



Hannah Miner

President Russell M. Nelson of The Church of Jesus Christ of Latter-day Saints waves to members as he and his wife, Sister Wendy Nelson, exit the Conference Center after the Sunday afternoon session of General Conference.

Church leaders emphasize basic principles in General Conference

By JESSICA SMITH

Leaders of The Church of Jesus Christ of Latter-day Saints returned to the basics of the gospel, announced eight new temples and counseled members on the implementation of home-centered gospel learning in the Church's 189th Annual General Conference.

The Church announced structural changes to Sunday meeting schedules six months ago, eliminating an hour of church and encouraging members to focus their efforts on teaching gospel principles in their homes. Last

weekend, Church leaders reiterated the importance of fortifying family spirituality in daily living.

Home study

Elder David A. Bednar of the Quorum of the Twelve Apostles urged members not to rely on the Church's structure to tell them everything; instead, he said, members should learn and seek revelation in their families.

Elder Bednar compared the home-centered gospel learning updates to the history of former Prophet Joseph Smith. Growing up in a faith-filled home with a family that knew the scriptures and read them daily led the

prophet to inquire of the Lord which church was true, he said.

All spiritual preparation in this season of the dispensation of the fullness of times, Elder Bednar said, should be home-centered and Church-supported.

"The ultimate Missionary Training Center is in our homes," Elder Bednar said. "Our most instructive Sunday School classes should be our individual and family study in our places of residence."

Elder D. Todd Christofferson of the Quorum of the Twelve Apostles spoke about the need to create Zion to prepare for the Savior's Second Coming. In ancient times, he said, God took the righteous city of Zion to Himself. In

contrast, in the last days, a New Zion will receive the Lord at His return.

"The long-standing objective of the Church is to assist all members to increase their faith in our Lord Jesus Christ and His Atonement," Elder Christofferson said. "Accordingly, He emphasizes the significance of a daily feasting on the gospel, centered at home and supported by an integrated study curriculum at Church."

Elder Ronald A. Rasband of the Quorum of the Twelve Apostles said the home study program is designed to deepen conversion and help members become more like Christ.

See *PRINCIPLES* on Page 2

Students react to LGBTQ policy shift

By ARIANNA DAVIDSON

The First Presidency of The Church of Jesus Christ of Latter-day Saints announced in a statement Thursday, April 4, that children of parents who identify as lesbian, gay, bisexual or transgender will be permitted to be baptized without First Presidency approval.

In the statement, President Dallin H. Oaks, first counselor in the Church's First Presidency, commented on the Church Handbook's previous characterization of same-gender marriage as apostasy.

"While we still consider such a marriage to be a serious transgression, it will not be treated as apostasy for purposes of Church discipline," President Oaks said. "Instead, the immoral conduct in heterosexual or homosexual relationships will be treated in the same way."

The new policy will also allow LGBTQ parents to have their children blessed in the Church.

"These parents need to understand that congregation members will contact them periodically, and that when the child who has been blessed reaches 8 years of age, a Church member will contact them and propose that the child be baptized," President Oaks said.

President Oaks spoke of the First Presidency's desire to "reduce hate and contention so common today," which he said can be accomplished through



Church Newsroom

The Church of Jesus Christ of Latter-day Saints announced April 4 children of LGBTQ parents will no longer need First Presidency approval to get baptized, reversing a policy implemented in November 2015.

efforts to show more understanding, compassion and love.

The previous policy requiring children of LGBTQ parents to obtain First Presidency approval before baptism, baby blessings or a recommendation for missionary service was implemented in

November 2015.

Rather than seeing the change as a step forward, some BYU students who spoke with The Daily Universe see it more as a "backtrack," according to senior Liza Holdaway. "It is better than it was before, it is positive, but I would

love to see more progress."

Similarly, junior Carolyn Gassert said she feels the change will be a "good step back towards the true doctrine that God loves all of his children the same."

See *LGBTQ* on Page 2

Instagram account shares Honor Code 'horror stories'

My older sister was called in for favoriting a tweet back in HIGH SCHOOL.

LOL I might not have believed any of these posts expect that my roommate turned me in for ordering "an excessive amount of Victoria Secret packages", especially considering I had a "serious boyfriend who I had not made committal vows to". And The HCO actually called me in to talk about this. You just can't make these stories up

honorcodestories/Instagram

The viral Instagram account posts anonymous Honor Code Office stories.

By JOSH CARTER

An Instagram account named Honor Code Stories is sharing hundreds of students' and former students' "horror stories" involving the Honor Code Office to promote change in the office's procedures.

The page links to an online petition started to urge the university to update the Honor Code. The petition had more than 21,900 signatures as of 3:25 p.m. Monday, April 8.

BYU graduate Sidney Draughon created the Honor Code Stories account in early January. The account has exploded with thousands of new followers and hundreds of anonymous submissions since Monday, April 1.

Submissions include stories of students being put on probation or expelled for LGBTQ-related issues, dress and grooming violations, substance abuse and chastity-related issues.

University spokeswoman Carri Jenkins said the university is "aware of this year-old petition, as well as anonymous posts on a specific Instagram account."

Interest in the Instagram account exploded after media reports on KSL and ABC4. The university acknowledged the online turmoil in a tweet on April 4.

"We've seen the conversations this week about the Honor Code Office," the tweet said. "We love our students and alums and how much they care about BYU. These messages are leading to constructive dialogue between students and the leadership of the Honor Code Office."

The online petition also highlights previous changes to the Honor Code. BYU President Ernest L. Wilkinson suggested in 1957 the Honor Code include not only standards regarding academic honesty, but all other school standards as well. This led to the expansion of the Honor Code in the 1960s, creating the bulk of what the Honor Code represents today, with standards regarding chastity, drugs, alcohol, dress and grooming.

The university has also made major changes to the Honor Code in more recent years. BYU changed the wording of the Honor Code in 2007 to clarify its stance on homosexual behavior. The change more clearly stated homosexual feelings are not against the Honor Code, but engaging in homosexual activity is.

BYU formally added an amnesty clause to its Sexual Misconduct Policy in 2017, providing sexual assault victims with amnesty from the Honor Code Office even if there were other infractions prior to the assault. The change came after several victims came forward to share their stories, promoting a year-long investigation from the Department of Education.

As a result of the attention surrounding the Honor Code Stories Instagram page, students are organizing a sit-in at the Honor Code Office on April 12.

UNIVERSE news briefs

FROM THE ASSOCIATED PRESS



Putin hosts Turkey's leader to discuss weapons deal

Russian President Vladimir Putin hosted his Turkish counterpart in Moscow on April 8, discussing how to coordinate their next moves in Syria and how to deepen business ties, including the sale of advanced Russian missiles to Turkey, which has riled the United States.

Turkish President Recep Tayyip Erdogan's visit to Russia, his third this year, underlined the increasingly close cooperation between the two countries and Turkey's readiness to defy the United States.



Facebook, Google face widening crackdown

Social media giants like Facebook and Google came under increasing pressure in Europe on April 8 when countries proposed stricter rules to force them to block extreme material.

Britain called for a first-of-its-kind watchdog for social media that could fine executives and even ban companies. And a European Union parliamentary committee approved a bill giving internet companies an hour to remove terror-related material or face fines that could reach into the billions.



Nielsen still supports Trump's border goals

Kirstjen Nielsen said April 8 she still shares President Donald Trump's goal of securing the border, a day after she resigned as Homeland Security secretary amid Trump's frustration and bitterness over a spike in Central American migration.

Trump announced in a tweet that U.S. Customs and Border Protection Commissioner Kevin McAleenan would be taking over as acting head of the department, a decision that reflects Trump's priority for the sprawling department.



WNBA rebrands with new logo

The WNBA's logo is getting a new look and the league is resetting its brand for the upcoming season. The league unveiled its plans April 8, intent on embracing the optimism of the women across the WNBA.

"We are excited about all of it," WNBA chief operating officer Christy Hedgpeth said. "It starts with our purpose, which is to expand our audience and grow at a faster rate. We believe we'll do that by becoming more and more culturally relevant over time."



Dutch soccer league honors Rembrandt

Soccer teams will be playing with fine art in the Dutch league next season.

Marking the 350th anniversary of the death of Rembrandt, the league has launched an official ball inscribed with the artist's face and extracts from his work. The project is being done with the Rijksmuseum in Amsterdam, which is celebrating a "Year of Rembrandt."

The league says the ball will be used in all of its games on April 28 as a preview for next season.

LGBTQ

Students call change a 'positive step'

Continued from Page 1

According to the Gospel Principles manual, the Church considers homosexual behavior as a serious sin. The statement declares immoral conduct in heterosexual or homosexual relationships will be treated the same way, but many students were concerned because of the difference in what has been considered immoral conduct depending on sexual orientation.

"I think it's a really positive step and I think that it takes back a lot of the negative outlooks and things that the Church has put out there in the past, but I still think it's really scary and ambiguous as far as just the wording, what it really means and what this means for the future," said sophomore Garrett Taylor.

Seniors Jonathan Lifferth and Emily Schaumann said they were happy about the change but sad for their friends in the LGBTQ community who felt like they needed to leave the Church and their families because of their sexual orientation.

While some students were

concerned about the change's implications, others were just happy to know the Church is progressing.

"I'm happy that the Church has continued revelation and that the Church can provide means to further the cause of preparing the world for the Second Coming of Jesus Christ and that includes making some adjustments for LGBTQ members of the Church and non-members," said junior Kwaku El.

Junior Calvin Burke said he had many friends who never came to peace with the previous policy because it didn't seem to make sense with the Church's Second Article of Faith, which says everyone is given the agency to choose right or wrong.

"Even if we believe that LGBTQ relationships are not something that's ordained of God currently, it didn't make sense that small children were the ones being punished for that. Kids that never had a part in the decisions of their parents," Burke said.

"I think, ultimately, this is a day of absolute redemption for LGBTQ Latter-day Saints," Burke said. "This, to me, feels like the light that comes over the hill just before the sun comes up. I think this is the beginning of a renaissance, a new era in LGBTQ/Latter-day Saint relations."

"This, to me, feels like the light that comes over the hill just before the sun comes up."

Calvin Burke
BYU student

PRINCIPLES

Church leaders address repentance, truth

Continued from Page 1

"But remember," Elder Rasband said, "our homes are only as powerful as the spiritual strength of each one of us within its walls."

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles discussed the implications of home-centered study on Sunday worship services. Modified Sunday services, he said, are designed to emphasize the sacrament as the focal point of members' weekly worship.

Elder Holland reminded members the commandment to "go to the house of prayer" and attend Sunday services each week still remains.

He said sacrament meetings should be regarded with more respect. He urged members to arrive to sacrament meetings punctually, to avoid clamor and noise and to eliminate useless announcements that detract from the sacred nature of the ordinance.

"I fear visitors not of our faith are shocked by what can sometimes be noisy irreverence in a setting that is supposed to be characterized by prayer, revelation, hymns and peace," Elder Holland said. "Perhaps heaven is a little shocked as well."

He encouraged presiding officers on the stand to set the example for the congregation in reverence and stillness.

"Brothers and sisters, this



Hannah Miner

President Dallin H. Oaks, President Russell M. Nelson and President Henry B. Eyring of the First Presidency enter the Sunday afternoon session of General Conference.

hour ordained of the Lord is the most sacred hour of the week," Elder Holland stated. "It is in memory of Him who asked if the cup He was about to drink could pass, only to soldier on because He knew that for our sake it could not pass. It will help us if we remember that a symbol of that cup is slowly making its way down the row toward us."

Repentance

President Russell M. Nelson focused his remarks in the general priesthood meeting on repentance and said everyone needs to repent. He urged the men of the Church to do better.

Some of the ways President Nelson encouraged men to "do better" involved choosing to strengthen relationships at the sacrifice of video games, TV and other media distractions. He encouraged men to honor the women in their lives and become partners with their spouses in an eternal journey of progression.

The battle with sin is real, President Nelson said.

"All of us can do better and be better than ever before. We need to get up off the couch, put down the remote and wake up from our spiritual slumber. It is time to put on the full armor of God and engage in the most important

work on Earth," he said.

Elder Dallin H. Oaks, first counselor in the First Presidency, focused on repentance in the Sunday afternoon session when he said often, the outcome of our lives is not determined by whether an individual has made good or decent choices, but rather by whether he or she made the better and best choices they could.

"Our present and future will be happier if we are always conscientious of the future," he said. "As we make current decisions, we should always be asking, 'Where will this lead?'"

True repentance when a bad decision has been made, Elder Oaks said, is a never-ending privilege, not a punishment.

In the Sunday morning session, Tad R. Callister, who was released on Saturday as Sunday School general president, spoke about the Atonement of Jesus Christ, which he said acts with the laws of justice to provide safety and wholeness to the recipient. He compared the Atonement to a parachute that catches the fall of a foolish individual while working within the laws of gravity that caused the individual to fall.

Once an individual begins to feel the influence of the Holy

Ghost in their life, Brother Callister said, he or she can be sure it is a sign the Atonement is working and repentance is underway.

Finding truth

Elder Neil L. Andersen of the Quorum of the Twelve Apostles spoke about finding truth in a world where many voices seek validation.

"What is truth?" he asked, explaining an understanding of the restored gospel of Jesus Christ teaches members some things are absolutely true for every son and daughter of God.

One of the purposes of prophets, he said, is to help the world discern truth despite the backlash and clamoring perspectives of the world and natural man.

Only an eye of faith will be able to discern what is true and essential, Elder Andersen said.

General Authority Seventy Elder Mathias Held said he and his wife learned to discern truth not just by a rational mind but also by the still, small voice of the Holy Ghost through their conversion to the Church 30 years ago.

Elder Held said God has given man logic and spirituality to discern truth in the world.

General Authority Seventy Elder David P. Homer reiterated these statements when he said false prophets come in many forms, but always teach things that are pleasing to the carnal mind rather than the spiritual mind.

But, he said, God speaks to us by various means to guide us in our journey. Sometimes, he said, God speaks to our mind and our heart in a still, small voice. Other times, certain thoughts occupy our minds again and again. Our souls can feel simple joy or comfort or the courage to move forward. All of these instances, he said, are examples of recognizing the influence of the Holy Ghost.

"Because our Heavenly Father wants better for us, He makes it possible for us to hear his voice," Elder Homer said.

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Rachel Keeler

Kylie Brooks tells about her experience researching Elon Musk.

Graduate students recognized for Elon Musk case study

By KRISTEN HOLLINGSHAUS

Graduate students Kylie Brooks and Sara May placed second in the nationwide Arthur W. Page 2019 Case Study Competition, in which participants studied CEOs and thought leaders around the world to see their impacts on stock markets and company stakeholders.

The two completed their case study on Tesla CEO Elon Musk, a powerful thought leader who Brooks and May called an “anomaly.”

The case competition accepted entries from communications and business students from around the country and was reviewed by public relations professionals.

According to Brooks, the project was assigned to them at the beginning of the Fall semester. It had to be submitted for a grade in one of their classes and then to the Arthur W. Page 2019 Case Study Competition upon completion.

“Tons of CEOs and C-Suite leaders are now public figures because of social media,” Brooks said. “The way they use social media can really have an effect on people, and we wanted to know if their social media use had an effect on their company’s stakeholders.”

According to May, personality and CEO behavior are becoming more and more inseparable from business culture and decisions.

Brooks said the pair saw Musk tweet about Tesla going private and then “flip-flopping.” They also saw how these tweets lined up with dips in the stock market.

“Elon Musk is a huge thought leader and is in the news a lot,” Brooks said. “The Securities and Exchange Commission

sued Tesla when we started our project, and it actually unfolded throughout our entire project.”

Brooks and May found the case to be particularly interesting because of events unfolding in real time.

“We found that Musk is not like other executives, and by doing his own thing, it has an effect on different stakeholders, but not to the extent we thought it would,” Brooks said.

After more research and comparing Musk to different executives, the pair said they found Musk is on a downward trajectory.

“We expect that certain stakeholders will drop out of Tesla if he continues in the way that he’s going,” Brooks said.

Brooks and May knew they had great research and also got feedback from past competition winners and their professor before submitting.

“The thing that set our entry apart is two-fold,” May said. “We really put a lot of effort into making our entry aesthetically pleasing. Professor Wilson helped us dig deep into the details and the ‘whys’ of this case study, which made it more intellectually stimulating.”

Brooks said the project was tricky because Musk’s trial was unfolding during the semester, but that also set the pair apart from other entries.

Brooks and May ended up placing second and expressed it was an honor to place in such a competitive competition. The competition awarded the team \$1,500 in prize money. May said the competition helped her to see her true potential.

“This competition helped me see that potential is truly determined by hard work, vision and planning,” May said. “It confirmed my belief that I can achieve great things, and by working with others, we can achieve even better things.”

Law students connect through interfaith outreach

By KRISTEN HOLLINGSHAUS

It started with a text on March 16: “You and I are taking flowers to the Al Sahaba Mosque today if Farah says it’s appropriate.”

The text, sent from BYU law student Camille Bailey Aagard to her classmate Rhonda Peck, came a day after 50 people were killed in two New Zealand mosques on March 15.

Following the tragedy Aagard and Peck arranged for fellow law students to attend a worship service with their Muslim classmate Farah Odebat at the Orem Islamic Center, an action that set a pattern in the law school of kindness, support and solidarity for religious diversity.

The BYU law students presented their classmates with flowers and a “heart attack” on the front door of the Islamic Center, plastering it with heart-shaped notes of love and support.

Orem Islamic Center board member, U.S. Fulbright scholar and UVU professor Dr. Abdus Samad led the students in prayer. According to Aagard, several students chose to participate in the ritual.

Aagard said she gained an appreciation for their devotion to their faith and for the dedication it takes to pray five times a day.

“Even more meaningful for me was the ability to stand in solidarity with our Muslim classmates,” Aagard said. “I suspect they feel significantly marginalized at times, so it was wonderful to put our arms around them — figuratively and literally.”

Aagard said she first became curious about Odebat after doing a face-to-face exercise in BYU professor Benjamin Cook’s meditation class.

“On the first day of class I have students pair up with someone they don’t already know and stand across from them,” Cook said. “This is commonly called loving-kindness meditation. They stare at the other person without talking for one minute.”

After a minute of staring, Cook reads statements for the students to think about the person across from them.

“This person has a body and mind just like me. They have been sad, hurt or confused, just like me,” Cook said. “I want this person to be free from pain and



Camille Bailey Aagard

Farah Odebat greets students as they arrive to worship together at the Orem Islamic Center.

suffering because they are a person, just like me.”

Cook said this exercise is commonly done as part of classes, workshops and conferences for lawyers.

“In maybe two minutes or less, they feel an outpouring of love for a person they knew nothing about,” Cook said. “It connects them and helps them recognize fundamental humanity.”

Aagard experienced this connection with Odebat after doing the face-to-face activity with her.

“I had been judgmental of veiled women, assuming they were complicit in their own patriarchal repression,” Aagard said. “However, I had overlooked something rather obvious: Farah is a judge in Jordan.”

Aagard added Odebat has four young children and has been living with them in Provo, away from her husband, for almost a year.

“This is a woman who had the courage to uproot her kids, travel to a foreign country while leaving her husband behind and attend law school in a foreign tongue,” Aagard said. “I can’t even process the frightening prospect that last factor alone would be for me.”

Aagard learned from the experience and gained respect for Odebat from a quick two-minute exercise.

“It’s quite possible that my veiled Muslim classmate is one of the fiercest, bravest women I have ever had the privilege to know,” Aagard said.

Student Bar Association president Rhonda Peck was by Aagard and Odebat’s sides as they worshipped together.

“I am Jewish and a believing member of The Church of Jesus Christ of Latter-day Saints,” Peck said. “Growing up in a dual-religious household has taught

me the power of acceptance and to see other points of view.”

Peck has encouraged inclusivity throughout her time as Student Bar Association president in numerous ways. In February, she established Diversity Week at the law school.

“Over two weeks there were whiteboards in the Memorial Lounge for students to share why they value diversity,” Peck said. “There were speakers, panels and a reusable water bottle initiative to reduce our waste and impact on underrepresented minority groups.”

In addition to implementing Diversity Week, Peck sits on the Law and Religion Center’s annual symposium executive committee.

“I feel this is my way to contribute to religious freedom around the world while I attend BYU Law,” Peck said.

The executive committee of about 20 law school students coordinates a week-long symposium for delegates from around the world to come together, create friendship and connections, and be more inclusive of others’ religious backgrounds, Peck said.

Aagard has kept a journal about what she has learned and read in law school classes throughout the semester.

She said she believes everyone can be more inclusive by “moving through the world with less certainty and more curiosity.”

Peck said there is always more that can be done to be more inclusive.

“It comes by noticing those around us,” Peck said. “An outward mindset is needed to see others as people and be willing to listen and do the things we know we should do for others; it’s living the platinum rule.”

Being inclusive is taking the time to self-reflect and seek ways to see the forgotten man and look out for him, she said.

TODAY

UNIVERSITY DEVOTIONAL
Tuesday, April 9,
11:05 a.m., Marriott Center

This event will also be broadcast to the JSB Auditorium.



Brother M. Joseph Brough

Second Counselor in the Young Men General Presidency

M. Joseph Brough was sustained as the second counselor in the Young Men general presidency in April 2015. Previously he has served as president of the Guatemala Guatemala City Central Mission, ward Young Men president, bishop, bishop’s counselor and high counselor.

He received a bachelor of arts degree in finance and a master of business administration from the University of Utah. He is a business owner in Brigham City, Utah.

Brother Brough is married to Emily Jane Thompson Brough, and they are the parents of four children.

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Campus News



Ty Hopkins

Alyssa Brown

Greg Porter

Riley Meik

COLLEGE OF Life Sciences

■BYU exercise science professor **Ty Hopkins** finished fourth in a bike race starting in Banff, Canada, tracing along the Rockies and finishing at the Mexico border. The race took Hopkins 16 days, 7 hours and 43 minutes to complete. Throughout the duration of the race he saw four bears, burned 11,500 calories per day, and at one point laid on the road for 30 minutes hoping a truck would drive him to the finish line. "I mean euphoric moments, they add up to like one hour in 16 days, there just aren't very many of them. But they make it all worth it. They make me glad I did it," Hopkins said. Hopkins wrote a book about his experience titled "Just Ride." The book details his race day by day and shares its physiological effects based on tests taken afterward at BYU. The book is available on Amazon or at Mad Dog Cycles in Orem.

■BYU landscape management senior **Alyssa Brown** recently won her fourth landscaping national championship. Out of 65 schools attending the National Collegiate Landscaping Competition, BYU not only took home the first-place trophy but also 10 out of the 75 scholarships awarded. Brown has been an integral part of the landscaping program at BYU and will continue to participate as she starts a graduate program in the fall.

COLLEGE OF Fine Arts and Communications

■Department of Theatre Arts students won a series of awards from the the regional Kennedy Center American College Theatre Festival for BYU's production of "Radium Girls." The awards included categories for acting, design, stage management, dramaturgy, directing and playwriting. Three students – **Dylan Wright**, **Andrew Groome** and **Sten Shearer** – and theatre arts professor **Stephanie Breinholt** will also move on to the national competition. Breinholt won the Kennedy Center Medallion for theatre educators and Distinguished Director of a Play for "Radium Girls." Wright is the sixth consecutive BYU student who received the Region 8 Irene Ryan National Finalist. "Acting is hard. It's exhausting. It can sometimes be psychologically scarring," Wright said. "But having friends and faculty like I have in the TMA

department has truly helped me to grow as a collaborator, husband, friend, actor and disciple of Christ."

COLLEGE OF Family, Home and Social Sciences

■**Greg Porter**, the founder of multimillion-dollar company PowerSchool, will speak at the College of Family, Home and Social Sciences convocation ceremony and will graduate alongside his son. Porter attended BYU in the 1980s but left with one class left to pursue his goal of becoming an entrepreneur. He founded PowerSchool, which has since become widely used in schools around the nation and was acquired by Apple. After becoming a successful businessman, Porter returned to BYU to enroll in one final class to complete his degree. The convocation ceremony will take place Friday, April 26.

IRA A. FULTON College of Engineering

■Sugarhouse Aerospace, founded by student **Riley Meik**, won first place at the 2019 Student Innovator of the Year Competition. The \$7,000 prize was awarded to the company for the students' idea to make suborbital space tourism more affordable. Their business uses ride sharing to bring costs down, making it easier for the general public to experience space. The other businesses coming in second and third place were Neptune, a 100% biodegradable plastic alternative, and Kiri, an interactive teaching wood block designed to keep kids away from screens.

MARRIOTT School of Business

■Thrive Smart Systems, an irrigation technology company founded by a BYU Marriott alum, took home the grand prize of \$40,000 at the 2019 Utah Entrepreneur Challenge at the University of Utah. Thrive developed wireless sprinklers allowing landscapers and homeowners to avoid the complications with battery operated controlled sprinklers. Thrive was also awarded the people's choice award at the 2019 Student Innovator of the Year Competition. "A lot of people were asking for a wireless sprinkler system since many people found wired sprinkler systems troublesome," said CEO and co-founder Seth Bangerter. "Thrive Smart Systems wanted to be the company to make this change."

Business student pushes past family struggles

By JESSICA SMITH

Ashley Howe was just a few days old when she was left on the doorstep of an orphanage in Nan Jing, China. After she was adopted by an American family living in Portland, Howe said her entire life has been proving to herself, her parents and her peers that she will never stop fighting for success.

"I think I'll never be the smartest person in the room, but I will always work the hardest," Howe said.

Howe narrowed the sum of her life into three words: resentment, resilience and rejoicing. For as often as she felt she didn't measure up or have the resources she saw others had, Howe said the experiences of her childhood motivated her to work twice as hard for her goals.

Howe said it was likely the one-child policy in China that led her birth parents to abandon her in 1995.

China scholar Kay Ann Johnson wrote in her 2016 book "China's Hidden Children" that the policy was most strictly enforced in the 1990s and early 2000s. The majority of babies placed for adoption were girls, Johnson wrote, because of traditional preference for a son. Most Chinese parents Johnson interviewed said it was usually with great grief that parents abandoned or arranged adoptions for their children.

Howe said based off what her parents told her, conditions at the orphanage were challenging. At 12 months old, Howe said she hadn't even learned how to sit up because the majority of day was spent lying in her bed. Her face was covered with sores and blackheads from resting on her face, and she said she was given sugar water because the orphanage didn't have enough money for milk.

Howe said she doesn't blame her birth parents for the decisions they were forced to make, nor does she consider herself to be an adopted child. She feels gratitude for the love and preparation her parents put into obtaining and raising her. That love, Howe said, helped her grow up with a solid sense of self.

Howe's parents spent a strenuous year of social work visits filling out paperwork; sending money, gifts and clothing to the orphanage; and then embarking to China to pick her up. It was a lot of work, she said, which always made her feel privileged and loved.



Jessica Smith

Ashley Howe will begin working for Adobe in July as a strategy and business operations analyst.

"I've really just been so lucky to have the future that I've had," Howe said. "My dad always says, 'We're doing the best we can, Ashley,' so I've never felt like I can be angry or frustrated at my situation because it could always be worse."

Howe said she learned the value of hard work while growing up. Her dad worked three to four jobs at once so she never experienced much leisure time. In sixth grade, she helped her dad put newspapers in mailboxes after school, sometimes going from 5-10 p.m. Each member of her family has always worked, which she said has taught her diligence.

"There's so much to my childhood that I don't know how to piece it, and I didn't realize how hard it was until somebody told me," Howe said.

Every one of her siblings suffered from addictions or were victims of abusive relationships, she said. Their struggles included gambling, teen pregnancies, drug addictions, pornography, alcoholism and even homelessness.

"Their addictions made me so much stronger as a person, and I am grateful it was so up close and personal that it showed me what I didn't want," Howe said. "It's opened up my perspective on life, on honest struggles and insecurities — how raw life can be."

Howe said her parents were both alcoholics. This year marks 10 years since her dad quit drinking. Her mom hits two years this year.

"For my dad to be an addict, to stop and then to support his wife as she's an addict for the next 10 years says a lot about the resilience he has as a person," she said.

Confronting the myriad of addictions in her home is what built her resilience, Howe said.

When Howe was 6 years old, her grandmother moved into their house. Howe credits her grandma's moral integrity and "spunk" as a major source of light for her as she grew up.

Howe said her grandmother's praise kept her personal expectations high, and her grandma's activity in the Church kept Howe's faith strong.

In addition to her grandmother, Howe had a strong support system in the Young Women group in her area. The other moms were good parental roles in her life, she said, and she could talk to her friends when she felt there were things she couldn't talk about at home.

"It was really in Young Women that I learned what was expected of you as a daughter of God, even as a mother someday," she said. "It taught me basic principles of Christ and of happiness."

However, it wasn't until she served as a missionary in the Buenos Aires West Mission from 2015 to 2016 that Howe said she found people she could relate to more than anyone else in her life.

"They were just good people in crappy situations," Howe said. "Oftentimes they were converts that were a very small light in a big community. I was like, 'Oh, I get it,' because of where I grew up."

Howe became the first member of her family to attend college when she was accepted to BYU. She said this accomplishment marks a milestone not just for her, but for her entire family.

But coming to BYU was not without its hiccups.

"I really hated BYU when I first

came here. I hated everything because it was a daily reminder of everything that I didn't have," Howe said. "Instagram made it feel like everyone's life was just this montage of great moments and every time I called home, I got crappy news. And everyone has their issues, but everyone was superficially happy."

Howe said many people she met on campus and saw in blog posts had been sheltered and didn't have any idea what a life like hers is like.

Some of the comments directed at her, Howe said, have been ignorant at best. Once when she told a coworker that her dad was a mailman and her mother a custodian, he questioned why she bothered to come to college at all, she recounted.

Howe said it was in the global supply chain program that she finally found her place at BYU.

"These professors have been like my parents and mentors, and my friends have been like my siblings," Howe said. "We really pride ourselves on being a family — and that's what changed my perspective on BYU."

Professor Simon Greathead said he has known Howe for two years. She was one of his students in global negotiations and has served as an executive vice president in the Global Supply Chain Club, which he heads.

"Ashley is so very kind and considerate of others. She uses her intuition. I would also note that Ashley is mentally strong, extremely intelligent and wise beyond her years," Greathead said. "Her leadership in the Global Supply Chain Association has led me to believe Ashley is one of the finest young women you will ever find."

Howe said one of her biggest goals has been to earn a college degree, but what she really wants is an MBA. She said her dream following school is to work at a Fortune 500 company. Beyond that, Howe said she wants to get married in the temple and have a family and show people working moms can do it all.

Howe was recently offered a full-time job at Adobe in San Francisco where she'll begin as a strategy and business operations analyst in July.

She called this one of her life's greatest achievements and credits it to the friends and professors who spent hours every week aiding her in the final presentation she made for the company during the application process.

"If I could offer any advice, I would say not to be afraid to ask for help because people really do care about you and want to be a part of your journey," Howe said.

Looking back on her life, Howe said she is grateful for her family and who they've helped her become.

"I'm grateful that I got here, that I overcame the roadblocks, that I didn't just become another leaf in the cycle. I'm grateful for the gospel for that," Howe said. "I'm just grateful for my story. I didn't let my circumstances be my excuse."

#BYU hacks

The 'how to' at BYU

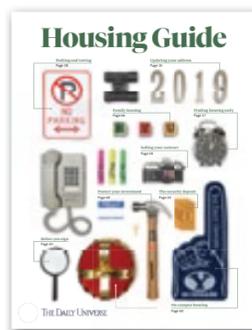
HOW TO
ACCESS
FREE
Counseling

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



Passive-aggressive notes from your roommates?

Pick up Housing Guide to learn more about conflict resolution.



New 2019 edition available on racks throughout campus.

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

IF YOU DIRTY A DISH, CLEAN IT!!!

Cleanliness is next to Godliness

189th Annual General Conference Quotes

“Love of the Savior and love of our fellow men and women is the primary attribute and motive for ministering and the spiritual purposes we were charged to undertake by our beloved prophet Russell M. Nelson.”



Ty Mullen

Elder Quentin L. Cook
Quorum of the Twelve Apostles

“We are to remember in as personal a way as possible that Christ died from a heart broken by shouldering entirely alone the sins and sorrows of the human family.”



Arianna Davidson

Elder Jeffrey R. Holland
Quorum of the Twelve Apostles



Hannah Miner

“We must remember that it is never too late and no one has ever wandered so far from the path that they are beyond the reach of the infinite atonement of Jesus Christ, which is limitless in its duration and scope.”

Bishop W. Christopher Waddell
Second counselor in Presiding Bishopric

Claire Gentry

“You know what temptations you are most vulnerable to, and you can predict how the adversary will try to derail and dishearten you. Have you created a personal game plan and playbook so that you will know how to respond when faced with opposition?”

Elder Gary E. Stevenson
Quorum of the Twelve Apostles



Ty Mullen

“Our personal responsibility is to learn what we should learn, to live as we know we should live, and to become who the Master would have us become. And our homes are the ultimate setting for learning, living, and becoming.”

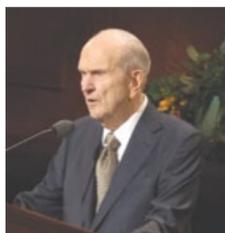
Elder David A. Bednar
Quorum of the Twelve Apostles



Hannah Miner

“As President of His Church, I plead with you who have distanced yourselves from the Church and with you who have not yet really sought to know that the Savior’s Church has been restored. Do the spiritual work to find out for yourselves, and please do it now. Time is running out.”

President Russell M. Nelson
President of the Church



Hannah Miner

“By raising your hand to sustain, you make a promise. You make a promise with God, whose servants these are, that you will sustain them.”

President Henry B. Eyring
Second counselor in the First Presidency



Claire Gentry

“Small actions fuel our ability to walk along the covenant path and lead to the greatest blessings God can offer.”

Elder Dale G. Renlund
Quorum of the Twelve Apostles



Ty Mullen

“The Lord has inspired His prophet and the apostles to implement a number of wonderful adjustments. However, I worry that the spiritual purposes of these adjustments might become lost in the excitement about the changes themselves.”

President M. Russell Ballard
Acting President of the Quorum of the Twelve Apostles



Arianna Davidson

“Wherever you are on this earth, there are plenty of opportunities to share the good news of the gospel of Jesus Christ with people you meet, study, and live with, or work and socialize with.”

Elder Dieter F. Uchtdorf
Quorum of the Twelve Apostles



Claire Gentry

“When doubts come to our minds, trusting in the Lord’s promises will be required to move forward. In this way we are exercising spiritual muscles and developing them into sources of strength in our lives.”

Elder Juan Pablo Villar
General Authority Seventy



Hannah Miner

“Deep and lasting happiness comes by intentionally and carefully living the gospel of Jesus Christ.”

Sister Becky Craven
Second counselor in the Young Women general presidency



Church Newsroom

“When tragedies overtake us, when life hurts so much we can’t breathe, when we’ve taken a beating like the man on the road to Jericho and been left for dead, Jesus comes along and pours oil into our wounds, lifts us tenderly up, takes us to an inn, looks after us.”

Sister Sharon Eubank
First counselor in the Relief Society general presidency



Claire Gentry

“The immediate goodness of God comes to all who call upon Him with real intent and full purpose of heart. This includes those who cry out in earnest desperation, when deliverance seems so distant and suffering prolonged, even intensified.”

Elder Kyle S. McKay
General Authority Seventy



Hannah Miner

“Our present and our future will be happier if we are always conscious of the future. As we make current decisions, we should always be asking, ‘Where will this lead?’”

President Dallin H. Oaks
First counselor in the First Presidency



Hannah Miner

“In addition to our rational minds, another dimension to gaining knowledge can give us guidance and understanding. It is the still and soft voice of His Holy Spirit speaking to our hearts and also to our minds.”

Elder Mathias Held
General Authority Seventy



Arianna Davidson

“Feasting upon the words of Christ will bring life-sustaining revelation, reaffirm our true identity and worth before God as His child, and lead our friends unto Christ and everlasting life.”

Elder Takashi Wada
General Authority Seventy



Arianna Davidson

“The Lord would have you establish a strong quorum, a place of belonging for each and every young man, a place where the Lord’s Spirit is present, a place where all quorum members are welcome and valued.”

Elder Carl B. Cook
General Authority Seventy



Ty Mullen

“The Spirit speaks to different people in different ways, and He may speak to the same person in different ways at different times. As a result, learning the many ways He speaks to us is a lifelong quest.”

Elder David P. Homer
General Authority Seventy



Church Newsroom

“You will find some of your greatest joys in your efforts to make your home a place of faith in the Lord Jesus Christ and a place that is permeated with love, the pure love of Christ.”

President Henry B. Eyring
Second counselor in First Presidency



Claire Gentry

“Remember, our homes are only as powerful as the spiritual strength of each one of us within the walls.”

Elder Ronald A. Rasband
Quorum of the Twelve Apostles



Arianna Davidson

“When we accept the Savior’s invitation ‘to come and see,’ we need to abide in Him, immersing ourselves in the scriptures, rejoicing in them, learning His doctrine, and striving to live the way He lived.”

Elder Ulisses Soares
Quorum of the Twelve Apostles



Claire Gentry



Ty Mullen

“We have an inspiring charge from the Lord — working with our sisters, we are to minister in a holier way; accelerate the gathering of Israel on both sides of the veil; establish our homes as sanctuaries of faith and gospel learning; and prepare the world for the Second Coming of Jesus Christ.”

Elder Kim B. Clark
General Authority Seventy



Ty Mullen

“Because of the Savior’s Atonement, we can have an eternal perspective that gives meaning to our trials and hope for our relief.”

Brother Tad R. Callister



Ty Mullen

“Nothing is more liberating, more ennobling, or more crucial to our individual progression than is a regular, daily focus on repentance.”

President Russell M. Nelson
President of the Church



Ty Mullen

“Repentance begins with our Savior, and it is a joy, not a burden.”

President Dallin H. Oaks
First counselor in the First Presidency



Ty Mullen

“We have the assurance that in His own way and in His own time, Heavenly Father will bless us and resolve all of our concerns, injustices, and disappointments.”

Elder Brook P. Hales
General Authority Seventy



Claire Gentry

“No choice, no alternative, that denies the companionship of the Holy Ghost or the blessings of eternity, is worthy of our consideration.”

Elder Neil L. Andersen
Quorum of the Twelve Apostles



Church Newsroom



President Henry B. Eyring waves as he exits the Conference Center after the Sunday afternoon session of General Conference.

Hannah Miner

THE 'ORANGES' OF THE MUELLER INVESTIGATION



Bennett Chattanooga Times Free Press



Tweet Beat

#BYU #BYUprobs

Want to see your tweet in print? Tweet something about life around you with #BYUprobs or #BYU and hopefully it makes the cut.

Leave comments at universe.byu.edu or @UniverseBYU

@cassieeee26

"If I'm not engaged by this time next year, I'm going to be a 21 yr old spinster"
@HeardAtBYU

@victoriagarvin

guy: "gluten-free means there's no happiness in it."
girl: "my life is gluten-free."
@HeardAtBYU

@kaiko_13

"His name is Gus. Well, actually his name is Haggis but his cool name is Gus."
@HeardAtBYU

@sydneyhone97

Leave it to BYU students to bring conference rumors into class discussions
@HeardAtBYU

@ElizaLahti

Girl 1: "I had a dream that I announced that I was pregnant before I took a pregnancy test"
Girl 2: "I had that same exact dream!!"
@HeardAtBYU

@JulietteBall15

"It's called depression meatloaf- you replace the meat with cottage cheese"
@HeardAtBYU

@BrandonJayC

Married couple in my religion class: "Do we just have a bunch of babies because we can?"
@HeardAtBYU

@lizzy_ericksen

"Beyoncé is a national treasure" -philosophy professor who is my favorite person
@HeardAtBYU @byuprofessors

@faulity_humor

Friend 1 frying hash browns off a hot plate as the bell rings: dang it, I have class!
Friend 2: just take it into class. fry it in the corner.
Friend 1: ...
@HeardAtBYU

@molly_moo_who

"If it doesn't look like Kuzco it's an alpaca."
@HeardAtBYU

@aagstars5

"Do you follow Leonardo Da Vinci?"
@HeardAtBYU

@andrewreed_

"If I can make it up these stairs, I can make it through the rest of my day" - a girl walking up the stairs by the RB @HeardAtBYU

@AaronJustvig

Person: what does your shirt say?
Me: it's text for a book, Moby Dick.
Person: a very sad story. Vengeance is not the way and is the path down to our ultimate destruction.
Me: yeah.
Person: anyway welcome to Chick fil a how can I help you?
@HeardAtBYU

@hanofearl

"And then she got married. Rest In Peace."
@HeardAtBYU

@logz57

Two bros talking in the cougar eat:
"When I say I love you bro I mean it, like, the L-U-V, not, like, the L-O-V-E, ya know man?"
@HeardAtBYU

@thebeej37

"I'm just tryna be righteous with you"
@HeardAtBYU

@_scosgrove

Girl 1: "so uh my optometrist died"
Girl 2: "didn't see that coming"
@HeardAtBYU

@emily_brooks2k

My favorite thing about driving in Utah is that you can go 80 mph and a minivan will still pass you at like 100... like who are you delivering a casserole to, Susan??

@YouSweetThing

Things yelled in the Cannon Center: "I WANT AN ARRANGED MARRIAGE!"
@HeardAtBYU

@ldssmile

Well that does it folks. We will see 98% of you who only use Twitter twice a year in 6 months from today. 🙄🙄🙄
#GeneralConference

@AriWRees

Maybe the real conference rumors were the friends we made along the way.
#GeneralConference

@hankrsmith

In just 3 years, Elder @GerritWGong earned a Master's Degree and a Doctorate Degree from Oxford University, where he was a Rhodes Scholar.
AND he was in the Bishopric.
I haven't gotten out of my pajamas yet today.
#GeneralConference

@Mormonger

I got married in Arizona. 115 degrees while wearing a suit. I too testify that AZ is uninhabitable.
#GeneralConference | #ElderRenlund

@AriWRees

"Some of us are just so tired."
An eternal mood.
#SisterEubank #GeneralConference

Tweets are unedited

READERS' FORUM

LGBTQ community

Within the Church community there is another one: the LGBTQ community. While Church policies haven't been perfect, the Church has recently extended its hand to people who legitimately struggle with same-sex attraction. It recognizes same-sex attraction as a real issue that members around the world confront. Even with the emphasis the Church has placed on embracing these fellow members, people have a hard time letting go of the dissensions we've had in the past.

It is important to recognize that there is a rift between the Church and people struggling with same-sex attraction because of the ideals the Church holds dear regarding the marriage between a man and a woman. Still, people need to make a conscious effort to change their mindset regarding members with same-sex attraction. The Church's official website, known as mormonandgay.lds.org, states members with this struggle can still "... enjoy full fellowship in the church, which includes holding the priesthood, carrying out callings, and attending the temple." These members long to feel included and long for the same blessings afforded to all who choose to follow Christ. They should never feel alienated from the Church.

The Church of Jesus Christ of Latter-day Saints is open to all. We are all striving to be disciples of Jesus Christ regardless of the secret struggles we find ourselves with. Members who strive to follow the prophet and become more like Christ will strive to extend a loving hand and embrace all members regardless of their sexuality.

—Paige Rose
Henderson, Nevada

Honor Code

If you have connections with the BYU community, your social media was likely flooded the past few days with horror stories of the Honor Code Office. In addition to the stories, there is a plea to sign a petition to reform the Honor Code. I became confused at the apparent discrepancy — people are complaining about one thing and asking to change another.

When examined closely, it becomes clear most people's serious grievances center around the procedures of the Honor Code Office, not the Honor Code itself. Many students felt they had been wrongly accused or their specific situation had been dealt with unjustly. Why then is the petition aiming to change minor standards of the Honor Code rather than the procedures? If students want the dealings of the Honor Code Office to change, they must focus their efforts on encouraging more transparent and straightforward procedures to ensure all cases are dealt with justly. Changing the Honor Code standards without amending the procedures will only lead to more gray areas where the Honor Code Office actions could be unfair.

Students argue at a religious school such as BYU, the Honor Code Office is in direct opposition to Christ's teachings of forgiveness. However, forgiveness does not equal an absence of accountability. Although a student can be forgiven of their transgressions in a spiritual sense, they are not exempt from

the consequences — which may include disciplinary action from the university at which they agreed to not participate in such behaviors.

While we, as students, advocate for improvements in the procedures of the Honor Code Office, let us not forget what a privilege it is to be a BYU student. There are many Church members all over the world who will never have a chance to attend this great university, but whose sacred tithing funds subsidize our world-class education. Students and BYU affiliates are eager to sign the petition and enact change, but one must wonder if in a world of online petitions that take seconds to sign, are we signing our names onto the correct cause? Let us think carefully about what we post on social media and how we choose to represent ourselves, because we are ultimately representing BYU and The Church of Jesus Christ of Latter-day Saints.

—Alexa Winters
Lindon, Utah

Planned Parenthood

When women and men have control of their bodies, they feel confident with themselves and can empower each other and the rest of society. When there are 2.5 million people who rely on Planned Parenthood to have the care they need, it should be a no-brainer that something that helps so many should not be taken away. Planned Parenthood serves those who have low income and those in underserved and rural communities.

Planned Parenthood provides beneficial reproductive services for both women and men. Women receive pap smears, lifesaving cancer screenings, vaccinations, contraceptive, sex education and more for little to no charge. Men can get STI screening and treatments, counseling and referrals for free or low-cost vasectomy, testing and counseling for HIV and more with the same low charge.

People of color and those in the LGBTQ community are less able to access quality health care because of racism, sexism, classism and other systemic barriers. People with lower incomes go to Planned Parenthood. If people do not have health care with their job, they use Planned Parenthood's services. When it comes to birth control or other services, no co-pay means extra money toward anything. Having access to basic preventive health services relieves people of worries of having to pick between extra money towards food or other necessities in life. Women are able to keep the extra money and their lives, contribute to the economy and much more when they feel at peace with their bodies. Men are able to help themselves and contribute to helping women's health by being safe themselves.

Planned Parenthood provides a safe environment and services people need without having to decide what they can afford. These patients do not want to make a political statement, they want to come in for the basic services they need so they are able to go out into the world feeling confident. Help these people provide for themselves and their families, while feeling confident and empowered along the way.

—Laurel Heer
Dublin, Ohio

OPINION OUTPOST

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

Law enforcement

Perhaps the most important asset in a law enforcement officer's tool kit weighs nothing, costs nothing and provides more protection, to both the officers and to the community, than any of those items or gadgets. It is the trust of the public.

Building and keeping the public trust can be difficult. But it is crucial. And deserves to be noticed whenever it happens.

—Editorial Board
The Salt Lake Tribune

Church LGBT policy

Religious leaders and followers have long grappled with paradoxical points of doctrine. Thursday's announcement from The Church of Jesus Christ of

Latter-day Saints relating to the baptisms and blessings of children of LGBT couples is no exception.

It may also serve as the latest example of how revelation can come, in part, through a process Joseph Smith said involves "proving contraries."

"Proving" in this context no doubt requires deliberation, study, fasting and prayer. It requires searching for, and understanding, God's will. The answer comes in the form of revelation.

Without changing its doctrine on marriage or the family, the Church of Jesus Christ is aiming to "reduce the hate and contention so common today." The new policy reflects that goal.

—Editorial Board
Deseret News

Utah tourism

There is a lot of recent talk about how the Utah's technology economy has taken off, but the

recreation economy is roaring, too. (In fact, Utah's technology economy is built on access to recreation.) But we're not keeping up with the infrastructure to handle more people, and the conflicts are growing.

Instead of dismantling monuments, our Congress members should be leading the fight for well-funded management of our federal lands. That would benefit Utahns and their millions of visitors.

—Editorial Board
The Salt Lake Tribune

Open marketplace for repairs

A giant John Deere tractor and a pocket-size Apple iPhone have something important in common: The cost of repairing either one is too high.

An open marketplace for repairs benefits consumers, independent retailers and the environment. Modern devices

are increasingly complicated; that concept is not.

—Editorial Board
The New York Times

Alabama prisons

"Horrifying" is too tame a word for the conditions documented in Alabama's prisons by a chilling report the Justice Department released April 3. If conditions do not change, and soon, federal officials must force reform.

It is good the Justice

Department is paying attention. Now it must follow through. Such barbarity is not tolerable.

—Editorial Board
The Washington Post

Brunei

The tiny oil-rich nation of Brunei implemented a particularly brutal version of Sharia law this week under which men who engage in homosexual activity or adultery or women who have abortions may be stoned to death.

Brunei defends the new code, saying "apart from criminalizing and deterring acts that are against the teachings of Islam, it also aims to educate, respect and protect the legitimate rights of all individuals, society or nationality of any faiths and race."

That's baloney. If Brunei hopes to educate, respect and protect people's legitimate rights, it will reverse this odious law immediately.

—Editorial Board
Los Angeles Times

WE WANT TO HEAR FROM YOU

The Universe encourages students, faculty and BYU staff to add their voice to ours by writing letters to the editor and guest editorials, or by submitting editorial cartoons.

- All letters should be submitted by email to universe.ideas@gmail.com. The topic of the letter should be included in the subject line.
- Letters should also include the author's name, hometown (for students), campus position (for faculty and staff) and phone number. Anonymous letters will

not be published.

- Letters should be no more than 250 words and may be edited for length, clarity or style.
 - Guest editorials should be 500 to 700 words and are encouraged from individuals with professional or academic expertise on the topic.
 - Original cartoons are also welcome.
- Opinion editor Josh Carter can be reached at universe.ideas@gmail.com.

Track and Field claims multiple All-American honors

By EMILEE ERICKSON

BYU's men's and women's track and field teams had six athletes receive All-American honors from the U.S. Track & Field and Cross Country Coaches Association.

The men's team had three athletes receive All-American honors: Conner Mantz, Connor McMillan and Clayton Young.

Head coach Ed Eyestone said the team's goal at the beginning of the season was to place in the top 25. However, that goal changed to place in the top 20 as the season progressed. Eyestone was thrilled with how both teams competed.

Heading into the NCAA Indoor Championships, the final indoor event of the season, Eyestone was confident the athletes would perform well.

"We were optimistic going in there," Eyestone said. "We felt like we could score enough points to get us in the top 15, and the guys really came through."

Mantz finished in 10th place in the 5,000-meter with a time of 13:51.45 at the indoor championships. He was awarded second-team All-American for the performance. The following day, he competed in the 3,000-meter and took seventh, earning BYU 5 points. He ran the event in 7:56.72 and received first-team All-American.

Over his BYU career, Mantz ran a personal best 13:39.27 in the 5,000 during the Iowa State Classic in 2019, more than 23 seconds faster than the race that garnered him All-American honors. Mantz also ran a 4:17.15 mile, along with competing in the 3,000 and 10,000-meter events. The sophomore was a 2018 All-American honorable mention after finishing 22nd overall in the 10,000 meter.

McMillan ran the 5,000-meter in 13:46.88 and also achieved first-team All-American in the NCAA championship event. In the 3,000, the senior received second-team All-American honors with an 11th place finish.

During his BYU tenure, McMillan set a personal mile time of 4:04. During his four-year campaign at BYU, the senior has received All-American second team honors four times and an honorable



BYU Photo

Clayton Young leads the pack in a 5,000-meter event. Young's personal best in the 5,000 happened in February at the Iowa State Classic where he ran a 13:34.46. Scan this photo with the **Universe Plus** app to read or listen to a Portuguese translation of this story.



mention once.

Young placed third in the 5,000, recording a time of 13:45.35, and was named a first-team All-American during the 2019 Indoor NCAA Championships. The next day, he ran a 7:55.86 in the 3000 meter and finished in sixth place. That performance also earned him first-team All-American.

This was the first time the senior has received first-team All-American honors in his career. The American Fork native previously received All-American second team honors four times and was an honorable mention twice.

"To now be able to say that I am a first-team All-American — that definitely has a ring to it," Young said.

The women's team also had three athletes achieve All-American status: Erica Birk-Jarvis, Whittini Orton and Andrea Stapleton-Johnson.

Birk-Jarvis achieved first-team All-American honors in two events. She ran on BYU's distance medley race team that took second place and also placed fifth in the 3,000 running a 9:05.62, which scored 4 points for the Cougars.

Birk-Jarvis is no stranger to accolades. The Coalville native was named WCC runner of the week twice during the 2018 cross country season, along with being named a first team All-American twice. She is now a four-time All-American athlete.

Orton competed in the mile finishing

12th overall and received second-team All-American honors. In 2018, Orton was named a first team All-American during the indoor championships for her seventh place finish in the one mile event, running one mile in 4:35.44. Orton was also an honorable mention in 2018 for her 19th place finish in the 1,500-meter at nationals.

During practice in the two weeks before championships, Stapleton-Johnson dialed in and focused her energy on her jumps. Her main focus was to live in the present and focus on the here and now. Stapleton-Johnson explained implementing this focus in all aspects of her life before the competition was a key factor to her success.

Stapleton-Johnson competed in the high jump with a 1.81m/5-11.25 on her third attempt at the 2019 Indoor NCAA Championships. She scored one point, received eighth place and was named a first-team All-American for the first time in her career.

"I'm proud of how I did, and it leaves me hungry for more," Stapleton-Johnson said.

Both men's and women's teams have had successful season in track and field as well as cross country. Because of these strong finishes, both men's and women's athletics at BYU rank within the top 25 in the Capital One Cup standings. The men hold the 22nd spot while the women are ranked sixth.

Cougarettes win double national championship

By ROBERT JAMIAS

The BYU Cougarettes clinched the National Dance Alliance National Championships in the hip hop and jazz divisions on April 5-6 in Daytona, Florida, winning their 18th and 19th national titles.

This weekend marked the team's first two-division championship win since 2015, though the team had won 17 national titles before 2019. In the hip hop division, the Cougarettes defeated their rivals from Louisville, Kentucky, who won the division at the 2018 NDA National Championships.

Leading up to the weekend, long-time head coach Jodi Maxfield was optimistic about the team's championship trajectory. The 2019 Cougarettes roster is young with more than half of the 19 dancers being freshmen, but Maxfield said she felt like she was working with a team of veterans.

"Every one of my teams I consider special, but I think this team has just come together in such a unique way," Maxfield said. "I have 10 freshmen on this team who have just felt like veterans from the start. Their routines have come together so quickly because they are really a unified team."

Unification was an important theme for the BYU women this year and was part of the team's double-championship success. Team captain and three-year team member Emery Wride said this Cougarettes team is the most united team she's



Adam Petersen

The BYU Cougarettes pose with their championship trophies and banners. The team won the 2019 titles for hip hop and jazz.

been on.

"This is my third year on the team and I haven't had a team be this united," Wride said. "There's something special and you don't get a team like that very often."

Among the supporters who traveled to Florida to support the team was BYU Athletic Director Tom Holmoe. The Cougarettes, formerly a part of the dance department, switched to the athletic department in recent years.

In addition to the Cougarettes' new national titles, the International Cheer Union has selected the team to represent the U.S. at the World

Championships, which commence April 23.

The Cougarettes will have the opportunity to once again showcase their national championship-winning hip hop routine, hoping to bring home their first world title to BYU and the U.S.

Maxfield has coached the Cougarettes to multiple national titles, but the team's upcoming appearance on the world stage in Orlando will be her first time coaching at the international level.

"I think it's incredible," Maxfield said. "It's the Olympics of cheerleading."

Junior hockey team victims remembered a year after crash

ASSOCIATED PRESS

Carol Brons spoke as a grieving mother, after prayers and songs filled the Saskatchewan hockey arena. Her daughter was one of 16 people who died when the Humboldt Broncos junior hockey team bus collided with a semi at a rural intersection. Thirteen others were injured.

Brons spoke April 6 at a memorial marking the anniversary of the collision and described the day as a milestone.

"Not a joyful milestone, but one of perseverance, faith and courage," Brons said. "We are not preachers, we are moms. And like many moms before us, we have lost a child."

The crash brought the nation and the world together in grief, Brons added, and got people talking about the importance of mental health and changes in transportation.

"Good must continue to come from this," she said.

The Broncos were on their way to a playoff game when a semi driven by a novice trucker barreled through a stop sign and into the path of the bus.

Jaskirat Singh Sidhu of Calgary was sentenced last month to eight years for dangerous driving causing death and bodily injury.

The memorial service at the Humboldt rink started with a moment of silence at 4:50 p.m., the time of the collision. Rows of yellow banners were suspended above the main entrance with the names of all 29 people who were on the bus that day.

Canadian Prime Minister Justin Trudeau lauded the "courage and professionalism" of first responders and the



Associated Press

A memorial honors the victims of the Humboldt Broncos junior hockey team bus crash.

resilience of the community.

He said in a statement that while "we cannot forget pictures of the wreckage" that shook all of Canada "what will stay in our hearts forever are images of compassion and strength."

Trudeau noted the examples of "players clapping hands, united, in the hospital ward; young men learning to stand, walk and take to the ice again," and "hockey sticks leaned up against thousands of Canadian front doors."

Conservative Leader Andrew Scheer pointed to the outpouring of support from across the country, while expressing his own difficulty making sense of the loss.

"As a parent and a Saskatchewanian, I still find myself without adequate words to capture how this tragedy has been felt by our province, and our nation," he said in a statement.



Associated Press

March Madness creates viewership in part because of the hype behind bracket creation.

Underdogs, brackets propel March Madness hype

By EMILEE ERICKSON

Postseason play for NCAA Division I men's basketball, which ended April 8, is known by its historic name: March Madness.

The NCAA Division I men's basketball tournament has been held every year since 1939. Sixty-eight teams compete in the single-elimination tournament to advance through seven rounds for a chance at the national championship.

"The NCAA tournament provides great matchups and great games. It is the nature of most college sports that anyone can win a given match," BYUtv Sports Producer Travis Cameron said. "Making a bracket provides a way for people to be connected to the tournament and become more than just spectators."

March Madness is filled with upsets, underdogs and buzzer-beaters. The single-elimination factor pressures the teams to win to continue their season. Many aspects of March Madness create hype within the

fan base, including unexpected wins and bracket creation.

"I love seeing small schools get a chance to compete on the big stage. It's really cool to see who will be the Cinderella team each year. I love watching upsets," said BYU junior Joe Gray.

Loyola Chicago was the Cinderella story in the 2018 NCAA tournament. The No. 11 seeded team upset No. 6 seed Miami with a buzzer-beater to advance to the second round.

"I think it's so popular because you invest in a bracket you've made and that causes you to be more interested to watch the games," said BYU junior Daniel Zamarripa.

This year, an Ohio man predicted the first 49 games correctly in his bracket, breaking the previous record of 39. His bracket remained perfect until the Sweet 16 when Purdue beat Tennessee in overtime.

Predicting a perfect bracket is as likely as correctly choosing the outcome of a coin flip 63 times in a row. It equates to having a 1 in 9.2 quintillion odds of having a perfect bracket.

The 'Eppich' relationship of 2 BYU athletes

By NATALIE ORR

Lyndie Haddock-Eppich created a legacy for herself during her time as a member of the BYU women's volleyball team. She sits at No. 7 for the all-time highest number of assists at BYU with 3,470 total career assists. She also led all setters in the nation with an average of .93 blocks per set during her final season in 2018.

Lyndie said she believes it takes trial and error to learn how to balance one's social, spiritual and academic worlds as a student athlete.

"Be ahead in everything and always be prepared for a week when you're going to travel," Lyndie said. "Academics gets pretty hard mid-semester when you're gone a lot of the time and your professors still expect the same from you."

In addition to the responsibilities a student athlete typically juggles, another bullet on Lyndie's to-do list is investing in a healthy relationship.

Her husband, Kraymer Eppich, threw javelin on the BYU track and field team. The two connected three and a half years ago at a student athlete fireside on campus at The Wall. After sitting next to each other for the duration of the night, Kraymer challenged Lyndie to a ping pong match.

"I was like, 'I'm going to go easy and let her win,'" Kraymer said. "I thought she was cute, but then she just smoked me. Actually, she absolutely destroyed me."

Kraymer then invited Lyndie on a date. After a few dates, she wanted to be just friends. A close friend of the couple, former BYU women's volleyball player Madeline Graham, commented on Lyndie's confusion.

"One time, we were in the



Hannah Miner

Kraymer and Lyndie Eppich pose together inside the Smith Fieldhouse. The Eppichs met during a student athlete fireside.

car and she said, 'I could never date Kramer. He reminds me too much of my brother,'" Graham said.

After a few months of spending time together in a group of friends, Lyndie gave Kramer a second chance.

"I just remember one weekend we went on a trip together, and before we left, she turned to me and said, 'I like Kraymer,'" Graham said. "Something just switched."

While Lyndie originally hesitated on a relationship with Kraymer, their friendship and similar passions pushed them together.

"I had to become friends with him first to see if I liked him," Lyndie said. "We're pretty similar on a lot of our likes and dislikes. Obviously we're not the same, but that's what made us attracted to each other."

As the Eppichs established

a relationship, the reality of their heavy schedules set in. Kraymer said they only saw each other late at night when Lyndie finished volleyball practice, but even that wasn't much time because they had to get up early for weights the next day.

They each made a point to attend each other's meets and games but spoke little of their sports outside of practice.

"When we were dating, I asked her questions about practice, but in my opinion, at the end of a day full of classes and practice, you don't always feel like talking about your sport," Kraymer said.

Kraymer added he appreciated their common interests and deep discussions during their courtship.

"There's a lot more to her than just volleyball," Kraymer said. "We enjoyed talking about other things than just sports."

After a year of dating, Kraymer proposed, and the two athletes were married six months later on June 29, 2018, in the Mount Timpanogos Temple. Kraymer said their relationship has been much easier since they got married.

"You don't have to do all the dating and trying to figure each other out," Kraymer said. "You already know what to expect."

Meanwhile, Lyndie said she felt the need to adjust the focus she held for several years prior their marriage.

"In college, the thing that was most important to me was my sport," Lyndie said. "That's what keeping us at this school is that we have a sport. But now we have to balance how important our relationship is."

The two are competitive as athletes, which extends into other aspects of their lives. For example, they strive to maintain impressive GPAs.

"One semester, we were comparing our GPAs and she had a 3.79 and I had a 3.80," Kraymer said. "It was just (0.01) difference, but Lyndie said, 'Why do you have to make everything a competition?' I didn't even know that we were that close."

Lyndie said this competitive nature in no way causes tension in their relationship.

Since graduating last December, Kraymer put effort into medical school applications and plans on studying on the West Coast. After graduating in April in public health, Lyndie hopes to work in a hospital or school.

The couple continues to be an example to their close friends as they strive to support each other in their athletic pursuits.

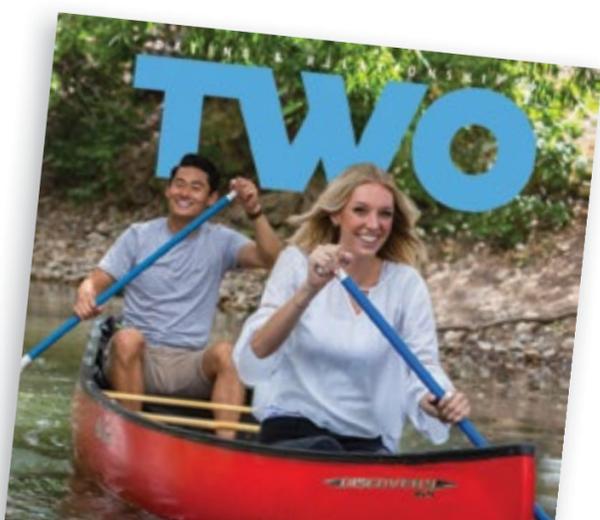
"It was fun to watch their relationship because they totally support each other in everything," Graham said. "It was neat to see her get spoiled by him. They're perfect."

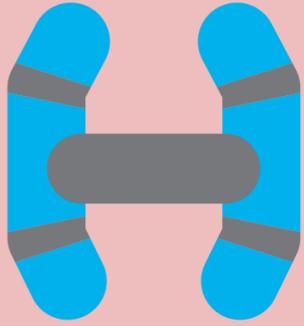
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