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# THE UNIVERSE

Serving the Brigham Young University Community

## BYU football mentors inner-city youth

By JENAE HYDE

BYU football Head Coach Kalani Sitake has had a desire to give his players service opportunities outside of BYU athletics and personally funded endeavors for years. In 2016, he began contemplating organizing his own charity, but knew that in order to bring his idea to life he'd need some help.

Sitake reached out to former BYU football staff member Duane Busby, who served as the administrative assistant to former Head Coach LaVell Edwards for five years and retired from BYU as the director of football operations in 2014.

Although Busby had vowed to spend his retirement somewhere with palm trees, he stayed in Utah Valley to help Sitake start and run the More2Life Foundation.

"The foundation came about because we wanted something to help promote and fund our players' service and charity work, and they didn't really have a vehicle for that," Sitake said. "So, the goal was to provide them pretty much limitless opportunities to do service."

The foundation's name is a reminder that there is more to life than what people may know or focus on, like football for the BYU players, and the "2" is a representation that you can always think of others outside of yourself, Sitake said.

After he was appointed BYU football's head coach in 2016, Sitake said he met with Edwards every week of that first year. During his visits, Sitake said Edwards expressed excitement about the service BYU football was doing as a coaching staff and team.

Sitake explained that Edwards' love and connections to Harlem helped inspire the More2Life Foundation's service in the area. Through the foundation, BYU football made its third trip to Harlem in June 2019.

LaVell and his wife Patti Edwards served a mission for The Church of



Jenae Hyde

Head Coach Kalani Sitake addresses Harlem Jets football players on June 22.

Jesus Christ of Latter-day Saints in New York City from 2002 to 2003. During that time, the Edwards became involved in the Harlem community. LaVell even aided Harlem locals in reviving football in the area.

After a lack of high school football in Harlem which lasted over 62 years, former NFL player Duke Ferguson organized a high school football team called the Harlem Hellfighters in 2003. One of his players was a member of The Church of Jesus Christ of Latter-day Saints. Edwards home taught this young man, who then connected Ferguson with Edwards. Edwards counseled coaches, shared BYU game tape and connected them with the NFL in

order to get donations.

With Edwards' Harlem connections in mind, Sitake's More2Life Foundation began finding service opportunities in the New York area in fall 2016.

### The beginning of More2Life

The More2Life Foundation leadership selects 30-35 BYU football players each year for the service trip. The cost limits the number of players who can take the trip to New York.

"The only problem is that we wish we could take more," Sitake said. "The whole team wants to do it, so the hard part is selecting only the 35 guys that get to go."

Although there isn't a specific criteria

that qualifies the chosen players, the foundation's Harlem partners prefer players who look like their kids so they can relate easier. The foundation also considers players who work well with kids, have varying backgrounds, are natural leaders and may have never had the opportunity to travel to New York before.

In the foundation's first two years, leaders reached out to over 20 schools and only three or four expressed interest in a visit. In those first two trips, players visited a couple of schools in the Brooklyn and Harlem areas.

However, not every school was in dire need of outside aid. As a result, the foundation began researching what schools would best fit their mission and would benefit the most from their support.

More2Life visited The Sojourner Truth School in the summer of 2018. After learning more about the school's situation and needs, More2Life began focusing its efforts towards this school.

In the foundation's first year, it also made a service trip to the Compton, California area over Memorial Day weekend. Busby said it was a good experience, but pointed out that their foundation's model could not support two trips financially.

"It makes more sense to take one trip and work with multiple partners there than to try and travel all over the country," Busby said. "It's just too expensive."

Besides Sojourner Truth, More2Life also partnered with the Harlem Jets, a Harlem-based, non-profit youth sports organization. The organizations' relationship began in the summer of 2017 during the foundation's first trip to New York.

### Partners' main goal

Harlem Jets and Sojourner Truth leaders hope their kids use knowledge obtained while working with the More2Life Foundation to achieve higher education, particularly acceptance into private schools.

See HARLEM on Page 8

## Striving for better gym workouts

By AARON FITZNER



Making the gym an enjoyable experience can help anybody progress both physically and mentally.

The gym is a safe space for a lot of people — a place to build confidence and emotional strength, not just muscle. There are plenty of physical and mental benefits that come from going to the gym, but that doesn't make going easy. In order to reap the greatest rewards that gyms offer, it is important to make it more than a leisure activity.

Josh White, a personal trainer and owner of Alchemy Fitness in Calgary, Alberta, said, "You know that what you do in the gym is going to benefit you outside of the gym. It's going to improve your self-confidence, and make you feel empowered."

### Go for yourself, not for others

If you're going to go the gym, make it a personal experience. Separate yourself from others so that you are going for your own well being, not for any type of positive or negative personal spotlight.

It is easy to get into the groove of comparing yourself to others. It's also easy to think that other people are watching how much weight you are lifting or the pace you are running at. Get yourself out of that mindset. Chances are, no one is watching if you are setting the weight on your machine higher or lower than the person who used it before you. Get into your own zone and do things for yourself.

"Every workout has to start with a good warmup," White said. "Turn your phone on airplane mode so you have no distractions. Get a good sweat going, follow a plan, get some good tunes, stay focused and you're going to have a successful day at the gym."

There are many ways to separate yourself by getting into your own zone, including listening to a workout music playlist, setting goals and having a routine. Use these guidelines to create your own personal space that is separated from those around you.

### Set goals

Set goals and make plans. You've probably heard this before, but not only do goals help with motivation, they help give a sense of accomplishment when reached. It's a lot more rewarding to work towards something rather than aimlessly put in work. Make your goals realistic but not too easily attainable. It's OK to come up short sometimes, especially if it means you're progressing.

Goals should reflect where you would like to go and your willingness to put in the effort. When you reach your goals, set new, higher goals. Let achieving a goal mark the end of a chapter, not your whole journey. Once achieved, set new goals and continue to push yourself.

"You can't be going in without knowing what you're needing to do," White said. "Your fitness is a personal investment in yourself."

### The gym is not a social gathering

Going to the gym with a friend can be great, especially when it comes to keeping one another motivated. Proceed with caution, however. When a gym buddy becomes your crutch, your gym attendance will falter whenever your friend can't come. Be comfortable going to the gym alone.

See GYM on Page 2

## Task force, non-profits fight human trafficking

By KARINA ANDREW

Human trafficking is a lucrative worldwide criminal industry. Millions of people are living in slavery today — even in Utah County.

"People are vaguely aware (of human trafficking), but tend to think of it as an international problem — something that happens somewhere else," Matthew Mason, faculty advisor for BYU's Anti-Human-Trafficking Club, said. "(However) both sex trafficking and labor trafficking happen in Utah County."

Some unique factors contribute to this local criminal enterprise. I-15 serves as what Mason called a "corridor" for trafficking, allowing traffickers to take their victims across state lines. In Utah County, sex trafficking is more common than labor trafficking, despite opposite worldwide trends.

The Utah Attorney General's SECURE Strike Force, a law enforcement partnership targeting human trafficking, has 20 active human trafficking investigations, according to task force coordinator Anna Fletcher. Between January and June, SECURE conducted 37 investigations and prosecuted three cases, all of which ended in conviction.

The number of local human trafficking cases has risen in recent years, though according to the Attorney General Office assistant chief of investigations Nathan Mutter this is a result of increased awareness rather than increased crime.

This increase in awareness, he said, is largely because of the Utah Trafficking in Persons Task Force, which was commissioned by Utah Attorney



Britany Rich

Traffickers are often likely to target refugees, undocumented immigrants and other at-risk populations for labor trafficking.

General Sean Reyes to combat modern slavery.

The task force is comprised of many entities, including SECURE Strike Force and other law enforcement agencies, nonprofit organizations, victim advocates and victim outreach groups. These entities gather monthly for conferences where they receive training, network among services and discuss problem-solving tactics.

The task force also offers presentations for citizen, church and community organizations to train, educate and raise awareness of human trafficking. These trainings teach individuals what human trafficking is and how to recognize and respond to warning signs.

"If we only train the people that interact with folks involved in human trafficking, then we're missing a whole lot of the population that can potentially see it and not know it," Mutter explained.

The most common victims of human trafficking are at-risk groups, such as runaway youths from broken homes, undocumented immigrants and refugees, the homeless and kids aging out of the foster care system. Traffickers exercise control over their victims by promising them employment or housing, seizing the victim's legal documents or posing as a romantic partner to establish an intense emotional bond.

"Traffickers are good at spotting a victim's weakness, a victim's vulnerability," Mutter said.

Traffickers then exploit these vulnerabilities to maintain control, causing victims to feel trapped and powerless.

Many local organizations work with the task force. Operation Underground Railroad, a Utah-based nonprofit dedicated to fighting child enslavement, supports and consults with law enforcement agencies worldwide.

The organization has assisted in the arrest of 1,511 child sex traffickers and the rescue of 2,797 trafficked children since it was founded in 2013 according to nonprofit public relations manager Brielle Colby.

BYU's Anti-Human-Trafficking Club also fights local slavery. The club hosts events to raise awareness about human trafficking and provides service and fundraising for nonprofit and government organizations. These and other groups coordinate with the Utah Trafficking in Persons Task Force to rescue victims and bring justice to perpetrators.

"At the end of the day, it's about serving the victims involved in the trafficking and then holding their traffickers accountable," Mutter said.

To report any warning signs of human trafficking, call the National Human Trafficking Hotline at 888-373-7888.

# UNIVERSE news briefs

FROM THE ASSOCIATED PRESS



## Event pairs people with disabilities with hunters

A Utah man who has been in a wheelchair for more than three decades has created a pheasant hunt for people like him who need help getting into the outdoors.

Clint Robinson broke his neck after being thrown off a horse at a rodeo 32 years ago. He's done his best to keep getting into the outdoors to hunt and fish.

The event pairs people that have physical disabilities with hunters who help them with whatever they need. Many go in off-road vehicles.



## Kavanaugh accused of sexual impropriety, again

Several Democratic presidential candidates lined up to call for the impeachment of Supreme Court Justice Brett Kavanaugh in the face of a new, uninvestigated, allegation of sexual impropriety when he was in college.

Kavanaugh was confirmed last October after emotional hearings in the Senate over a sexual assault allegation from his high school years.

The New York Times now reports that Kavanaugh faced a separate allegation and that the FBI did not investigate the claim.



## Hurricane survivors cope with trauma

Stories of survival are trickling out across northern Bahamas as the initial shock wears off from Hurricane Dorian, one of the strongest Atlantic hurricanes in history.

But even as some Bahamians were still in survival mode, others were slowly beginning to understand the extent of the storm's devastation.

Mental health counselors are now fanning out into communities to help those traumatized by the direct hit of the Category 5 storm.



## Purdue Pharma files for bankruptcy

Purdue Pharma, the company that made billions selling the prescription painkiller OxyContin, filed for bankruptcy after reaching a settlement with many of the state and local governments suing it over the toll of opioids.

The filing was anticipated before the tentative deal, which could be worth \$12 billion, was struck. "This settlement framework avoids wasting hundreds of millions of dollars and years on protracted litigation," Steve Miller, chairman of Purdue's board of directors, said.



## Marvel's Kevin Feige honored at Saturn Awards

Kevin Feige was honored at the 45th annual Saturn Awards but the Marvel Studios president gave higher praise to someone other than himself.

Feige said in a video message Sept. 13 that he was "humbled" after accepting the inaugural Stan Lee Builder award, named after the late Marvel Comics mastermind. He paid homage to Lee calling him a "genius."

"He was enthused with humanity and kindness," said Feige.

# Peace activist wins 2019 Center for Conflict Resolution Peacemaker Award

By REBECCA NISSEN

Peace activist and asylee Karak Mayik Denyok Miakol accepted a bonsai tree Sept. 11 from the BYU Center for Conflict Resolution in recognition of her outreach in humanitarian aid. As the founder and president of the Diar for Rehabilitation and Development Association, she works through a nonprofit to educate and support children and women in Sudan, South Sudan and Uganda.

More than 100 law students, faculty and close supporters of Miakol's cause attended the event held at the BYU's J. Reuben Clark Law School.

Becky Pratt, a friend of Miakol's, commented on how important it was to her that her friend Miakol received the award.

"I'm so glad she's getting international attention because she has done years and years of quiet work," Pratt said. "She deserves this, and I'm so thankful somebody noticed."

First-year BYU law student Jacob Newman shared his thoughts on the importance of the work people like Miakol do and the change it inspires. He related this to the importance of bringing awareness to issues such as war crimes and the persecution of human rights.

"(Those issues are) just something that, in general, we need to be aware of in order to form a cohesive view of the universe and of the world we live in. We need to know what's going on and what type of suffering people experience," Newman said.



Hannah Miner

Karak Miakol thanks supporters across the globe after receiving the 2019 Center for Conflict Resolution Peacemaker Award.

As Miakol addressed the audience, she placed her hand over her heart as she thanked the many people who supported her humanitarian efforts. Not only did she give thanks to individuals, but also to the work of those struggling in other countries.

"This award not only belongs to me but to the war survivors: women and children, wherever they are around the world," Miakol said.

She too is a war survivor.

Miakol began her speech by talking about the history

of South Sudan — a country of constant trading of powers and fighting for independence. A country, she said, where women and children are often neglected and abused.

"In my country, people believe (in) domestic violence: beating women, not giving them their rights," she said.

Miakol said she experienced much of this during her childhood and in an abusive relationship. She said her own sister died because she submitted to the negative cultural expectations of women in

South Sudan.

Miakol seeks to change that mindset by educating and empowering women and children through her humanitarian efforts. During her closing remarks, she gave a call to action.

"As the civilian, who is the victim, the target, I would say the support from outside is increasing the war," she said. "So, if you want to bring peace in my country, I will give you a different option. I would ask you (to) be a mediator. Put me and my enemy together. Bring peace. Let me and my enemy find out the solution."

## GYM

### Enjoying the gym

Continued from Page 1

To the guys: girls generally don't want to be approached by you at the gym, especially if you're a stranger. Guys are a lot more comfortable with the sweaty gym look than girls, and most girls don't want to have a conversation while they are sweating and short of breath. In most cases, avoiding social interaction with strangers while at the gym is the smart thing to do, especially if your motive is to find a date. This is not Tinder, Bumble or Mutual — it is the gym.

Stop, read the last paragraph again, soak it in, then proceed.

### Make a routine

It can feel pretty uncomfortable to walk through the gym doors with no idea of what you're going to do. Make a routine for yourself so you know what exercises you're going to do, how many sets of the exercises you plan to do and at what weight. Routines help keep things organized and a good routine will help you focus on all your muscle groups rather than just a few.

"If you go in knowing what you're going to do, not only does it make it easier to time out your schedule, but it also gives you a genuine purpose in being there that goes beyond social interaction or anything," said second-year graduate student Alex Saunders.

Focusing on all of your muscle groups is key. No one wants to hear that they look like they skipped leg day. Working different muscles each day not only allows you to build all of your muscles, it also allows muscles to have the time to heal. This is important if you plan on regular gym attendance.

You're not going to be an expert the first time you walk into a gym. Lucky for you, there are experts who can help you. There is nothing wrong with paying for a personal trainer, especially when you first start going to the gym. A personal trainer can teach you everything you need to know about working out effectively, and eventually you'll know how to get the best results and won't need the trainer anymore.

### Avoid comparison

The gym should be a safe place for you. There are people that go to the gym not just for their physical health but their mental health as well. Working out is often a mechanism used to help escape anxiety and depression, but those feelings can be inflated by comparing yourself to others.

"When you step into the gym, you're only comparing against yourself," White said. "Everybody started somewhere. It's not productive to start going to the gym five days a week and crushing yourself because you're still going to be comparing. You need to focus on your mindset."

Pay attention to yourself and your own growth at the gym. There will always be someone who can lift more weight or run faster than you, but comparing yourself to others won't help you achieve your own goals.

Going to the gym can be daunting, especially if you are new to the world of working out. By going to the gym for yourself, having a routine, setting goals and avoiding comparison, you can make the gym a safe space.

"It's not about how you look, it's not about how long you're there and it's definitely not about comparing yourself to others," Saunders said. "Going to the gym is about fitness — it's about feeling good about yourself."

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# New student orientation leads to friendships, prepares freshmen

By REBECCA NISSEN

Thousands of students flooded campus Aug. 29 for the beginning of fall semester's New Student Orientation. Y-Group leaders led groups of students through campus from Aug. 29-31 and helped them navigate campus and differentiate between tricky building initialisms like JKB, JSB and JFSB.

But orientation was not simply about helping incoming freshman and transfer students navigate campus — something emphasized in the handbook given to each Y-Group leader before orientation. The handbook states that the focus of New Student Orientation is to introduce students to the “academic opportunities, spiritual enlightenment, and social atmosphere of BYU.”

Freshman Matthew Nelson, said the social atmosphere he experienced at New Student Orientation was really good. It's a good chance to meet a whole lot of new people and to see everybody.”

The social atmosphere has already started bringing students closer. In fact, new students weren't the only ones who noticed it. Morgan Hartman, a junior and Y-Group leader, said the atmosphere encouraged two members of her group to continue their friendship beyond New Student Orientation.

“They bonded,” Hartman said. I don't know if they are dating, but they're definitely hanging out.”

To Hartman, the burgeoning friendship between those two group members is an example of how important it is to create connections at college — connections that continue well after graduation.



Gabriel Mayberry/BYU Photo

New students follow Y group leaders around campus during New Student Orientation.

“One of the greatest things you take away from BYU are your relationships,” she said.

That's also what Rissa Vecchi, a peer mentor studying journalism, said she believes is a big part of New Student Orientation's purpose. She believes it not only connects people across campus, but also across the world.

“You see the ‘Y’ on somebody's shirt in a completely different country, and you instantly know that they have some sort of connection to BYU,” Vecchi said. “Feeling that you are now a part of that

‘Y’ and a part of that family is a big accomplishment.”

According to BYU New Student Orientation administrator Daidre Hulick, activities like Hub Days provide opportunities for new students to become better acquainted with their peer mentors and feel a part of the ‘Y’ community. The peer mentors introduce students to many campus events.

In addition to Hub Days, Hulick hinted at starting something to help first generation students feel more connected to BYU.

“We are trying to connect

them with faculty, staff and administrators who are first generation. Kind of (to) have an ally,” Hulick said. “The faculty and staff are really all over that. They're really excited to be able to help.”

Activities like New Student Orientation help students find support, Hulick explained. She said it's a testament that the help offered during New Student Orientation continues through following semesters.

“Orientation is not just three days before the semester starts; it's the whole freshman year,” she said.

# Farmers market connects Provo residents to local vendors



Natasha Huhem

Farmer Kent Pynes encourages Provo residents to support local farmers.

By ELISA HUHEM

LaVell Edwards Stadium hosts a farmers market every fall, offering a convenient place for local farmers, craftsmen and aspiring small business owners to find success.

Many of the vendors have attended for over a decade. One of those long-time vendors is Kent Pyne from Santaquin. He's a fourth-generation fruit grower whose family started growing fruit in Orem in 1906.

“I've been coming to this farmers market since 2011,” Pyne said. “It has been good every year. Every year it has improved.”

According to farmers market marketing intern Isabelle Kramer, local vendors like Pyne positively impact the community and the environment.

“A lot of these farmers are small farmers who are just a little more in touch with the land,” Kramer said.

In addition to fresh produce,

the farmers market also serves as a safe haven for local vendors to share their crafts and stories with the community.

According to Tera Storch, a woman who recently restarted a jewelry business with her father following the death of her husband in 2018, the LaVell Edwards Stadium offers vendors a unique opportunity.

“We've done other (markets) before, but you have to pay up to \$100 just to have a spot there. This market only costs \$20,” she said.

The market also provides a place for new ideas and giving back to the community. Several people come to the market to do their grocery shopping. Marlene Esplin said she comes consistently with her children to do their weekly shopping.

“I come religiously. It's close, and it's easy,” Esplin said.

Those interested in exploring the farmers market and supporting local vendors can visit LaVell Edwards Stadium every Thursday from 3 - 7 p.m. through Oct. 31.

DO YOU SPEAK A FOREIGN LANGUAGE?

UTAH NATIONAL GUARD

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**TODAY**

**UNIVERSITY DEVOTIONAL**  
Tuesday, September 17,  
11:05 a.m., Marriott Center

This event will be broadcast to the JSB Auditorium.



**President Russell M. Nelson**  
*President of The Church of Jesus Christ of Latter-day Saints*

President Russell M. Nelson was sustained and set apart as the 17th president and prophet of The Church of Jesus Christ of Latter-day Saints on January 14, 2018. He had previously served as president of the Quorum of the Twelve Apostles since July 2015 and had been a member of that quorum since April 1984.

President Nelson is an internationally renowned surgeon and medical researcher. His professional work included the positions of research professor of surgery and director of the Thoracic Surgery Residency at the University of Utah and chairman of the Division of Thoracic Surgery at LDS Hospital in Salt Lake City. He has served as president of the Society for Vascular Surgery, director of the American Board of Thoracic Surgery, chairman of the Council on Cardiovascular Surgery for the American Heart Association, and

president of the Utah State Medical Association.

Author of numerous publications and chapters in medical textbooks, President Nelson lectured and visited professionally throughout the United States and in many other nations prior to his call as a General Authority. He has been awarded honorary professorships from three universities in the People's Republic of China.

In earlier years President Nelson served as stake president of the Bonneville Stake, general president of the Sunday School, and regional representative for Brigham Young University and then the Kearns Utah region.

President Nelson and his first wife, the former Dantzel White, have ten children. Sister Nelson passed away in February 2005. In April 2006 he married Wendy L. Watson.

Selected speeches available at [speeches.byu.edu](http://speeches.byu.edu)

**NEXT: UNIVERSITY FORUM**

Kao Kalia Yang  
*Author, Activist, Teacher*



September 24, 11:05 a.m.  
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**PLAN NOW TO ATTEND.**

## BYU hosts Face to Face broadcast



The Church of Jesus Christ of Latter-day Saints

A Brigham Young University studio was the location of a Worldwide Devotional Face to Face broadcast with young adults on Sept. 15. Elder Ulisses Soares of the Quorum of the Twelve Apostles, Elder Craig C. Christensen of the Seventy and their wives participated in the live program.



Associated Press

Audience members try out virtual reality headsets to watch a film titled "Ways of Knowing," which was directed by artist Kayla Briet, at the El Morro Events Center in Gallup, New Mexico

## Virtual reality highlights uranium contamination

ASSOCIATED PRESS

GALLUP, N.M. — Activists are using virtual reality technology to focus on areas of the Navajo Nation affected by uranium contamination.

The arts collective Bombshelltoe has collected 360-degree footage of land near Churchrock, New Mexico, to show how people and the land have changed since a 1979 uranium mill spill, the Gallup Independent reports.

The film, titled "Ways of Knowing," was directed by artist Kayla Briet.

The project started four years ago after Washington, D.C.-based nuclear policy program

manager Lovely Umayam met Navajo activist Sunny Dooley at an event in Santa Fe, New Mexico. Filmmaker Adriel Luis is also a co-producer of the movie.

"Sunny asked us during this meeting, 'Where is your heart?' And it caught my — along with everyone else's — attention," Umayam said.

In 1979, a dam on the Navajo Nation near Church Rock broke at a uranium mill's evaporation pond, releasing 94 million gallons (356 million liters) of radioactive waste into the Puerco River.

It was the largest accidental release of radioactive material in United States history and three times the radiation released at the Three Mile Island accident.

The radiation contaminated not only water but the food chain. Cattle in western New Mexico later showed higher levels of radiation.

Dooley, who lives in Chi Chil Tah, New Mexico, said she has felt the direct effects of the big spill that went down the Rio Puerco and contaminated the water and soil in her community.

During a recent presentation of the virtual reality footage, Dooley talked about her daily life of not being able to have running water in her home because it is contaminated. "I have to come to Gallup to get my water and take it back home," she said. Umayam said the group wanted to use the new technology of virtual reality with the stories to bring a true experience and show the impact of uranium mining.

She said the project is close to being finished, but with every presentation they get more information and make tweaks to the system.

## BYU Career Services shares tips and tricks for writing a resume

By EMMA BENSON

Writing resumes can be tricky, especially for college students who may not have had much work experience yet.

Candilyn Newell, BYU career director of Life Sciences and an etiquette professor, said the main purpose of a resume is to introduce oneself to professionals in an intriguing way.

"The resume gets you the interview; the interview gets you the job," she said. "Most resumes are read in less than 10 seconds, so what comes across is a representation of you — it's ultimately your resume, and you do want to stand out."

Newell emphasized the plethora of resources BYU offers students, specifically the Career Services Studio in the Wilkinson Student Center, which offers online resources — including templates — and personalized help for students seeking to perfect their resumes.

"I don't think most students understand what incredible resources we have at BYU," she said.

BYU economics student Ryan Tietjen is a student mentor at the Career Services studio. Tietjen and other student mentors help students with resumes, cover letters, LinkedIn profiles, mock interviews and other career-related services.

Both Newell and Tietjen shared tips for creating a successful resume.

### Remember the purpose of the resume

"A resume connects us with big companies," Tietjen said. "It shows who we are on a piece of paper."

Newell said a resume is a company's first impression of a prospective employee and should portray one's life experiences.

"Speak about the experiences that you've earned. Celebrate your successes. Acknowledge your weaknesses and that you're still becoming. Absolutely honor the life you've lived in your resume. That's why it's this wonderful living document that becomes a representation of you — it's a company's first look at who you are," she said.

Some people may feel uncomfortable talking about themselves and their accomplishments on paper. Newell defined this as a "false dynamic of pride."

"We have been given gifts and talents," she said. "If we cannot acknowledge them with grace, understanding where they came from, I think is really tragic that we've fallen into a false pride trap."

### Create a master resume

Newell encourages her students to have a "master resume," which becomes "like a journal of your life in bullet point format." Though resumes should typically be a single page, Newell explained a master resume could be a page and



Savannah Hopkinson

A Career Services employee, Olivia Oldryd, right, helps another student, Amanda Jones, left, review her resume. The career center helps students find jobs and internships.

a half or more, as it can continuously be added to as one gains more experience.

When it's time to apply for a specific job, just copy and paste the master resume into a new document and delete the points that are irrelevant for said job, Newell said.

"It's this wonderful document that is living because you're acquiring experience and it translates into your resume," she said. "It's important because it helps you remember where you came from and it helps you articulate where you want to go."

### Target the resume for a specific job

Newell suggested researching a job's mission statement and description, then pulling language out of both to put into the resume.

"So maybe the mission statement is, 'We empower people to live better lives,' so somewhere in your resume, you put the word 'empower.' You're going to replace the word you already have in your master resume and use 'empower,' because it creates an alignment — you fit with their company. You fit with that position, and you only have to use three or five words (to turn it into) a very specific, very targeted resume," she said.

### Have clear formatting

Newell suggested students should meet with student mentors, like Tietjen, who can help edit and format a resume correctly. Something as small as a typo can eliminate a resume immediately, according to Newell.

Newell said resumes should be "easy to navigate." She said bullet points on a resume should be like headlines for the interview — nicely organized and divided into sections.

"Eighty-seven percent of employers prefer that the sections on the resume are divided by lines," she said.

Though a resume's formatting is important for clarity, Newell said some students have

the misconception that formatting is the most important part. Rather, it's the way one talks about their experiences that makes their resume unique, according to Newell.

"We're all gaining experience and we just have to be able to talk about it professionally," she said.

Newell suggested that students dive deeper into the results of their work experiences in order to help them stand out.

"A resume can't merely be a job description," she said. "Employers want to know where things happened and when things happened."

Tietjen said experience is the main component of a resume.

"Experience is key," Tietjen said. "(Experience) shows that you're competent and can contribute in the industry. There's no such thing as irrelevant experience."

Newell said along with education, professional experience — which can include both paid and unpaid work, volunteer work and skills — students should also include a section on their resume for interests.

She gave examples such as "I enjoy baking desserts, I'm a Star Wars expert, I love board games."

"There's two things that happen in the interest section," she said. "First of all, (the interviewers are) moving through here and they see you have all the skills, then they get to the interest section and they say, 'Oh, a human being we'd actually like to work with' and secondly, 'they have outside interests, which will allow them not to burn out in this position.'"

Newell noted the interest section of a resume becomes extremely valuable because "It becomes that really fun, humanizing, wonderful section of you."

So next time you need to update your resume, Newell suggests going over to the BYU Career Services to get personalized help. And don't forget to ring the "victory bell" at the studio once you land your job.



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# #BYU hacks

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# Good weather, careful campers could prevent more wildfires



Hannah Miner

Police block off a road while firefighters work to contain wildfires south of Provo on July 31.

By LISI MERKLEY

Local authorities suggest that a mix of good weather and residents doing their part will be key to this season's fire prevention after the Alaska Fire burned 489 acres just southeast of Provo this summer.

While no residents were evacuated during the Alaska Fire, the wildfire served as a reminder that the danger in Utah County is still there.

Provo fire marshal Lynn Schofield explained that the Alaska Fire scared people, but no one lost their home.

"We need people to be careful with how (they) use fire everywhere in our city, but especially in our mountains," Schofield said. "At this point in the summer, any ignition will move quickly, even with the little bit of moisture."

According to Schofield, the Provo Fire and Rescue Department tries to be proactive preventing fires by teaching residents proper fire management and setting fire restrictions in place.

Thanks to last winter's snowfall, large wildfires like 2018's Pole Creek and Bald Mountain fires are unlikely, but local fire departments warn that mismanaged campfires can have disastrous effects.

"We had a really good snow year, and it came off really slow," Forest Service public affairs specialist KJ Pollock said.

This moisture prevents

large, property-damaging wildfires; however, across the Wasatch Front, a few small fires have been caused by mismanaged campfires.

Pollock also warned that even though fire season generally continues until the first snow sticks to the ground, fires can start any time of the year.

"Campers really need to make sure their fires are properly extinguished and cold to the touch," Pollock said.

Even though Pollock said this year's fire season is unlikely to be as bad as last year's, residents who lived in the evacuation and pre-evacuation zones for the Pole Creek and Bald Mountain fires are unlikely to forget what it was like to live so close to a raging fire.

"Stress levels were high. We would go to bed not knowing if we would be woken up in the middle of the night to evacuate," said BYU international security advisor Benjamin Cluff, who was placed on pre-evacuation at the beginning of the semester. "We are glad we don't have to worry about it anymore."

According to Cluff, the risk of fires don't deter these mountain residents.

"My neighbors had been living there for twenty years, and this was their second pre-evacuation in 20 years," Cluff said. "They still feel safe, and they just realize fires are just a part of living there."

# Analysis: Biden looks like a front-runner, until he doesn't

ASSOCIATED PRESS

WASHINGTON — Joe Biden is the Democratic front-runner. And there were moments in the Sept. 12. debate when he looked the part.

Standing between a pair of liberal senators offering radical change, he unabashedly embraced his more moderate position on health care, forcefully pressuring Bernie Sanders and Elizabeth Warren to level with Americans about the steep cost of implementing a fully government-run system. He was more polished and practiced than in previous contests. And he repeatedly leaned on the legacy of former President Barack Obama, who remains the most popular Democrat in the nation.

"I'm for Barack I think the Obamacare worked," he declared.

But the debate was punctuated by moments that highlighted why Biden can't shake questions about his consistency and whispers about his fitness for office, despite his lead in most national polls and early state surveys. Most glaringly: a meandering answer near the end of the debate about his past statements on racial inequality. Biden said poor parents should play the "record player" for their children before veering off into comments about Venezuela.

Biden's standing in the Democratic contest is the source of much debate within the party. Is he an experienced elder statesman who can calm an anxious nation and peel back some of the white working class voters who helped send President Donald Trump to the White House? Or is the 76-year-old past his prime and out of step with a party that's growing younger, more diverse and more liberal?

Thursday night's contest provided fresh fodder for each of those theories.

Biden was at his best in his lengthy exchange with Sanders and Warren over the future of health care in America. He confidently pressed them over the cost of their sweeping "Medicare for All" proposals, exposing Warren's unwillingness to say whether middle class Americans would see a tax increase under her plan (Sanders says they would, but argues the rise would be offset by lower health care costs).

In a retort to Sanders, who has said he expects employers would pass on health care savings to their workers, Biden exclaimed: "For a socialist you've got a lot more confidence in corporate America than I do."

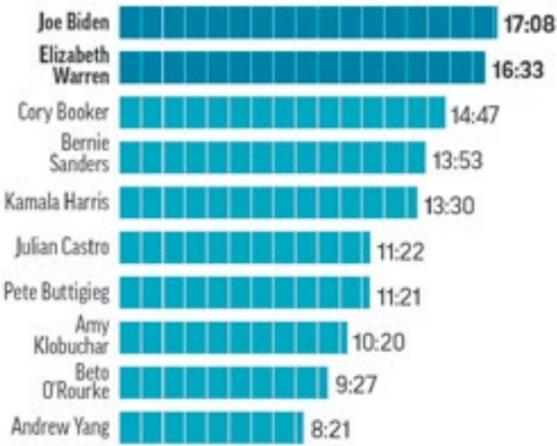
Biden was the focus of fierce criticism from his rivals in both of the previous Democratic debates. But those attacks did little to diminish Biden's standing atop polls, nor has a series of verbal flubs and misstatements throughout the summer.



Associated Press

Former Vice President Joe Biden responds to a question Sept. 12, during a Democratic presidential primary debate hosted by ABC at Texas Southern University in Houston.

## Total speaking time Thursday in minutes and seconds:



SOURCE: AP analysis

AP

The other reality: The candidates who have launched the sharpest attacks on Biden have gained little ground or already dropped out of the race. Sen. Kamala Harris, for example, bested Biden in the opening debate with a highly personal critique over his decades-old position on federally mandated school busing, but any boost for her candidacy was short-lived.

Perhaps mindful of that reality, most candidates sidestepped overt criticism of the vice president in Thursday's debate.

The one notable exception was Julian Castro, who served as Obama's housing secretary and is in need of a jolt to break out of the lower tier of candidates. In a highly charged

moment, Castro challenged Biden's memory, a barely veiled reference to questions about the former vice president's age.

"Are you forgetting already what you just said two minutes ago?" Castro said during an exchange on health care.

In a post-debate interview, New Jersey Sen. Cory Booker laid into Biden as well, saying there were many people concerned about Biden's ability to carry the ball "across the end

line without fumbling."

Castro and Booker were zeroing in on real questions that are being asked about Biden. Is he too old to serve as president? If he were the nominee, would he make a mistake at a critical moment that could clear the way for Trump?

Biden's stumbles later in the debate magnified those questions. He struggled through an answer about the war in Iraq and gave a grab-bag answer to a question about how to repair the legacy of slavery in America. He appeared to suggest that poorer families needed help learning how to raise their children.

Biden's supporters argue that ultimately, those answers and the questions they raise matter less to voters than their overall impressions of the former vice president. Indeed, there is a deep reservoir of goodwill for Biden in the Democratic Party, shaped in large part by the eight years he served as Obama's No. 2.

Which leaves little doubt as to why Biden spent much of the debate reminding Americans about those years, urging them to see him as the rightful heir to legacy of the last Democrat to occupy the Oval Office.

"I stand with Barack Obama all eight years good, bad, indifferent," Biden said.

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# Simple Bites

Recipe Column

This week: **Carne Asada**

Ingredients	For 1	For 2	4 or more
Flank or skirt steak	1/2 lb	3/4 lb	1 1/2 lbs
Olive oil	1 tbsp	1/8 cup	1/4 cup
Lime juice	1 sm. lime	1 lrg lime	2 lrg. limes
Garlic	2 tsp	1 tbsp	2 tbsp
Sea salt, black pepper, cumin	1/4 tsp (each)	1/2 tsp (each)	1 tsp (each)
Chili powder	1/2 tsp	1 tsp	2 tsp
Cayenne pepper	1/8 tsp	1/4 tsp	1/2 tsp
Cilantro	1 tbsp	2 tbsp	1/2 bunch (no stems)
Cooking oil	1 tbsp	2 tbsp	4 tbsp

### Directions.

In a small bowl, blend olive oil, lime juice, lime zest, garlic, salt, pepper, cumin, chili powder & cayenne pepper. Chop leaves from cilantro, add to mixture. Stir will.

Trim excess fat from meat, place in a large ziploc baggie. Pour marinade over steak. Seal bag and mix around until steak is completely covered. Refrigerate for at least 1 hour. Can chill over night.

Heat oil in skillet until hot, place meat in hot skillet and sear for about 5 minutes.

Turn meat over and sear for another 5 minutes.

Remove meat from pan and allow to rest for 10 minutes (this seals in the juices).

Slice meat along the grain in thin slices.

For less rare meat, extend cooking time about 1 minute each side.



Scan this photo with the Universe Plus app to see our video of how to make the Carne Asada.



## 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

**@camilletoronto1**

What if we... got married for the pell grant... hahahahahahahhaa lolololol jkjkjkjkjk..... unless

**@thewildboymad**

You know that feeling when a lesson on Sabbath Day observance gets high centered on whether or not we can do homework on Sunday? Yeah, I'm feeling that.

**@awinn43**

\*after first week of school\* bishop: anyone get engaged this week? couple in the room: we did!! @HeardAtBYU

**@nancyclaibear**

"I'm gonna be ~eternally~ salty about that" @HeardAtBYU

**@lindsayellenn**

TA: \*introducing herself, talking about her husband\* Girl in the front row: \*totally serious\* how did you know you were in love? TA: \*tells her little story as the girl swoons\* ...only at byu @HeardAtBYU

**@MattSBN**

Everybody on BYU has tons of experience with meetings running way longer than expected. Tennessee is doomed.

**@imjosephsilver**

only in provo can couples swing dance to owl city

**@Gordyreed**

Stop talking trash about different parts of Utah: Salt Lake City is DIVERSE Zion is INSPIRING Provo Payson is MAGICAL

**@CollegeStudent**

I don't want a degree anymore, I want a nap

**@LatterdayLikes**

Everyone in Utah out here watering their lawn on a Saturday night so their sprinklers don't have to work on Sunday smh

**@ariannalisbetd**

I thought the missionaries on the train were rapping but then I realized they were just reciting scriptures

**@dallinjeffs**

8-year-old me at church: Wow I can't believe Esau would sell his birthright for a bowl of soup or whatever 24-year-old me laying in bed at 3 pm: I would literally do anything for a chalupe cravings box

**@laynee\_overall**

i have extra batteries for my i-clicker in my backpack and there's a girl whose i-clicker is dead but this is byu and we do it 10 virgins style you either packed a handful of spare triple As or you didn't

**@bbgrayb**

Mmm the sweet taste of burnout that hits 2.5 weeks into the semester, how wonderful :)

**@GabrielleMcKeon**

Sorry but if Utah skips falls and goes straight to winter, I walk.

**@chaoticmoderate**

"We learned how to flirt in class today" @HeardAtBYU

**@madilynn\_riley**

\*on the phone\* "I mean I've cried myself to sleep a couple of times since we've been married so she knows I'm emotional. I just think it's ridiculous that she thinks I'm not sensitive, I think it's a matter of she should be less sensitive!" -random, upset, married guy @HeardAtBYU

**@TheWallBYU**

I took just a N A T e S t turnz out i'm 1 0 0 % burgers and fries

**@nihilists4jesus**

are we ABSOLUTELY certain anyone has told the byu football players what the rules are?

**@hannahrosealiee**

"School's expensive; let's all drop out" - my film professor @HeardAtBYU

**@priskrill3x**

"I tell you what, the Cougar eat really puts the 'when' in Wendy's" @mattdbarker @HeardAtBYU

**@byu\_hbl1**

What if we studied in the library?? Hahahahaha jk ... unless???

Tweets are unedited

## READERS' FORUM

### Side with genuine musicians

In popular music today, cookie-cutter songs and artists are manufactured by huge record labels, designed to sell on a global scale. The problem with this is that the world is starved of the benefits meaningful music can have on our lives.

The true purpose of music is to influence the listener through meaningful melodies. True music will uplift its listener. If music is written with the right intentions, it can fill our souls with color. When we listen to meaningful music, we can be emotionally connected to other listeners and the songwriter. Being connected in times of grief, hope and joy is priceless because it helps us feel less alone.

Most popular songs contain meaningless lyrics and generic subjects, including this lyric from "Baby" by Justin Bieber: "And I was like baby, baby, baby oh. Like baby, baby, baby no." Believe it or not, it actually took a panel of seven different writers to write those lyrics! Young listeners such as the students here at BYU need to support artists with musical integrity rather than watered-down music designed to make money.

To solve this problem, music listeners can support local artists with quality and original content. If we all "band" together we can reinstate worthwhile music into popularity. Once we do this, the music will uplift and unite listeners across the world.

—Harrison Moore  
Westlake, Texas

### Art — the keystone in our lives

What is art? It does not have a distinct definition because it can be so many things. As E.A. Bucchianeri said, "Art is in the eye of the beholder, and everyone will have their own interpretation." We can find art all around us even if we are not looking for it. Art improves our lives and impacts us to be more confident in ourselves and aware of the beauty all around us.

When out on a walk or drive, what do you see when you look up? The blue sky with clouds that are shaded white or the sun shining bright? That is art the world has created — nature all around spreading to make the community beautiful. That beauty is there to provide happiness, joy and a new view of the world. However, nature

is not the only art that makes the world beautiful; culture does the same. Music is different for every individual and in every culture around the world. It brings out one's self-expression and evokes emotion in others. Music is a type of art that develops one's unique qualities and teaches how to express emotions in a different way.

Take a moment when walking on campus to enjoy the beauty of nature or relax with music. Art can inspire and captivate you if you're aware of it, but it can also create a way to escape the stress of college. Art is here, there, everywhere, and it's on this earth for a great purpose. You just need to open your eyes and see.

—Jeanine Campa  
Kyle, Texas

### Climbing prices, falling safety

One thing I personally love about Provo is the access to the outdoors. At the beginning of July, my brother and I went lead climbing in Rock Canyon. For those who do not know, lead climbing is a type of climbing requiring the rope to be taken up and clipped into anchor points along the route. The climb was going great until I dropped right before making a clip, meaning that the maximum amount of weight my brother could have experienced hit the rope. He did his best to stop my descent but missed the friction of the belay device. I free fell 30 feet from the top of the wall.

Luckily, I came out with only minor cuts and bruises, but immediately after the incident I decided I need to be safer when I climb. Rock climbing is an increasingly popular sport demanding lots of money and gear to get into. Many people cut the high gear costs by purchasing cheaper, dangerous gear. The problem is, the climbing industry promotes this practice. Belay devices such as a figure eight can be as cheap as \$5. As students in college, we are more likely to purchase the cheaper equipment, compared to assisted-belay devices that can cost over \$100. The difference between the two can be life or death. Buying safer gear is like investing in your own security. Similar to buying a door, versus buying a door with a lock. I beg anyone interested in climbing to go the safer route, and make sure the equipment is designed to protect you. Otherwise, you could come crashing to the ground.

—Kyle Melby  
Castle Rock, Colorado

## OPINION OUTPOST

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

### Women's clinics

The Trump administration's recent efforts to undermine the Title X family planning program are already having their intended effect, making it harder for women's health clinics to stay afloat and for patients to afford birth control and other services.

It seems only a matter of time before more facilities around the country, especially those in states with leaders hostile to reproductive rights, buckle under the weight of relentless attacks. And women will suffer.

—Editorial Board  
The New York Times

### Hong Kong protests

Pro-democracy demonstrators in Hong Kong delivered a

petition to the consulate calling for passage of the Hong Kong Human Rights and Democracy Act, which is pending in both the House and Senate.

The legislation appears to have bipartisan support. Congress should move swiftly to pass the bill, and Mr. Trump should sign it. Now is the time to send a clear message of deterrence to Beijing — and to show Hong Kong's democracy movement that the United States is unambiguously on its side.

—Editorial Board  
The Washington Post

### Republican primaries

Unfortunately, a growing number of states have decided they won't hold any Republican primaries, effectively silencing the voices of other candidates besides the president.

Any honest appraisal of opinion polling would grant

little chance of victory for any Republican candidate against President Trump. But allowing others on the ballot gives voice to their positions on issues. That, in turn, puts pressure on the president to address those issues.

—Editorial Board  
Deseret News

### Utah teacher salaries

According to the Utah Foundation, rural teachers make up to 40 percent less than comparable teachers in urban districts.

And while it's risky to draw bright lines connecting school funding with success, it's probably safe to say that those lower salaries contribute to lower test scores among rural students.

If we want quality educators in every corner of the state, we will have to meet their price.

—Editorial Board  
The Salt Lake Tribune

### Asylum laws

We don't know the reasoning behind the Supreme Court's ruling allowing the Trump administration at least temporarily to declare tens of thousands of migrants ineligible to seek asylum. But it's disturbing that the U.S. government and the nation's highest court so willingly disregard the health, safety and legal rights of people in desperate need.

The Trump administration has no interest in granting

asylum to brown-skinned people. These policies uphold our notion of the rule of law, our efforts to hold government accountable for its actions and our tradition as a reliable guardian of the rights of the persecuted.

—Editorial Board  
Los Angeles Times

### Trade war with China

The impact of President Trump's trade war with China

is spreading to all segments of the US economy, affecting the manufacturing supply chain, with the potential to whack consumer confidence. Economists fear that if the nation's currently robust rate of consumption nose-dives, it might just be the tipping point for a recession.

There is no policy here. There is only the usual petulance of a president consumed with "winning" a trade war he started and now can't find a way to exit.

—Editorial Board  
The Boston Globe

### 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 Karina Andrew can be reached at universe.ideas@gmail.com.

## Overtime wins give BYU national attention heading into matchup against No. 22 Washington

By EMILY ANDERSEN

BYU football has faced two overtime games in the last two weeks and has come out on top both times, giving BYU national attention. The Cougars were left out of the AP Top 25 poll but did receive 12 votes to be included on the list, the most they have received this season. These 12 votes are the seventh most received by an unranked team.

The Cougars slipped past Tennessee on Sept. 7 and pulled off a comeback win of 29-26 in double overtime. On Sept. 14, they upset No. 24 USC with a 30-27 overtime victory at LaVell Edwards Stadium.

Head coach Kalani Sitake said the team has been preparing for high-stress situations, and while he would rather the team win in regulation time, he's enjoyed watching them work together in these overtime contests.

"It was a lot of fun. Obviously we don't want to have it be a habit, but I'll take it," Sitake said.

Overtime play looks different this season than it has in years past after the NCAA made a few adjustments going into 2019.

The first two overtime periods in a game will look the same as before, with both teams getting an opportunity on offense. The teams start their drives on the 25-yard line and go until they kick a field goal, score a touchdown or turn the ball over.

When the third overtime is reached, teams must attempt a two-point conversion if they score a touchdown. The rule will help shorten games that might otherwise keep going much longer.

If a game reaches the fifth overtime

period or beyond, teams will run one play from the two-yard line. Each overtime period consists of one possession for either team.

Having now overcome two high-stress overtime games, the Cougars are confident as they gear up to face No. 22 Washington on Sept. 21.

The Huskies currently sit at 2-1 on the season with wins over Eastern Washington and Hawaii and a loss to California.

Once ranked as high as No. 14, the Huskies dropped in rankings after their 20-19 loss to then unranked California. At the time, the loss came as a surprise to many in the college football world, but with California now ranked at No. 23, just one spot behind No. 22 Washington, the Huskies are poised to climb back into the nation's spotlight.

The Huskies faced a Hawaii team that went 2-0 with wins against Arizona and Oregon State, and Washington was able to stop the Rainbow Warriors abruptly with a 52-20 win. Until this game, Hawaii had not scored fewer than 30 points in a game this season.

Washington scored the first 38 points in its big win over Hawaii, and quarterback Jacob Eason and receiver Hunter Bryant connected for 115 yards on five passes.

Eason is 63 for 91 through the air this season, adding seven touchdowns and only one interception. The Lake Stevens, Washington native stands at 6-foot-6, giving him reach over every defensive player on BYU's roster with exception of 6-foot-7 Devin Kaufusi.

As a whole, the run game for Washington was also strong against Hawaii. It was very much a "run by committee" effort for the Huskies with six different player recording at least one touch on the ground. The team



Hannah Miner

BYU fans empty from the stands and storm the field following BYU's overtime victory over No. 24 USC on Sep 14.

finished with 193 yards on the ground, lead by Salvon Ahmed who tallied 83 yards rushing. In the week prior against California, Ahmed finished the game with 119 rushing yards.

This strong rushing offense may prove to be a tough matchup for BYU football, which has struggled against the run offense through its first three games of the season, allowing an average of 225 rushing yards per game. Of the 130 FBS teams with recorded rushing defense stats, BYU ranks 119th for rushing defense.

BYU and Washington are set to kickoff at 1:30 p.m. on Sept. 21. The game will be televised nationally on ABC or ESPN 2, depending on geographic location.



Hannah Miner

Aleva Kito tosses the ball to the referee after a big gain against No. 24 USC.



Hannah Miner

Offense players run off the field after a touchdown against USC.

## BYU football players, fans embrace enhanced pre-game experience



Hannah Miner

BYU football fans explore Cougar Canyon, a new pre-game festivity that promotes BYU-friendly tailgating before football games. The activities kick off three and a half hours before game time.

By ELISA HUHEM

Cougar Canyon, BYU football's new enhanced pre-game experience, creates more than energy before games — it fosters a sense of belonging and community among fans. The changes were made to provide Cougar fans with a way to celebrate BYU, win or lose.

Located directly west of LaVell Edwards Stadium on Canyon Road, Cougar Canyon festivities begin three and a half hours before kickoff. Among the festivities, fans can enjoy local food trucks, live music, games and receive the autographs of renowned BYU alumni and athletes.

David Almodova, BYU assistant athletic director and director of marketing

and promotions, said the changes were made to give fans the chance to come to games earlier and be a part of college football game day.

"It's creating an environment and an atmosphere that you want to be a part of," Almodova said. "For the team to see so many people gather together to greet them is a good start to the game."

BYU defensive lineman Khyris Tonga added that Cougar Canyon gets fans more hyped up for games. He said it's exciting for people to see the team as they walk in, and that it's a cool experience for the team.

These changes are not just impacting fans' experiences, but the football players as well.

In the past it was hard for families to see their players before they entered the stadium.

The "cougar walk" tradition has been a long-standing experience where the team greets fans on its way into the stadium. The location of this historic walk has been moved and now allows the football team to more easily greet fans and their families on their way into the stadium, giving a designated area for the players' families to stand and greet them as they walk through.

"Usually we don't get to see our families until after the game, so it was super cool to get to see my family before. It really is special and it makes a big difference," Tonga said.

Tailgating is another aspect to the new pre-game experience. BYU has partnered with an outside company called The Tailgate Guys for the 2019 season. Through this company, BYU fans can select different options,

including tents, food and chairs to host family and friends before the game.

Scott Higbee, an Oklahoma native living in New York, flew in for BYU's game against USC on Sept. 14. Higbee's tailgating tent was full of smiles, food and friends from out of state.

"I am from the south and this is the best way to spend a Saturday," Higbee said. "Seeing friends and family, and cheering on the Cougs."

Cougar Canyon and the tailgating experience helps BYU football revolve around more than just the outcome of the game. It's about keeping spirits high regardless of the final score.

These changes have started to build more of a sense of community prior to the game, expanding the love and energy beyond the boundaries of LaVell Edwards Stadium.

## Saints' Brees has torn ligament

ASSOCIATED PRESS

NEW ORLEANS — Saints quarterback Drew Brees has been diagnosed with a torn ligament near the thumb of his throwing hand that is expected to sideline him at least six weeks, said a person familiar with the situation.

Brees has elected to have surgery, but it is not yet clear when the operation will take place or who will perform it.

Brees left in the first quarter of Sunday's game against the Los Angeles Rams after the thumb on his right hand hit the hand of on-rushing Rams defensive lineman Aaron Donald on the follow through of a throw.

The Saints lost the game 27-9, with backup Teddy Bridgewater going 17 for 30 passing for 165 yards during the last three-plus quarters.

Brees has missed only one full game because of an injury in his previous 13 seasons with New Orleans. The Saints narrowly lost that game, with Luke McCown at quarterback, at Carolina during the 2015 season.

Brees is the NFL's all-time leader in completions with 6,621 and yards passing with 74,845. His 522 touchdowns tie him for second all-time with New England's Tom Brady, 17 behind retired former Indianapolis Colts and Denver Broncos quarterback Peyton Manning.

The Saints are practicing this week in the Seattle area before playing the Seahawks on Sunday. New Orleans' five games after Seattle are against Dallas, Tampa Bay, Jacksonville, Chicago and Arizona, followed by a Week 9 bye.

Bridgewater, who returned this season on a one-year, free-agent deal, is the primary backup. Taysom Hill, who plays a variety of skill positions on offense and also plays on special teams, is the third string QB. It remains to be seen how his playing time at various positions will be affected if he is elevated to second-string QB while Brees is out.

At 1-1, the Saints are tied for first place in the NFC South. They entered the season with high expectations after advancing to the NFC title game last season, losing to the Rams in a game marred by officials' non-call of pass interference and helmet-to-helmet contact fouls.

# HARLEM

*Athletes encourage higher education*

*Continued from Page 1*

Jamel Wright, Harlem native and founder of the Harlem Jets, said he hopes football aids his athletes in getting accepted into more prestigious schools, calling it the organization's "ultimate goal."

Claudia Aguirre, Columbia University alumna and Sojourner Truth's head principal of four years, said the school aims to get their students into private schools to set them up for future success.

"We want our kids to have the opportunity to take advantage of what is out there and be selected and put in the front so they have the opportunities to achieve their life goals," Aguirre said.

Aguirre isn't looking for the kids to leave the area forever, though. She said students leaving Harlem temporarily for their education can help build up the community.

"We do want them to grow up and become leaders and come back to the community," Aguirre said. "That's our first goal because we want to continue to strengthen the community. But, sometimes that means leaving."

Aguirre mentioned one of her recently graduated eighth graders Tidiane Gakou as the perfect example of what they hope for in their students. Tidiane received a full scholarship to a private boarding school in North Carolina for lacrosse where he will start high school next year.

Tidiane first approached his coach about his desire to go to boarding school. He said his coach told him that he needed to first put in the work.

"He started helping me get tutoring, getting my grades up and stuff like that," Tidiane said. "This year he helped me apply to boarding school and then it happened."

Tidiane also credited Aguirre and Mia Gaytan, a Sojourner Truth guidance counselor, for



Jenae Hyde

BYU's Gunner Romney (left), Chris Wilcox (middle) and Dayan Ghanwoloku (right) speak to Sojourner Truth students.

helping him through the process. In particular, he said Gaytan helped him maintain his grades and Aguirre helped him with his scholarship and getting his new school uniform.

"I'm excited," Tidiane said about leaving Harlem and going off to school. "Like, I know I have big things planned up for my future. Playing lacrosse has always been my dream since third grade. Yeah, I'm very, very excited."

### Looking forward

Trey Dye, former BYU wide receiver and More2Life leader who has been involved since the first trip in 2017, said the experience gets better every year.

"It's just amazing to see how much it means to these kids and how when you come back they recognize you, and before that we didn't really have a footprint in New York," Dye said. "Coast to coast, it shows the value of being kind and serving people."

Dye said this experience is not just valuable for the kids, but for all the players involved as well.

"It's easy in this world to think about ourselves or think about the things we don't have, but these kids, they're really just so grateful," Dye said. "And honestly, I think we get more out of it than them."

Dye said the foundation involves more than just the athletes in the mentoring

experience. The trip allows the kids to be around the foundation's successful donors as well.

"Some of our donors are successful businessmen, CEOs of Fortune 500 companies," Dye said. "And so, it's good for the kids to be able to interact with them as well as the athletes on the team. We're just trying to close that gap between those stages in life."

Busby explained that the foundation is separate from BYU because of its high cost. He said BYU already does a lot of humanitarian work and the cost would probably not be sustainable with their budget.

He said most More2Life donors have no association with BYU and live outside of Utah. Further, most of the donors don't donate because of the organization's relation to athletics.

"They do it because of the mission," Busby said. "It's not like if we weren't doing it, they would donate to BYU athletics. That's not the case at all. They would find other causes that align in this space to do it with."

Busby said Sitake also wanted More2Life structured separately from BYU so other colleges, athletic programs or sports teams could adopt it.

"(I) just love the fact that this isn't just a BYU thing," Sitake said. "Service isn't only limited to church-goers and Christians and BYU fans, but we can



Jenae Hyde

Devin Kaufusi plays with Sojourner Truth students in the cafeteria at lunchtime.

definitely set the standard and get it started. It's something that we should share with others."

Sitake said other schools and coaches have reached out to him, and he has shared the More2Life plan with them in response. He also said Busby has been open to helping them start their own foundations.

Sitake said they can only do so much as a single football team but he hopes other athletic departments and teams will join.

"Hopefully all of the other programs want to do this as well, and all of the teams want to participate," Sitake said. "If they do, then they can call myself or Duane, and we'll get them set up."

# LaVell Edwards Stadium upgrades enhance fan experience



Jaren Wilkey/BYU Photo

Summer upgrades included the addition of approximately 75,000 square feet of ramps, walkways and viewing areas within the stadium.

By ANNEKA CUSICK

More than 60,000 fans flocked to LaVell Edwards Stadium Aug. 29 for the 100th meeting between BYU and Utah. While the game was historic for the rival teams, it was also historic for LaVell Edwards Stadium as it debuted its recent upgrades aimed at enhancing the safety, convenience and fun of the game-day experience.

Beginning at the end of the 2018 season, construction work at Edwards Stadium began to add approximately 75,000 square feet of ramps, walkways and viewing areas. The new additions also connected the mezzanine level, allowing fans to navigate the stadium during the game without having to return to the ground level. These improvements aim to improve wheelchair accessibility and foot traffic flow.

Convenient bathroom access was another point of the improvement as over 200 bathroom fixtures were added to the north and south end zones.

In addition to structural improvements, BYU introduced a free Wi-Fi network prior to the 2018 football season. This state-of-the-art network, with over 46 miles of cable and 1,200

antennas, is similar to those often used in NFL stadiums to connect large crowds to one network simultaneously. With the improved wireless connection, fans can download and use the BYU Gameday app to watch instant replays, look up stats and check social media feeds.

The team's traditional Cougar Walk, which gives fans the opportunity to greet players and coaches, will now take place in Cougar Canyon, a tailgating area on the west side of the stadium along Canyon Road. Cougar Canyon includes food trucks, inflatables, autographs, games and other fan entertainment beginning three-and-a-half hours before kickoff at all home games.

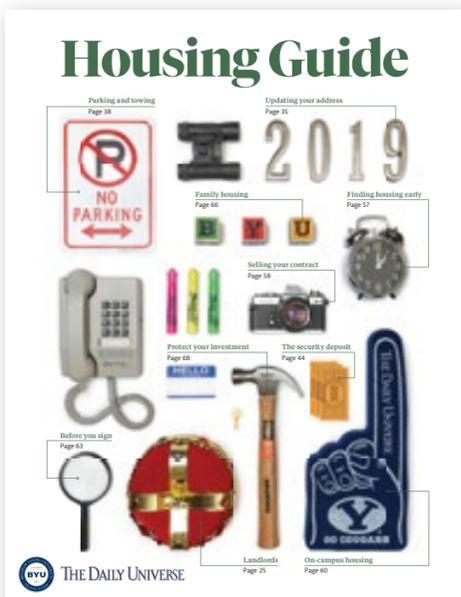
The creation of Cougar Canyon is a major step to increase the college football tradition of tailgating at BYU. BYU's tailgating scene has been relatively small. As part of its efforts to increase tailgating, the athletic department teamed up with Tailgate Guys, a national leader in tailgating and event planning headquartered in Alabama, to increase the pre-game tailgating experience in Provo.

Between stadium improvements, Cougar Canyon and the 2019 season, LaVell Edwards Stadium is packed with changes and new additions this fall.



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# Former homeless couple gets apartment, adjusts to new life

ASSOCIATED PRESS

SALT LAKE CITY — During the first few weeks Ron and Katherine Barrett spent in their new apartment on 300 East in downtown Salt Lake City, they slept with a canopy over their bed.

Katherine, once used to law enforcement officers waking her multiple times each night as the pair sought refuge under a camping tent in the city, would now wake up on her own, disoriented. The soft folds of cloth hanging overhead helped simulate an old sense of security when she opened her eyes.

"It's really funny what you get used to," she said with a laugh during a recent interview at her home. "It's insane, but it helped us get along better."

The formerly homeless pair has now had a roof overhead for more than six months, thanks to a federal housing voucher that provides rental assistance to people chronically living on the streets. The Barretts' mid-February move came shortly after The Salt Lake Tribune published a story detailing their challenges finding a Salt Lake City apartment that met the location and price restrictions of the voucher and a landlord who would take them with an eviction in their past.

The studio apartment they now call home is probably no more than 500 square feet, with a total cost of around \$946 a month including utilities, the couple said. Much of their furniture was either donated or purchased through a voucher from Deseret Industries, a Utah-based thrift store.

They've had more than one problem with their plumbing and wish for central air conditioning on hot summer days. "But it beats a tent, let me tell you," said Ron, gesturing around the apartment the couple share with new tabby cat Sandy.

Bernie Hart, who runs a tai chi program at Pioneer Park and the downtown Salt Lake City Library that's made up largely of people experiencing homelessness, has known the Barretts since their days on the streets and said he's seen big



Associated Press

Ron Barrett at his apartment in Salt Lake City on Monday, Aug. 26. The Barretts moved in more than six months ago thanks to a federal housing voucher.

changes, particularly in Katherine since they got into housing.

"What I've noticed physically through all that is Katherine is dressed well all the time," he said with a laugh, noting that the two have kept tai chi as part of their morning routine. "She's what we call the fashion queen, and it's a big difference. She's taking advantage of being in housing in those kinds of ways, and she seems to be happier when she's around us."

The Barretts, who just celebrated their 30th anniversary, began to struggle as their medical bills from Ron's cancer and Katherine's multiple sclerosis started to stack up around the time the country was tumbling into the Great Recession from 2007 to 2009. They were in and out of motels starting around 2008 and began living on the streets in early 2017.

Now that they're in housing, the Barretts said they've been able to begin prioritizing issues that go beyond the immediate needs they once prioritized on the streets: food, shelter and sleep.

First up has been taking care of their 15 citations apiece for camping on public grounds,

which is prohibited under Salt Lake City code. The tickets are a class B misdemeanor and could each carry a penalty of up to \$1,000 and six months in jail, though the average recommended fine for camping citations is \$680, not including surcharges — still a hefty fine for someone on the streets.

Ron said he felt like a major burden was lifted from his shoulders when his cases were dismissed July 31, after the judge said the city had not met its burden of proof to establish that he was camping on public property, according to audio of the hearing obtained through an open records request.

"I was crying" when the judge handed down the ruling, Ron said. "I cried. I did. I couldn't believe that."

Katherine, on the other hand, is still anxiously awaiting resolution of several citations so she can find a job — hopefully as a caseworker for people experiencing homelessness, she said.

Four of her citations have been dismissed, court records show. She was found guilty on three and sentenced to probation and 15 hours of community service for each in lieu of a fine.

The rest are awaiting the results of a bench trial scheduled for mid-November.

"It's making me a nervous wreck having to go to court," she said. "I'm really just trying to get on with my life. I really think I can be productive and bring some good to the community."

The couple are already working to give back to those still on the streets through volunteer work with a community advisory board made up of current and former people experiencing homelessness at Fourth Street Clinic, which provides health care and support services for the community.

And the Barretts said they feel positive about the direction services are moving in Salt Lake County as part of a transition to three smaller resource centers for people experiencing homelessness, the last of which is scheduled to open later this fall with the closure of The Road Home downtown shelter. Under the plan, each center will furnish a full suite of services, including breakfast, lunch and dinner; basic health care; job assistance; and housing assessments.

"There's a lot of people out there that need help, just a little bit of help to get into the right place," Katherine said. "I think they're working towards that."

Getting their court cases in order and planting roots in the community are just a few of the benefits of finally having an apartment, the two said. They're also able to cook healthier food — Katherine jokingly laments the four pounds she's gained so far, though she said her favorite part of their new apartment is the chance to host monthly dinners with their three children — and to focus on their mental health.

That's been a major priority for Ron, who said he's seeing a therapist multiple times a month to deal with the trauma of his past before seeking steady work.

"(My therapist) said, 'Some people have an apartment or a room or two that needs to be worked on' and she said, 'You have a house,'" he recounted. "I was like, OK. I'm going to work through that first."

As homeless services in Salt

Lake County move toward a housing-first model, Hart said it's important to couple that with increased access to mental health services to address the underlying circumstances that put someone on the streets.

"I really think too much is made out of the housing itself as being the biggest piece of the whole thing because everybody who's been on the street and gone through what Katherine and Ron have for an extended period of time, there's a lot of emotional-based trauma," he said. "Everybody on the street is dealing with some degree of post-traumatic stress disorder and just putting people in housing doesn't address those needs."

It's true that having a place to sleep hasn't immediately solved all their problems, the Barretts said. Both have been grappling with feelings of claustrophobia they never experienced when they lived outside, and they've struggled at times to maintain

their connections while setting boundaries with friends who are still experiencing homelessness.

"I'll say 'Yeah, I'll watch your stuff for the day, but I'm not taking it more than a day because it will get mixed up in my stuff,'" Katherine said. "I'll let them take a shower if they want, but that's as far as we can go. You kind of learn what you can do."

As they navigate the ins and outs of their new lives, the Barretts agreed that they never want to live on the streets again. But they say they're moving forward without regrets and with plenty of lessons learned.

"Going through this is a learning experience on its own, so there are some things in life that I didn't realize or understand from the start," Ron said. "I've gotten to meet a lot of people and we've changed some minds — and some minds have changed us. It's been a good experience. I can't tell you it's been horrible."



Associated Press

Katherine Barrett at her apartment in Salt Lake City on Monday, Aug. 26.

## BYU ARTS

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Thurs.-Sat., Sept. 19-21, 7:30 p.m.  
Sat., Sept. 21, 11:00 a.m. & 2:00 p.m.  
de Jong Concert Hall



### Student Work: Dr. Faustus

One of the greatest hits of the Renaissance gets an explosive makeover with the spectacle of 1980s rock music. This vibrant exploration of choice and consequence reveals how literature of the past is still relevant and powerful today.

Thurs.-Sat., Sept. 19-21, 7:30 p.m.  
Sat., Sept. 21, 2:00 p.m.  
Nelke Theatre



### Greek Theatre: Prometheus Bound

Mon., Sept. 23, 5:00 p.m.  
de Jong Concert Hall



### BYU Instrumental Showcase

Fri., Sept. 27, 7:30 p.m.  
de Jong Concert Hall



### BRAVO! No Tenors Allowed: Thomas Hampson & Luca Pisaroni

Tues., Oct. 1, 7:30 p.m.  
de Jong Concert Hall

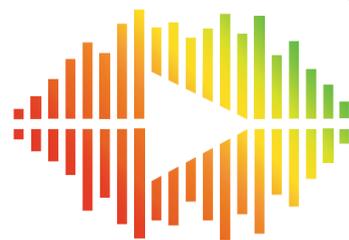
Jazz Showcase  
Wed., Oct. 2, 7:30 p.m.  
de Jong Concert Hall

Choir Showcase  
Thurs., Oct. 3, 7:30 p.m.  
de Jong Concert Hall

With Two Wings  
Wed.-Fri., Oct. 9-11, 16-18, 7:00 p.m.  
Sat., Oct. 12, 19, 2:00 p.m. & 4:00 p.m.  
Nelke Theatre

All events are ticketed.

BYU arts



## MIXTAPE

Best (But Lesser Known)  
of the Boy Bands

This week:



Hannah



### "Olivia"

One Direction  
Made in the A.M.

I know everyone's heart broke when 1D announced their hiatus, but fortunately, their songs will live on in our hearts. The song "Olivia" shows just how good of a group they actually were. It's fun and light, but not in a teeny bopper boyband way. It shows maturity in their music writing and has a beat you can't help but dance to.

As much as I wanted this to be a cover of the Elton John song, I am actually not disappointed. It is a more current sounding song by the OG boyband, but still has the bop to say the least. It was released in 2018 and was a pretty big hit. For the largest grossing boyband of all time, it's not too shabby.



### "Don't Go Breaking My Heart"

Backstreet Boys  
Single



### "Tearin' Up My Heart"

\*NSYNC  
Divide

Ok, I'm not gonna lie \*NSYNC isn't my favorite boy band. They came just shortly after Backstreet Boys and besides good ol' JT, they just haven't had as much longevity. With that said, I have to give props because this song is a great pop ballad that has a great beat, a killer hook, and makes you want to fight for love.

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

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