tracks and stared with their mouths open.

"You would think we were robbing a bank," Nielsen said, adding that people even hide their kids when they walk by. "It constantly happens."

Johnson and Nielsen urged BYU students to recognize their part in breaking down racial barriers, even if they feel they have no personal experience with racism. One of the most validating experiences, they said, was when President Kevin Worthen and his wife attended a meeting with the Black Student Union this year.

Rugh praised President Worthen's presence in the Instagram initiative, which they said demonstrated his desire to welcome greater diversity at the university. Rugh said he felt it was an example for all students that the president of the university endorsed everything said. He insists this is just the kind of support the black community needs.

"We need allies who've never really experienced what we have, but can say, 'I'm listening, I validate your experience and I want to help,'" Nielsen said.

Missionaries can now call home weekly

By RACHEL KEELER

For years Latter-day Saint missionaries have been accustomed to calling home every Christmas and Mother's Day — but not anymore.

The First Presidency of The Church of Jesus Christ of Latter-day Saints announced full-time missionaries may now communicate with their families every week via phone calls, text messages, online messaging and video chats, in addition to letters and emails. The Church's 65,000

missionaries worldwide may communicate with their families weekly on their preparation day. According to the Church's statement, the missionaries should be the ones to initiate all messages, phone calls or video chats.

"The means of communication may vary depending on the circumstances, location, and schedule of the missionary and family," the statement says. "If a family needs to contact the missionary directly, they should contact the mission president first."



mormonnewsroom.org

Latter-day Saint missionaries can now call their families every week.

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Fond memories, frustrations remain for Amanda Knight Hall

By SAM BIGELOW

Aubrey Fairchild, a former BYU student who worked in the Amanda Knight Hall, said a hidden carving in the building hinted at "Amanda's Treasure," which was said to be hidden somewhere in the attic above the cafeteria. Despite trying every janitorial key, Fairchild and her coworkers could never open the room.

While rumors of treasure remain unconfirmed, the Amanda Knight Hall still holds a treasure of a different kind: fond memories, according to assistant linguistics professor Troy Cox.

Amanda Knight Hall was constructed in 1939 as an all-girls dormitory and was named after Amanda Knight, the wife of university benefactor Jesse Knight, according to BYU Special Collections. Located on the south side of 800 North just east of University Avenue, the building has hosted a variety of occupants over the years.

Amanda Knight Hall was converted into the first Provo Missionary Training Center and later housed the English Language Center and Senior Language Training for the MTC — a service that tutored senior missionaries and General Authorities on foreign languages, according to Fairchild.

BYU announced plans Jun. 30 to demolish Allen Hall and Amanda Knight Hall, two dormitory buildings dating back to the 1930s, citing safety risks and functional challenges. While Allen Hall was later torn down, Amanda Knight Hall is still standing, for now.

Last month, BYU put Amanda Knight Hall up for sale with the hope of finding investors willing to renovate the building — an undertaking that would likely cost about \$10 million, according to a disclosure statement provided by University Communications.

However, if an investor doesn't purchase the building, BYU will proceed with its plan to demolish it and construct a replica in its place — a move that would sidestep having to retrofit the current building for earthquakes, remove asbestos and lead paint, and install a central elevator to comply with the Americans with Disabilities Act.

Despite the high cost, Provo neighborhoods and BYU alum David Amott, the programs director for Preservation Utah, have encouraged BYU to find an investor to renovate the building in a fashion similar to the Provo



BYU Special Collections

This undated photo shows Amanda Knight Hall in winter. It contains asbestos, lead paint and outdated electrical wiring.

library renovations. Their efforts have been documented through their Facebook page, "Save Amanda Knight Hall at BYU."

Amott said he and other community representatives spent time gathering petition signatures to show public interest in saving the building, which was on Provo's Historic Landmarks Register until May 7, 2002, according to the Deseret News.

Amott said the building is representative of BYU's ambition and growth over the years. According to Amott, Amanda Knight Hall was designed by 20th

"The building was built as a dormitory and everyone seems to think that it could continue best in that capacity."

David Amott
Programs director for
Preservation Utah

century architect Joseph Nelson and made to emulate the Gothic style of Ivy League universities.

"BYU was saying, 'We are a school with ambitions to compete with the Ivy League. We want to put ourselves in the same category as Oxford and Cambridge,'" Amott said.

Amott said he has been appreciative of the university and President Kevin J. Worthen's willingness to listen to public feedback on the building.

"I don't think everybody would be as concerned as President Worthen with public feedback, which is something we're deeply appreciative of," Amott said. "It can be hard for a large organization to go back and reconsider plans, but they've shown themselves willing to do that."

Amott said he has reservations about the estimated \$10 million price tag to renovate the building based on conversations with investors who have inspected it. Amott added he hopes developers would consider returning the building to its original purpose.

"All of the developers we've worked with think that a dormitory makes a great dormitory. The building was built as a dormitory and everyone seems to think that it could continue best in that capacity," he said.

Amott said renovating the building would be preferred to a replica since Amanda Knight Hall, like other college dorms, stands as a "memory palace," a thought echoed by Fairchild and Cox.

Fairchild said she and her coworkers at the Senior Language Center all grew close, like "a little family." She also remembers eating lunch in the courtyard behind the building, which helped her escape from "the stresses of BYU." Fairchild said a renovation could be "absolutely stunning."

Cox also said he has fond memories of teaching there during the '90s. He met his wife, Heidi Cox, while working as a visiting professor in the English Language Center. He enjoyed having access to a kitchen and attending cultural dance events in the building. However, he also noted some not-so-fond memories.

Cox said the building's original wiring often struggled to keep up with the demand placed upon it. Students who were taking tests on computers would occasionally be interrupted by the circuit breaker going off, which interrupted exams. One time, a lightning strike overloaded two computers and a printer.

"Imagine being a student, sitting shoulder to shoulder in a room with no air conditioning in the summer, and then the circuit breaks and you lose your paper



BYU Special Collections

This undated photo shows two builders at work on the Amanda Knight Hall south of the BYU campus.



BYU Special Collections

The Amanda Knight Hall's residents are seen in 1964. The building originally served as a women's dormitory before becoming a Language Training Mission center in 1964.

and have to restart it," Cox said.

He also noted the building was not friendly to students with disabilities, thanks to many stairs and the lack of an elevator. While the exterior of the building is

beautiful, the inside is a cause for concern, Cox said — one reason why a replica or renovation of the building would be preferred, despite peoples' memories.

"I think a replica would be

outstanding, or I would love to see it retrofitted," he said. "It's easy to romanticize the past. Amanda Knight Hall was beautiful. Is the past more important than the future? I don't know."



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Wednesday, February 27, 2019
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All interested students are invited to attend

Stigmas keep first responders from dealing

By SAHALIE DONALDSON

It was Christmas Eve. Scott Nielsen, senior patrol officer for the Provo Police Department, was on his hands and knees pulling himself beneath the underbelly of a train. When Nielsen scuffled out the other side he found himself facing the shooter. The man clutched a gun — the same one he had stolen earlier that night from a pawn shop — with unsteady hands.

Facing the man, Nielsen noticed a number of things at once. The shooter was looking over his shoulder at the other officers farther down the tracks, but they were on foot and too far away to do anything. The man wasn't aiming at Nielsen. Instead, he brought the gun to his own head and yelled at Nielsen to kill him.

Nielsen ordered him to drop the gun. He didn't. The man continued to shout and then suddenly pulled the trigger, but it misfired and no bullet was ejected. When he lowered the gun, Nielsen saw him point the gun in his direction and rack the slide — this time he could see the bullet.

In that moment, Nielsen realized the man would probably shoot at him next.

He pulled the trigger of his shotgun to defend himself, but the safety was on and Nielsen realized he'd never taken it off after exiting the car. His heart sank. Before he could fire again, the man had put the gun back up to his own head and pulled the trigger.

It went off that time. The man died on the spot.

"This incident really bothered



Scott Nielsen

A few years into his career with the Provo Police Department, senior patrol officer Scott Nielsen stands beside his vehicle with his K9 Unit.

me and it bothered me for a number of different reasons," Nielsen said.

In part because it was right before Christmas, but also because another officer caught the entire situation on his dash camera. When Nielsen watched the footage, he realized what he thought he'd seen hadn't been entirely accurate.

"I really thought after he wracked the round that he pointed the gun at me," Nielsen said. "But when I watched the video he actually just brought the gun straight up to his head."

It bothered Nielsen because he had been certain the man was going to shoot at him, but the video didn't show that. It made him think about what would have happened had his safety not been on — he'd probably have shot the man right about the time he put the gun to

his own head.

Nielsen said he has never wanted to hurt anybody, but at the same time he was also upset because he hadn't been ready to defend himself.

"The next few weeks, anytime I had a quiet moment at all, that whole incident would play in my head like a video," Nielsen said.

Nielsen said this incident affected him the most from all of his years in law enforcement. He said he's not sure why he never got professional aid. He thinks it probably would have helped.

A widespread issue

Post traumatic stress disorder and other mental illnesses, typically sparked by traumatic events and the accumulation of stress day after day, are not an anomaly in law enforcement. Police officers face a much higher rate of suicidal ideation than the general public. According to a research study conducted by the National Institute for Occupational Safety and Health, one in four police officers think about dying by suicide at some point in their life.

training and understands officer mental health is an issue, but Nielsen said it's complex. People deal with things in different ways, and police officers are no exception.

Perhaps one of the hardest things to deal with, at least for many officers, is keeping work and home life separate, he said.

Sleeping is difficult after a late night shift. Nielsen said his head is "too busy." Other times, while driving around with his wife or sitting in a restaurant, he finds the alertness hard to shake. Nielsen said he always sits in a position where he can survey the door. Sometimes he'll point out random drug deals while going about his day.

"I've had some buddies who have recently retired and told me they feel a weight lifted from them," he said. "My guess is there is kind of a stress that goes along with (police work) and some guys don't even notice until they leave."

The Provo Police Department has also started doing debriefs after critical incidents — anything that involves death, serious bodily injury or other gruesome occurrences. The sergeants try to bring everyone involved together to talk about it.

Officer Russ Billings, also with the department, serves on a peer support group intended to help officers cope with traumatic incidents. He called it a stress management unit, but said the name will be changed soon.

The support group meets with struggling officers and refers them to different treatment resources, but Billings thinks the team is also underused, which he said is a shame.

"We deal with a lot of crappy stuff sometimes, and when you deal with that over and over and over again you either become very numb and withdrawn or you get severely affected," Billings said.

After spending 28 years in law enforcement, Billings said he wants his fellow officers to be

safe — mentally and physically. He thinks the group has been instrumental in helping some officers free themselves from cycles of depression and stop trauma from consuming them.

The stress management unit is fairly new, about three years in the making. And like Nielsen, Billings said he thinks toxic societal stigmas contribute to why officers avoid outside help while dealing with trauma.

"Most of us feel like we try and fix everything else and we don't need to be fixed as much as the people we are trying to save, so we tend to push help away more than others," he said.

The psychology behind police officer trauma

Ashley Greenwell, psychologist and director of the Trauma, Stress and Resilience Program at the Utah Center for Evidence Based Treatment, has dedicated a large portion of her life to researching first responders' interactions with trauma.

Greenwell said the majority of post traumatic stress disorder research has been centered around the military, not law enforcement, and while there is some overlap between soldiers and first responders, not all the findings are a perfect fit.

The biggest distinction is that soldiers are involved in combat continuously while deployed, and while jumping back into civilian life is challenging, it's generally more final than police work. Law enforcement balances a more precarious line where officers straddle work and home life for the entirety of their careers.

"There is this rapid, highly challenging role switch that has to happen with police officers in particular," Greenwell said. "Sometimes they are going to be rescuing someone and calming someone down, and then they have to also be able to rapidly switch into subduing someone."

There is a physiological difference between giving warmth


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with job stress, trauma

and calming people compared to subduing foes and defending oneself, she explained. The lack of funding, the social stigmas that Billings and Nielson mentioned, increased liability risks, societal climate and negative attitudes toward police don't help officers cope with their trauma either.

Statewide, police department retirement packages are also being cut, which has exacerbated the problem.

"This idea that you used to be able to endure a highly stressful job for 20 years and then retire comfortably has sort of evaporated. Now people need to work

25, 35 years in a really adverse setting," she said.

Another factor is that police officers receive lots of training on how to manage stressful situations, but very little on how to take off the uniform and relax. Law enforcement officers will regularly leave work and struggle to calm down, which leads some to turn to alcohol, worry excessively and lose sleep, Greenwell said.

"What you see around some of the norms of toughness is that it's left to the men and women who are serving as first responders or police officers to figure it out themselves," she said. "Over

time there can be an accumulation of stress that can impact the whole body and increase risk of heart attack, back pain and nightmares."

Police officers have been conditioned to hide distress, so Greenwell learned to recognize small, subtle signs of struggle.

Greenwell said recognizing those signs is vital, because when a police officer is struggling with trauma and prolonged exposure to stress, there are generally two outcomes. One, she said, the officer silently suffers and then one day there is an unexpected suicide. Two, the officer will struggle to transition

into retirement because their entire identity is built around protecting others at their own expense.

Greenwell said the promising news is there are good treatments. Researchers have delved into post traumatic stress disorder and other stress management treatments. The situation is not hopeless, but for many police officers, it is not easy, either.

"The challenge is, how do we get officers to utilize those despite internalized stigmas and other varying barricades?" Greenwell said. "That's the issue."



Katelyn Stiles

Escalante's Coyote Gulch is one of the many Utah attractions recognized in HCR7.

Resolution honors Utah outdoor recreation

By KATELYN STILES

Utah boasts five national parks, seven national monuments, 44 state parks, 14 ski resorts, 40 blue ribbon fisheries and thousands of miles of trails.

"These resources attract millions of people to our state, add \$8 billion of economic activity and ring in about 1.25 billion dollars in tax revenue each year," said Rep. Robert Spendlove, R-Salt Lake.

Spendlove is sponsoring HCR7, a concurrent resolution that recognizes the economic importance of outdoor recreation in Utah. He said he wants to honor the unique resources Utah residents are fortunate to have.

Utah Outdoor Partners President Doug Owens said his organization surveyed 50 of the fastest growing companies in Utah. The survey showed access to outdoor recreation was consistently among the top factors in the companies' decisions to be located in Utah.

"We support HCR7, which recognizes that Utah's unparalleled outdoor recreation opportunity benefits many segments of the economy," Owens said. "We are especially glad it points out that those benefits go well beyond the tourism and recreation sectors."

Utah's Office of Outdoor Recreation was the first in the nation, and since its establishment, many states

have followed suit, according to office director Tom Adams.

The office ensures that Utahns can live a healthy, active lifestyle through outdoor recreation, Adams said.

"One of the factors companies look at when deciding where to locate is a state's migration rate, which we know has been very high in Utah," Adams said. "Which is directly correlated to the quality of life that we enjoy, and that's in large part due to our outdoor recreational opportunities."

The bill's text also recognizes natural assets directly employ 146,000 Utahns.

When the House Economic Development and Workforce Services Committee reviewed HCR7 on Feb. 1, Rep. Suzanne Harrison, D-Draper, spoke in favor of the resolution.

"I think this provides an important vision for our state as we make policy decisions that impact the future of the state, whether they be air quality, growth or land use decisions," Harrison said. "Remembering how important the outdoor industry is for our economic future is critical in making long-term decisions."

The committee agreed and the resolution passed with a favorable recommendation. Since then, the resolution has also passed on the House and Senate floors.

"People don't get it until they get here, but once you get here, it's different," said Rep. Eric Hutchings, R-Kearns. "Utah is special and bragging about that is a good thing."

Police officers cope with loss of fallen brother

By SAHALIE DONALDSON

Senior patrol officer Scott Nielsen was at home when he learned his friend and fellow officer at the Provo Police Department had been shot. He heard the sirens and looked at his phone — it was an alert informing him Officer Joseph William Shinners was in surgery fighting for his life. Nielsen immediately went back to the station and started taking calls.

Not long after arriving, Nielsen received a domestic violence call about a man who was shooting off rounds into a vehicle. He got into his patrol car and drove to respond to the incident like he would any other call, but something felt different this time.

"It was weird because I was pretty scared and I wasn't used to that. I'd been on a lot of dangerous calls before and always thought that it will be fine, it works out, but man, it made it way more real," Nielsen said. "I didn't like the way I felt when it was happening."

The officers took the shooter into custody without any problems. Shinners succumbed to his injuries later that day, Jan. 5. He was 29.

It was a "tough deal," Nielsen said.

The Provo Police Chief had a psychiatrist come and meet with the department in the weeks that followed. He gave



Claire Greyny

The Provo community gathered together in remembrance of Joseph Shinners at a candlelight vigil on Jan. 9.

the reeling officers his business card with his personal phone number and said to call any time, Nielsen recalled.

The psychiatrist's visit wasn't standard practice. Nielsen said he thinks the chief thought it was important so he made sure help was available.

While the psychiatrist has helped, the impact of Shinners' death is still casting shadows across the police department. Things have changed, Nielsen said.

"Our whole department has commented on how some

calls feel different to us now, so I know it's not just me. Other people are feeling it," he explained. "Is that good or not? I mean, I don't know. It probably makes it safer, but it's not healthy either."

About Shinners' murder, Officer Russ Billings said it is like losing a family member and that returning to the police department — the very place they used to see Shinners each day — is "raw emotion."

"We see his picture up at the police department and we've worn what is called a

mourning band — it's a band with his badge number across our badges — for a month after he was killed," Billings said. "Yeah, it's raw. It's still fresh in everybody's mind."

There is even a star shaped sticker with Shinners' number pasted across the back window of every car in the police department.

The entire department is trying to pick up the pieces left behind.

"You lose a friend, you lose a brother and you lose a coworker. It's hard," Billings said.

MIXTAPE

This week:



Coffey Anderson



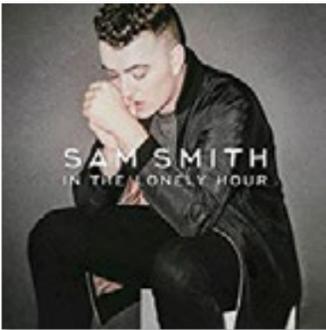
Your New Boyfriend

"Your New Boyfriend"

Coffey Anderson
Single

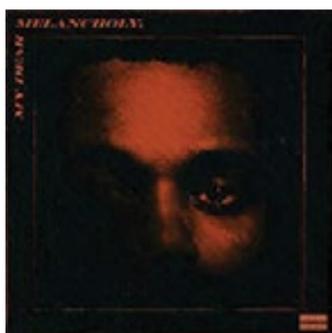
Sometimes it's just fun knowing that you won the break up. In "Your New Boyfriend," Anderson lets his prior love know that she peaked with him. Anderson has been singing country music since he taught himself the guitar in college and is still lacking a recording label despite having nearly half a million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

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



"Not In That Way"

Sam Smith
In The Lonely Hour



"Call Out My Name"

The Weeknd
My Dear Melancholy,

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

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



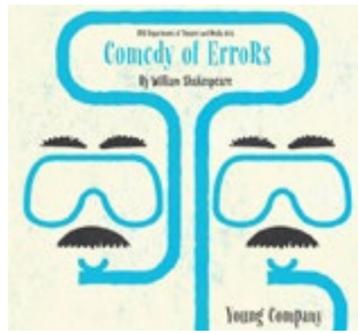
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Comedy of Errors

Bring your whole family to this zany adaptation of one of Shakespeare's most famous comedies! Featuring two sets of twins, all separated at birth, two rival cities, one happy ending, and plenty of confusion along the way, this production will explore what it really means to be family while keeping you laughing from beginning to end.

Feb. 13-16, 7:00 p.m.
Feb. 16, 2:00 p.m. & 4:00 p.m.
Nelke Theatre



BYU Symphonic Band Unexpected Love Songs

The BYU Symphonic Band will dedicate their February 14th performance to a celebration of Valentine's Day. The concert, titled "Unexpected Love Songs," will take audiences through a range of romantic expressions from some of the world's most treasured composers.

Thurs., Feb. 14, 7:30 p.m.
de Jong Concert Hall



BYU Philharmonic

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



BYU Wind Symphony Traveler

Fri., Feb. 15, 7:30 p.m.
de Jong Concert Hall



Essentially Ellington Jazz Festival with Synthesis

Sat., Feb. 16, 7:30 p.m.
de Jong Concert Hall

American Piano Quartet
Fri., Feb. 15, 7:30 p.m.
Madsen Recital Hall

BRavo! Danish String Quartet
Wed., Feb. 20, 7:30 p.m.
Madsen Recital Hall

BYU Ballet in Concert:
Sleeping Beauty
Thurs.-Sat., Feb. 28-Mar. 2, 7:30 p.m.
Sat., Mar. 2, 2:00 p.m.
de Jong Concert Hall

All events are ticketed.





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

@scowl_city

"literally during class"
"CRAP. I forgot to pay my tithing"
@HeardAtBYU

@laurenvolley11

"it's really good to see you! tell your wife I said hi and that I love her too!"
@HeardAtBYU

@kaitietc

"What's an example of fiber?"
"... mini wheats? 🍌😁🍌"
@HeardAtBYU

@bpilk10

At my ward activity tonight:
"Alright we are doing a date auction!!"
@HeardAtBYU

@mishipozo

"Girl1: congratulations!! You got engaged!
Guy: thanks!
Girl2 walk in..
Girl1: ohh you got engaged too?
Girl2: yeah I got engaged!!
Girl1: when did you get engaged?
Girl2: Saturday!
Guy: ahh me too!"
@HeardAtBYU

@hattie_jeann

Went in for an interview and the interviewer asks, "Do you have a boyfriend? Don't worry, you'll meet someone someday."
@HeardAtBYU the day before Valentine's hahaha.

@hayleypetersen

"are you dating anyone right now??"
"actually i just came from a breakup"
"oh shoot i'm so sorry!!"
"i mean we weren't actually dating, but still"
@HeardAtBYU

@cassidilla_1130

dude giving prayer at the beginning of class:
"please bless those who haven't taken the test that they will do well on it and please bless those who didn't do well that they may still have a future at BYU..."
@HeardAtBYU

@h_noble

"Look at my shirt today I feel like a desert lizard" -Accounting Teacher 🌵🦎
@HeardAtBYU

@JollyMollyDay

girl, angrily: "he PLAYED ALL DISNEY SONGS FOR ME!!" @HeardAtBYU

@victoriagarvin

"guy runs into his friend at the library"
"hey!! wait i think this is the first time i've seen you since you've been a dad!"
@HeardAtBYU

@BrittEldredge

Student 1: My favorite room to study in the library is that one where you can build stuff with legos
Student 2:.....the family room?
1:.....
2:.....
1: the what?

@KBlairG

"In priests', we made a list of qualities we want in a spouse. I wrote that they have to have a good smile, but they don't necessarily have to have teeth"
@HeardAtBYU

@BethanySimko

if both basketball teams just worked together they could score so many more points

@alezander

My 5 step plan to a life of success:
1. Graduate from school
2. ???
3. ??????
4. ??????????
5. Own many dogs with the love of my life

@molly_moo_who

"I was going to dress valentine-y today but then I decided to take care of myself and wore black sweats instead."
@HeardAtBYU

@sammy_irwin

one time a guy was flirting with me but then accidentally caught my hair on fire and I honestly don't bring that up enough in casual conversation

@_samanthamaryyy

"guy playing the piano does a different rendition of a hymn"
girl behind me: "oooo...spicy!" @HeardAtBYU

@neenee10101

"finds paper with phone number on the ground" "oh my gosh I hope it's a cute boy I'm gonna text him" "looks closer"
"ugh it says it's the financial center. It would have been so cute to text him"
#HappyValentinesDay2019 @HeardAtBYU

@melaniemproctor

"The guy at the cannon center when I asked for just french fries wished me a Happy Valentine's Day." -Amber @HeardAtBYU

@_jacks_35_

"On the Ryde"
Dude: It's actually not that cold today. Too bad the skies make today look like Mordor
@HeardAtBYU

Tweets are unedited

READERS' FORUM

Family dinner

Tired of Top Ramen? Dying to eat something homemade? Craving real food, new friendships, and good times? Satisfy your cravings by eating dinner with your roommates.

Now, I know what you're thinking: use homework or nap time to eat with my roommates? Sunday is one of the only days where I don't have to be at work or school and you want me to use precious time to eat dinner? Yes, eat dinner with your roommates, your new BYU family.

During my first Sunday at BYU my roommates and I decided we would cook dinner together. The menu had quite the variety with all the different contributions, but fried rice, sautéed chicken and green salad never tasted so good. Through dinner we became friends instead of strangers. Eating dinner with my roommates left me feeling full and with less of a desire to go home for Mom's cooking. I felt a little less homesick, a big issue among college freshmen.

By eating dinner with your roommates you create a sense of community with them and leave no room being homesick. Invite others to join in your community and help them overcome their own homesickness. Include an apartment of the opposite gender and who knows, maybe you'll even find "the one." My dad, a BYU alumni and expert with food, always says, "the quickest way to a man's heart is through his stomach." You never know what could happen.

Make new friends and create your own little sense of community by eating dinner with your roommates. My roommates and I have truly enjoyed our time together trying to make something that "tastes like Mom's," as can you. Now, the only question is: what will you be eating for

dinner this Sunday with your BYU family?

—McCall Smith
Malad, Idaho

ROC line

Webster's New World College Dictionary defines loyalty as "an obligation of support and faithfulness." BYU student sports fans are frequently used as a synonym to this definition.

Every home game you can see hundreds of students in line at 8 a.m. just to try and get a ticket to the game. Many of these students have already spent several nights on the concrete for a chance to secure a decent ticket. After finally receiving their line pass, these students must then show up at least three hours before the game to go wait in yet another line.

The time has come to reward those loyal students who participate in this endless line waiting game after game. Instead of forcing these enthusiastic students to wake up early to get a line pass, how about we put it a sign-up sheet online? We should stop the dreaded three hour line and replace it with an app that will alert you when it's your turn to go in.

These changes would be game changers and would make the game day experience much better for these students. Although some might be concerned that making these changes would bring down the game day hype, I believe the energy that is used in the line waiting process could be saved to help us be the student section our teams need.

Now is the time to work together to make a change. The ROC should start an online sign-up sheet and app to improve the game day experience.

—Tyler Critchfield
Draper, Utah

GUEST OPINION

Black history month

While February might be the month known for love, it is also celebrated as Black History Month. It is a month to commemorate past and present black individuals who made or are making a powerful impact on this nation.

It wasn't until four years ago that I started to celebrate Black History Month. I was born and raised in Sweden, a country with a history far different from that of the United States. However, when I moved to the States and started studying its history, I was blown away by the courageous black heroes, such as Rosa Park, Harriet Tubman and Martin Luther King who changed this nation. Heroes who don't get enough attention. The achievements of these individuals should be celebrated throughout the year.

However, I believe it to be good call to dedicate a specific month to raise awareness of the challenges many black people had to go through. Black History Month allows us to stop, remember and honor the people who fought for freedom, who fought for equality and who fought for acceptance.

Dr. Mae Jemison, the first female African-American astronaut once said, "Never be limited by other people's limited imagination."

This month is a reminder that even though the hardships of being a person of color in our society are immense, there are individuals with my skin color who made a life for themselves they are proud of, and so can I.

This month also serves as a reminder to never repeat the 200 year of crude history many African-American ancestors had to face. Black History Month belongs to all of us, no matter race or ethnicity. It helps us bring awareness of the strength and importance of diversity in our society. Without diversity, we would be nowhere. This is a month to recognize our people and to celebrate our culture and struggles together.

Black History Month is a month to celebrate black excellence.

—Karmen Kodja
Orebro, Sweden

OPINION OUTPOST

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

Alcohol levels

Utah lawmakers should resist the urge to increase the alcohol content of beer for sale in Utah from 3.2 percent by weight to 4.8 percent.

Unfortunately, SB132 passed the Senate Business and Labor Committee last week. For the good of all Utahns, lawmakers need to reject it before it goes any further.

—Editorial Board
Deseret News

Immigration

Congress should defuse the time bomb ticking for the more than 1 million young dreamers, whose lives and livelihoods will

be devastated if Mr. Trump's decision to rescind their protections from deportation, and work permits, gets the green light from the Supreme Court. That's possible, and should it happen, it will destroy families and communities in districts represented by Republicans and Democrats alike.

—Editorial Board
The Washington Post

American democracy

The president of Freedom House, Michael J. Abramowitz, noted that the weakening of the American democracy presented a threat to democratic systems around the world.

That shouldn't happen. The U.S. must continue to hold a light to the world and champion the pursuit of freedom.

The U.S. must continue to play a key role in shining the light of liberty — not through

heavy-handed endeavors, but through correcting a national discourse prone to incivility and committing to unite over shared values rather than driving wedges to please a political base. America must not fall short of the ideals it was founded on.

—Editorial Board
Deseret News

Media freedom

The arrest in the Philippines of the courageous journalist Maria Ressa, founder and head of the news organization Rappler, is a disgrace. It is also one she foresaw. Rodrigo Duterte and his supporters have shown little tolerance for anyone attempting to hold him to account, as Rappler has done, in particular over the "war on drugs" which has killed thousands.

Receiving another award last year, Ressa said of Rappler's fortitude: "You don't

really know who you are until you're forced to fight to defend it ... We will hold the line." Those who profess to care about media freedom must do likewise.

—Editorial Board
The Guardian

Prop 3

The Utah Legislature, assisted by an overly meek governor and a stunningly silent medical establishment, has shown us all what it thinks

is important: Having a state where far too many people have no access to health care.

If the government won't give the Legislature its exemption from 21st century civilization, we may yet get Prop 3, just as the voters intended.

It's a slim reed to cling to, but right now it's all we have.

—Editorial Board
Salt Lake Tribune

National emergency

On Feb. 15, Trump declared

a national emergency over a nonexistent "national security crisis" at the border, then invoked that emergency to shift billions of dollars from previously approved military construction projects to his wall.

That's unconscionable. Trump's imperious use of emergency powers will soon be challenged in both Congress and the courts, and rightly so.

—Editorial Board
The Los Angeles Times

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.

Senior qualifies for second Olympic trials

By ROBERT JAMIAS

Payton Sorenson isn't just a good swimmer: he's a world-class swimmer. At just 27 years old, Sorenson had become one of the world's best sprinters and made it to the semifinals of the 2016 Olympic trials.

"I wasn't expecting to make it that far last time," Sorenson said.

Sorenson had only been home for a year from his mission for The Church of Jesus Christ of Latter-day Saints when he surprised both himself and his coaches with his performance. His success at that time continues to fuel his training.

"It gave me a taste for it because I didn't think I was going to make it that far," Sorenson said.

After four years, the BYU senior will appear once again at the Olympic trials with aspirations to join the national team and represent the U.S. at the 2020 Tokyo Olympic Games.

Sorenson qualified for the Olympic trials at the U.S. Winter Nationals meet in December when he completed the 50-meter freestyle event in 22.45 seconds. He placed second at the meet, taking home a silver medal. Along with qualifying, Sorenson also set a personal record time.

"This time, I know that I'm capable of doing well," he said. "Having that depth in my self-belief is going to take me further."

Sorenson isn't the only one who's optimistic about the upcoming trials. Head coach John Brooks is also optimistic about Sorenson's coming opportunities, though he acknowledges their inherent difficulties.

"We (the U.S.) have the fastest swimmers in the world, so to make the Olympic team you have to be one of the top two swimmers in the world," Brooks said. "He is currently ranked 17th in the world. In our country, he is ranked fourth or fifth."

Brooks said that as the 17th fastest swimmer in the world, Sorenson would be a shoo-in for the national team of any other country.

"It's a tall task, but he's a very strong competitor and he wants to do his very best," Brooks said about Sorenson's prospects for making the U.S. national team.

Brooks has been working closely with Sorenson to ensure he can be at his best for the trials. Sorenson said that he has been working feverishly on the mental aspect of swimming to improve his times.

"It's a lot of mental prep in and out of practice," Sorenson said. "There's a lot of technicalities that go behind the strokes and it takes a lot



BYU senior Payton Sorenson, pictured here in the Cougars' newly-renovated swimming facility, qualified for his second Olympic trials in December. Scan the *Universe Plus* app logo to listen to a Portuguese translation of this story.

Ty Mullen



of repetition to get those down to where you can use them when it comes time to race."

Brooks has also noticed the progress Sorenson has made.

"He's faster than he's ever been before," Brooks said.

In the upcoming Olympic trials, Brooks won't be the only one in Sorenson's corner. Last

August, Sorenson got married. His wife, Kylie, will also be cheering for her new husband's success in the coming months.

Kylie praised the dedication that her husband has for the sport, noting the time commitment it requires for training.

"It's super time consuming," she said. "But he puts a lot of hard work into it."



22.77

Sorenson swam a time of 22.77 in the prelims of the 50-meter freestyle event on day two of Olympic trials. This would be fast enough to qualify him for the 2020 Olympic Trials.



22.45

He went on to race in the finals where he swam an even faster time of 22.45, which would be good enough for second place. His time placed him behind only Nathan Adrian, a five-time Olympic gold medalist.



19.19

Sorenson currently holds the fourth fastest 50 meter time in the NCAA during the 2018-19 campaign, posting a time of 19.19 seconds in the 2018 Mizzou Invite.



MPSF

Along with his invite to the Olympic trials, Sorenson also received the Mountain Pacific Sports Foundation Swimmer of the Week honor for the week of Nov. 7.

Siblings coach BYU volleyball teams

By ROBERT JAMIAS

No volleyball is spiked, set, served or bumped by a BYU player except under the supervision of a coach Olmstead. That's right — a coach Olmstead. There are two of them and they're both head volleyball coaches at BYU.

For almost a decade, siblings Shawn and Heather Olmstead have been coaching Cougar volleyball to success.

Under Shawn Olmstead, the men's volleyball team has made two appearances at the NCAA Division I finals and another appearance in the Final Four. Shawn took the women's volleyball team to its first NCAA Division I final before his time with the men's team.

Heather Olmstead has won 118 of 131 games as women's volleyball head coach and holds the NCAA Division I record for the highest winning percentage of any women's volleyball coach ever, with just over a 90 percent winning rate. Heather Olmstead has consistently coached her team to the Sweet Sixteen of the NCAA tournament, including a Final Four run last season.

It all started in southern California, where Heather and Shawn Olmstead's parents, Rick and Trudy Olmstead, raised their six children. Rick Olmstead's involvement in volleyball as a former athlete and career as a coach meant that volleyball was a way of life for the young Olmstead family.

"My dad played volleyball for the Church College of Hawaii," Heather Olmstead said. "He's played volleyball most of his life so we grew up playing sand (volleyball) on the beaches of Santa Barbara."

Shawn and Heather Olmstead didn't just play on the beaches of Santa Barbara — together they dominated them. Shawn Olmstead recounted his memories of his time in the sand there.

"She and I could go down to the courts and play," he said. "Usually, it's two on two and then the winner stays

on the court. Then, you know, you'd have a line of people because so many days, we were able to just stay there all day and play because we'd win."

Shawn Olmstead, the older of the two, would eventually trade the sand of California for the mountains of Utah, where he played libero for BYU. A short time later, Heather Olmstead also found her way to Utah, playing libero for Utah State.

Shawn Olmstead continued to follow his passion for the sport, building a career coaching just as his father did. After a few years as a college volleyball assistant coach in California and Utah, he found his way back to BYU as head coach of the women's volleyball team.

When a position as an assistant coach opened for the team, Shawn Olmstead knew he had to call his old beach volleyball partner.

"Bringing her on was a no brainer for me," Shawn Olmstead said. "I knew how good she was and at what she does. She's a great coach and a great person."

Heather Olmstead had been coaching Utah college teams for the previous few years. The opportunity to work with her brother at BYU proved vital to her coaching career as it positioned her for the prestigious head coaching spot after her brother moved to the men's team.

"It was a great opportunity to come here and learn from Shawn," she said. "I just feel blessed that I was able to come in. I really believed in his vision and his goals for this program. I really learned a lot from him on how to lead a program."

It's not often that you find siblings who are both head coaches for two of the best college teams in the nation. It's even more rare those siblings do it from within the walls of the same school.

While the success of the siblings has drawn attention and awe at the national level, for Shawn and Heather Olmstead, it's just a part of their life.

"It's a family thing," Shawn Olmstead said.



Emma Wiley

Shawn and Heather Olmstead are siblings. Heather Olmstead coaches BYU's women's volleyball team and Shawn Olmstead coaches the men's team.



BYU Photo/Jaren Wilkey

Coach Heather Olmstead, far right, poses with her team after a victory at the Nike Invitational.

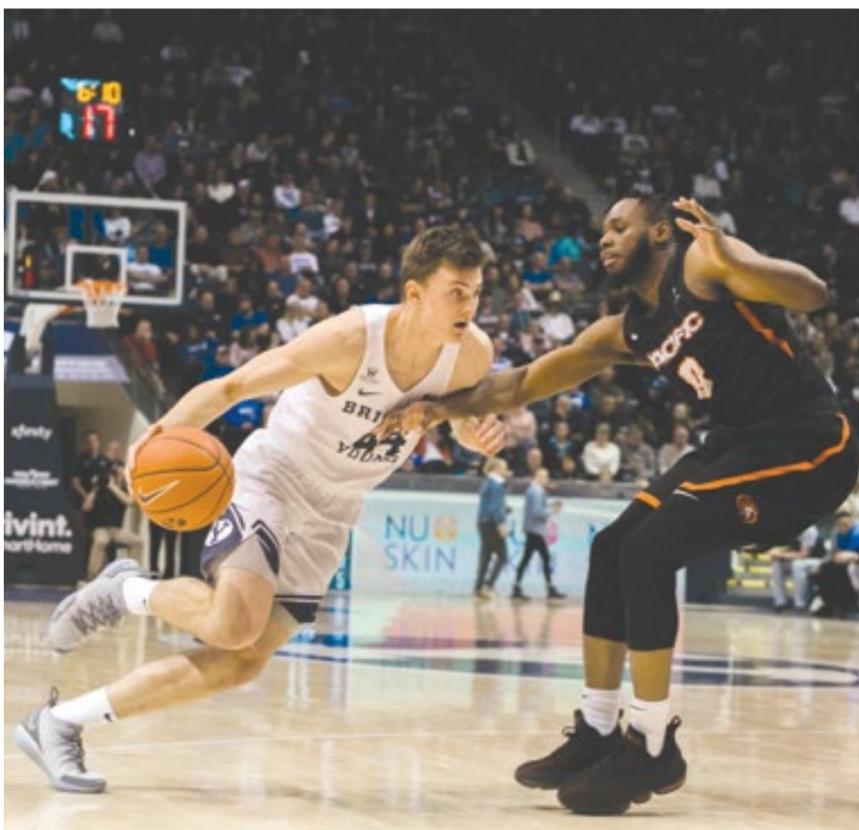


BYU Photo/Jaren Wilkey

Coach Shawn Olmstead, center, coaches his team between games.

Men's basketball outlasts Pacific

The Cougars come out on top of a game with 16 lead changes or ties



Claire Gentry

Freshman Connor Harding takes the ball off the wing against Pacific on Feb. 9. BYU escaped a back-and-forth affair with the Pacific Tigers in a 69-59 win.



Arianna Davidson

Freshman Gavin Baxter dunks the ball during BYU's matchup against Gonzaga on Jan. 31. The Bulldogs topped the Cougars 93-63.

Freshman Baxter takes flight for men's basketball

By JACKSON PAYNE

It took longer than some fans hoped, but when freshman Gavin Baxter made his first start for the Cougars against Loyola Marymount on Feb. 2, it was clear the highly-touted Timpview recruit was worth the wait.

The 6-foot-9 forward scored 25 points with 10 rebounds, two blocks and a number of ferocious dunks to highlight one of the Cougars' best all-around performances of the season.

Baxter has averaged 13 points on 69 percent shooting with nearly seven rebounds and two blocks in three starts this season. Prior to Jan. 17, however, Baxter had played just seven minutes a game on the back end of head coach Dave Rose's rotation.

"I wasn't as involved in the beginning of the year, but I decided to work harder and put in extra shots after practice," Baxter said. "When the position opened up, I was able to come in and contribute more."

According to assistant coach Quincy Lewis, Baxter's work ethic has remained strong and consistent since joining the team last spring following his mission in the Washington, D.C., and northern Virginia area.

"When Gavin got off his mission, that guy was here all day before and after practice. He takes extra time with film work or just going over plays, so he's

really put forth the effort," Lewis said. "It's been really fun to see how he's improved since he's been here. It's been little by little, and now that he's finally ready, he's made a really nice contribution."

Baxter's teammates have recognized his work ethic and love for the game.

"Gavin is a great teammate. He's actually a pretty quiet guy but he's goofy, funny and someone that wants to work hard and get better," forward Yoeli Childs said. "Gavin is so eager to absorb everything he learns to get better. He's going to be an unbelievable player."

Childs and Baxter, who were teammates when they were 16, have become a formidable front court duo on both the offensive and defensive sides of the ball.

"Gavin is so athletic that he can go get balls that nobody else can. That's been nice for Yoeli to play with since he's a similar player with that length," Lewis said.

Childs agrees that working in tandem with Baxter has benefited both players and the team as a whole.

"His length helps a lot. It's huge when both of us go for those offensive rebounds because it's a lot to handle for an opposing team. Or when I block a shot, he has the help side rebound and vice versa," Childs said. "He's done a great job of drawing the defense away from me a little bit, and his ability to catch lobs and

work inside has made opposing defenses more honest."

During Baxter's first start against Loyola Marymount, the ROC student section chanted his name tirelessly throughout the night. Baxter even clapped along on the court at times.

"It's awesome. Just knowing that the fans like to watch me play makes me really want to go out there and give it my all," Baxter said. "More than anything else for me, it's a confidence booster."

For the Provo native and former high school all-state honoree, playing in his backyard at BYU has been a dream come true.

"I love Utah," Baxter said. "I love the energy and environment here at BYU and to be here is just a great experience."

Lewis feels Baxter isn't close to his ceiling and has plenty of room to continue to grow as a player.

"He's working as hard today as he is when he first got here," Lewis said. "He isn't fatigued mentally or physically, and I would expect that he will continue to improve."

With a critical stretch to finish the season and hopefully lock up the second seed in the conference tournament, Baxter hopes to continue the team's current rhythm.

"Obviously we want to come out in these last few games and make sure we're playing defense the way we know how," Baxter said. "As long as we do that, the offense will take care of itself."



Simple Bites

LOADED POTATO CHEESE SOUP

| For 1 | For 2 | 4 or more | |
|------------|------------|------------|----------------------|
| 1 large | 2 large | 4 large | potatoes |
| 1 large | 2 large | 4 large | carrots |
| 1 stalk | 2 stalk | 4 stalk | celery |
| 1/2 | 3/4 | 1 | onion |
| 1 cup | 2 cups | 4 cups | chicken stock |
| 1 cup | 2 cups | 4 cups | whole milk |
| 2 tbsp | 1/2 stick | 1 stick | butter or margarine |
| 1 tbsp | 2tbsp | 1/4 cup | flour |
| 2-3 strips | 3-4 strips | 5-6 strips | bacon |
| 2 tbsp | 1/4 cup | 1/2 cup | chopped parsley |
| 1 cup | 2 cups | 4 cups | sharp cheddar cheese |
| 1 tbsp | 2 tbsp | 4 tbsp | salt and pepper |

Garnish as desired:
sour cream
chopped green onion
crispy bacon
cheddar cheese

- Peel and dice potatoes and carrots.
- Place in large pot, cover with water and bring to boil.
- Cook until potatoes and carrots are soft.
- Drain and set aside.
- In small skillet, cook bacon until crisp.
- Remove from pan and place on paper towel lined plate.
- Dice bacon when cool.
- Peel and dice onion and celery.
- In a large pot (can be the same one used before) melt butter.
- Add diced onion and celery. Sauté until onion is clear.
- Season with salt and pepper.
- Add flour and stir.
- Add chicken stock and whisk until smooth.
- Season with additional salt and pepper if desired.
- Reduce heat and add milk, stirring constantly.
- Add cooked potatoes and carrots, mixing well.
- Add bacon, parsley and cheese.
- Stir well until cheese is melted and soup is creamy.
- Serve hot topped with your favorite garnishes.

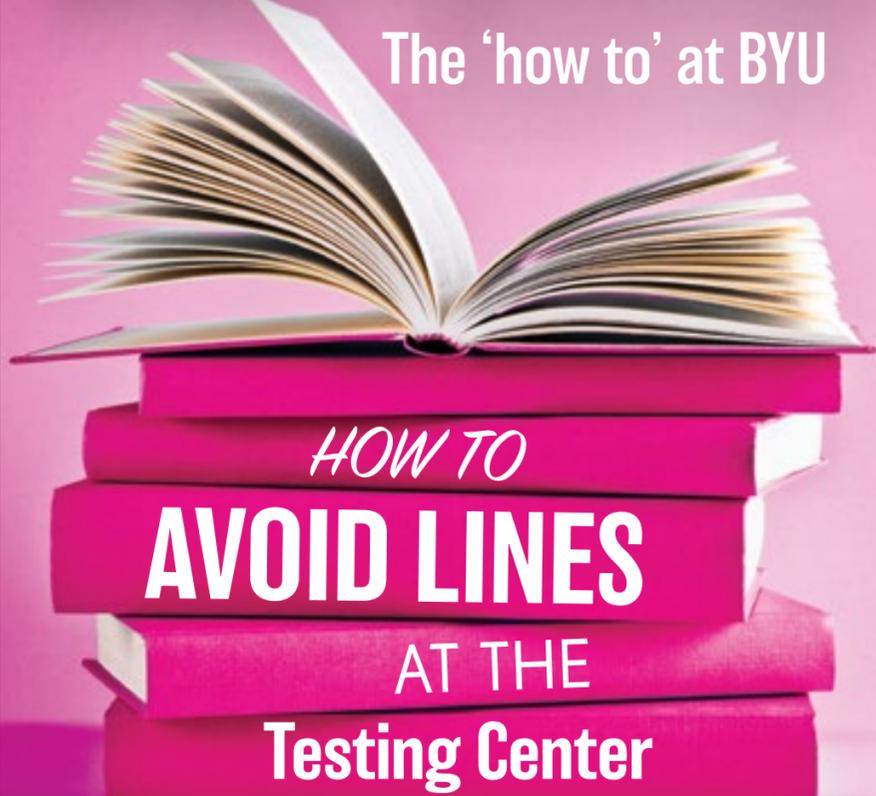


Scan the photos with the Universe Plus app to see a video demonstrating how to make this recipe.



#BYU hacks

The 'how to' at BYU



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



Dilbert®

DO ME A FAVOR AND NEVER PUT ME ON A PROJECT WITH PEOPLE OVER THE AGE OF FORTY.

THEY WASTE THE FIRST FIFTEEN MINUTES OF EVERY MEETING TALKING ABOUT THEIR HEALTH PROBLEMS.

DID YOU SAY SOMETHING? I CAN'T HEAR YOU OVER MY TINNITUS.

I NEED YOU TO HELP TED ON HIS PROJECT. HE SEEMS TO BE STRUGGLING.

THAT WOULD DOOM TWO PROJECTS - MINE WOULD SUFFER FROM NEGLECT, AND TED WOULD RE-BUNGLE ANYTHING I FIX.

MAYBE TED CAN HELP YOU ON YOUR PROJECT. GAAAAA!!!

Peanuts®

YOUR DOG HAS NO RIGHT TO WALK OFF AND LEAVE YOU, CHARLIE BROWN!

YOU FEED HIM, AND YOU GIVE HIM A HOME... IN RETURN, IT'S HIS JOB TO GUARD YOUR PROPERTY AND BE YOUR FRIEND! THE TROUBLE WITH YOU IS YOU DON'T KNOW HOW TO RAISE A DOG, CHARLIE BROWN!

HAVE YOU EVER RAISED A DOG?

OF COURSE NOT!! I WOULDN'T EVEN OWN A DOG!

ANOTHER UNMARRIED MARRIAGE COUNSELOR. SIGH

WHAT'S THAT? WHAT DID YOU SAY?

THERE IT IS! A VINE-COVERED COTTAGE WITH ROSE BUSHES, A WILLOW TREE AND A PICKET FENCE!

THERE IT STANDS, JUST AS I HAD IMAGINED IT! OH, MISS SWEETSTORY, I'VE FOUND YOU AT LAST!

WHEN SHE ANSWERS THE DOOR, I'LL REMOVE MY DOG DISH AS IF IT WERE A HAT, I'LL BOW AND IN A VERY DIGNIFIED MANNER I'LL SAY, ...

"HI, SWEETIE!"

Garfield®

GET UP, GARFIELD!

YOU'VE GOT THINGS TO DO!

OH, THERE'S MOTIVATION FOR YOU

"THIS IS A STORY ABOUT A CAT..."

"WHO ALWAYS GETS...HIS...WAY"

HOW IS THIS A FAIRY TALE?

JUST READ

Pickles®

GRAMMA, CAN I HAVE ONE OF YOUR SPECIAL CHOCOLATES?

YES, YOU MAY, NELSON, ON ONE CONDITION...

YOU NEVER, EVER FORGET IT OR STOP THANKING ME FOR IT.

UM... I THINK I'LL JUST LOOK UNDER THE SOFA CUSHION FOR AN OLD MEM.

ANYTHING GOOD IN THE MAIL?

SOMETHING FROM OUR AUTO INSURANCE.

A SAFE DRIVER BONUS CHECK FOR 42 CENTS.

WOO HOO! SEE? I TOLD YOU GOOD THINGS HAPPEN TO GOOD PEOPLE!

Non Sequitur®

...SO I GOT TO WONDERING HOW I COULD MAKE THINGS WORSE, THEN IT HIT ME... CLIMATE CHANGE!

I THINK IT MEANS WE'RE IN THE CABLE NEWS DISTRICT

CAUTION FALSE EQUIVALENCIES AHEAD

Zits®

IT'S NEVER TOO EARLY TO START THINKING ABOUT NEXT VALENTINE'S DAY.

OKAY.

I SWEAR I THOUGHT A ROBOT VACUUM WOULD BE A ROMANTIC GIFT!

I'LL DO MY OWN SHOPPING FROM NOW ON.

I JUST UNSUBSCRIBED FROM FIFTY ANNOYING MAILING LISTS!

DING! DING!

WHAT ARE ALL THESE??

FIFTY ANNOYING EMAILS SAYING THAT YOU WON'T BE GETTING ANY MORE EMAILS.

Sudoku

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

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

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

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

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

The New York Times Crossword

Edited by Will Shortz No. 0114

ACROSS

- Become narrower
- "Come to ..."
- Kindergarten fundamentals
- "Well, isn't that something!"
- Genesis garden
- Opening for a coin
- Facial feature that can be eliminated by cosmetic surgery
- Trigonometric ratio
- "For sure!"
- "... put it another way ..."
- Rather, informally
- Disney World attraction
- Walk over
- Continuously
- Easy wjn

DOWN

- Having everything in its place
- Natural salve
- Asset
- Flow out, as the tide
- Insert a new cartridge
- Where the belly button is
- German auto import
- Try to win through romance
- Metropolitan
- "Gross" title for this puzzle
- Hit the tarmac, e.g.
- Skin problem
- Titleholder
- This, in Tijuana
- Wagers
- Hangman's loop
- Actress Miller or Blyth
- Transfer (to)
- Romantic setups
- Weeklong vacation rental, maybe
- Prepare, as mussels
- Therefore
- Work, as dough
- It helps to know where you're going
- Joint between the hip and ankle

ANSWER TO PREVIOUS PUZZLE

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

The New York Times Crossword

Edited by Will Shortz No. 0115

ACROSS

- Object of puppy love
- Acid's opposite
- Eponymous scale inventor
- Skating gold medalist Sonja
- Big farm workers
- Country whose name can also be a full sentence
- Welcome comment at a bar #1
- Lead-in to bank
- "Ooh, ooh, let me look!"
- Cornered, as during a fox hunt
- Milky birthstone
- Welcome comment at a bar #2
- Actor George of TV's "The Goldbergs"
- Underhanded sort
- Some univ. instructors
- Friend of Harry in the Harry Potter books
- The Cardinals, on scoreboards
- "Hang on!"
- Welcome comment at a bar #3
- "This is not ..." (warning to kids)
- Cleverly and ironically humorous
- Tina Fey's "30 Rock" role
- ...-1701 (U.S. Enterprise registry)
- Often-forbidden things to worship
- Caesar's first stabber

DOWN

- Women's clothing chain since 1983
- Do again, as a radio bit
- Let off the hook?
- Likewise
- Casual greetings
- Termites and drills
- Pink-slip
- Maritime milieu
- Tolkien tree being
- Tiny opening?
- Avenue between Reading Railroad and Chance
- Poison-pen letters
- Most sarcastic

ANSWER TO PREVIOUS PUZZLE

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

The New York Times Crossword

Edited by Will Shortz No. 0115

ACROSS

- With 57-Across, welcome comment at a bar #4
- Sounds of support
- Cousins of mandolins
- Pestering people
- Words before "smoke" or "the air"
- See 49-Across
- Dirt ball
- One coming to homecoming, maybe
- "The Burning Giraffe" and "The Persistence of Memory"
- Boy dolls
- "Beg pardon!"
- They might make lids difficult to close

DOWN

- French sweetheart
- Manner of speaking
- 1982 film inspired by Pong
- Big lighter brand
- The Great Lakes' ... Locks
- "Were you successful at all?"
- Some digital chats, informally
- Holy councils
- How Solomon spoke
- Spanish gold
- Clothing chain since 1969

ANSWER TO PREVIOUS PUZZLE

W E L C O M E T O T H E B A R
 S O U N D S O F S U P P O R T
 C O U S I N S O F M A N D O L I N S
 P E S T E R I N G P E O P L E
 W O R D S B E F O R E " S M O K E " O R " T H E A I R "
 S E E 4 9 - A C R O S S
 D I R T B A L L
 O N E C O M I N G T O H O M E C O M I N G , M A Y B E
 " T H E B U R N I N G G I R A F F E " A N D " T H E P E R S I S T E N C E O F M E M O R Y "
 B O Y D O L L S
 " B E G P A R D O N ! "
 T H E Y M I G H T M A K E L I D S D I F F I C U L T T O C L O S E

The New York Times Crossword

Edited by Will Shortz No. 0115

ACROSS

- Tabloid twosome
- Manner of speaking
- 1982 film inspired by Pong
- Big lighter brand
- The Great Lakes' ... Locks
- "Were you successful at all?"
- Some digital chats, informally
- Holy councils
- How Solomon spoke
- Spanish gold
- Clothing chain since 1969

DOWN

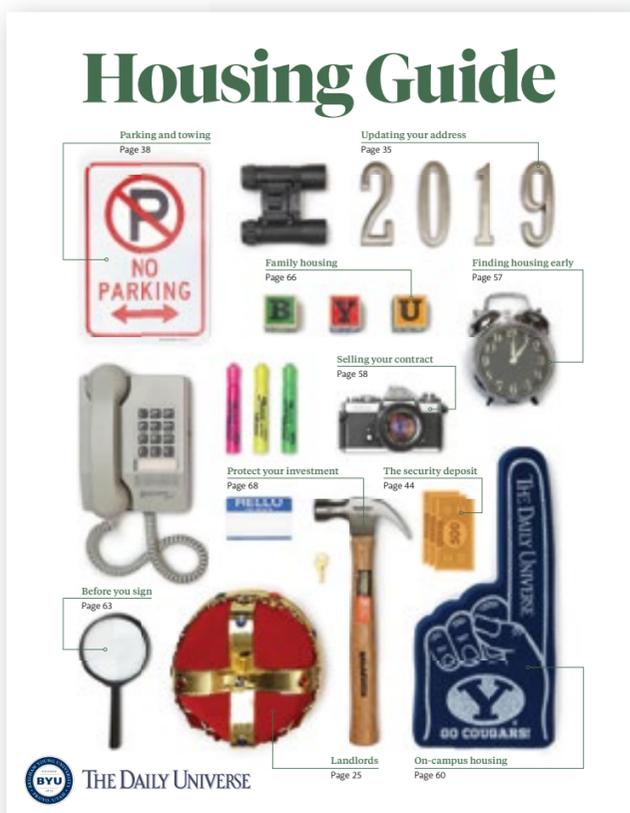
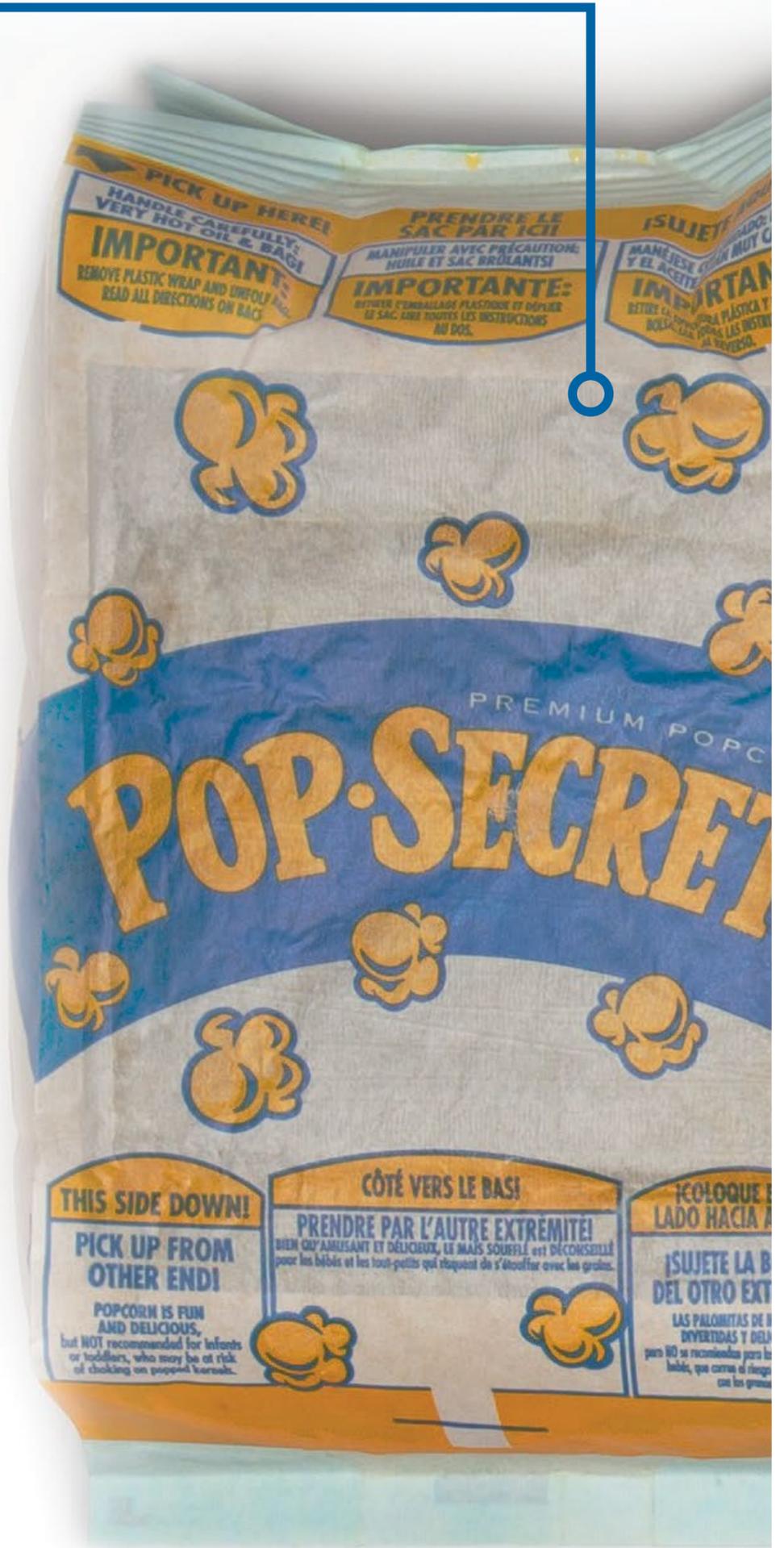
- Women's clothing chain since 1983
- Do again, as a radio bit
- Let off the hook?
- Likewise
- Casual greetings
- Termites and drills
- Pink-slip
- Maritime milieu
- Tolkien tree being
- Tiny opening?
- Avenue between Reading Railroad and Chance
- Poison-pen letters
- Most sarcastic

ANSWER TO PREVIOUS PUZZLE

W E L C O M E T O T H E B A R
 S O U N D S O F S U P P O R T
 C O U S I N S O F M A N D O L I N S
 P E S T E R I N G P E O P L E
 W O R D S B E F O R E " S M O K E " O R " T H E A I R "
 S E E 4 9 - A C R O S S
 D I R T B A L L
 O N E C O M I N G T O H O M E C O M I N G , M A Y B E
 " T H E B U R N I N G G I R A F F E " A N D " T H E P E R S I S T E N C E O F M E M O R Y "
 B O Y D O L L S
 " B E G P A R D O N ! "
 T H E Y M I G H T M A K E L I D S D I F F I C U L T T O C L O S E

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