



### Spiritual preparation

Students anticipate upcoming General Conference

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### Better baking

Couple sells celiac-friendly bread

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Women's soccer blazes forward

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# THE UNIVERSE

Serving the Brigham Young University Community



Katherine Carling

The BYU men's tennis team stands on the Great Wall of China during their summer trip to Asia. The team traveled to a variety of locations, including Beijing.

## Men's tennis team act as ambassadors in Asia

By CHELSEA KERN

The BYU men's tennis team traveled to Asia this summer and visited Taipei, Hong Kong, Beijing and Xi'an.

On Aug. 10, 13 BYU tennis players traveled to their first destination on what would be a two-week trip that included tennis competitions, cultural experiences and discovering unexpected commonalities.

Four of the 13 team members speak Mandarin. This skill helped the men's tennis team act as ambassadors for BYU and communicate with Chinese players, Taiwan officials and locals in each of the four locations.

David Ball, a senior from Palo Alto, California, served a two-year mission for The Church of Jesus Christ

of Latter-day Saints in Sydney, Australia, where he learned to speak Mandarin.

As one of four teammates who speak Mandarin, Ball was able to facilitate communication between his competitors and teammates. He used this skill not only to assist the team through their travels but also to develop a deeper understanding and relationship with those they came in contact with.

"Before we played China, (we were) able to get up and say some words in Chinese to the Chinese team," Ball said. "(It was) super eye-opening to have that experience."

Ball said the trip not only gave them the opportunity to play the game they love but also a greater understanding of life beyond tennis.

"We did an opening ceremony in

Taiwan as well, where the (BYU) Chinese speakers got up and said some words," Ball said. "We were able to say, 'This is why we speak Chinese; we went and served missions for our church.' Also, (we were) able to say our school is a religious institution, but we accept everyone."

BYU and the men's tennis team were featured in two articles written by Chinese online newspaper Sports Vision. The articles describe the tennis competition and positively sheds light on BYU by calling it a "first-class university" and the largest religious university in the United States.

"I was really thrilled to get such great exposure," BYU men's tennis head coach Brad Pearce said. "I think that's another aspect of the trip. We want to represent BYU abroad, and all that it stands for, as well as the Church."

Pearce, along with his wife, Cindi, planned the foreign trip to reward the team and provide them with an optimal opportunity to grow.

Pearce said that instead of going to Europe, as was initially considered, he specifically planned the trip to Asia where the team's ability to speak Mandarin could be capitalized.

"I think what kind of tipped the scales for us in terms of this trip, going this direction (is that) we have a third of the team speaking the language spoken in all those areas," Pearce said.

While the trip's itinerary revolved around the tennis competitions, Pearce said it was also important to schedule cultural experiences that got the players out of their comfort zones and provided them with learning experiences.

See *TENNIS* on Page 7

## Students prepare to vote in local elections



By HARRIET NORCROSS

Some BYU students will soon be able to cast their votes with Utah's municipal general election taking place Nov. 5.

### Registering to vote

The first step towards exercising the right to vote is registration.

Out-of-state BYU students have the option to register to vote in their home state or in Utah. Voter registration can be completed in person, by mail or sometimes online, depending on the state.

In order to register to vote in Utah, one must have lived in the state for at least 30 days, and to register online, one must have a valid Utah ID or Utah driver's license.

Registration forms for Utah County can be found at [utahcounty.gov](http://utahcounty.gov) and may be either mailed or hand-delivered to the county clerk office. According to [elections.utah.gov](http://elections.utah.gov), the state election website, the last day to postmark mailed registration in time for the November election is Oct. 7 — 30 days before the election.

Utah voters may also register in person at voting polls on the day of an election.

Rules vary by state, so prospective voters should consult their own states' election websites or a site like [vote.gov](http://vote.gov) to find out how to register.

### Requesting an absentee ballot

Students from outside of Utah who choose to register to vote through their home states may use absentee ballots to cast their vote.

Kelli Bennion, a junior pre-nursing major from Wyoming, voted in her local election last year by absentee ballot.

"It was a little daunting just because I felt like I had to do more research," Bennion said. "I hadn't been hearing the names and viewpoints of the candidates as often as I would've had I been in my home state."

Still, she said the ballot request process was "super simple." The steps differ from state to state; for example, there is an online form for Bennion's county in Wyoming. In California, a voter can opt to become a "permanent vote-by-mail voter" and automatically receive a ballot for each election, according to the California Secretary of State website.

The website [usa.gov](http://usa.gov) suggests voters should consult their state or territorial election office's website and look for "absentee voting" or "voting by mail." If one doesn't see either term, try using the site's search tool.

Voters can also request an absentee ballot through websites like [vote.org](http://vote.org).

"I will definitely vote with an absentee ballot again," Bennion said. "It is a huge privilege to be able to be a voice and have the opportunity to vote. I'm thankful for the blessing, so I take advantage of it."

### Words of advice from other students

To students preparing to vote, Sonja Mecham, a junior linguistics major from Orem, said to "register as soon as possible" and "be an educated voter."

She also advised students to look up the hours of operation for their county clerk's office. Mecham went three times because she kept forgetting it was closed on Saturdays.

"I felt like it was my duty as a citizen (to vote), and it is important to me to support the system of democracy," she said.

## How to respectfully disagree

By EMMA BENSON

"No offense, but ..."  
"I don't want to be rude, but ..."  
"Don't take this personally ..."

Is it obvious what might come next? Despite good intentions, these commonly-used phrases may lead to offense. Whether it's a conversation with a family member or a friend, a classmate or a co-worker, everyone has varying opinions and beliefs.

Is there a good way to disagree with someone while still being respectful of their thoughts and opinions?

BYU persuasive writing professor Erin Blackmun teaches her students that sharing their opinions with each other is an opportunity to be enlightened. Blackmun, along with former vice president of the BYU Speech and Debate Club Benjamin Braden and Better Angels coordinator Erika Munson, shared ideas on how to respectfully disagree during a conversation, whether with a friend or foe.

### Have a well-researched opinion

"The best way to express an opinion is to have one," Blackmun said.

Braden suggested the importance of researching topics and understanding both sides before arguing an opinion.

"One of the biggest issues I see with people is they establish an opinion without any research," Braden said. "If people are more informed and actually research topics more and understand

what went into it, they'd have a better understanding of both sides and not be as contentious in the issues, rather than just attacking their opponent."

### Agree to disagree

An article from the American Psychological Association suggests the importance of agreeing to disagree.

"Having conversations, specifically on sensitive topics, will not always be easy going. Recognize that you may not be able to change their viewpoints. Use the conversation as an opportunity to share views, not to convince anyone that your view is best," it says.

Blackmun concurred. " Oftentimes, those ideas are different, and we don't have to agree," she said.

Braden also noted the importance of realizing most people won't change their opinion because of a single conversation. Before reaffirming one's own position, Braden suggested one should reiterate what the other said first, then point out that there's another side to it.

"Try to come to a mutual understanding first, then you can expound on your points without sounding aggressive," he said.

### Treat an argument as an 'exchange of ideas'

Blackmun said she discusses the meaning of an argument with her students. She said "argument" often has a connotation of involving contention and disagreement, but it should be portrayed as an exchange of ideas.

"Contentment doesn't ever solve



Addie Blacker

Sometimes people may act a certain way but think another.

anything," she said.

Blackmun said that when people have conversations about controversial topics, like abortion, politics, same-sex marriage or immigration, people tend to come in being defensive from the start, thinking they have to defend their stance. But Blackmun said she doesn't

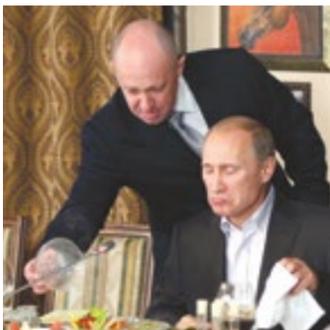
think an argument has to be like that when people think of it more in terms of the "exchange of ideas."

Blackmun, Braden and Munson capitalized on three main points to treat an argument as an "exchange of ideas."

See *DISAGREE* on Page 2

# UNIVERSE news briefs

FROM THE ASSOCIATED PRESS



## US punishes Russia for election interference

The U.S. sought to punish Russia on Sept. 30 for interfering with the November 2018 midterm elections by placing the yacht and private planes of a Russian financier on an international sanctions list along with employees of the Internet Research Agency that he has funded to spread false information on social media.

Sanctions placed on the planes and yacht of financier Yevgeny Prigozhin mean that U.S. and many foreign ports would face penalties for transactions involving the vessel or aircraft.



## Ukraine president pushes back against accusations

Ukraine's president says his country can't be pressured into opening an investigation into Democratic presidential candidate Joe Biden.

Both Ukraine and Russia are pushing back at the White House for releasing a transcript of a private phone call. President Volodymyr Zelenskyy is trying to contain damage at home and abroad after the world learned last week that Trump pushed him to "look into" Biden and his son Hunter.



## California allows college athletes to hire agents

Defying the NCAA, California opened the way Sept. 30 for college athletes to hire agents and make money from endorsement deals with sneaker companies, soft drink makers and other sponsors.

The law could upend amateur sports in the U.S. and trigger a legal challenge.

Gavin Newsom and others cast it as an attempt to bring more fairness to big-money college athletics and let players share in the wealth they create for their schools.



## Film on Thai cave rescue moves forward

Their story gripped the world: determined divers racing against time and water to rescue 12 boys and their soccer coach trapped for more than two weeks in a flooded cave deep inside a northern Thai mountain.

The ordeal in late June and early July 2018 had barely ended when filmmakers began their own race to get the nail-biting drama onto cinema screens. The first of those projects will premiere this weekend, when director Tom Waller's "The Cave" shows at the Busan Film Festival.



## Congress considers wild horse initiative

Congress is closer to approving a contentious wild horse initiative backed by national animal welfare groups and the livestock industry but condemned by leaders of the largest and oldest coalition of mustang advocates in the West.

Supporting groups say it would eliminate the threat of slaughter for thousands of free-roaming horses and shrink the size of herds primarily through expanded fertility controls on the range.

## DISAGREE

### Principles to encourage better discussion

Continued from Page 1

#### Listen

It may be intimidating for some to share their opinions — they may fear how the other person might react. Blackmun said it's normal to feel this way, especially walking into a conversation with somebody they don't know — but it's the delivery that makes all the difference.

"I think so much has to do with the way that we receive them," she said. "Oftentimes in a conversation, it's better to listen first, especially when you don't have that prior relationship and when you're not sure what the reaction is going to be."

Blackmun frequently holds debates in her classes to help her students learn how to express their opinions. She said it's an eye-opening experience to help them see why they have the opinions they do and where those opinions came from.

"I think that as teachers, even as parents, it's more beneficial for us to help our people to see why they feel the way that they do instead of asking them

to adopt the opinions that we have," she said.

#### Ask questions and speak in "I" statements

Munson works as the Utah State Coordinator for Better Angels, an organization largely made up of volunteers. The organization is based in New York and it teaches people how to talk about politics in a productive and respectful way. Better Angels hosts workshops around the nation to facilitate positive discussions between Democrats and Republicans.

When trying to respectfully disagree, Munson suggested asking reflective questions, such as, "Can you tell me what you mean when you say ...?" and, "Is it possible for you to say more about ...?"

"Be curious and interested in their experience," she said. "That leads to the kinds of questions that people will welcome."

Munson noted that it's easier to not be as respectful online since "our natural brakes tend to be off because we're not seeing how the person is reacting personally." But she said the same principles of respectfully disagreeing in-person, like being curious and asking questions, can also be applied online.

"If somebody has a rant about this or that, first say, 'I don't agree with you, and I'd like to ask some questions about this. Would you be open to that?' and then see what they

say," Munson said. "And then ask your question and see what the answer is. And if that person isn't up for civil conversation, I say go away. I say go and find a human (in-person) and have a conversation that way. But it's totally worth it to keep trying."

Munson also encouraged speaking in "I" statements instead of general statements.

"Phrases like, 'Everybody knows,' and, 'You don't want to,' can feel preachy and make others defensive. By speaking in the first person, 'I feel,' 'In my experience,' you are speaking for yourself and not assuming anything about anyone else," she said.

#### Show respect through body language

Braden said what is said matters, but even more important is showing one is paying attention through body language.

Poor body language like rolling eyes can show one is not open to an actual discussion, but rather just trying to dominate it.

"We all get caught in this trap where we're so anxious to prove our own point that we completely ignore and don't acknowledge the valid points others have," he said. "I think the best way to show respect is to understand that everyone does have valid points, that although you may disagree with them, from their perspective, what they're saying is true and has merits."

## Students reflect on recent changes, look forward to General Conference

By KARINA ANDREW

BYU students largely reacted positively to the changes announced since the last October General Conference and several expressed looking forward to prospective changes during this week's upcoming conference.

President Russell M. Nelson announced one year ago that The Church of Jesus Christ of Latter-day Saints would update its meeting schedule to better accommodate home-centered gospel learning. The update reduced church meeting blocks from three to two hours and introduced a home study plan called Come, Follow Me.

The change also reduced the number of second-hour classes offered. Rather than holding Gospel Principles, Gospel Doctrine, Temple Preparation, Mission Preparation, Family History and other class options, Church members and guests can attend Come, Follow Me classes on the corresponding Sundays.

"To me, that means that we need to start being a lot more self-sufficient and not rely on other people to help us with our spirituality," BYU student Erin Berglund said. "It needs to become a lot more personal and individual."

The commencement of two-hour church and the Come, Follow Me program were just two of several changes issued by the First Presidency within the past year. Other announcements include the implementation of abuse prevention training for ward and stake leaders, clarification on the Word of Wisdom



Lexie Flickinger

President Russell M. Nelson leaves the Conference Center following a session of General Conference.

doctrine and plans to build 20 new temples all over the world.

The prophet addressed one change in his recent BYU devotional address — the reversal of the policy preventing children of LGBT parents from being baptized without First Presidency approval.

"We knew that this policy created concern and confusion for some and heartache for others," President Nelson said during his Sept. 17 address. "That grieved us. Whenever the sons and daughters of God weep—for whatever reasons—we weep."

The prophet said the original policy, its reversal and another 2019 policy change instructing ecclesiastical leaders to treat homosexual and heterosexual immorality the same way, were all motivated by the First Presidency's love.

"The reversal was good for people," BYU graduate student Hannah Murdock said. "It was a good acknowledgment that the policy was wrong."

Berglund also said she appreciates the prophet's

acknowledgment of the LGBT community and hopes he speakers will address the topic again in the upcoming General Conference and answer the questions many members still have. She said she anticipates one of the speakers to offer a message of love for the LGBT community.

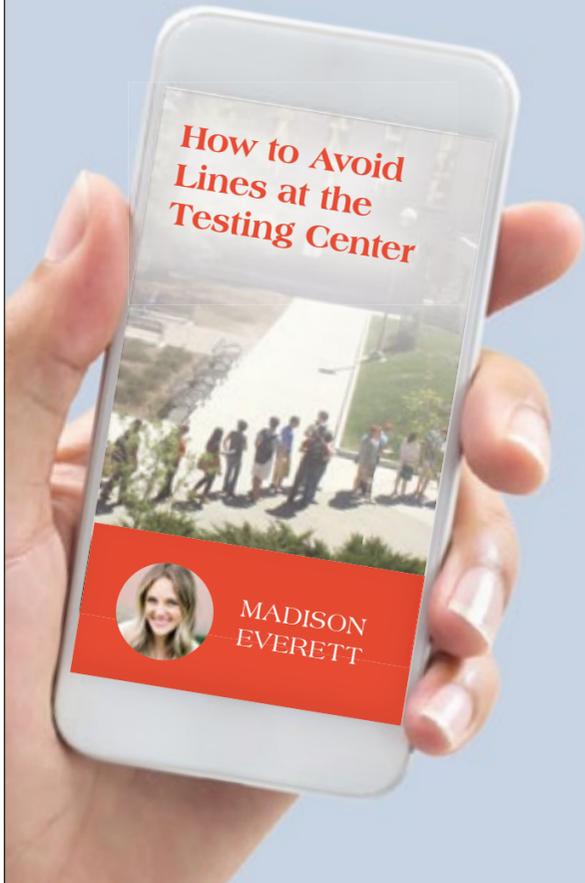
BYU student Nathanael Eifert said he loved President Nelson's devotional message that truth is truth. In regards to potential upcoming changes, Eifert said, "I just follow the prophet and roll with it."

Murdock also noted President Nelson's emphasis on truth and said she expects that will color his delivery of any forthcoming changes this General Conference.

"To me, it made it more clear that when something does change, it doesn't mean that truth is necessarily changing but that it's more of a policy change with the Church rather than the gospel," she said. "I think (President Nelson) is signaling toward that."

# #BYU hacks

The 'how to' at BYU



Scan the picture on the phone using the Universe Plus app to view this hack!

## THE UNIVERSE

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# Scooters in Provo bring mixed reviews

By LISI MERKLEY

Zagster's Electric scooters made their first appearance on the streets of Provo on Thursday, Aug. 8 and have exceeded the expectations of the company that owns the scooters. However, some Provo residents wish users were more cautious while riding them.

"I agree that there are legitimate reasons to have the scooters here," Provo resident Kendal Hunter said. "I just think there could be some better training."

In a Facebook group for Provo residents, some have complained about scooters blocking bus stops and scooter users riding at top speed on narrow sidewalks.

Joni McIntire, another Provo resident, said in a Facebook message that she has been forced off the sidewalk by the scooters multiple times while walking her dogs.

Both Provo City and Zagster officials said they are aware of these problems and hope to help solve them going forward.

When the scooters were released, the city made infographics detailing how to park and ride the scooters safely and a video demonstrating proper use.

In addition, the city is trying to combat both scooter and bike riding on the sidewalks by creating a bike master plan. This plan lays out where future bike lanes and facilities will be placed when street reconstruction occurs. One example is the reconstruction happening on Bulldog Boulevard.

"That's going to get the state's second protected bike lane, where there is literally a concrete barrier between the cars and you riding a bike," Provo parking and sustainability coordinator Austin Taylor said.

Zagster spokesperson Phil LeClare said that when scooters are new, cities experience



Sydnee Gonzalez

BYU students Jace Roberts, left, and Jesse Gale ride Zagster scooters near Center Street and University on Sept. 21.

growing pains as the community adjusts. Zagster is dedicated to helping a city during all phases of a scooter program's life by having operations teams in each city, LeClare said.

"We look at it as ultimately trying to control some of the chaos that in some instances has gone along with micromobility," LeClare said. "There's learning that comes along with starting a program and then finding out over time what works in different communities."

Micromobility refers to the use of scooters and bikes as modes of transportation. Cities like Provo see these programs as ways to make residents safer, encourage them to shop locally and save space taken up by parking stalls. In Provo, the environmental benefits from micromobility were a major consideration in deciding to bring scooters to town.

Taylor said that according to a survey conducted in Portland, another scooter city, around 34% of riders would have taken a car if they did not have access to a scooter. If that percentage is

applied to Provo, Taylor said the scooters would reduce vehicle travel by about 12,000 miles.

Residents said they appreciate these benefits but are also frustrated that many scooter riders don't follow rules regarding parking and riding on the sidewalk.

"That totally helps with air pollution and inversion," Taylor said. "Northern Utah regularly gets some of the worst air quality in the nation." Taylor added that in Northern Utah, about half of the air pollution comes from cars and trucks.

According to Taylor, the scooters are averaging around three rides per scooter, per day. These kinds of numbers indicate that there is a high demand for the scooters, and Zagster might consider bringing more scooters to the city.

"We've been really pleased with the uptake of micromobility programs and usage in Utah as a whole and certainly in Provo," LeClare said. He said scooters were just introduced in Orem because of their popularity in Provo.



Addie Blacker

Amanda Knight Hall, located south of BYU, was recently sold to Mountain Classic Real Estate. The company plans to remodel the building and reopen it for female student housing. Residents are concerned the project may exacerbate local parking issues.

## Amanda Knight Hall remodeling sparks parking concerns

By THOMAS MADRIGAL

Provo residents living near the historic Amanda Knight Hall have concerns regarding plans to remodel and reopen the building. On June 14, the city announced plans to remodel the building and reopen it for female student housing.

In a Provo City Council meeting held Tuesday, Sept. 10, residents expressed their enthusiasm and concerns about the project. Landmarks Commission board member Diane Christensen said the commission is thrilled that the situation will have what they view as a positive outcome. The Landmarks Commission reviews and makes recommendations regarding historical sites in Provo.

"I want to pay a special tribute to Brigham Young University and especially President Worthen for what we were able to accomplish here," Christensen said.

Amanda Knight Hall was

originally housing for female students at BYU and was the location of the Church Language Training Mission in the '60s and '70s. However, because of a lack of functional support, BYU considered tearing the building down and building a replica in 2018.

Because of the building's architectural uniqueness and value, residents and the Landmarks Commission pushed to preserve it.

In April of 2019, their wish was granted when Mountain Classic Real Estate officially bought the property from BYU and commenced plans for its remodeling. While some individuals lauded the decision, there has been some concern about how the remodel will impact the surrounding community.

Provo resident Valerie Paxman said her concerns have more to do with the aftermath of the project than the building itself. If the proposal to remodel is in fact passed and students move in, she worries parking would become the next dilemma Provo residents face.

"It would be awesome to see a historic building brought back to life and renewed, but the concern definitely is with the parking," Paxman said.

The initial plans for remodeling include limited parking spaces for residents. Paxman questioned how parking would be policed and enforced and expressed her concern for the difficulty tenants would face because of the lack of parking.

However, Brick Oven, which is located across the street from Amanda Knight Hall, may offer a possible solution.

Brick Oven Manager Dan George said the restaurant tries to alleviate the parking shortage by allowing students to park in the Brick Oven parking lot overnight as long as they move their cars by 11 a.m. the following day.

"We've got arrangements with local complexes here for them to park in our parking lot," George said. "I'd love to work with students or apartment complexes. ... I don't mind helping them out as long as they're gone by 11:00 a.m.," George said.



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**Michael A. Dunn**

Managing Director, BYU Broadcasting

Michael A. Dunn is the managing director of BYU Broadcasting in Provo, Utah, overseeing the nationwide operations of the BYUtv and BYUradio networks. He previously served as the general manager of KUED Channel 7 (PBS) in Salt Lake City. Prior to his public television experience, he founded and operated Dunn Communications, Inc., a Salt Lake City-based film production company. Among his peer distinctions are a gold and silver medal from the New York Film Festival and two Emmy nominations—one of which earned the Emmy Award for public service in 1992.

Michael spent 13 years as a senior writer and producer for Bonneville Communications, where he worked on the highly acclaimed *Homefront* campaign for the LDS Church. He began his career as a freelance print journalist and later moved to the

broadcast side, working in radio and television as a reporter and producer for KUTV (NBC) in Salt Lake City. Dunn graduated from the University of Utah, earning a B.S. in mass communication (journalism and public relations) and an M.A. in communication (film and new media).

His church service includes a full-time mission in the Hawaii Honolulu Mission, bishop, stake president, and mission president in the South Africa Johannesburg Mission. In April 2018 he was called as an Area Seventy and currently serves in the Utah Area.

A devoted runner, cross-country skier, and cyclist, Michael has completed more than 30 marathons and other endurance events, including the Boston Marathon and the St. George Ironman. He and his wife, Linda, have three children and seven grandchildren.

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

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# Utah considers ban on gay conversion therapy for minors

State officials hold public hearing

ASSOCIATED PRESS

SALT LAKE CITY — Justin Utley spent two years in gay conversion therapy that included retreats where he was instructed to hold another man so he could become sexually aroused to be with a woman.

He said the therapy didn't change his sexual orientation and instead brought shame and depression that led to a suicide attempt more than a decade ago.

His therapists tried to persuade him that he must have been sexually abused as a child to make him gay, something Utley said never happened.

Utley, now 42, was among the LGBTQ speakers Sept. 26 who urged Utah state officials at a public hearing to adopt a proposal prohibiting Utah psychologists from engaging in conversion therapy with minors.

"Week after week, I was stripped of my identity and



Associated Press

Stephen Graham, president and general manager of Standard of Liberty, speaks during a hearing Thursday, Sept. 26, in Salt Lake City.

my dignity and taught by my licensed therapist that the word gay was a verb, and not a noun, and that I would only be gay if I acted gay," said Utley, a musician who lives in Salt Lake City. "The evidence is clear that conversion therapy, no matter what the rebranding or marketing

tactics are, is ineffective, dangerous, shame based, and increases suicidal risk."

Eighteen states have enacted laws banning or restricting the conversion therapy that's opposed by the American Psychological Association.

Opponents of the Utah

proposal who spoke during the hearing said it should be tabled because it will prevent parents from getting help for their children with "unwanted" homosexual feelings or even from talking about sexuality.

Stephen Graham said conversion therapy allowed his son to

"overcome" his attraction to men and be happily married to a woman. Graham said traditional morals and values are being "flushed down the toilet" in an "over-sexed world that celebrates homosexuality like the newest fad."

"Who do these gay activists think they are going around conniving to make it illegal to act according to the dictates of one's own conscious in their own person lives by seeking out counseling that supports their world view," Graham asked.

Most of the opponents came from conservative-based groups. Graham is president of Standard of Liberty, which calls itself a foundation aimed at raising awareness of radical sexual movements.

In June, Republican Gov. Gary Herbert called on state regulators to craft rules after a bill died in the Legislature.

Under the new proposal, psychologists who attempt to change a minor's sexual orientation or gender identity could lose their license or face other penalties.

The proposed changes have support from several religious groups and health care organizations.

Dr. Mark Foote, a psychologist and Intermountain Healthcare's director of behavioral health, said the company

supports the ban on conversion therapy that he said is harmful, ineffective and unprofessional.

Speakers at the hearing were evenly split between supporters and opponents, but state officials said about 85% of the 1,300 written comments from the public have come from people who support banning conversion therapy.

Troy Williams, director of the state's largest gay rights group, Equality Utah, said passage of the ban would send a powerful message to LGBTQ youth in the state that they are loved and belong.

"This act alone will save lives," Williams said.

The Church of Jesus Christ of Latter-day Saints didn't immediately respond to a request for comment.

When the Legislature was considering a similar proposal, the church said it would not stand in the way of gay conversion therapy for minors.

The faith opposes gay marriage and believes homosexual relations are a sin.

Merrilee Boyack of Family Watch International said the proposal would have a chilling effect on parents and youth who want to explore the therapy.

"This rule removes choice for teens and children and their parents and families," Boyack said.

## Suit Up, Soldier band gains popularity

By REBECCA NISSEN

"What do you want to be when you grow up?" This routine, get-to-know-you question caught a young high school junior off guard. Wesley Monahan replied with an answer even he wasn't expecting.

"I want to sing in a rock band," he said.

The class laughed.

Years later on Sept. 13, the crowd cheered:

"Encore! Encore!"

Monahan and his bandmates had just finished their performance at Rock Canyon Park. Dozens of couples sat huddled on blankets — some with young children and others with dogs running around. There had already been two hours of group performances and his indie band, Suit Up, Soldier, was the final group.

Suit Up, Soldier released two new singles this year: "Tongue Tied Twisted" and "Rivers and Cities." "Tongue Tied Twisted" is a rewrite of a song that was first released in the band's first album, "Lost You," in 2018. Monahan described the song as simple

compared to the other songs he has written. He said it's based off the simple chord structure reflected in Paper Route's song "You and I."

"It was nice to write a song based off of a model of a simple chord structure that still was so creatively and emotionally inspiring to me," Monahan said. "I used that chord structure and sped it up. ... Once I had sped it up, it just kind of felt like a dance."

"Rivers and Cities" was another single that, since earlier this year, received more popularity.

Though Monahan is fulfilling his high school dream, that doesn't mean he is immune to the challenges it brings. He not only has to juggle work and music but also being a father.

"I salute anyone that pursues the venture of raising children and especially those who are musicians," Monahan said as his daughter Nora fidgeted on the couch. He said his family is his support system.

Monahan credited his wife for the support she has given him and the care she gives to their daughter while he's busy.

Though he has been the backbone of the band since the beginning, not all of the members decided to stay. According to Monahan, the band has seen around 13 members come and go. At one point, there were only two members: Monahan and Josh Cooper, the band's current keys player and a student at BYU.

When the band started to gain popularity and become busier, Jake Yorgason, the band's former bassist and a founding member of Concert in the Canyon, said it became too much of a time commitment, so he decided to leave. He said being in the band was too much when paired with the life of a college student and full-time work.

Yorgason offered a word of advice to those who want to follow their passion for music: "You've just got to prioritize it. If it's something you want to maintain, make it a priority," he said.

Despite seeing members come and go, the band stands strong. They are continuing to release new songs and perform at various venues.

Cooper is also facing a lot of responsibility. Every day, he works to balance his work in the band, computer science studies and his programming job at the Harold B. Lee Library.

He talked about how work and band events occasionally overlap in his busy schedule and said he often has to get time off from



Hannah Miner

Suit Up, Soldier performs in concert at Provo's Rock Canyon Park on Sept. 13.

work in order to spend the afternoon setting up for shows in the evening.

Although he has a busy schedule, Cooper said he is still passionate about music. He even expressed interest in helping the band more when the semester ends. As a computer science major, he has ideas for how he can contribute to the band by doing things like programming synthesizers.

Although the band members have changed over the years, members such as Monahan and Cooper continue to set goals and welcome new musicians.

On making and achieving goals, Monahan said, "I would say to anyone who's pursuing a dream, you gotta find yourself and work hard to put in a lot more work than you were probably expecting to put into a nine to five," he said.

Rock Canyon Park continued to fill with chanting from the audience:

"Encore! Encore!"

"Do you guys want, like, sultry or a little more dancy?" Monahan said.

"Dancy!"

He turned to his band. "They want dancy."

With a tap of the drum and a stroke of a chord, Suit Up, Soldier once again began to play.

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## Simple Bites

Recipe Column



This week:

### White Chocolate Craisin Almond Cookies

Ingredients	Quarter batch	Half batch	Full batch
Butter (softened)	3 Tbsp	6 Tbsp	1 1/2 sticks
Sugar	1/4 cup	1/2 cup	3/4 cup
Brown Sugar	1/4 cup	1/2 cup	3/4 cup
Vanilla	1/4 tsp	1/2 tsp	1 tsp
Eggs	1	1	2
Flour	3/4 cups	1 1/4 cups	2 1/2 cups
Baking Soda	1/4 tsp	1/2 tsp	1 tsp
Baking Powder	1/4 tsp	1/2 tsp	1 tsp
Salt	pinch	1/4 tsp	1/2 tsp
White chocolate chips	3 oz	6 oz	12 oz
Craisins	1/4 cup	1/2 cup	1 cup
Sliced or Chopped Almonds	1/8 cup	1/4 cup	1/2 cup

#### Directions

In a large bowl beat butter, sugars, eggs and vanilla until light and fluffy.

Add flour, baking soda, baking powder & salt, mix until completely blended. Dough should be soft but not sticky; add a little more flour if sticky.

Add white chocolate chips, craisins and

almonds. Mix until fully blended.

Line baking pan with parchment paper or spray with non-stick spray.

Using a cookie scoop or teaspoon, drop dough onto cookie sheet.

Bake at 350 degrees for about 10 minutes or until slightly golden around sides.



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



Eric DeMaso

BYU provides food options that are available to students with dietary restrictions, such as gluten intolerance.

# Students discuss dining with dietary restrictions

By MICKEY RANDLE

Eating on campus can be difficult for students with dietary restrictions, but some students have found ways to manage.

According to the BYU Dining Services website, there are 18 eateries on campus and many vending machines. Most dining outlets, like those in the Cougarreat, are designed for eating quickly, which is conducive to the on-campus eating style. However, not every option works for every diet.

Parker Paulson, a neuroscience major who has celiac disease, said that when he does eat on campus, Subway, Chick-fil-A and Wendy's are good options because they have lettuce wraps.

Celiac disease is an autoimmune disorder in which the body develops an intolerance to gluten. Gluten is a protein that can be found in wheat, rye and barley. This makes it difficult for those with the condition to consume foods like bread.

While Paulson said he finds that it's fairly easy to order gluten-free food items on campus, he wishes it was easier to find information about vending machine items, particularly the BYU-made sandwiches. Nutritional information and ingredients of vending machine items are listed at [dining.byu.edu/vending](http://dining.byu.edu/vending).

Dindi Chan, a recent BYU graduate who is lactose intolerant, said she preferred the Pendulum Court Café when she chose to eat on campus, as it can be hard to order dairy-free products from outlets at the Cougarreat.

"At the Pendulum Court, the taco salad is good. I don't have the sour cream, it's fine. It's affordable; it's like five bucks. It's got corn chips and beef. It's so much better (than the grab-and-go salads from the Cougarreat)," Chan said.

Chan also said she has formed a sort of community in which she associates with other lactose intolerant students. They tell each other where they can find fairly-priced dairy-free products that still taste good.

"That's the hardest part of having a dietary restriction because if friends go out to dinner, they have to accommodate what you can eat or sometimes they might not even invite you because they know you can't come, she said. "It did affect my social life at first, but I tend to connect with people who have the same restrictions."

Media arts major Zoe Taylor has had similar problems. Taylor has been a vegetarian for around nine years, she said, though not by choice. Meat makes her sick.

"I made the mistake of eating meat my freshman year, and it was so bad. It was like food poisoning," Taylor said.

Taylor's school schedule often requires her to spend extended periods of time on campus. Because of this, she too turns to campus for meals. She tends to gravitate towards Jamba Juice and Taco Bell because they have the best options for her diet, though she wishes they were healthier. Taylor said she also uses vending machines.

"Most of the classes I end up taking, I know where the vending machines are; it's easy access," Taylor said. "It's easy for me to dip out of classes and just go get something. And I mean, I can eat pizza bagels to the end of days, but that's not healthy. And as much as I would like to have a chicken salad sandwich, I can't."

BYU students have recently been provided with a new alternative to fast food in the Cougarreat. A new Asian fusion outlet called Choices opened for the fall semester. It offers allergy-free non-fast food items like wraps and rice bowls. While Choices provides meat options, there are other menu items for vegan and vegetarian guests.

BYU Dining Services provides information about which menu items are safe for those with allergies or other dining restrictions. Chain restaurants like Chick-fil-A and Wendy's also provide nutritional information on their respective websites.

# BYU grad develops celiac-friendly bread



Nathan Hessing

Nathan Hessing passes out samples of his gluten-intolerant-friendly bread at the Provo Farmers Market.

By ELISA HUHEM

BYU business graduate Nathan Hessing faced a problem when his diet was impeding his capacity to do one of the things he loves most — running. In his struggle to find a solution, he and his wife, Cristin, found a way to make bread that his body could digest and use as fuel to help him run again.

Nathan faced serious health issues during his time as a student at BYU. He was a cross country runner in high school, but as a student at BYU, he could barely walk around campus. He said he felt like he was going to be in a wheelchair by age 35.

"I would walk across campus, and my legs would swell up so much that they would press against my jeans," Nathan said.

What Nathan didn't know at the time was that it was an autoimmune disorder that made it difficult for him to manage the day to day tasks

as a student. He cut several things out of his diet, including gluten, in his struggle to gain strength to run again. After years of battling against his health, he said he felt like there was nowhere else to turn.

"At this point, I was thinking about giving up on God and the Church," Nathan said.

Feeling at the end of his rope, he turned to God one last time, as well as research, to find ways to live life again. He said that following unforeseen obstacles and trials of faith, he and his wife found ways to heal and fuel their bodies, and are now helping others do the same.

After much trial and research, they created a sourdough bread that people with gluten intolerances can eat. It only contains three ingredients: flour, water and salt. These ingredients are combined with an age-old fermentation process that makes the bread celiac friendly. Cristin explained that this discovery was something they wanted to share with others.

"It's why we sell bread and why we teach free classes so other people can learn to do it themselves," Cristin said.

Former BYU cross country runner Britney Lund is one of several people grateful for Nathan and his wife's efforts. She too was dealing with an autoimmune disease that led her to cut out soy, gluten and dairy from her diet.

Lund explained that it was very difficult to cut gluten from her diet as an athlete. She found herself struggling to have the energy to run the 40-50 miles a week with BYU women's cross country team.

"It was frustrating trying to find things to snack on," Lund said. "I was falling asleep in classes all the time and slowing down in practice."

Lund said that athletes, especially cross country runners, need to eat energy-rich foods to replenish the calories they burn and help their muscles recover. Lund discovered the bread through her mom who had a connection with Nathan — a connection that would have a lasting effect.

# MIXTAPE

Middle School Throwbacks

This week:



Alena



"Replay"

Iyaz  
Single

This song was my jam in middle school! When this song came out, all my friends and I would dance and sing to it at the top of our lungs. I definitely had my iPod stuck on replay, replay-ay-ay-ay! It was catchy then, and it's still catchy now. Sometimes you just need to relive your glory days.

Another personal middle school favorite, "Down," was so popular it hit the number 1 spot on the US Billboard Hot 100 and sold more than two million copies in America. It is one of the best dance songs of all time because of the catchy chorus and deep baseline. Fun fact, Jay Sean's real name is Kamaljit Singh Jhooti. Bet you can't say that five times fast.



"Down"

Jay Sean ft. Lil Wayne  
Single



"Break Your Heart"

Taio Cruz ft. Ludacris  
Rockstarr

British born artist, Taio Cruz, had back to back number one singles in 2010 with "Dynamite" and "Break Your Heart" both became iconic sing-a-long dance songs. "Break Your Heart" features a rap by Ludacris which adds an even richer dimension to the song. Cruz's decision to include rap put him in line with a trend that has become very popular in pop music today.

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



## BYU ARTS

byuarts.com | (801) 422-2981

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

Legendary baritone Thomas Hampson and his son-in-law, acclaimed bass-baritone Luca Pisaroni, bring their stunning talents and musical family ties to the stage in *No Tenors Allowed*.



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



**Jazz Showcase**

BYU Synthesis, Jazz Ensemble, Syncopation, and BYU Jazz Legacy Band present their first concert of the season.

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



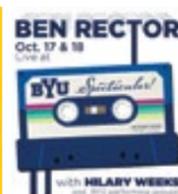
**Choir Showcase**

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



**BYU Spectacular! Featuring Ben ReCTOR and Hilary Weeks**

Thurs.-Fri., Oct. 17-18, 7:30 p.m.  
Marriott Center

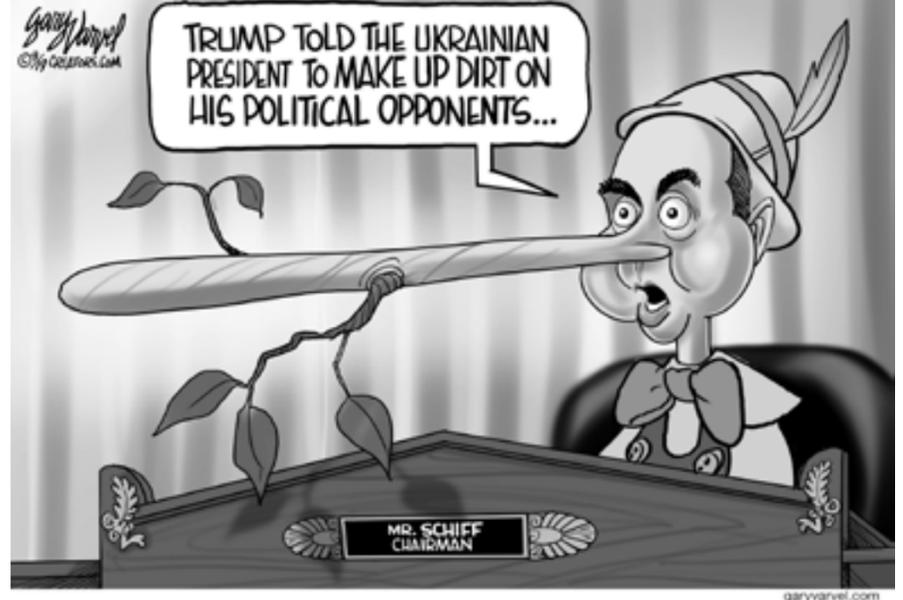
**Final Cut Film Festival**  
Thurs.-Sat., Oct. 17-19, 7:00 & 9:00 p.m.  
Pardoe Theatre

**Opera: The Magic Flute**  
Wed.-Sat., Oct. 23-26, 7:30 p.m.  
de Jong Concert Hall

**Microburst Theatre: New Work by BYU Students**  
Thurs.-Sat., Oct. 24-26, 7:30 p.m.  
Sat., Oct. 26, 2:00 p.m.  
Nelke Theatre

All events are ticketed.





## Tweet Beat

#BYU #BYUprobs

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

Leave comments at universe.byu.edu or @UniverseBYU

**@AdamChappell4**

(In Testimony Meeting, explaining why he is at the pulpit):

"My Apple Watch told me it was time to stand."

@HeardAtBYU

**@chowslc**

"I'd talk about eternity, but due to time constraints we won't get into that."

@HeardAtBYU

**@AbbyFales**

"drinks water at football game" "You know me, always thirsty."

@HeardAtBYU

**@kayteeroese**

making a list on your phone of things you can talk about on a date tonight so the fact that you have no life plans doesn't come up #justprovthings @HeardAtBYU

**@alycia\_burnett**

Girl 1: no seriously who would you want to get in a fight with?

Girl 2: probably Parley P Pratt. Of the general authorities, I think I could take him.

@HeardAtBYU

**@TheKiriousCase**

"Come on dude. Okay, fine, I'll tell you how my date went if you tell me about yours."

@HeardAtBYU

**@LatterdayLikes**

What if we shared a hymnbook during church?? Hahahahaha jk ... unless???

**@basicprovbro**

"in heaven" me: [sees old pioneer] hey pioneer: oh, hey man me: we used to dress like u guys and do pretend pioneer treks pioneer: what? why? you know people died, right? u guys had ac and u went out in the woods?! that's literally the weirdest thing u could have told me.

**@nihiliists4jesus**

and I would walk five hundred miles and I would walk five hundred more just to be the man who walked one thousand miles to bury ancient scriptural records in upstate new york

**@katienset**

"in marketing class talking about business ethics"

"I'm 5'10" but on my dating profile I'm 6 foot. On a scale from 1-7, how unethical is THAT?"

@HeardAtBYU

**@LbWhip**

"Wouldn't it be funny if they put up a sign that said, please be reverent, instead of shhhh! on the third down?" -Guy behind me at the BYU game @HeardAtBYU

**@erinnberglund**

"the video wasn't working in my sociology class" "somebody say a prayer and it will start working!" -some kid in my class

@HeardAtBYU

**@itsamymiller**

"And I've already got the playlist. It's called Medieval Jams."

"Dude, can I COME to this wedding?"

@HeardAtBYU

**@spicy\_emma**

sorry i was late to your class i was doing the homework for your class

@NicoleBHSW

It's gonna be a real awkward time if we die one day and find out the Mormons were right

**@poetickate**

why do they call it meal planning and not the plan of salivation

**@hayzul\_nut**

i'm riding in the car for an hour with a Costco cake on my lap and it's fast sunday, this is a modern day scripture story of trials

**@harperforsgren**

Ok but what if in 30 years Collin the Provo Bachelor gets called as a General Authority and is speaking in General Conference but no millennial can take it seriously because we watched him uncomfortably date multiple people on our televisions?

**@mmmfm**

I'm tired of being a ysa. Does anyone want to take one for the team and marry me?

**@cvanvleet16**

Introducing myself to my lab partner Me- ya I'm 20 & single Hayzelynn- oh wow, that's old! Haha no offense but I've been married for 3 years and I'm 20 #IgetItImOld @HeardAtBYU

**@\_ellahansenn**

"he's had 62 bowls of fruity pebbles this semester"

-some dude at the cannon @HeardAtBYU

**@CollegeStudent**

In college any "free time" you have is actually just you procrastinating

**Tweets are unedited**

## READERS' FORUM

### Beard policy

BYU is famous for its Honor Code. It's one of the main reasons I chose to attend this school as it helps maintain an atmosphere of professionalism, learning and spirituality. However, there is one rule that I, and many others, feel is outdated: the beard policy. The dress and grooming statement states that men are "expected to be clean shaven; beards are not acceptable." This should be changed.

The beard policy was introduced in the 1970s. Then-president of BYU, Dallin H. Oaks, said, "Our rules against beards and long hair are contemporary and pragmatic. ... The beard and long hair are associated with protest, revolution, and rebellion. ... In addition, unkemptness — which is often (though not always) associated with beards and long hair — is a mark of indifference toward the best in life."

At that time, beards carried a certain stigma. Today, culture has changed. Well-groomed beards can be professional and attractive.

Facial hair isn't just a fashion statement. For many men, it improves their self-esteem. One student told me, "Without a beard, I have a very young-looking face, and somehow, that look of being less experienced made me feel less experienced, which led to me being more timid and self-conscious. ... After growing a beard, ... I found myself feeling more confident."

The other argument against beards is that some may appear unkempt. This is a good point; however, facial hair is the only form of unkemptness that's enforced on campus. Beards are just like any other style — they can look good or bad. BYU doesn't enforce things like sweats or showering, so why are beards singled out?

Lifting the restriction on beards would be good for BYU as an institution. The policy is ridiculed by students and non-students alike. It's widely criticized as arbitrary, outdated and even absurd. Changing this rule would only serve to improve BYU's image while allowing students to look and feel their best.

—Brady Bowerbank  
Pleasant Grove, Utah

### Judgment

BYU is a melting pot of cultures, personalities and opinions, all united by one eternal principle: students' love for Jesus Christ and the gospel. One may argue that this campus is a representation of the atmosphere of the world-wide church because children of members from all over the world are represented on one campus.

So why is it that not just a university, but a church so filled with the love of Christ is also filled with so much judgment of others' decisions? This gospel that unites us is a

manifestation of Christ's love, a gospel of feeling loved and a gospel of giving love. We know this, so why don't we always show it?

I do not believe judgment is always bad. We all know of the scriptures and conference talks that speak of "righteous judgment," and obviously forming one's own opinions is unavoidable. But hand in hand with this power to judge for one's self is the plea to "love one another; as (Jesus Christ has) loved you." Righteous judgment, when extended too far, becomes self-righteous judgment.

Whether it be choosing to follow the Word of Wisdom or not, or an individual's choice to not have kids, the pinnacle of my argument is this: in whatever plans someone may have at each moment in life, believe in them, help them and uplift them. We're all here to find our way on this winding path of life — it's difficult enough for someone to find the correct path without others adding to the confusion.

—Audrey Saunders  
Ladera Ranch, California

### The sound of unity

Music crosses barriers and can bring people together. As a member of the BYU Young Ambassadors, I get to see this musical unification process firsthand. As a group, we will travel and perform all over the world throughout the next year. While we are performing, we will strive to share our love for our audience members through music. This will undoubtedly unify us to everyone that we come in contact with. Our goal is to share light and hope with the world.

There is a man named Hyung Joon Won who shares the same goal. Won has a vision of reunification of North and South Korea. To reach his goal he has turned to music. Won uses music to unify and create peace in a time of disarray.

An article in The Harvard Crimson states, "Won, a Juilliard-trained violinist, has worked for more than eight years to create an ensemble that allows young musicians from North Korea and South Korea to interact through music rather than politics." Won has tried to perform with these students at many peace concerts, but the support was not there, and the concerts fell through. Although tensions are still very tight, his music brings people together and creates hope for reunification.

The political climate in the world is not always positive. This is why supporting the arts is so important these days. There is a need for unity throughout the entire world, and by supporting the arts — starting with the arts at BYU — we can make that happen.

—Hailey Hyde  
Highland, Utah

## OPINION OUTPOST

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

### Refugees

President Trump cut the number of refugees accepted to a mere 18,000 from 30,000 last year. This is the administration's latest message to anyone dreaming of a freer life in America: that they should just stay away.

There is no sensible argument for opening the borders to everyone. Any refugee or asylum program needs a solid vetting process. But Mr. Trump's approach is not the answer.

—Editorial Board  
The New York Times

### Women's health

President Trump's administration spearheaded a

declaration at the United Nations calling for the elimination of allegedly "ambiguous" expressions in the body's documents — primarily, "sexual and reproductive health." Joining the land of the free? Some of the least-free nations on the planet, from Russia to Saudi Arabia.

This has shown what's in store under Mr. Trump's nationalist paradigm. Putting America first means putting it shoulder to shoulder with serial repressors. It also means putting women last.

—Editorial Board  
The Washington Post

### Suicide prevention

Utah's struggle with mental health issues is no secret. Two years ago the Utah Department of Health released a report that found teen suicide had risen 14% since 2011. Last month the Kem C. Gardner Policy Institute released numbers revealing

suicide as the leading cause of death in Utah youths and that the state has a disturbing shortage of mental health providers.

When it comes to reducing suicide and tackling the mental health crisis, an old adage rings true: It takes a village — or, in this case, a state, along with individual citizens and the institutions of civil society.

—Editorial Board  
Deseret News

### Impeachment

Leaders of the U.S. House of Representatives have made a correct decision to do their constitutional duty and look into credible evidence that the president of the United States has been abusing his power for personal and political gain.

A properly done investigation could at least remind Congress of its constitutional role in overseeing the doings of the federal government and, even if no articles of impeachment are

issued by the House or lead to a conviction in the Senate, let the people know what has happened and which members of Congress care.

—Editorial Board  
The Salt Lake Tribune

### China

Anti-China fervor is gripping Washington, D.C. these days, and the collateral damage could be 800 mostly union jobs at the BYD electric bus factory in the high desert city of Lancaster.

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

## Elise Flake leads BYU soccer to 10-0 start

By ANNEKA CUSICK

South Field erupted into a commotion that could be heard from beyond the stadium as thousands of fans watched Elise Flake lead No. 5 BYU to a 2-0 win over then No. 12 Texas A&M on Sept. 12. Flake scored twice within three minutes midway into the game. This gave the Cougars the advantage they needed to defeat the Aggies, their second win against a ranked team this season. Since then, the Cougars held opposing teams scoreless for seven games straight and now boast an undefeated record of 10-0.

Those were not the only essential goals that she's scored during her career at BYU — in fact, she has totaled 29 goals as of Sept. 30. Flake has been a huge contributor on the field since her junior year as she stepped up to embrace her role as one of the team's top goal scorers. Winning games is important to Flake, but she said her real dream was to simply play for the Cougars.

The Flake family bleeds blue. Flake grew up attending soccer camps and games at South Field. She said BYU is her dream school and she is now carrying on her family's legacy. Her grandparents and parents went to BYU, and now her brother and sister are attending the university with her.

"I grew up just down the street as a big BYU fan," Flake said. "I think I would've ended up here whether or not I got to play soccer; it is just a big plus that I had the opportunity."

Despite interest from other colleges, in Flake's eyes, nothing compares to playing for the BYU Cougars.

With no future athletic plans for Flake after BYU, she said she is trying to give it her all this season as she hopes to end her soccer career on a high note.

In the 2018 season, BYU soccer fell in the first round of the NCAA tournament in heartbreaking fashion to Texas Christian University. Instead of wallowing, hardly a week went by before the team met to discuss how they could improve for the next season.



Addie Blacker

Senior Elise Flake battles against an opposing Texas A&M player and prepares to shoot the ball. Flake scored twice to win the game and lead women's soccer to a 10-0 start.

"Ever since that game, it has pushed us to go harder, to be better this year," Flake said.

A major focus of this past offseason has been team culture. Flake said the Cougars have worked to build team chemistry off the field over the past two years and have seen major improvement on the field during practice and games.

Flake mentioned that the team even spends a lot of time playing party games together to foster team relationships. The time spent together has created an environment of awareness and trust among teammates, which Flake said she believes has contributed heavily to the personal success that she has seen in her soccer career.

The added effort from the team has proven to be a catalyst for the current season. The Cougars currently rank No. 5 in the country in the United Soccer Coaches poll, starting off the season undefeated with a 10-0 record. All but two of those wins have been shutouts as the team has outscored their opponents 29-3, including a seven-game stretch

where they didn't allow a single goal. BYU has also outscored ranked opponents — No. 12 Texas A&M and No. 14 Kansas — 4-0.

Flake currently leads all BYU women's soccer players with 9 goals this season. Flake and BYU are set to take on Santa Clara on Oct. 5 in Santa Clara, Calif.

## Honor Code, school credibility motivates Helen Jiao to join tennis team

By CHELSEA KERN

Most young adults are expected to experience change when transferring to college life, 19-year-old Helen Jiao has taken it to a whole new level.

Jiao, a freshman originally from Xi'an, China, came to BYU in May to pursue her dream of becoming a highly competitive tennis athlete. Although not of the same faith as most students who attend BYU, Jiao decided to go to BYU at the recommendation of her coach, Alan Ma.

As it turns out, Ma, originally from Taiwan, was the former coach of the current BYU women's head coach, Holly Parkinson Hasler. Hasler said Ma was the director of the tennis academy she went to from seventh to 10th grade.

"When you go to these academies by yourself as a young kid, a lot of times your coach also becomes a huge mentor and role model," she said. "And so he was someone that as I moved on in my tennis career and life I always stayed in touch with."

Hasler, the BYU women's tennis coach since 2018, said her goal as the new head coach was to reach out to international tennis connections with hopes of recruiting new players for the BYU team.

While BYU women's tennis has historically performed strong and ranked in the top 25, it has not been ranked in any of the last 10 years. Hasler said her goal in coming to BYU was to turn the tennis program around.

In order to do that, Hasler said she felt the need to find the best players that nobody knew about, which meant extending her recruiting efforts to foreign countries. It was then that Hasler called Ma.

"I called him, and he answered, which I couldn't believe because I hadn't talked to him (in) about 15 years," Hasler said. "He answered right away. It was like yesterday and immediately we started talking about players. ... He sent me some video footage, and we kind of just went from there."

At first, it was Jiao's skillset that caught Hasler's attention, but later that

extended to her bright personality.

Hasler said that in talking with Jiao, it became apparent that the BYU culture would be a perfect fit for the soon-to-be-freshman tennis star. While many non-member athletes may shy away from BYU's various restrictions, Jiao grew excited at the possibility of belonging to a university with no tolerance for drugs and alcohol and that provides strict regulations and policies.

Former coach Ma explained that he knew Jiao would be the right fit for the private school, as she is heavily disciplined and doesn't like to participate in parties.

When given the Honor Code's guidelines, Jiao's reply to Hasler was, "That's what I've always wanted."

While Jiao was eager to join a university that upheld strong regulations, both she and her parents were worried about the religious aspect that would also be incorporated into her learning experience.

Jiao said that although she does not actively participate with a specific religion, her parents come from a strong Buddhist background — a religion that is vastly different than the religion practiced by members of The Church of Jesus Christ of Latter-day Saints on the BYU campus.

"The main thing that I explained to (Jiao) is that BYU (has) such a wide variety of foreign students of foreign languages," Hasler said. "There are so many athletes and students here at BYU that are not LDS and it's not a requirement ... to join the Church."

In the end, Jiao, a hopeful finance major, said it was the reputation of the Marriott School of Business, and of BYU in general, that changed both her and her parents' minds.

While Jiao is the only child in her family, Haitao Jiao, her father, said he encouraged her to leave China and study abroad with the hopes that she would gain more knowledge and increase her tennis skills and capabilities.

"BYU is a university with a long history (of) safety and order, rigorous scholarship and (it has a) beautiful environment," Haitao Jiao said. "The academic level of the school is very high



Hannah Miner

Helen Jiao returns the ball at the BYU tennis courts. Jiao joins the team as she embarks on her freshman season.

(and) the teachers have a strong sense of responsibility, professional ability ... and (they are) very friendly."

Haitao Jiao visited the United States for the first time on August 18. Haitao said he was able to tour the campus, eat at the Cougar eat and watch a BYU women's volleyball game during his two-week stay.

Haitao said he appreciated how professional the school appeared and looks forward to coming back to BYU next year.

Now, going into her second semester at BYU, Jiao said she agrees with her father and that she is loving her experience in Provo.

Jiao said she especially loves her new teammates who are from all around the world. She said she appreciates the diversity of the team, which includes players from Ukraine and Russia.

"BYU brought us here," she said. "I think it's just fate."

While Helen said she believes she can assist the team with her tennis skill set, she is also determined to excel in her studies.

The freshman has set an all-inclusive goal for the tennis team: "We're going to train so hard. We're going to study so hard. And we're coming back," Helen said. "We're going to play the best tennis this year."

## TENNIS

*BYU athletes foster connections in China*

*Continued from Page 1*



Katherine Carling

BYU men's tennis team visits China.

Some of the team's cultural experiences included going to the Chiang Kai-shek Memorial Hall in Taipei, viewing A Symphony of Lights in Hong Kong, strolling across the Great Wall of China in Beijing and viewing the Terracotta warriors in Xi'an.

Senior Sam Tullis from Centerville, Utah, said that the trip was an incredible experience and that he doubts he will ever go on another trip quite like it. Tullis said the tennis team grew closer throughout their two-week foreign travels, which he called one of the highlights.

"It helped us know who each other are off the court," Tullis said. "Everyone has that competitive drive, but it's nice to see that not everyone's always competitive. You can still be brothers off the court."

Through their experience in Asia, the BYU men's tennis team played the sport they love and enjoyed an unprecedented cultural experience. The team arrived back in Provo on Aug. 22.

"It was really humbling to see. Like yes, the culture is very different and yes, maybe (the) customs are very different," Tullis said, "But at the end of the day, we're all one big human family."

# BYU students express belief in climate change

By LISI MERKLEY

The internet is abuzz with talk about what needs to be done to address climate change following the UN Climate Change Summit held Sept. 21-23. Many nations, including the U.S., left the conference without any firm plans to decrease their contributions to climate change.

"I definitely think climate change is real," BYU student Sabastian Chamberlain said. "I think that a lot of climate change is a natural process where the Earth just changes over time, but I do think that we as mankind are exacerbating it."

As to what should be done to prevent climate change, students said they try to be environmentally conscious by recycling and riding the bus, but several held differing opinions on whether or not one person could make a difference.

"If we just made a few little steps to change just some of the things that we did, we would make the world a slightly more livable place," Chamberlain said.

While some agreed with Chamberlain that one person can make a difference, others said without government action climate change will continue to grow worse.

Freshman Isabelle Palmer grew up in Alberta, Canada, where the mining and oil industries are a large part of the economy. She said there are large problems with mining and the oil industry because "it's not a sustainable resource of energy."

"It's a very political thing because funding needs to be given to scientists to actually study methods for energy and energy improvement," Palmer said. "I think it comes down to not necessarily telling the



Associated Press

Smog covers Salt Lake City as an inversion lingers on Wednesday, Jan. 18, 2017. Utah frequently experiences inversions that bring air pollution to unhealthy levels.

government to fight climate change; it's telling the government to fund research to fight climate change."

BYU ecosystem ecology assistant professor Ben Abbott agrees with much of what the interviewed students said about climate change, or as he refers to it: "global weirding." This term, he said, helps people better understand that climate change refers to more than just the weather and that some areas will actually get colder rather than warmer.

"(Climate) is not the weather conditions today, tomorrow or even over a whole year," Abbott said. "It's the long term weather conditions over 30 years."

Studying the climate, or the weather conditions over a longer period of time, shows the dramatic changes occurring because of human interactions with nature. While changes

in climate have occurred in the past, Abbott said human activity has been scientifically proven to contribute to it.

"The pattern of life on Earth is set by climate — or these long term conditions in weather — and that, fundamentally, is what we are altering," Abbott said.

The number one change humans have made to alter the climate on Earth so drastically is the increase in greenhouse gas emissions.

"Those gases are critical for life on Earth," Abbott said. "But if we are increasing the insulating power of those gases, it shifts the whole Earth's climate."

In regards to what should be done to stop climate change, Abbott argues there should be both "personal action" and "communal, systemic change."

"The truth is, when you make a personal action, that action itself is a tiny portion of overall

greenhouse emissions," Abbott said, referring to choosing public transit over driving a car. "But that action gets magnified because you are more willing to support systemic change, and the state legislature gets the number of one more person (taking public transit)."

According to Abbott, the two most effective changes a person can make in order to combat climate change are to alter their diet and ride their bicycle or take public transit.

"Only eating meat when you have to is the number one personal action that you can take to not only combat climate change but to also improve biodiversity and to protect habitat," Abbott said.

Recycling, the most common action students take to combat climate change, is actually one of the least effective things someone can do, he added.

# Utah schools need funds despite legislative efforts

By NICK GLEDHILL

Educators across Utah said they still need money almost six months after S.B. 149 was signed into law. Legislators created the bill to provide additional funding for schools.

Provo School District public relations coordinator Caleb Price said the district is allowed to use up to 25% of the new state funds generated by S.B. 149 for teacher salaries. Any of the money they put toward salaries now would have to be paid from somewhere else in the future.

"We have chosen to not use that whole amount for (teacher salaries) since the money is not ongoing," Price said when he was asked why many teachers haven't noticed a pay raise.

Provo High School principal Boyd McAfee said the new funds allow the school to offer more money for positions that have experienced high turnover in the past.

"In the last seven years, we've had five different physics teachers. Retention is really difficult, especially in those areas of study. To be able to say we have an additional \$1,500 for teachers to stay another year is very helpful," McAfee said, adding that this is the first time they have been able to offer more money to teachers of those subjects.

McAfee said he is unsure of how successful these pay raises will be. "I don't have any indication on whether or not it's going to work. We'll have to see how this school year goes," he said.

He also said the additional funds are not sufficient alone.

"Although I'm grateful for the advances that have been made, we're still dramatically underfunded. It's not just here in Provo District — it's across the state," he said.

McAfee spoke of the particular issue of school security with marked concern. "Schools that were built anytime prior to 2000 are not equipped to handle the security concerns that we now have," he said referencing the increased magnitude of mass-shootings in America.

Other schools are focused on retaining teachers through classroom improvements like better technology and additional supplies.

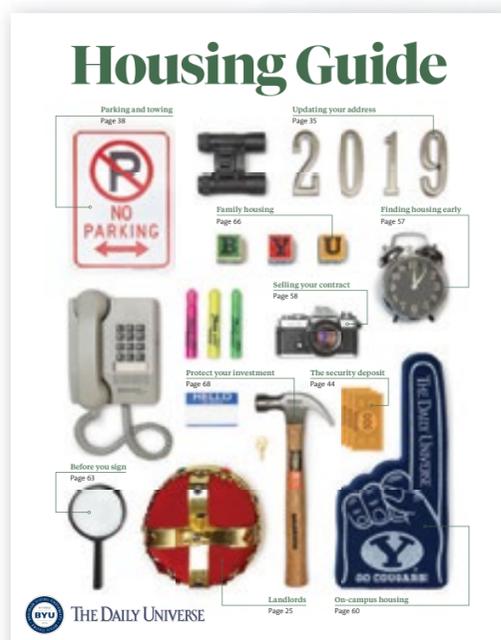
"We now have a shelf in the bathroom where there wasn't one, picture frames to make our classrooms look nice," said Jessie Alger, a third-grade teacher at Shelley Elementary in Lindon. "This week we got plastic recycling bins so we don't have to use old paper boxes. We have a lot of new technology, security features, new carpet, new paint, new doors and walls where there were just temporary ones before."

But Alger said these improvements to her work environment have not carried over to her salary. She said teacher retention at Shelley Elementary isn't as dire as it is at some of the other schools across the state.

"We're a good school, so people like being here. We haven't had a lot of teacher change over, but we're aware of other schools in American Fork School district and other districts. We have a good principal and welcoming environment here, but when they start spending a lot of money on us, that's really good too," Alger said.

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### Dilbert®

**Panel 1:** I BROUGHT A CASSEROLE FOR THE POTLUCK. WHEN ARE YOU COMING?  
**Panel 2:** WHEN WAS THE LAST TIME THE HEALTH DEPARTMENT DID AN INSPECTION OF YOUR HOME KITCHEN?  
**Panel 3:** NEVER.  
**Panel 4:** THAT'S WHEN I'LL BE GOING TO THE POTLUCK.  
**Panel 5:** EVERYONE WHO WENT TO THE POTLUCK GOT FOOD POISONING.  
**Panel 6:** I NEED YOU TO DO ALL OF THEIR WORK WHILE THEY ARE OUT SICK.  
**Panel 7:** WERE THERE LEFTOVERS?  
**Panel 8:** THERE MIGHT BE.  
**Panel 9:** CAN I HAVE A PLATE?

### Peanuts®

**Panel 1:** I SIGNED UP FOR A NEW COURSE TODAY.  
**Panel 2:** IT'S CALLED "INTRODUCTION TO MATH."  
**Panel 3:** IS IT HARD?  
**Panel 4:** NOT AT ALL...  
**Panel 5:** I JUST WALKED RIGHT IN, AND SAID, "HOW DO YOU DO, MATH!"  
**Panel 6:** MY FAVORITE HOCKEY TEAM DIDN'T DO TOO WELL LAST YEAR...  
**Panel 7:** THIS SEASON, HOWEVER, THEY HAVE HIGH HOPES...  
**Panel 8:** DID THEY GET SOME NEW PLAYERS?  
**Panel 9:** NO, THEY BOUGHT A NEW PUCK!

### Garfield®

**Panel 1:** JON IS A FUN GUY.  
**Panel 2:** WHO'S UP FOR A SNEEZING CONTEST?  
**Panel 3:** I HATE FUN PEOPLE.  
**Panel 4:** I'M A TAKE-CHARGE KIND OF GUY.  
**Panel 5:** DING-DONG!  
**Panel 6:** WHAT SHOULD WE DO?  
**Panel 7:** REVEL IN THE IRONY OF THE MOMENT?

### Pickles®

**Panel 1:** DID YOU NOTICE I WASHED THE SHEETS TODAY?  
**Panel 2:** NO.  
**Panel 3:** DON'T YOU JUST LOVE THE FEEL OF NICE CLEAN SHEETS?  
**Panel 4:** ACTUALLY, I CAN'T REALLY TELL THE DIFFERENCE.  
**Panel 5:** IS THAT SO? WELL... NEXT TIME I'LL JUST WASH MY SIDE.  
**Panel 6:** I DIDN'T SAY I DON'T LIKE CLEAN SHEETS.  
**Panel 7:** I JUST CAN'T TELL MUCH DIFFERENCE BETWEEN A NEWLY WASHED SHEET AND ONE THAT'S BEEN SLEPT IN FOR A WEEK.  
**Panel 8:** REALLY? YUCK, JUST IMAGINE WEARING THE SAME T-SHIRT FOR A WEEK.  
**Panel 9:** OH, WAIT, YOU DON'T HAVE TO IMAGINE THAT, DO YOU?

### Non Sequitur®

**Panel 1:** I GOOGLED IT AND APPARENTLY IT MEANS MILLENNIALS ARE TAKING CONTROL AWAY FROM BOOMERS.  
**Panel 2:** YOU HAVE THE RIGHT TO A BIDDING WAR FOR YOUR STORY. IF YOU DON'T HAVE AN AGENT, ONE WILL BE PROVIDED. YOU HAVE THE RIGHT TO USE A GHOSTWRITER...  
**Panel 3:** THE READING OF RIGHTS FOR WHITE-COLLAR CRIMES.

### Zits®

**Panel 1:** PREHISTORIC PARENTS  
**Panel 2:** ONE MORE TIME... HOW DO I GET TO THE LITTLE SMILEY FACES?  
**Panel 3:** PREHISTORIC PARENTS  
**Panel 4:** "STREAMING"?? WHEN I WAS YOUR AGE I RODE MY BIKE TO THE VIDEO STORE TO RENT A MOVIE!

### Sudoku

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

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

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

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

### The New York Times Crossword

Edited by Will Shortz No. 0826

**ACROSS**

- Groups of actors in plays
- Protective wear for lobster eaters
- Summa cum \_\_\_
- Outdo
- Soothing ointment ingredient
- Neighbor of Hertfordshire
- Start of a nursery rhyme on a farm
- Outer part of a crater
- Feel sorry about
- Indent key on a keyboard
- Sport with kicking and boxing, for short
- Claim without evidence
- Superlatively kind
- Bow-tie-wearing cub in Jellystone Park
- "You're telling me!"
- Stitch's human pal, in film
- Singer Minaj
- Cookie that's 29% cream
- N.B.A. phenom Jayson
- Didn't venture out for dinner
- Competitive advantage
- Put into law
- Actress Thompson of "Sorry to Bother You"
- Bucks and does
- Students sit at them
- Fearsome snake
- Nin of erotica
- Bursting at the \_\_\_
- Bathroom fixture
- Bird that "His eye is on," in a hymn
- Term of endearment
- Sick
- Snaky scarf
- Result of a religious schism
- The "L" of L.G.B.T.Q.
- Volcanic detritus
- "I'm at your disposal"
- Judges to be
- Person living abroad, informally
- Modern prefix with correct
- "Citizen \_\_\_"
- Virtual volume
- Place for driving lessons (the golf kind)
- The "sun" in sunny-side-up eggs
- N.B.A. phenom Jayson
- Didn't venture out for dinner
- Competitive advantage
- Put into law
- Actress Thompson of "Sorry to Bother You"
- Bucks and does
- Students sit at them
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- Volcanic detritus
- "I'm at your disposal"
- Judges to be
- Person living abroad, informally
- Modern prefix with correct
- "Citizen \_\_\_"
- Virtual volume

**ANSWER TO PREVIOUS PUZZLE**

PLATO SLUR PTAS  
 DIALOG PISA ORNE  
 RECTOR IBET SATE  
 ATE TEETER OTTER  
 BADPR GEL EDIT  
 EURO TROTOUT  
 BORNEO STARR RPI  
 OMEN TAHINI TION  
 ANI DOVES ETHANE  
 RITAORA BRRR  
 ERNO BIO EULER  
 TORATORATORA EVE  
 ADAM TOGA ATWOOD  
 CITI EVEL REINKS  
 ONES RELY ARTIE

### The New York Times Crossword

Edited by Will Shortz No. 0826

**ACROSS**

- Head covering similar to a wave cap
- Hit 2003-07 teen drama on Fox
- One of the Peróns
- Fragrance
- Gardening brand
- French word on both sides of "a"
- Actress McCarthy is wandering
- Writer after whom the Edgar Award is named
- Pal
- Comfortable with considering
- History-making events
- Before a sitting judge
- Item that may say "his" or "hers"
- Classic barbecue fare
- Approx.
- Designer McCartney is prepared
- Campaign undertaking
- Helpful
- Reader (quarterly magazine)
- Supermodel Hutton is incredible
- Prof's support, for short
- "What's in a \_\_\_?" (line from Juliet)
- Tennis point just before a win, maybe
- Hirer's communication
- Flower parts
- Contents of hangars
- Web address ending
- Yellowfin tuna
- Singer Love is erudite
- "How goes it," in Spanish
- Fort \_\_\_, home of the U.S. Bullion Depository
- "Othello" villain
- What's left of a ticket after it's been used
- Pinot \_\_\_
- One-named queen of Tejano music
- Made revisions to
- Some spiritual advisers
- Gradually disappear, as support
- Nonsense
- Nonsensical
- "Tarnation!"
- Appt rhyme for "evaluate"
- Hide, as shirttails, with "in"
- Quantities: Abbr.

**PUZZLE BY ERIC AGARD**

28 Places infants sleep  
 30 Having trouble seeing in the morning, perhaps  
 31 Sound from a piggery  
 32 Adjective after "Ye" in many a pub's name  
 33 Suck-up  
 34 Little bit  
 35 \_\_\_ Kringle (Santa Claus)  
 36 Pork dish of Southern cuisine

**ANSWER TO PREVIOUS PUZZLE**

PTA AWE OHSTOP  
 ART CELS NAPOLI  
 TEESHIRT TIRADE  
 HAUL ROUGHRIDER  
 STPADDY REST  
 CUE RID ZITS  
 BUNKERHILL DYE  
 FROST ESL ACORN  
 FDR GREENSALAD  
 SUMS LES AIR  
 NEAT MTADAMS  
 CUPOFCOCO A ISEE  
 AVICII GOLFBALL  
 REGALE INIT DOM  
 EASTER SEC ANA

### The New York Times Crossword

Edited by Will Shortz No. 0826

**ACROSS**

- "I'm shocked!"
- Pin point?
- \_\_\_ Park, N.J.
- Prefix with metric or magnetic
- Likely to zone out
- The O.W.L. and N.E.W.T. at Hogwarts
- Clammy
- Most common commercial name in New York Times crosswords
- Focus of a casting director
- Self-reflective question
- Monthly utility payment
- "Horned" creatures
- "48 \_\_\_" (1982 film)
- Subj. of a traveler's text, maybe
- Home to Xenia and Zanesville, the most populous U.S. cities starting with "X" and "Z"
- Hiker's aid
- Still preferable
- Mountaintop views
- Put into different classes
- Direction opposite norte
- Authorize to
- Guy
- One at a new job
- Insurrectionist Turner
- Ron of "Tarzan"
- Opposite of "winds up"
- Sports bar showing on many a Sunday afternoon
- Chicken cordon \_\_\_
- Head honcho
- Burning
- Supersize: Abbr.
- "\_\_\_ want a cracker?"
- "\_\_\_ you mad?"
- [Just like "that"]
- Tolstoy's \_\_\_ Karenina
- Steering position
- Pair of promises
- Pollution watchdog, for short
- Financial watchdog, for short
- "Toy Story" dinosaur

**PUZZLE BY DANIEL RAYMON**

25 Places to put potted plants  
 27 Medicinal amt.  
 28 Speaker of a Siouan language  
 29 Competitor of Chase and Citibank  
 31 Chicken cordon \_\_\_  
 34 Magnetic quality  
 35 Things florists cut  
 36 What pounds might be converted to

**ANSWER TO PREVIOUS PUZZLE**

PTA AWE OHSTOP  
 ART CELS NAPOLI  
 TEESHIRT TIRADE  
 HAUL ROUGHRIDER  
 STPADDY REST  
 CUE RID ZITS  
 BUNKERHILL DYE  
 FROST ESL ACORN  
 FDR GREENSALAD  
 SUMS LES AIR  
 NEAT MTADAMS  
 CUPOFCOCO A ISEE  
 AVICII GOLFBALL  
 REGALE INIT DOM  
 EASTER SEC ANA

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**DO ANYTHING.**

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