

THE UNIVERSE

Serving the Brigham Young University Community

BYU women alumni influence modern Church



Claire Gentry

Sister Bonnie H. Cordon, who was called as the Young Women general president in 2018, speaks during General Conference in October 2018. Sister Cordon is one of several BYU women alumni who serves in leadership in The Church of Jesus Christ of Latter-day Saints. She received her bachelor's degree in education from BYU.

By HARRIET NORCROSS

Twenty-seven female BYU alumni have held influential leadership positions in The Church of Jesus Christ of Latter-day Saints over the past 20 years.

The diverse group of women comes from varied study backgrounds such as English, political science, education, history and family life. They have led professional careers, been homemakers and held positions in civic engagement organizations.

Sister Elaine S. Dalton, Sister Jean B. Bingham, Sister Mary N. Cook, Sister Ann M. Dibb, Sister Cheryl C. Lant, Sister Margaret D. Nadauld, Sister Susan W. Tanner and Sister Julie B. Beck were all born in Utah, but other women are from California, Washington, D.C., Wyoming, Idaho, Oregon, Kansas, Canada and various other locations. Multiple sisters spent time in foreign countries as missionaries or for other purposes and many speak multiple languages, including Portuguese and Spanish.

The sisters also have diverse experiences in their family lives. Several

met and married their spouses while students at BYU, like Sister Bingham, Sister Joy D. Jones, Sister Bonnie H. Cordon and others. Some, like Sister Sheri L. Dew and Sister Sharon Eubank, are single. In comparison, Sister Wendy Nelson and President Russell M. Nelson celebrate 13 years of marriage this week.

Many of the women's talks, given both at BYU and General Conference, have focused on the importance and power of motherhood, coming unto Christ, serving others, raising strong children, holding to the iron rod and enduring trials. These talks emphasize the worth of women and the need to draw close to the Savior.

In both General Conference and at BYU, these women have spoken about a woman's role. Many have addressed the question of women and the priesthood, such as Sister Sydney S. Reynolds and Sister Dew. They've emphasized that motherhood, in the words of Sister Dew, "is not what was left over after our Father blessed His sons with priesthood ordination."

Sister Reynolds said a man's ability to hold the priesthood does not alter the fact that men and women are "equal before God."

Many of these leaders have encouraged women to become educated. In a 1979 BYU devotional, Sister Reynolds told students about her original plan to have an exciting career. She said she ended up becoming a full-time wife and mother but never regretted her college education, as she did not find motherhood incompatible with her education.

In more recent conference addresses, service and ministering have taken a prominent role. LDS Charities Director Sister Sharon Eubank spoke of the importance of love in humanitarian work. Sister Jones, Sister Cordon and Sister Bingham gave talks in 2018 centered on ministering, partially in response to the new Church-wide transition to the ministering program.

Women leaders' influence in the Church does not end with General Conference. In 2015, women leaders began serving on general councils that determine Church policy, including the Priesthood and Family Executive Council, the Missionary Executive Council and the Temple and Family History Executive Council. According to Sister Bonnie L. Oscarson, who served as Young Women's general president until 2018, these councils are the three key Church councils and led by

members of the Quorum of the Twelve Apostles.

Sister Oscarson was invited to participate in the Missionary Executive Council in 2015 and posted her thoughts on Facebook.

"What a great time to be a woman in the Church where our voices are needed and valued more than ever," she wrote. "I am grateful for the opportunity to add my perspective and experience to this council as we work together to spread the message of the restored Gospel."

In recent years, President Nelson has emphasized women's role in the modern Church. He called women "vital associates during this winding-up scene" in his 2015 talk "A Plea to My Sisters."

"We, your brethren, need your strength, your conversion, your conviction, your ability to lead, your wisdom, and your voices," he said.

President Nelson shared a similar message in his October 2018 talk "Sisters' Participation in the Gathering of Israel."

"My dear sisters, we need you," he said. "We simply cannot gather Israel without you."

Read more about these women on Pages 6 and 7

Utah junior high schools integrate language immersion students

By SADIE ANDERSON

Alana Holzer didn't understand a word her teachers said on the first day of kindergarten. She stared in confusion as her teachers refused to answer her or any other students in her class using any language but Chinese. Now, eight years later and in seventh grade, Holzer and her fellow Chinese immersion students are capable of discussing more complicated topics in their second language.

According to a case study by Yuan Cao of the Dominican University of California, the total immersion model was first implemented in 1965 in Canada. The study shows one of the most popular ways to approach immersion programs is the 50-50 structure: students receive 50 percent of their daily instruction in their native language and 50 percent in their designated immersion language.

It is this 50-50 structure Holzer and students across Utah have experienced since entering the immersion program in elementary school, an immersion model they cannot continue once reaching junior high.

Mueller Park Junior High Principal Deanne Kapetanov said immersion students are given the option of taking two electives to continue their Chinese language education: an intense language course and a culture and media course. She said the attrition rate rises once the students reach junior high school, but the majority of the students continue with their immersion education and adjust well.

On the other hand, Holzer, now a seventh grader at Mueller Park Junior High in the Chinese immersion program, said many students who dropped out of the elementary school immersion program are now taking the Chinese immersion level classes, favoring the two class period schedule over the 50-50 structure.

Students aren't the only ones adjusting to the change. Kapetanov said both administrators and counselors had to attend training meetings to prepare for the bilingual students. These trainings instructed educators in the benefits of language immersion and helped the schools prepare for the influx of different language programs being integrated over the next few years.

"One of the biggest challenges is finding and keeping qualified teachers," Kapetanov said. She said the Davis County School District, however, is good at supporting immersion schools in finding the educators needed to keep the program going.

Alana Holzer's mother, Jamie Holzer, is an English kindergarten teacher at Muir Elementary School. She said holding onto language teachers is just as difficult at the elementary level. The majority of the Chinese teachers are brought in from the Hanban Institute in China, she said, while others are brought in from Taiwan or are Utah natives who served Chinese-speaking missions for The Church of Jesus Christ of Latter-day Saints.

But it is the cultural differences between the Chinese teachers and American students that make it hard for the younger children and can cause some behavioral issues in the classroom, according to Holzer.

She said many Chinese teachers come to Utah to expand their own learning and education. Their difficulty balancing packed schedules or dealing with expired visas force them to resign more often than the behavior of their immersion students.

With the growth of language immersion across the state, some have raised questions about whether immersion hurts students' broader education. Jill Talbot, an English teacher at Mueller Park Junior High, said the immersion program students are at the expected reading level, but lack writing skills.

"They all struggle to write five-paragraph essays and simple sentence structure," Talbot said, "whereas their counterparts are doing much better with writing and grammar skills."

Rome Temple a dream 'finally come true'

By MADISON EVERETT

Native Italian Cinzia Noble could hardly believe it when plans to build a temple in Rome were announced in General Conference on Oct. 4, 2008.

"It was a dream of 44 years finally come true," Noble said. "It was the most glorious day I've ever had."

Noble had the opportunity to attend the temple dedication in March in Rome and expressed the pure joy she felt while walking through the temple.

"When we finally got to the celestial room, I had to sit down because I didn't have any strength left in my body," Noble said. "The feelings were so overwhelming and so strong from the spirit that was there."

Noble was born and raised Catholic in Italy and converted to The Church of Jesus Christ of Latter-day Saints at age 22. After converting, she moved to the United States and is a BYU Italian professor.

The Rome Temple was dedicated just weeks ago on March 10, almost 11 years after President Thomas S. Monson announced plans to build the temple.

All 15 members of the First Presidency and the Quorum of the Twelve attended the dedication. According to Church News, the gathering in Rome marks the first time in Church history that all members of the First Presidency and the Quorum of the Twelve Apostles have been together



Church Newsroom

A family takes a photo in front of the Rome Italy Temple. It is first temple constructed in Italy. Scan the photo with the Universe Plus app to watch a video about the Rome Temple dedication.



outside the United States.

BYU religious education professor Anthony Sweat said the fact the Twelve Apostles and First Presidency attended the dedication together is a historic moment in and of itself.

"Particularly, it is meaningful that it is in Rome," Sweat said. "Jerusalem is where Christianity got its birth, but Rome is where Christianity became

its stronghold."

Macy Whitaker, a returned missionary who served in Italy, said many of the people she encountered on her mission were refugees. They could not obtain a visa to travel outside of the country to attend the temple because of their refugee status. Now, these refugees will be able to visit the temple for the first time.

"While there's a huge significance for native Italians, it brings on a whole other level for people who can't get visas into Switzerland (which is the nearest temple)," Whitaker said. "They can't go to the temple. To finally have a (temple in Italy) where all of these people can get those blessings and can keep progressing — it's a beautiful thing."

Italian major and returned missionary Tahoe Jorgenson said he feels the temple will have a great impact on the Italian members and on people of all religions and backgrounds.

"I think it's a sign that we are not afraid to live what we believe," Jorgenson said. "To build a temple in the heart of Rome, I mean imagine that."

According to Whitaker, Italians felt as though they were a forgotten corner of the Church, but the new temple has helped them feel a sense of belonging again.

"Having the temple be there and having all 15 of the apostles in Rome really was a testament to the Italian people that God sees them, He knows them and He's proud of them for what they do — for the fight that they put up to keep their testimonies in a hard environment," Whitaker said.

English professor Melanie Henderson attended the open house and said the significance of the architectural and design elements in the temple connects members to the Church's history.

See ROME on Page 2

See IMMERSION on Page 3

UNIVERSE news briefs

FROM THE ASSOCIATED PRESS



Democrats to prepare Mueller report subpoenas

The House Judiciary Committee will prepare subpoenas this week seeking special counsel Robert Mueller's full Russia report as the Justice Department appears likely to miss an April 2 deadline for the report's release.

The judiciary panel plans to vote on subpoenas April 3, a day after the deadline. The chairmen of several House committees asked for the full, unredacted report last week after Attorney General William Barr released a four-page summary laying out the report's "principal conclusions."



Algeria's president says he will step down

Algerian President Abdelaziz Bouteflika will step down before his fourth term ends April 28, according to a statement issued by the leader's office April 1.

The statement said Bouteflika would take "important steps to ensure the continuity of the functioning of state institutions" after he leaves office.

Massive weekly protests demanding Bouteflika's departure have challenged the political status quo of his two-decade rule.



UK Parliament seeks new options on Brexit

Britain's Parliament sought a way out of the country's Brexit morass April 1, holding a series of votes that could soften or reverse the U.K.'s departure from the EU.

The House of Commons was considering four alternatives to Prime Minister Theresa May's unpopular Brexit deal. After May's plan suffered three defeats in Parliament, and with Britain due to leave the EU on April 12, lawmakers seized temporary control of the parliamentary agenda to try to find a way forward.



Nipsey Hussle shot and killed at 33

Rapper Nipsey Hussle was fatally shot outside the clothing store he founded to help rebuild his troubled South Los Angeles neighborhood, police said, cutting short a career that earned him a Grammy nomination this year for his major-label debut. He was 33.

Police said Hussle was one of three men shot March 31 outside Marathon Clothing, his store in South Los Angeles; the other two were in stable condition. A large crowd gathered outside the store as night fell.



Red Sox sign Bogaerts to new deal for 7 years, \$132M

The Boston Red Sox have signed shortstop Xander Bogaerts to a new contract that would guarantee him \$132 million through 2025.

The sides agreed to terms on March 31 and made it official April 1.

A person familiar with the deal told The Associated Press that Bogaerts will earn \$12 million this year under the terms of his existing deal and then \$20 million for each of the next six seasons. The person spoke to the AP on condition of anonymity before the agreement was signed.

ROME

Temple a blessing for Italian members

Continued from Page 1

"I think there is something really beautiful of being reminded of our connections from the past," Henderson said. "The temple connects us. It reminds us that we belong together. We are a church of history and I think in that sense, it is really beautiful to be reminded that even things from long ago can connect us."

BYU religion professors were privileged to work on one of those pieces of history: the 20-foot-wide, 7-foot-tall stained glass window in the Rome Visitors' Center.

Professors Brad Wilcox, Tyler Griffin and Anthony Sweat assisted Tom and Gayle Holdman in creating the masterpiece. Tom Holdman has created the stained glass for several temples throughout the world.

According to Sweat, Holdman requested the professors' help in choosing the major life events, parables and miracles of Jesus Christ to include in the mural.

"We believe in Jesus of the New Testament and we center our worship around him. (The stained glass in the Visitors Center) has helped send the message to people who are unfamiliar with the Church that we are a Christ-centric church," Sweat said.

Returned missionary Robert Borden echoed Sweat's words. Borden, who served



Kiri Anne Tavernari

English professor Melanie Henderson with her husband, Dave, and former BYU basketball player, Jonathan Tavernari, and his son, Xander, at the Rome Temple Dedication.

his mission in Italy, said he believes the temple will have a profound impact on the Italian people.

"To be able to see the good that comes from the

organization that created (the Rome) Temple and more importantly from Jesus Christ, the pinnacle figure of the temple, will be an opportunity for Italians to connect with God in

a way that presents new ideas and will be a blessing to the entire nation," Borden said.

Both Noble and Borden agree the Rome temple will be a huge blessing for the Italian people, non-members and members alike.

According to Noble, the Church in Italy was previously seen as merely an idea. In her opinion, they weren't taken very seriously. Now, Noble believes, that viewpoint from the outside will change.

"It's a tangible brick and mortar that people can see," Noble said. "We are not just an idea. We are something real."

Universe recognized for 2018 work

By HOLLY FERGUSON

The Daily Universe was recognized for outstanding achievements in journalism for original reporting and media works completed in 2018. The Associated Press and the Society of Professional Journalists awarded the various acknowledgments.

Utah, Idaho, Spokane, Associated Press Association

- Feature Story**
 - First place, McKenna Park, "Dating App Dangers: is Swiping Safe?"
 - Third place, Marinda Risk, "Studies Show Religion Impacts Obesity, Health"
- General Reporting**
 - First place, Savannah Ius, "First Housing Shortage in Decades taking a Toll on Utah Buyers, Renters"

Graphic Artist

- First place, Allie Jones, Joan Phillips and Jacob Baker, "BYU Student Orientation"

Best Website

- First place, The Daily Universe Staff

Online: Special Package

- First place, Kelsie Matheson, "Rural Utah Communities Powered on Coal"
- Second place, Lauren Malner, "Free Press or Oppressed: Why America Needs the Fourth Estate"
- Third place, Jenna Crowther, "Tell Me What's Wrong: The Journey to Correctly Diagnose Bipolar Disorder"

Personal Column

- Second place, Arianna Davidson, "One Experience Being Jewish in Today's America"

Photo Illustration

- First place, Josh Ellis, "Sugar Addictions"

Prominent in Mormon Culture" Ty Mullen, "Dating App Dangers: is Swiping Safe?"

Series or Special Project

- First place, Kaitlyn Bancroft, Riley Waldman and Jillian Argento, "The Impact of Illegal Immigration: from the Mexican Border to Salt Lake City"

Sports Feature

- Third place, Caleb Turner, "What are NCAA Athletes Allowed to Put in Their Bodies?"

Spot Sports Story

- Second place, Caitlyn Alldredge, "NCAA Cracks Down on BYU Basketball over Nick Emery benefits"
- Third place, Caleb Turner, "Gonzaga Discourages Missionary Costumes at BYU Game"

Society of Professional Journalists Region 9 Competition Finalists

- Caleb Turner, Online Sports Reporting
- Kelsie Matheson, Online News Reporting
- Lauren Malner, Online News Reporting
- Kaitlyn Bancroft, Riley Waldman, Jillian Argento, Online In-Depth Reporting
- Madalyn McRae, Online Feature Reporting
- Jenna Crowther, Online Feature Reporting
- McKayla Robinson, In-Depth Reporting
- Jefferson Jarvis, General News Reporting
- McKenna Park, Feature Writing
- BYU Daily Universe Staff, Best Affiliate Website
- BYU Daily Universe Staff, Best All-Around Non-Daily Student Newspaper

Winners will be announced this week at the regional conference in Albuquerque.

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IMMERSION

Junior high schools integrate bilingual students

Continued from Page 1

Talbot said she doesn't know how instructors teach English writing skills in a different language, especially when English isn't a student's native language.

The Utah State Board of Education has addressed these questions by posting the benefits of foreign language immersion education on its website. These benefits include proficiency in the immersion language, improved performance on standardized testing, enhanced cognitive skills, increased cultural sensitivity and the longterm benefits of using the skill in a global setting later in life.

"I've seen higher DIBELS testing scores in my classroom from the students participating in the immersion program," Jamie Holzer said, referring to the standardized test. It is for these benefits and others she



Sadie Anderson

Jamie Holzer and her children – Alana, Callee, T.J. and Sadie – all take part in the Chinese immersion program in the Davis County School District.

decided to place all four of her children in the Chinese immersion program.

Kapetanov said she has witnessed many benefits of the immersion program as a principal.

"Students are great beneficiaries of the immersion program," she said. "Students become global citizens in addition to becoming bilingual."

To get a child into the immersion program, parents must first

fill out an application, which then puts them on a waiting list. Jamie Holzer said she then checked in with the participating school regularly to see if there were any program openings. She said it was slightly easier to get her children into the program because schools favored immersing students who had siblings already participating in the program.

Now, however, the demand is so high that schools are more

inclined to base decisions on applications and the order they in which they are submitted.

As the students continue through junior high and move on to the high school level, Jamie Holzer said students will be required to drive between high schools to attend their specific language classes across the district. These classes will be more focused on integrating the Chinese students' skills into real world and business situations.

Students describe Chinese immersion classroom experience

It's the first day of school and a group of new kindergarteners sit in a circle around their teacher. Only their teacher doesn't speak English and the students don't speak Chinese — yet.

Jamie Holzer, a Utah mother and English kindergarten teacher in the Chinese immersion program at Muir Elementary School, has enrolled all four of her children in the Chinese immersion program.

Callee Holzer, a fifth grader, said students in her class learn both math and science in Chinese. The students aren't allowed to ask clarifying questions in English and are expected to address any misunderstanding in Chinese.

Callee said she likes it best when her English teacher is the same as her Chinese teacher so she can ask clarifying questions during the second half of the day, which is taught in English.

But not everyone has the same teacher all day. T.J. Holzer, a third grader, said he

doesn't mind learning math in Chinese, but learning science is more difficult.

When it comes to learning how to read and write, he said students begin in first grade to read a few common Chinese characters but focus mainly on pinyin, the romanized version of the language. T.J. said third grade is when students start focusing more on reading and calligraphy while still emphasizing both speaking and understanding Chinese.

Sadie Holzer, a first grader, said students in her classroom aren't allowed to speak English during the Chinese half of the day, but she hasn't had any problem getting the help she needs when she asks for it.

As a seventh grader, Alana Holzer takes two elective classes at the junior high school. The first is an honors Chinese class designed specifically for the immersion students. The second class focuses on Chinese culture and media.

"I love having two classes instead of spending half a day learning math and science in Chinese," Alana said. She said it's easier and more enjoyable to focus on learning Chinese in her Chinese class rather than trying to learn scientific topics while picking up new Chinese words.

Jamie said she hasn't seen any of her children struggle to keep up with learning English or any other school subjects. As an immersion program teacher, she said many of her students excel above those not participating in language immersion.

"Chinese makes you use different parts of your brain than English does," Jamie said. "The extra challenge is good for the kids in their learning."

She said it's important for parents to gage their children's learning level before deciding to immerse them, but that students usually do great with learning both Chinese and English in elementary school.

Campus News



Stephanie Barclay



Jason Lanegan



Adam Durfee

J. REUBEN CLARK Law School

Professor **Stephanie Barclay** has been selected out of thousands of attorneys to be one of four clerks for Supreme Court Justice Neil Gorsuch during the 2021 term. Barclay, a BYU graduate, was hired on staff as a professor in 2018 after working for the Becket Fund for Religious Liberty. During her first year on campus, she received the Professor of the Year award from second and third-term law students. "I'm excited to be exposed to new ideas and perspectives about a range of legal issues while at the Supreme Court," Barclay said. "And I look forward to sharing things I learn with my BYU Law students when I return."

COLLEGE OF Fine Arts and Communications

HFAC Galleries Director **Jason Lanegan** was recently recognized at RootsTech for his ability to capture his family history in his artwork. For over a decade, Lanegan has been making artwork based on the idea of religious reliquaries. He collects items relating to his ancestors, like family trinkets and dirt from family land, to create his reliquaries and share his family history. Lanegan said his work has been a turning point in his life and encourages everyone to participate in genealogy and learn about their own family history.

The Social Shakeup organization recognized Y-Digital Manager **Adam Durfee** as the social media innovator of the year. Durfee received the award for creating a social media chatbot to give the public reliable, up-to-date information on Utah's

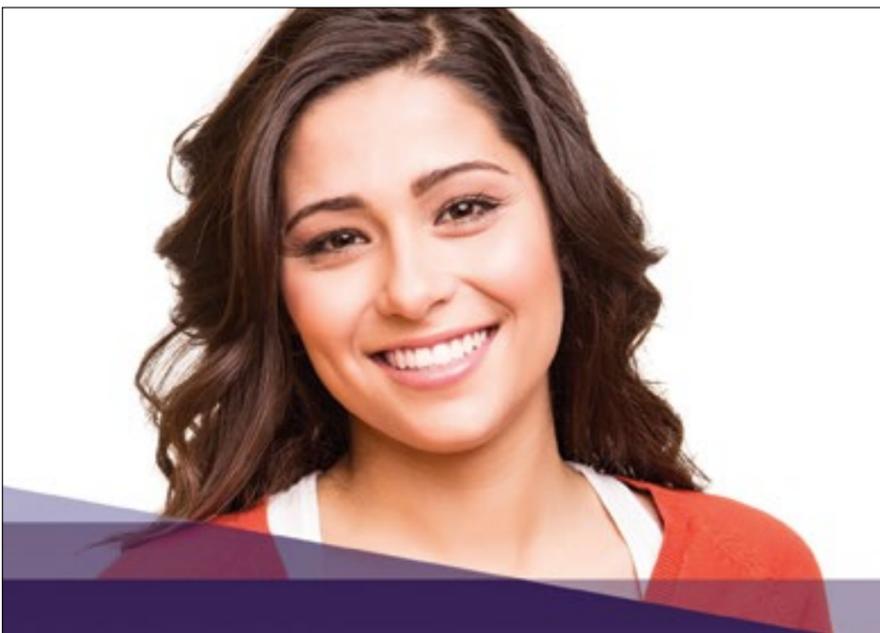
wildfires last summer. Durfee said the campaign was successful because it existed to help people, not sell a product. He credits the work of the Y-Digital students, who he said played a large role in the campaign's success. "These students, though they aren't recognized in this award, need to know that their willingness to work on this project was instrumental in its success," Durfee said.

IRA A. FULTON College of Engineering

BYU engineers have set out to make friendlier, soft robots with NASA funding. Their current model, named King Louie, is made from fabric that can inflate and deflate with an interior similar to a bike tire. Microchips connected to a computer system control King Louie's arm and torso movements. The goal is to make people more comfortable around robots when they have been potentially harmful in the past. NASA is interested in soft robots for the possibility of lighter, easily compacted technology that can be used in space travel and research.

MARRIOTT School of Business

A team of BYU Marriott MBA students won second place at the Adam Smith Society's Smith Soc Case Comp. The competition challenged BYU and nine other top business schools to develop a potential business solution to an issue regarding driverless cars. Over six days, the Marriott team developed an attainable solution for the case and presented it to judges. The students' unique ideas ultimately led to their success as they took home a prize of \$4,000.



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TODAY

UNIVERSITY DEVOTIONAL
Tuesday, April 2
11:05 a.m., Marriott Center

This event will be broadcast to the JSB Auditorium.



Jason S. Carroll

Professor, BYU School of Family Life

Jason S. Carroll, PhD, is a professor in the School of Family Life and the associate director of the Wheatley Institution. Dr. Carroll is an internationally recognized researcher and educator in the areas of marriage fragmentation, sexual intimacy, marriage readiness among young adults, the effectiveness of marriage education, and modern threats to marriage, such as pornography, materialism, delayed marriage, and nonmarital childbirth. The *Economist*, the *Wall Street Journal*, the *New York Times*, *USA Today*, *Psychology Today Magazine*, National Public Radio, and other popular media and news

outlets have featured Dr. Carroll's work. In 2014 Dr. Carroll received the Berscheid-Hatfield Award for Distinguished Mid-Career Achievement, an award given for distinguished scientific achievement by the International Association for Relationship Research.

For many years Dr. Carroll has been the lead instructor of the popular Preparation for Marriage ("Marriage Prep") course at BYU. Currently he is the lead instructor for the new School of Family Life 200 course: The Eternal Family. He and his wife, Stefani, live in Draper, Utah, and are the parents of five children.

Selected speeches available at speeches.byu.edu.

NEXT: UNIVERSITY DEVOTIONAL

Brother M. Joseph Brough
Second Counselor,
Young Men General
Presidency



April 9, 11:05 a.m.
Marriott Center
PLAN NOW TO ATTEND.

Campus Events

Tuesday, April 2

- Devotional: Jason Carroll, School of Family Life. Marriott Center, 11:05 a.m.
- University Bands. de Jong Concert Hall, 7:30 p.m.
- Free Live Animal Show – Adaptations. Bean Museum, 7:30 p.m.

Wednesday, April 3

- Inclusive Freedom: Protecting Religious Freedom & LGBTQ Rights. Harold B. Lee Library Auditorium, noon
- Democratizing the Party: Impacts on the Representation of Women in Ghana. 238 HRCB, noon
- AMA with Adam Bently. 238 HRCB, 3 p.m.
- International Cinema Lecture. 250 KMBL, 5 p.m.
- BYU Men's Chorus. de Jong Concert Hall, 7:30 p.m.
- Free Live Animal Show – Utah's Diversity. Bean Museum, 7:30 p.m.

Thursday, April 4

- An Equivocal Reading of 1 Samuel 1: Model for Reading Patriarchal Texts in a Feminist Age. 238 HRCB, 11 a.m.
- Honors Thesis Poster Session. Hinckley Building Assembly Hall, 11 a.m.
- Thesis Orientation: Publication & Defense. 305 MSRB, 5 p.m.
- Broadway Revue. Pardoe Theatre, 7 p.m.
- BYU Men's Chorus. de Jong

Concert Hall, 7:30 p.m.

- Broadway Revue. Pardoe Theatre, 9 p.m.

Friday, April 5

- Female Premarital Class. Student Health Center, 1 p.m.
- BYU Men's Tennis vs. San Francisco. Outdoor Tennis Courts, 1:30 p.m.
- Planetarium Show. N465 BYU ESC, 7 p.m.
- Broadway Revue. Pardoe Theatre, 7 p.m.
- Free Live Animal Show – Adaptations. Bean Museum, 7:30 p.m.
- Planetarium Show. N465 BYU ESC, 8 p.m.
- Broadway Revue. Pardoe Theatre, 9 p.m.

Saturday, April 6

- Free Live Animal Show – Vertebrae Variety. Bean Museum, 1 p.m. and 3 p.m.

Monday, April 8

- A "Global Tribe"? The Formation of a Worldwide LDS Identity. Hinckley Building Assembly Hall, 8 a.m.
- Free Live Animal Show – Vertebrae Variety. Bean Museum, 6:30 p.m.
- Planetarium Show – Phantom of the Universe. N465 ESC, 7 p.m.
- FHE: Temple Tidbits. JFSB – The Education in Zion Gallery, 7, 7:30, 8 p.m.
- Free Live Animal Show – Adaptations. Bean Museum, 7:30 p.m.

Hiring managers, students offer internship tips

By MAXWELL ATWOOD

Only 30 percent of seniors have job offers before graduation, according to BYU's Academic Internship Office, a figure that increases to 58 percent for students who have completed internships.

Internships can help students enhance their resumes and get real-world job experience — if they can market themselves to get internships in the first place.

Hiring managers are tasked with hiring full-time employees and often interns. At times, what they look for can differ between an intern and a full-time employee, according to Tracy Hernandez, the director of marketing and communications at Revere Health in Provo.

"We generally hire people who are later in their college career, because it's very much a position where we need people who are able to come in and hit the ground running," Hernandez said.

She added the company has modified its screening process to ask what year an applicant is in school. She said Revere Health generally gives preference based on seniority.

"Not that we can't train people and we can't help them learn new things, but we do want them to come in with a level of experience in their field that will allow them to quickly pick up on the tasks that we need them to do," Hernandez said.

Hernandez said in addition to class standing, she looks at the applicant's experience, as she needs to know an applicant has applied course work outside of class. She said this experience doesn't have to be paid work and can be done in other positions, like volunteer or leadership roles.

Seeking an internship can be a lengthy process when trying to find something that fits a specific major and provides financial support. Some companies and organizations don't pay interns for their work.

Hernandez said Revere Health chose to make their internship paid to recruit a better crop of candidates. She said she understands not everyone has the luxury to take the time to do an unpaid internship.

"Part of the reason for us that we have it be a paid position is that we're asking them to do a lot of the same things that we ask our paid employees to do," Hernandez said. "It doesn't seem right to bring somebody in and have them do the same work and not get paid to do it."



Hannah Miner

BYU Career Studio employee Courtney Walker helps a fellow student with her interviewing skills.

Additionally, she said she sees more applications and more qualified candidates because of Revere Health's competitive pay. She said if it came down to a candidate choosing between two different internships and hers pays and the other doesn't, she thinks the qualified candidate would choose her internship.

Hernandez said she reflects on her own internships when hiring for Revere Health internships. One particular internship she says she remembers doing was working for the Military and Foreign Affairs Office for former Utah Sen. Bob Bennett.

She said she remembers others she was living with at the time went on coffee runs or picked up dry cleaning.

"I sat in all the hearings leading up to the Iraq invasion, and then I would prepare debriefs for the senator based on what I heard in the meeting — like, that was real, actual, legitimate work," Hernandez said.

She said these experiences had a big impact on her and she wants to provide interns with meaningful and applicable work. The reasons students and other working individuals choose to do an internship over a traditional part-time job varies from person to person.

BYU senior Lauren Schofield said she does internships because they enhance her resume. She said she has found part-time jobs available to college students tend to be unrelated to what she wants to do for her career.

"Internships helped put me in environments that helped me decide what I wanted to do after graduation," Schofield said. "If I hadn't been placed in those environments, I wouldn't have known what on earth I was going to do afterwards."

Schofield, like many students, chose an unpaid internship over a paid internship.

"It was worth it, but it was hard financially. I gained experience from it that I didn't have before, so I'm glad I did it,"

Schofield said. "Now that I have so much experience with internships, I wouldn't ever do an unpaid one again because I feel like I can get any paid internship that I want to do."

Schofield is planning to graduate this spring and has completed four internships during her time at BYU, which gave her the confidence to apply for jobs. She said she knows she meets most of the qualifications hiring managers seek because of her internships.

"I feel like I've learned just as much in my internships as I've learned in school," Schofield said.

Jayne Verhaaren Eyre completed five internships during her time at BYU and was offered a full-time job following the completion of her internship working at a public relations agency in New York City.

She said unpaid internships were worth it because of what she learned and the experience she gained. It was worth the risk of not having as much money to gain experience and expand her network, she said.

"My internships allowed me to narrow in exactly on which fields I was most interested in working in," Eyre said. "I remember rolling my eyes at the suggestion of doing five internships before graduating, but I followed that advice and do not regret it."

Eyre said her internships have allowed her to push herself outside her comfort zone and to take on responsibilities she may have shied away from before.

"I believe internships allow you to dip into different elements of work rather than being pigeon-holed into one role as often happens in part-time and full-time work," Eyre said. "I feel that I got more opportunities to work one-on-one with experts in the field and shadow them as they carried out their day-to-day tasks."

New York City can be a popular destination for many students seeking experience on the

East Coast, according to Business Insider. Rachel Quada is the office manager at a public relations agency called Thatcher+Co located in Times Square. There she oversees the hiring of interns.

Quada said Thatcher+Co decided the company wanted to pay their interns from the beginning. Many applicants apply from out of state, she said, and it's a sacrifice to move to an unfamiliar city. Offering pay can ease that transition. Additionally, she said it can help remind interns why they are there.

"Being paid for your work adds a level of ownership and responsibility," Quada said. "This isn't just so you can check off the box and get closer to graduation. You have actual duties and expectations and paying helps interns remember that."

While interns benefit from the experience of working for an organization, the company can also benefit from adding interns to a team for a semester or longer, according to Quada.

"Generally, interns are still in school and really invested in the passion of why they've chosen a particular industry and are eager to learn," Quada said. "Working with interns brings that passion and energy for the industry back into your day to day and is a great reminder of why you are doing what you are doing."

Quada said she goes through a lot of applications and interviews each semester. Her biggest advice when applying to and interviewing for an internship is to prepare. She said researching the company and having questions can go a long way.

"Don't assume you're going to get the internships; know that you are in a giant pool of applicants, and interviewers can be as picky as they choose to be," Quada said. "The best interns do their prep work and are prepared. Your interviewers have done this many times and can quickly discern which interviewees will make good interns."

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Minus 250 Degrees Cryotherapy
Brian Hubbard stands while vaporized liquid nitrogen cools the surrounding space to negative 250 degrees Fahrenheit.

Trendy therapy offers possible benefits, risks

By MAXWELL ATWOOD

Whole body cryotherapy has recently become a trend among celebrities and athletes. Its promised benefits can be compelling, but medical professionals question its practices.

Whole body cryotherapy, also known as cool therapy, is a treatment that exposes an individual's whole body to temperatures that dip below negative 200 degrees Fahrenheit for two to four minutes.

According to a study by Cochrane, this type of therapy is mostly used to prevent muscular pain, tenderness and stiffness after working out. Previously, this type of therapy was used to freeze off warts and other types of skin lesions.

Cryotherapy has recently moved into spa and gym facilities, touting benefits like weight loss, younger-looking skin and increased energy. However, the FDA says it does not regulate whole body cryotherapy.

Brock Roberts is the owner and operator of Minus 250 Degrees Cryotherapy in Orem. Roberts said his regular customers are athletes and people with injuries who can't find relief using other forms of therapy.

Roberts said cryotherapy at his facility utilizes liquid nitrogen that is transferred into a vapor that fills a chamber and causes the temperature to fall to minus 250 degrees Fahrenheit. He said it does not cause the tissue to become that cold, only the area around it.

"So what that does to the body is it causes the body to go into fight-or-flight mode, where vascular constriction takes place because of a neurological response," Roberts said.

After the body goes into fight-or-flight mode, Roberts said blood flow decreases from the extremities and collects the blood from the vital organs in an effort to keep the body alive. He said this tricks the body, and when the body warms back up and the blood flow returns, the blood has increased oxygen levels.

Annie Nguyen heard about cryotherapy from her friend who told her of his experience at US Cryotherapy in Salt Lake City, and Nguyen said it intrigued her.

Two days before Nguyen participated in a Spartan race she said she had not trained adequately for, she decided she would give cryotherapy a try.

"I was extremely nervous," Nguyen said. "I was about to go stand inside a giant freezer and willingly freeze myself."

Nguyen said the person assisting her suggested she not go in as long because it was her first time.

"I got into my swimsuit, and he gave me mittens, a little mask to cover my mouth and nose, earmuffs and slippers," Nguyen said. "After my minute was up, he had me walk on a treadmill for 15 minutes to warm my body back up. My skin felt amazing. That was probably the only benefit that I noticed instantly."

Nguyen said she was surprised after her race ended that she was not as sore as she expected. She said she still is not sure if she attributes that to cryotherapy or not.

Orem family practitioner Nickolas Harker has experience practicing cryotherapy but only on a smaller scale, never the whole body.

Harker said he has used local cryotherapy for removing warts and other minor skin lesions in his medical practice. He said this type of cryotherapy is safe as long as the skin is not exposed too long, as increased exposure can damage the tissue.

"Whole body cryotherapy doesn't seem like a good idea as of yet," Harker said. "It is so cool and trendy, but it tends to shift to the spa environment, which we have seen with things like Botox parties and such in order to make lots of money."

Harker also emphasized that the FDA has not approved or regulated this type of therapy for its use on the entire body.

"Unfortunately, clever marketing can make anything that is not known to be safe seem safe, and people buy it. But we really don't know a lot about whole body cryotherapy, according to the FDA," Harker said.

Harker added he would not recommend whole body cryotherapy to anyone at this point.

"Does that mean there aren't benefits and that it is not safe? Not necessarily, but it should be adequately researched and tested before the world goes hog-wild for it," Harker said.

International study programs offer options for married students

By KRISTEN HOLLINGSHAUS

The BYU Kennedy Center for International Studies offers over 200 study abroad programs, including options that allow married students to travel with their spouses to further their educations.

Timothy Lynn Elliott has been the director of International Study Programs for 15 years and operates relations and logistics within the program, adding additional programs to the Kennedy Center each year.

Many married students want to study abroad, but they are not sure whether their spouse can attend with them, according to Elliott.

"There is not an easy answer to this," Elliott said. "Every program can take married couples, it just varies by program and varies year-to-year on what the setup is."

According to Elliott, any program — study abroad or internship — can account for a husband or wife in attendance, but both students must be enrolled in the study abroad program; no spouse can just "tag along."

In the circumstance of an international internship, some students may be offered experiences their spouse cannot participate in. The Kennedy Center encourages the accompanying spouse to have plans while abroad, like online classes or a job, to occupy their time.

"The two problems that married couples run across are the cost and the housing situation," Elliott said. "Both parties involved need to be willing to accommodate to the housing situation, which might not be ideal for a married situation."

According to Elliott, students have more options when they are paying for their housing on their own and not relying on the program.

"If you have an internship lined up internationally and you're going to find your own housing, then it is more flexible," Elliott said. "One of the challenges we see is the person has the internship and they are busy and their spouse has nothing to do. Think seriously about what the person who doesn't have the internship is going to do."

BYU junior Hannah Ramirez said she is currently in a serious relationship and has thought ahead about study abroad possibilities for when she is married.

"Because my boyfriend and I know that we will have to be apart next summer, it makes it a difficult decision on whether or not we should get married this summer or next," Ramirez said.

Ramirez said the specific program her boyfriend wants to attend is limited to majors only, which will not allow them to attend together.

BYU student Tyler Roberts attended the Bocconi University program in Milan, Italy, with his wife on a \$10,000 budget.



Tyler Roberts

Tyler Roberts and his wife, Mackenzie, shared many experiences while studying abroad, like cooking classes together.

"We both wanted to see as much of Europe as possible, have an awesome cultural learning experience, make great international connections and at least try to learn another language," Roberts said. "We wanted to accomplish all of this while keeping a tight budget, and since we both paid our way through college, this was a must."

The couple made it work with the direct enrollment program, which allowed them to make their own plans on where they wanted to go, for how long and what they were going to do in their free time.

Roberts said he scanned Airbnb for the best deals to save money and stick to a budget.

"We rented a studio apartment for the entire time we were there. It was pretty small — we could literally cook while sitting on the bed — but it had everything we needed and was in a great location," Roberts said. "It ended up costing us \$800 per month, which is about what we paid for an apartment in Provo."

Roberts said he would recommend a study abroad or direct enrollment program to

everyone.

"There won't be another time in your life where you and your spouse can do something like this," Roberts said. "We went to over 50 cities in 11 different countries within the first year of our marriage."

Elliott encourages all students to research their options with study abroad programs and international internships to find out what works best for their new families.



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BYU women alumni influence

SISTER WENDY WATSON NELSON

Born: Raymond, Alberta, Canada

BYU connection: Sister Nelson received her master's degree in marriage and family therapy from BYU in 1975. She worked as a professor in the School of Family Life from 1993 to May 2006. She served as chair of BYU Women's Conference for 1999 and 2000.

Church leadership: Sister Nelson married then-Elder Russell M. Nelson April 6, 2006, in the Salt Lake Temple. She has served as a stake Relief Society president and stake Primary president.



Church Newsroom

SISTER JEAN B. BINGHAM

Born: Provo, Utah

BYU connection: Sister Bingham received an associate degree from BYU in addition to receiving a bachelor's degree and master's degree from National Louis University. She met her husband while they were students at BYU.

Church leadership: Sister Bingham has been serving as the 17th general president of the Relief Society since April 2017. Before her call to the Relief Society, she served as first counselor in the Primary general presidency and on the Primary general board. Sister Bingham also served as an early-morning seminary teacher and ordinance worker in the Chicago Illinois Temple.



Church Newsroom

SISTER SHERI L. DEW

Born: Ulysses, Kansas

BYU connection: Sister Dew studied at BYU, receiving a bachelor's degree in history with an emphasis in American religious history. She served on the National Advisory Council of BYU's Marriott School of Business.

Church leadership: Sister Dew served as second counselor in the Relief Society general presidency from 1997 to 2002 as the first single woman to serve as a general Church officer. She works as the CEO of Deseret Book Company and Executive Vice President of Deseret Management Corporation. She wrote the biographies of President Ezra Taft Benson, President Gordon B. Hinckley and President Russell M. Nelson.



Universe archives

SISTER LISA L. HARKNESS

Born: Los Angeles, California

BYU connection: Sister Harkness double majored at BYU, receiving her bachelor's degree in political science and secondary teaching and a minor in Spanish. She worked as a docent at the Monte L. Bean Life Science Museum as a BYU student.

Church leadership: Sister Harkness is currently serving as the first counselor in the Primary general presidency. She was called in March 2018 after serving on the Primary general board since September 2017.



Church Newsroom

SISTER BONNIE H. CORDON

Born: Idaho Falls, Idaho

BYU connection: Sister Cordon received her bachelor's degree in education from BYU. She met her husband when they were both BYU students.

Church leadership: Sister Cordon has served as the Young Women general president since March 2018. She served as a full-time missionary in Lisbon, Portugal, and later served another mission with her husband, who presided over the Brazil Curitiba Mission.



Church Newsroom

SISTER MARGARET D. NADAULD

Born: Manti, Utah

BYU connection: Sister Nadauld graduated from BYU with a degree in speech and English. Professionally, Sister Nadauld taught high school English in Salt Lake City and Boston.

Church leadership: Sister Nadauld served as the Young Women general president from 1997 to 2002. She also served on the Relief Society general board and in five Young Women ward presidencies. Outside of the Church, she served as president of the Freedom Foundation at Valley Forge and vice president of the Utah Chapter of American Mothers, Inc.



Busath Photography

SISTER MARGARET S. LIFFERTH

Born: Washington, D.C.

BYU connection: Sister Liffertth graduated from BYU with a degree in English. She later worked as a docent in the Museum of Church History and Art.

Church leadership: Sister Liffertth served as the first counselor in the Primary general presidency from April 2005 to April 2010. She previously served as a member of the Primary general board. After she was released from the presidency, she served a mission with her husband in Melbourne, Australia, from 2010 to 2013, where her husband was the mission president.



Universe archives

SISTER CHERYL A. ESPLIN

Born: Lovell, Wyoming

BYU connection: Sister Esplin graduated from BYU with her bachelor's degree in elementary education.

Church leadership: Sister Esplin is the first counselor in the Primary general presidency. She previously served on the Primary general board and with her husband, who presided over the North Carolina Raleigh Mission.



Church Newsroom

SISTER ANN M. DIBB

Born: Salt Lake City, Utah

BYU connection: Sister Dibb graduated from BYU with a bachelor's degree in elementary education.

Church leadership: Sister Dibb served as the second counselor in the Young Women general presidency from 2008 to 2013 and as a member of the Young Women general board.



Church Newsroom

SISTER JOY D. JONES

Born: The Dalles, Oregon

BYU connection: Sister Jones received an associate of science degree in family living from BYU. She met her husband when they were both BYU students.

Church leadership: Sister Jones is the 13th general Primary president. She also served on the Primary general board for six years and assisted in the Draper Utah Temple open house in 2009.



Church Newsroom

SISTER BARBARA THOMPSON

Born: San Luis Obispo, California

BYU Connection: Sister Thompson studied social work at BYU before getting a master's degree in social work from the University of Utah.

Church Leadership: Sister Thompson served as second counselor in the Relief Society general presidency from 2007 to 2012. Before serving in the Relief Society presidency, Sister Thompson was executive director of an international assessment center for abused and neglected children.



Church Newsroom

SISTER SHARON EUBANK

Born: Redding, California

BYU connection: Sister Eubank received her bachelor's degree in English from BYU.

Church leadership: Sister Eubank was called as the first counselor in the Relief Society general presidency in April 2017 after serving on the Relief Society general board from 2009 to 2012. She's worked for the Church Welfare Department since 1998 and was appointed as the director of LDS Charities in 2011, a role she continues along with her Church calling.



Church Newsroom

SISTER JULIE B. BECK

Born: Granger, Utah

BYU connection: Sister Beck graduated from Dixie College and BYU.

Church leadership: Sister Beck served as the Relief Society general president from 2007 to 2012. Before her calling as president, she served on the Young Women general board and as first counselor in the Young Women general presidency.



Universe archives

SISTER LINDA S. REEVES

Born: Los Angeles, California

BYU connection: Sister Reeves received her bachelor's degree in special education from BYU. She met her husband while they were both BYU students.

Church leadership: Sister Reeves served as the first counselor in the Relief Society general presidency from April 2012 to April 2017. She also served in the California Riverside Mission from 2008 to 2011 with her husband, who was the mission president.



Church Newsroom

SISTER ELAINE S. DALTON

Born: Ogden, Utah

BYU connection: Sister Dalton received her bachelor's degree in English from BYU.

Church leadership: Sister Dalton served as the Young Women general president from 2008 to 2013. Before her call as president, she served as second counselor and later as first counselor in the Young Women general presidency to Sister Susan W. Tanner.



Church Newsroom

SISTER BONNIE L. OSCARSON

Born: Salt Lake City, Utah

BYU connection: Sister Oscarson studied commercial art at BYU and later returned to get her bachelor's degree in British and American literature.

Church leadership: Sister Oscarson served as the Young Women general president from 2013 to 2018. Sister Oscarson had previously served as matron of the Stockholm Sweden Temple.



Church Newsroom

SISTER COLEEN K. MENLOVE

Born: Salt Lake City, Utah

BYU connection: Sister Menlove received her bachelor's degree in elementary education at the University of Utah and then received her master's degree in education at BYU.

Church leadership: Sister Menlove was the 10th Primary general president and served from 1999 to 2005.



Busath Photography

SISTER SHARON G. LARSEN

Born: Cardston, Alberta, Canada

BYU connection: Sister Larsen attended University of Alberta in Edmonton before transferring to BYU, where she earned her degree in elementary education.

Church leadership: Sister Larsen served as the second counselor in the Young Women general presidency from 1997 to 2002.



Universe archives

21st century church auxiliaries

SISTER SUSAN W. TANNER

Born: Granger, Utah
BYU connection: Sister Tanner graduated from BYU with a degree in humanities. She met her husband while she was a BYU student.
Church leadership: Sister Tanner served as the Young Women general president from 2002 to 2008.



Universe archives

SISTER MARY ELLEN W. SMOOT

Born: Ogden, Utah
BYU connection: Sister Smoot received her bachelor's degree at Utah State University, attended law school at BYU and received a master's degree in management science from Stanford University.
Church leadership: Sister Smoot was the 13th general president of the Relief Society serving from 1997 to 2002.



Busath Photography

SISTER SYDNEY S. REYNOLDS

Born: Burbank, California
BYU connection: Sister Reynolds graduated from BYU with a bachelor's degree in history, a minor in political science and a teaching certificate in secondary education.
Church leadership: Sister Reynolds served as first counselor in the Primary general presidency from 1999 to 2005, before which she served on the Primary general board.



Church Newsroom

SISTER MARY N. COOK

Born: Midvale, Utah
BYU connection: Sister Cook received her bachelor's degree, master's degree and education specialist degree from BYU. Her bachelor's and master's degrees were both in speech pathology and audiology.
Church leadership: Sister Cook served as second counselor in the Young Women general presidency from 2007 to 2008 and first counselor in the presidency from 2008 to 2013. She also served on the Young Women general board and served a mission with her husband, who presided over the Mongolian Ulaanbaatar Mission.



Church Newsroom

SISTER BECKY CRAVEN

Born: Chardon, Ohio
BYU connection: Sister Craven received her bachelor's degree in interior design from BYU. She met her husband when she was a BYU student.
Church leadership: Sister Craven has served as the second counselor in the Young Women general presidency since March 2018. She previously served as an ordinance worker in the Bountiful Utah Temple. Sister Craven and her husband also served in the North Carolina Charlotte Mission, where her husband was president.



Church Newsroom

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SISTER MICHELLE D. CRAIG

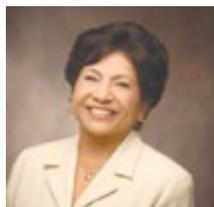
Born: Provo, Utah
BYU connection: Sister Craig received her bachelor's degree in elementary education from BYU.
Church leadership: Sister Craig currently serves as the first counselor in the Young Women general presidency. She's previously served as a member of the Primary general board, a gospel doctrine teacher and an ordinance worker in the Provo Utah Temple.



Church Newsroom

SISTER SILVIA H. ALLRED

Born: San Salvador, El Salvador
BYU connection: Sister Allred attended BYU, the University of Arizona and the General Francisco Marzan Institute in El Salvador. She has worked as an elementary school teacher and an MTC Spanish language instructor.
Church leadership: Sister Allred served as first counselor in the Relief Society general presidency from 2007 to 2012.



Church Newsroom

SISTER MARY R. DURHAM



Church Newsroom

Born: Portsmouth, Virginia
BYU connection: Sister Durham attended BYU on a dance scholarship.
Church leadership: Sister Durham served as the second counselor in the Primary general presidency from 2015 to 2018. Before joining the general presidency, Sister Durham had served on the Primary general board since 2000.

SISTER CHERYL C. LANT



Busath Photography

Born: Provo, Utah
BYU connection: Sister Lant studied early childhood development at BYU.
Church leadership: Sister Lant served as the Primary general president from 2005 to 2010. She served previously on the Primary general board.

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University Bands
 The two university bands are comprised of 200 students from across BYU campus. These ensembles provide an opportunity for non-music major students to enjoy performing music at the college level. The performance will include Band Festival March, Adagio from *Spartacus and Phrygia*, Houston Bright's *Prelude and Fugue in F Minor, An American Elegy*, *Symphony No. 1 "The Lord of the Rings,"* *Maslanka's Give Us This Day*, and selections from *Mary Poppins*.

Tues., Apr. 2, 7:30 p.m.
de Jong Concert Hall

BYU Men's Chorus
 The BYU Men's Chorus concert features songs that highlight all the ways to find support, comfort, brotherhood, joy, and resiliency in life. The program will include songs such as "Master, the Tempest is Raging," "He Ain't Heavy, He's My Brother," "Lean on Me," and "You Raise Me Up." This concert is geared especially toward those who are experiencing stress, anxiety, and depression, as a reminder that "You'll Never Walk Alone."

Wed.-Thurs., Apr. 3-4, 7:30 p.m.
de Jong Concert Hall

Broadway Revue
 Thurs., Apr. 4, 7:00 p.m. & 9:00 p.m.
Fri., Apr. 5, 7:00 p.m.
Paradise Theatre

BYU Philharmonic
 Tues., Apr. 9, 7:30 p.m.
de Jong Concert Hall

BFA New York Showcase
 Wed.-Thurs., Apr. 10-11, 7:00 p.m. & 9:00 p.m.
Nelke Theatre

BYU Synthesis
 Wed., Apr. 10, 7:30 p.m.
de Jong Concert Hall

BYU Wind Symphony
 Fri., Apr. 12, 7:30 p.m.
de Jong Concert Hall

BYU Ballroom Dance Company in Concert
 Fri.-Sat., Apr. 12-13, 7:30 p.m.
Sat., Apr. 13, 2:00 p.m.
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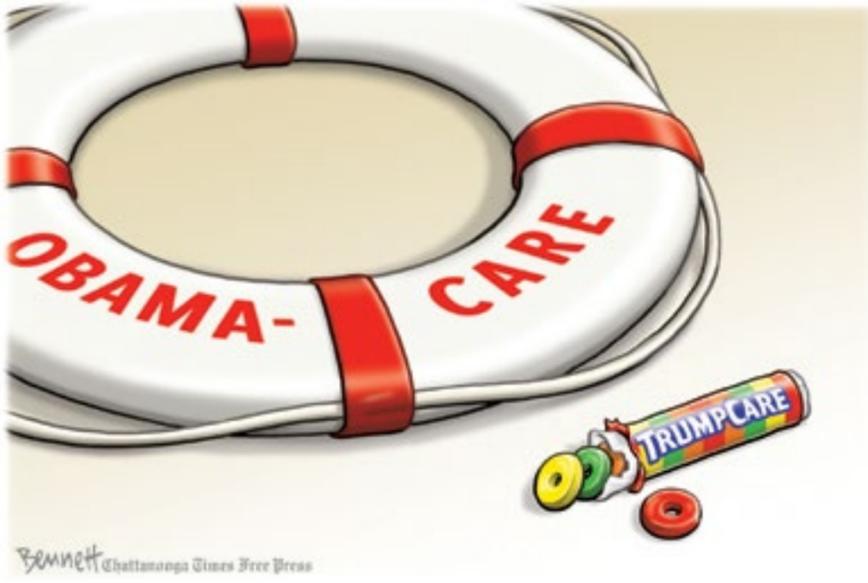
WHITE BEAN CHICKEN CHILI

	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
				chopped cilantro

Garnish as desired:
 1 tbsp sour cream
 2 tbsp shredded cheddar cheese
 1/4 cup 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 tbsp). 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.



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@CatCarranza

At the creamery:

"How are you from Oklahoma? You're the most musical person I know!"

@HeardAtBYU

@HarrisJarom

Me: "walks to class"

Girl 1: You know who's the worst?

Girl 2: Isaac?

Girl 1: No. Both Isaacs.

Me: "inserts earphones"

@HeardAtBYU

@amelia_smith25

Dude 1: "Dude... I'm going axe throwing tonight, but I'll let you know if I can make it to the gym, I really want to go."

2 minutes later...

Dude 1: "Dude you asked her out? Why didn't you tell me?"

Dude 2: "Yeah, I asked her out with a Bee movie gif"

@HeardAtBYU

@hah_kofd

Today some guy with a mega phone and a full poster board presentation advertised his single roommate's ig page to all the girls studying outside of Helaman Halls

@HeardAtBYU

@tanpowell62

"Awwee I feel so happy that you hate Marvel too!" -@HeardAtBYU

@mckwilson129

(on bus)

"girl: I mean, what are the similarities between Africa and Peru?"

guy: well they're both countries

girl: Africa is a continent

guy: who cares?"

... I'm upset

@HeardAtBYU

@the_kallie_girl

"We're planning a revolution. Don't worry about it."

@HeardAtBYU

@sheldon_lillian

Just walked by a guy on campus that was brushing his teeth while walking and talking with a friend

@HeardAtBYU @BYU

@MaciFOO

@HeardAtBYU

Guy 1: "are you dating anyone currently?"

Guy 2: "no not currently"

Guy 1: "good...they trap ya"

@kattyrincox

"You could name your dog Squirrel and not Blue?"

@HeardAtBYU

@kaitietc

Every time my roommate walks in the room and I'm there she screams. Doesn't matter what I'm doing, watching a movie, doing homework, playing the guitar, it happens EVERY TIME

@HeardAtBYU #roommates

@steph5of9

@HeardAtBYU I saw this guy in my logic class who was leaning down over his desk and kissing his iClicker and well

I didn't like it

@DahlCeleste

Friend 1: "oh I wanna see a picture!"

Friend 2: "ok but he doesn't have any good photos of himself! I swear he looks better in person"

@HeardAtBYU #everygirliver

@CeleryChicstrm

Guy answers phone: Whats up bro-tato chip?

@HeardAtBYU

@abby_lasagna

"Everyone leaves me on read. I leave myself on read"

@HeardAtBYU

@GoGoGaryUnicorn

At Costco. Just heard a dad called to his two young boys; "Taysom! Jimmer! Come get your pizza."

Ooookee dokee.

@sheldon_lillian

"homies can be together forever"

- @calbinw, @HeardAtBYU

@jlewis317

Racquetball teacher: Any guesses on changes made at conference?

Kid in class: Well, my roommate's cousin's roommate said.... @HeardAtBYU

@scowl_city

"guys guys guys, new idea. waffle-rito!!!!"

@HeardAtBYU

@BalakeA_aron

Utah, you missed the memo, it's S

S

P

R

I

N

G

So stop snowing

READERS' FORUM

Taking care of yourself during finals

As a college student, the stress load of classes seems to increase as the semester goes on. Being a BYU student myself, I have experienced many struggles and difficult experiences, especially during this time of year. These experiences and stressors cause many of us to stop taking care of ourselves as we focus on schoolwork and finals. This causes our cortisol levels to rise from stress and our nutrition intake to decrease. As students, we forget to eat, as our minds are so focused on books instead of what our bodies actually need. We as students need to remember that our health should be first and foremost, not on the backburner where all the food we eat comes from vending machines. What is your body feeling when all you eat is crackers and gummy bears? Our bodies are being trashed in the name of cramming!

These habits are difficult to break, but a difference can be made step by step. For example, by just moving up our bedtime, we are giving our bodies the opportunity to heal and prep for the next day. Our ability to problem solve and complete assignments will increase, thus improving our college experience. Take time to plan healthy meals for the week. This will increase the amount of nutrients we are absorbing, as stops at fast food joints will be less frequent and home cooked meals more frequent. While working to make proper nutrition and adequate sleep our main focus, our cognitive levels will rise, thus increasing productivity. Just think, by being healthier we all can push through finals.

—Sierra Milam
Longmont, Colorado

General Conference

A deep, familiar voice from the TV fills my grandpa's living room. It echoes, "From the Conference Center at Temple Square in Salt Lake City, this is the Saturday Morning Session of the 189th Annual General Conference of The Church of Jesus Christ of Latter-day Saints." Every six months, that phrase marks the beginning of a joyful family and food-filled weekend.

I spent this particular conference weekend in North Salt Lake at my grandpa's house with other extended family. Throughout the weekend, however, the nagging thought that I should be doing homework kept coming. But surely spending time with my extended family, whom I rarely see, is a worthy reason to postpone studying, right? The internal struggle persisted all weekend.

Both Saturday and Sunday are filled with hours of conference, family activities and dinners. But before I knew it, Sunday night rolled around and the overwhelming reality that I had midterms, various assignments due and several other responsibilities the next week started to set in. Was I wrong to think that my family was more

important than my schoolwork? Should I still try not to do my homework this Sunday? If only I had Monday off to catch up on studying.

Removing a day from BYU's academic calendar would be a significant sacrifice. However, it would allow BYU to more closely align itself with its own mission statement: "... the university must provide an environment enlightened by living prophets and sustained by those moral virtues which characterize the life and teachings of the Son of God." The principles taught in General Conference help students become better students and people. The BYU administration should let its students be "enlightened by living prophets and sustained by ... (the) teachings of the Son of God," without the stress of midterms and assignments hanging over their heads. BYU should not hold classes on the Monday following General Conference to better live its mission statement.

—Annie Christensen
Eden Prairie, Minnesota

South campus traffic

Drumming your fingers on the steering wheel, frantically re-checking the clock and seeing the same digits for the fourth time; dealing with detours while driving can lead to both stress and impatience. These two emotions prove to be a dangerous combination when behind the wheel.

While driving my broken-down 13-year-old Prius, I'm forced mechanically and socially to be a slow and patient driver. Despite these positive pressures, the bus lanes on 700 North south of campus still manage to get my toes dancing impatiently. The mile-long median between the lanes divides the street, cutting off any cars attempting to travel north or south. While this median was put into place after educated traffic-engineers conducted studies on how to maintain street capacity, it creates awkward detours for drivers and funnels them all toward either University Avenue or 900 East. These unwieldy routes create tension on the road, as stressed drivers become unsure of how to get where they're going.

However, there are two possible solutions for drivers. The first is to have one or two more controlled intersections where cars could cross where the median currently divides. Doing so would limit the confusion while navigating. The other solution would be to equip the streets the traffic is funneled toward — University Avenue and 900 East — with more efficient traffic signals. Currently, there are stoplights that do not ever turn to a flashing yellow. Sitting stopped at a red arrow at an otherwise safe turn is useless and fosters an impatient attitude on the streets.

If Provo wishes to improve its traffic flow with bus lanes, then changes should be made to allow drivers to navigate the south campus neighborhood with ease.

—Melinda Merrill
Richland, Washington

OPINION OUTPOST

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

Dave Rose

Memories of buzzer-beaters and big victories fade, but character is a legacy that lives on. Players and coaches who worked under Coach Dave Rose will remember the lessons of character taught to the rhythm of a bouncing ball for the rest of their lives.

For Rose and his family, we wish a happy retirement and thank them for providing 14 years of thrills, excitement and important lessons in living and serving.

—Editorial Board
Deseret News

Saudi Arabia

On Thursday, March 28, three or more than a dozen Saudi

Arabian women arrested in the past year were freed. A Saudi human rights group says it is believed that eight other women on trial with them in Riyadh could also be released in the coming days. If so, that would be a step toward ending the enormous suffering inflicted on these peaceful activists.

The pressure from Congress and European governments finally appears to be having some effect. It's vital that it be maintained until those Saudis responsible for torture and murder are held accountable — and the structures that enabled it are dismantled.

—Editorial Board
The Washington Post

Abortion laws

Two bills with a dictatorial approach, one that would ban abortions after 18 weeks and another that purports to tell women not to have abortions only because their fetus

has been diagnosed as having Down syndrome (as if anyone will ever know what the real reason was) passed this legislative session.

Both are likely to be struck down in court as interfering with a woman's constitutional right to choose. Which means if Utah politicians really want to reduce abortions in their state, they are going to have to find more ways to be helpful, and fewer ways to be overpowering.

—Editorial Board
The Salt Lake Tribune

Blackface

Nineteenth-century minstrel entertainers spawned a racist caricature that endures to this day when they darkened their faces to portray black people as grinning, dancing simpletons.

Instead of focusing on the blackface images alone, Americans should be asking themselves how the devaluation of

blackness embodied in them affects the way white professionals like lawyers, teachers, police officers and — especially — doctors do their jobs.

—Editorial Board
The New York Times

Healthcare

What we need to see from Washington now is an effort to move forward from those areas of agreement toward a healthcare system that's more affordable and available

to all Americans. That won't happen, though, until both sides stop relishing the political battle they're having over healthcare.

—Editorial Board
Los Angeles Times

Chick-fil-A

The San Antonio City Council could have voted to exclude Chick-fil-A from airport building plans for a myriad of reasons — concerns over revenue, lack of general appeal

or because travelers deserve better breakfast offerings, to name a few hypotheticals. But to do so over the religious inclinations of its owner is antithetical to the tolerance America needs right now.

There will be no easy solution to ease traffic at the intersection of religion and LGBT rights, but tolerance, respect and understanding must be present for the best ideas to move forward.

—Editorial Board
Deseret News

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.



Emma Wiles

Dave Rose smiles through many tears during his retirement press conference on March 26 in the Marriott Center. Rose coached at BYU for 22 years, including 14 years as the head coach. Rose's 348 career victories rank him sixth in NCAA basketball history.

Dave Rose retires, leaves name in record books

By AARON FITZNER

Dave Rose announced he's retiring as the head coach of BYU's men's basketball team in a press conference held at the Marriott Center March 26.

"I'll promise you this, I'm the happiest guy in here. But this will be tough. Thirty-six years. Thirty-six years I've been doing this — 22 at BYU, 14 as the head coach — and today is the day that I'm going to retire," Rose said. "I've had a chance to talk with the players and encourage them to move forward and tackle the challenges at hand. But most of all, I've had a chance to reflect with my family. How lucky I've been. I'm 61 years old and I still haven't worked a day in my life."

Rumors recently surfaced on social media about Rose's future and standing with the team. Though it is not rare to see this type of chatter after a team has an unsuccessful season, there was truth behind the rumors. Rose knew it was time to retire.

"I kind of have three coaching pillars for me: one is my mind, my coaching mind; my body, my physical body, my coaching body; and then my soul, what I

consider to be my coaching soul, which is my heart," Rose said. "It's my coaching soul that has put me here today because I always tell everybody, 'You can't trick how you feel. You can pretend or you can ignore it, but you know inside how you feel.' And my coaching soul said it was time, time to be done."

The 2018-19 season marked the first and only time BYU basketball has not reached either the NCAA or NIT tournament with Rose as head coach. The lack of success this season came while three of this year's players garnered all-team honors — Yoeli Childs an All-WCC First Team pick, TJ Haws an All-WCC Second Team selection and Gavin Baxter an All-WCC Freshman Team pick.

Rose's 348 total victories through 14 seasons currently rank him sixth in NCAA basketball history. His streak of 13 consecutive 20-win seasons is tied for sixth all-time in NCAA history, but the streak came to an end after last season.

BYU Athletic Director Tom Holmoe offered his comments on what Dave Rose has done for BYU and the basketball program.

"You've given your all to BYU basketball on and off the court. You've accomplished some great, great things," Holmoe told Rose. "It's only appropriate that we're here in the Marriott Center

where, on this floor, one of the accomplishments is your record in this hallowed building is 200 wins, 27 losses. That's something."

Prior to becoming head coach, Rose was BYU assistant coach from 1997-2000, and associate head coach from 2000-2005. Rose's first season as head coach came during the 2005-2006 season.

Rose's coaching experience dates back to 1983 when he coached Millard High School, followed by coaching roles with Pine View High School and Dixie State University.

Rose's daughter, Taylor, commented on what her father has done for her, knowing she has always been "Coach Rose's daughter."

"I'm 24, so 22 years of my life I've been Coach Rose's daughter, which is one of my greatest privileges," Taylor said. "I'm so proud of you, and I just wanted everyone to know that. You've done amazing things, but you will only do amazing things next."

Rose holds an overall record of 348-135 as the head coach of BYU. He is currently 11th overall in the NCAA among active coaches with a career winning percentage of .720 and was the 15th fastest head coach in NCAA history to reach 200 wins. Rose led BYU to top 25

rankings five times during his tenure and reached the NCAA tournament a BYU record eight times. Rose coached six All-Americans and five conference players of the year.

Knowing he had 14 years worth of games to choose from, Rose said his favorite game occurred in the 2011 NCAA tournament.

"I've been asked that a lot over the years and really can't ever say," Rose said. "How can you pick one game and have it be your favorite game? I don't know if I'll ever be able to feel like I felt after we beat Gonzaga to go to the Sweet 16. We fly into Provo airport and there's 400-500 Cougar fans. That's when I knew I was someplace special — really, really special."

Rose steps down with a BYU record four WCC regular season titles. In addition, the 14-year head coach received the Mountain West Conference Coach of the Year three times and USBWA District VIII Coach of the Year twice. Rose was also a Naismith Coach of the Year finalist in 2011 and an honorable mention for National Coach of the year by Scout.com in 2006.

Rose's wife, Cheryl, spoke about what BYU has done for her and her family.

"I don't know how I feel. I go from feeling excited for what's next for us to

sad, but there are so many things that we will miss," Cheryl said. "I think for me the biggest emotion I feel is gratitude. We are so, so grateful for the opportunities that we've had to be here at BYU."

Looking ahead, some have suggested Mark Pope may fill the vacant head coaching position. Pope is currently the head coach of UVU men's basketball team and is a former BYU basketball assistant coach.

Other interested coaches could include Los Angeles Lakers assistant coach Mark Madsen, Utah Jazz assistant coach Alex Jensen and Dixie State head coach Jon Judkins, as they are all members of The Church of Jesus Christ of Latter-day Saints. BYU women's basketball head coach Jeff Judkins could also get a call for the open position, as his team's season ended with a NCAA second-round loss to No. 2 seeded Stanford.

Rose said he's not sure what his future will hold but knows today's emotion won't last and will remember his time at BYU fondly.

"I don't know what I'm going to do tomorrow, but I'll promise you it's better than what I'm doing today. That's from my heart. I love BYU and I love all these players," Rose said.

Yoeli Childs, Tim LaComb announce departure from BYU basketball

By AARON FITZNER

BYU star Yoeli Childs announced he is leaving BYU basketball to declare for the 2019 NBA draft. Assistant coach Tim LaComb also announced he is leaving the program.

In a tweet, Childs stated his intent to hire an agent in hopes of being selected in the upcoming draft. This will be the second consecutive year Childs has intended to declare for the draft. Last year, he announced he was entering the draft but withdrew his name days before the draft was held.

The standout junior expressed his gratitude for his teammates, his coaching staff and BYU as a whole.

"These past three years have been amazing," Childs wrote. "When I think of BYU and what this school, program, and people have done for me, I am overwhelmed with gratitude."

Childs led all BYU hoopsters last season with 21.2 points per game, 9.7

rebounds per game and 33 total blocks. The South Jordan native's standout junior season was highlighted when he was named to National Association of Basketball Coaches Division I All-District 9 Team and U.S. Basketball Writers Association All-District VIII Team.

Childs was also given All-WCC First Team status, was a candidate for the Karl Malone award and was

named to the mid-season watch lists for the 2018-19 Lute Olson Award and the 2018-19 Lou Henson Award. The 21-year-old was named WCC Player of the Week twice and helped BYU to a third place regular season finish in the WCC.

In three days, BYU lost its star forward, its head coach and its assistant coach, Tim LaComb.

LaComb also announced his unexpected departure quietly via Twitter.

"So grateful to have worked for Coach Rose and at BYU for the last 12 years," he wrote. "Thankful for the lifelong relationships I have made ... Hard day, but great day. Next chapter!"

“When I think of BYU and what this school, program, and people have done for me, I am overwhelmed with gratitude.”

Yoeli Childs
BYU Basketball Player



Claire Gentry

Yoeli Childs finds himself between three Westminster defenders on Nov. 1. Childs would go on to lead the team with 14 points and 14 rebounds.

BYU football alumni participate in Pro Day



Claire Gentry
Michael Shelton leaps during the broad jump drill on Pro Day.



Claire Gentry
Tanner Mangum drops back as all eyes were on him during the passing session of Pro Day.

By JACKSON PAYNE

BYU football alumni participated in Pro Day activities March 29, in which players performed a number of drills and strength feats in front of NFL and other professional scouts.

Cougar participants included quarterback Tanner Mangum, running backs Squally Canada and Matt Hadley, receiver Dylan Collie, fullback Brayden El-Bakri, linebacker Sione Takitaki, cornerback Michael Shelton and kickers Andrew Mikkelsen and Rhett Almond.

"It was a lot of fun," Mangum said. "It's an amazing opportunity to be out here showcasing our talents in front of scouts. It's fun to catch up with the guys; it's been a few months. It's fun to see how everyone's in great shape and see everyone's

doing good."

Drills at the event included the 40-yard dash, bench press, vertical leap, shuttle and various position challenges. Canada and Collie led the pack in the dash with a 4.59 clip and El-Bakri impressed scouts with 24 reps at the bench press.

El-Bakri and Shelton were the most obvious standouts from the first stage of drills, but Mangum stole the show in the passing clinic following a training stay at the Mamba Academy in Thousand Oaks, California.

"I was able to work with (Ohio State quarterback) Dwayne Haskins and he became a great friend of mine," Mangum said. "It was a good process and good training. I felt like it prepared me well for today."

Collie turned heads with his route running while catching passes from Mangum. While virtually untapped within the offense during the 2018 season, Collie feels confident in his

current abilities as he hopes to get a shot in an NFL training camp.

"Ultimately it comes down to how you play the game of football," Collie said. "When it comes to my route running and catching balls and catching punts, I felt like I excelled pretty heavily and did extremely well there. I can go home confident in knowing I can play this game."

Takitaki, BYU's only representative at the NFL combine earlier this month, did not participate in the running or strength drills but did take part in the position drills, excelling once again and possibly raising his draft stock.

One surprise from Pro Day was the absence of defensive end Corbin Kaufusi, whose season ended before bowl season because of an injury. He was under the impression he would rehab in time for the combine and Pro Day.

"Up until basically yesterday, I was thinking I was going to do it," Kaufusi said. "I know I could do so much better given another week or two, or three weeks."

Currently, Takitaki is projected to be a mid-round pick in the NFL draft while Kaufusi could end up in the mid to late rounds. Mangum, El-Bakri, Takitaki and Collie are all near locks at being invited to training or minicamps prior to the season.



Ty Mullen
Camdyn Roberts, the BYU Dunk Team's first female member, prepares to dunk the ball during practice.

BYU Dunk Team's first female brings passion, inspiration

By ROBERT JAMIAS

If you've ever been to a home BYU basketball game, you may have seen Cosmo's Dunk Team in action. The team's eye-catching stunts have become a crowd favorite during basketball halftime shows.

The group looks a little different this year. That's because flying high with the team is its first-ever female member, Camdyn Roberts.

Roberts joined the team this year to help improve the reach of the Cougar Strong Program, which takes the dunk team to perform at elementary schools around the state with hopes of inspiring young students to improve themselves socially, physically and mentally. The program was created by dunk team coach Dave Eberhard.

Roberts, a former pole vaulter, first came into contact with the BYU Dunk Team

when Eberhard was searching for prospective team members.

"When I stopped doing track, Dave contacted my old pole vault coach," Roberts said. "Dunking, pole vault, gymnastics, diving—all that kind of stuff is really closely related."

Although Roberts has not been on the team for very long, she has already made an impact on her teammates. Senior and four-year dunk team member Zak Potts said his new teammate's intrinsic motivation and ability to improve quickly has helped to pave the way for future team members.

"She's picked it up really quickly, and she's super motivated," Potts said. "Not only has she come a long way herself, but she's encouraged other girls to come and try out, which I think is pretty cool. I think it will help to expand the program to include more people and get more people

involved."

Roberts said Eberhard originally brought her on the team as a way of giving young girls the team meets a role model to look up to within the formerly all-male team.

Eberhard said Roberts greatly inspired many of the young girls who attended a recent performance.

"They were so excited that she was there," Eberhard said. "Those little girls were just super excited and like, 'Hey, we can be anything that we want to be.'"

Speaking about the same performance, Roberts said she was able to see the impact of her appearance. She had the opportunity to talk with a teacher and some of the girls after the performance. The teacher asked the girls about their favorite part of the performance.

"This little girl points to me and she says, 'You can do everything that the boys can do,'" Roberts said.

★ **AIMING FOR MORE DATES? THE ANSWER IS IN THE STARS...** ★

...AND IN TWO.

Pick up the newest edition of TWO magazine on racks around campus.

UPDATED

MIXTAPE

This week:

Patrick

"I Want It All"
COIN
Single

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

Honne has been rising in popularity since their formation in 2009. In 2014, they released their first two EP's with a third trailing shortly after in 2015. Following the releases of their EP's, they successfully built up an online reputation and sold out shows in London, prompting them to perform at various festivals in the UK and across Europe. "Day One", one of my favorite songs, was released on their album in August 2018. The song is currently one of their most popular. Their alternative, electric sound should gain them more popularity in the U.S as the band gains more recognition.

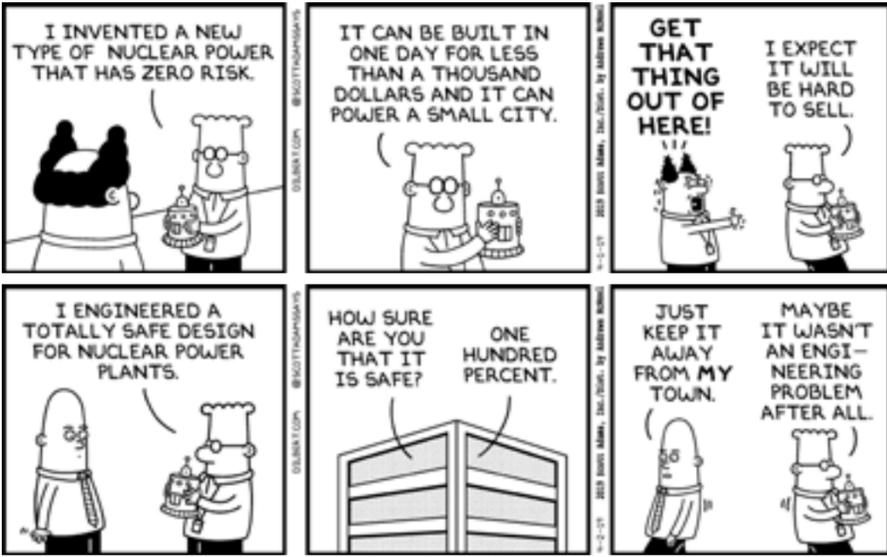
"IDKYA"
Sam Denton
Single

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

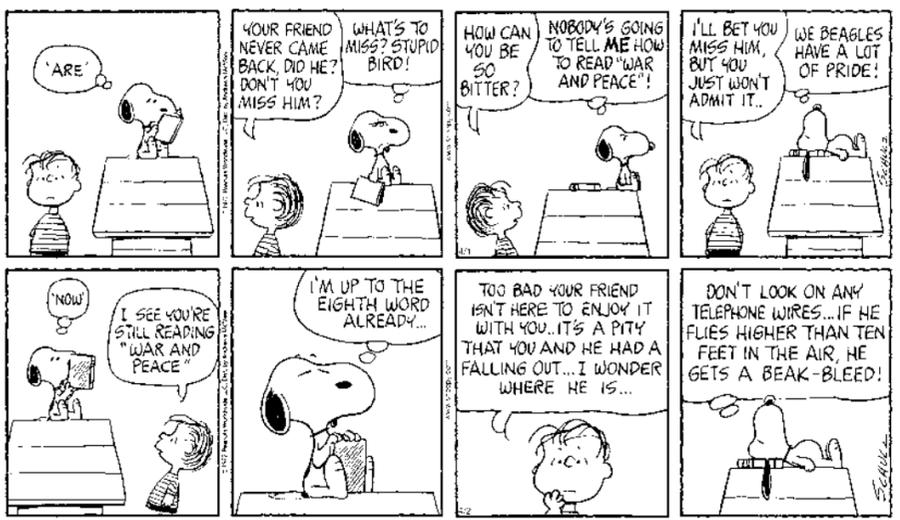
"Day 1"
Honne
Love Me / Love Me Not

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

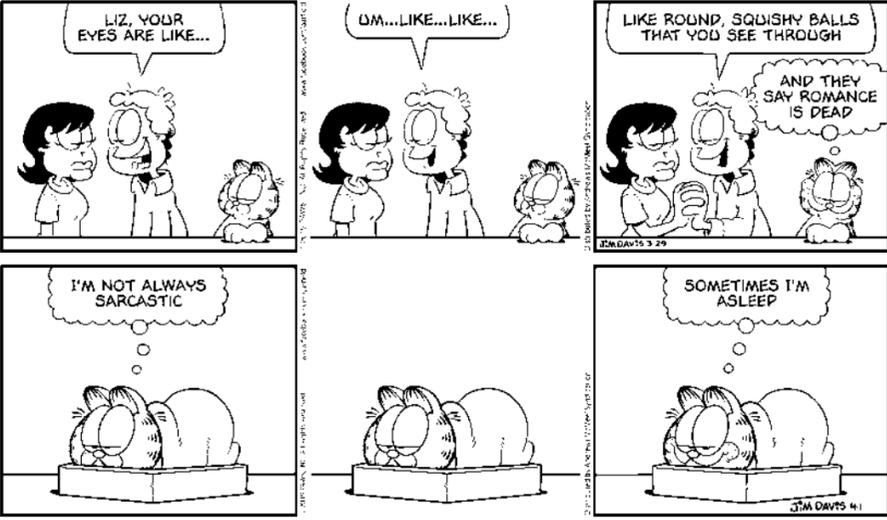
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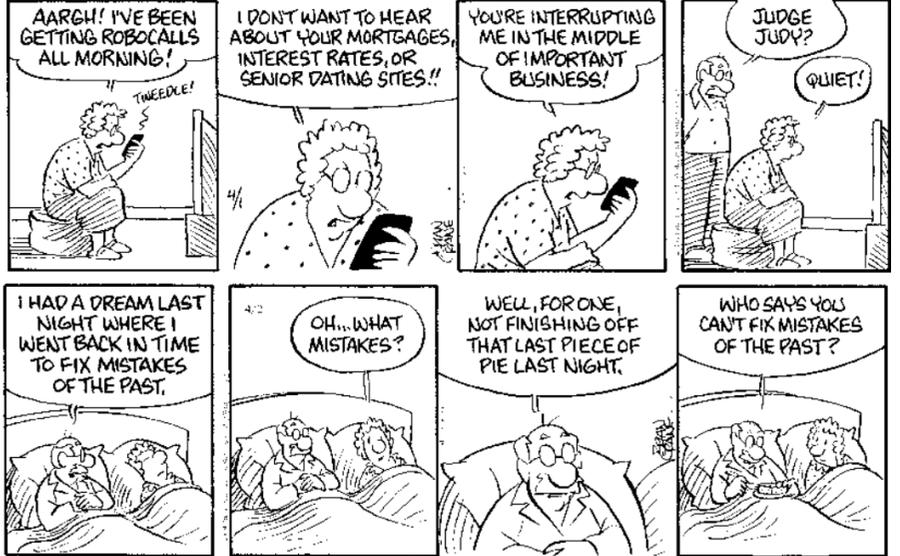
Peanuts®



Garfield®



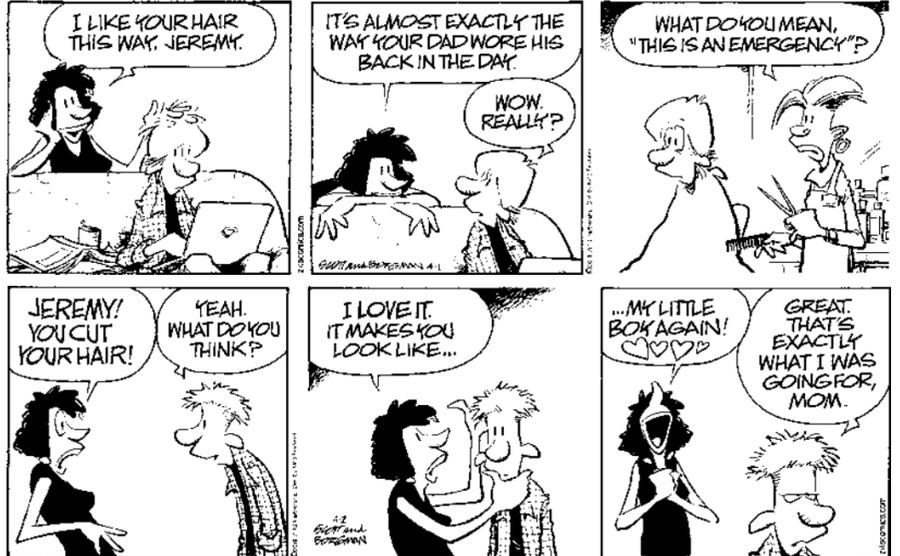
Pickles®



Non Sequitur®



Zits®



Sudoku

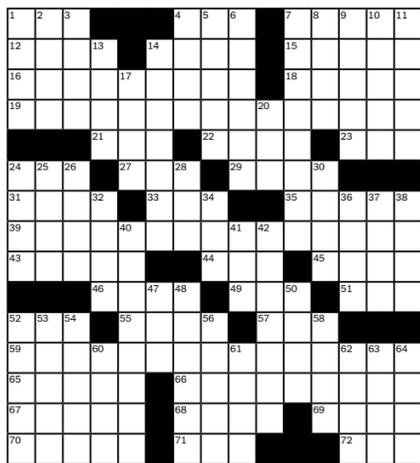
Use the numbers 1-9 once in each row, column and marked grid of 9. Puzzles increase in difficulty from left to right. Solutions are at universe.byu.edu/sudoku.

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

The New York Times Crossword

Edited by Will Shortz No. 0225

- ACROSS**
- 1 The Cardinals, on scoreboards
 - 4 Egyptian cobra
 - 7 Bracelet trinket
 - 12 Little Red Riding
 - 14 "Do ___ others ..."
 - 15 Former Chicago mayor Richard
 - 16 To a sickening degree
 - 18 Steal, informally
 - 19 Proceeding well
 - 21 PC key
 - 22 Harness strap
 - 23 Netflix's "Bill ___ Saves the World"
 - 24 Rainy
 - 27 "Definitely so"
 - 29 Falls behind
 - 31 Good name for a gemologist
 - 33 Barely make, with "out"
 - 35 Hungarian composer Franz
 - 39 Place to bring aluminum cans
 - 43 Paris subway
 - 44 Peter and Gordon, e.g.
 - 45 100% positive
 - 46 English actor Idris
 - 49 Poseidon's domain
 - 51 Jack-in-the-___
 - 52 Help wanted sign?
 - 55 Twilight time
 - 57 On the ___ vive
 - 59 No longer in contention
 - 6 ___ horse (gymnastics apparatus)
 - 65 Grammarian's concern
 - 66 Race suggested by 19-, 39- and 59-Across?
 - 67 Fashion
 - 68 Like a thermometer that's put in the mouth
 - 69 Prima donna
 - 70 Liability's opposite
- DOWN**
- 1 Kind of carpet
 - 2 Big fuss
 - 3 Comedian Love who co-hosts "The Real"
 - 4 Once again
 - 5 Step between two floors
 - 6 ___ horse (gymnastics apparatus)
 - 7 Music format popular in the 1990s
 - 8 Goldie of "Snatched"
 - 9 Straighten
 - 10 ___ all (email button)
 - 11 "As if!"
 - 13 "S.N.L." alum Carvey
 - 14 Pittsburgh-based N.Y.S.E. company
 - 17 Hideous
 - 20 "Mamma ___!"
 - 24 Fishhook squirmier
 - 25 Sword for an Olympian
 - 26 "The ability to step on a man's toes without messing up the shine on his shoes," per Harry Truman
 - 28 Compete in a slalom
 - 30 Seven "deadly" things
 - 71 0, in World Cup scores
 - 72 Break a hunger strike



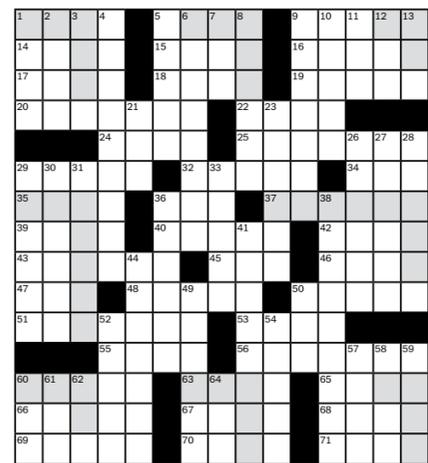
- PUZZLE BY PETER GORDON**
- 32 Instrument for a Muse
 - 34 Conclusion
 - 36 Ticket leftover
 - 37 Any digit in a googol after the first one
 - 38 Big dinosaur, for short
 - 40 Sudden loss of courage
 - 41 Fellow told to "hop on the bus" in Paul Simon's "50 Ways to Leave Your Lover"
 - 42 Like the three branches of the U.S. government
 - 47 "Close ___ no cigar"
 - 48 Actor Kutcher
 - 50 Uncle's wife
 - 52 Composer known as the "March King"
 - 53 Removes from office
 - 54 Doesn't leave
 - 56 Gymnast Strug
 - 58 Like many TV broadcasts
 - 60 Look at with lust
 - 61 Iranian currency
 - 62 Nastase of tennis
 - 63 ___ Scotia
 - 64 Pesky insect

Online subscriptions: Today's puzzle and more than 7,000 past puzzles, nytimes.com/crosswords (\$39.95 a year). Read about and comment on each puzzle: nytimes.com/wordplay.

The New York Times Crossword

Edited by Will Shortz No. 0226

- ACROSS**
- 1 River that formed part of the border between East and West Germany
 - 5 Cold and moist, as a cellar
 - 9 Brewery in the Nikkei 225
 - 14 MGM symbol
 - 15 Jannings who won the first Best Actor Oscar (1928)
 - 16 Put in a crate
 - 17 British term for a row of houses converted from stables
 - 18 Chess ending
 - 19 Ω
 - 20 What's gained or lost with daylight saving time
 - 22 What a psychic may read
 - 24 Dublin's land
 - 25 Italian port on the Adriatic Sea
 - 29 Rope fiber
 - 32 Deux + un
 - 34 "Open ___" (store sign)
 - 35 Bronze coin in the Harry Potter books
 - 36 Flight board posting, for short
 - 37 Is obliged to
 - 39 1/12 of a foot
 - 40 What each set of shaded letters in this puzzle represents
 - 42 Entr'___
 - 43 Challenge to a bully
 - 45 Confucian philosophy
 - 46 Classic Chrysler product
 - 47 "The ___ Club" (1970s-'80s televangelist show)
 - 48 Bygone Apple messenger
 - 50 Coagulates
 - 51 View, as the future
 - 53 ___ Reader
 - 55 Biblical verb with "thou"
 - 56 Not pay for each drink individually, say
 - 60 Sorrowful bell sound
 - 63 Legal order
 - 65 Barn topper
 - 66 Say hello to
 - 67 Religious setback?
 - 68 Emergency operation, for short
 - 69 Raft-making wood
 - 70 Any sacrament
 - 71 Smooth sheet material
- DOWN**
- 1 "Tickle me" doll
 - 2 Protection for a lender
 - 3 Ring champ Riddick
 - 4 Cover, as a knife
 - 5 Take exception to something
 - 6 Liqueur whose name is Italian for "a little bitter"
 - 7 Critical point?
 - 8 Prefix with -mania
 - 9 Formally end
 - 10 French river in fierce W.W. I fighting
 - 11 Green Knight's weapon in "Sir Gawain and the Green Knight"
 - 12 What an "O" means in XOXO
 - 13 Bitter beer, briefly
 - 21 Shell's industry



- PUZZLE BY ALEX VRATSANOS**
- 23 Blue-blooded Brit
 - 26 Stone face?
 - 27 Clash with
 - 28 Tribal chiefs, typically
 - 29 Economizes maybe too much
 - 30 God-given, as abilities
 - 31 Nurse, as a newborn
 - 33 Indian yogurt dip
 - 36 Kicks out of the game
 - 38 Cluster around an acorn
 - 41 Believer in nudism
 - 44 Former competitor of Nikon and Canon
 - 49 Active conflict
 - 50 Channel founded by Ted Turner
 - 52 Wastes gas, maybe
 - 54 Student with a private teacher
 - 57 Kipling's "Rikki-Tikki-T___"
 - 58 Obsessive about details
 - 59 Partner of call
 - 60 C.I.A.'s Soviet counterpart
 - 61 Org. whose monthly magazine advertises magazines
 - 62 Sushi bar fish
 - 64 Upstate N.Y. school

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ANSWER TO PREVIOUS PUZZLE

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

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