

General Conference encourages saints along covenant path



Addie Blacker

Thousands gather outside the conference center between sessions of the 189th Semiannual General Conference on Oct. 5. Historic changes such as a revised youth program, the announcement of eight new temples and a new Young Women's theme were among the major announcements this conference season.

By THOMAS MADRIGAL AND ALICIA MATSUURA

The Church of Jesus Christ of Latter-day Saints announced historic changes, including updated temple-recommend interview questions and a revised youth program, as well as offering spiritual guidance to its members during the 189th Semiannual General Conference.

The First Presidency, Quorum of the Twelve Apostles, General Authorities and Organizational Presidencies delivered inspirational messages to church members throughout the world.

Missionary work

Elder Dieter F. Uchtdorf of the Quorum of the Twelve Apostles highlighted the importance of sharing the gospel as best as one can.

"Discipleship is not about doing things perfectly, it's about doing things intentionally," he said.

He reminded those in attendance that they do not need to "sell" the gospel.

"Take upon yourself the name of Christ and don't be embarrassed of it," Uchtdorf said.

At the conclusion of his remarks, he invited those who are not members of the Church to join with members.

"You will make us better. And, in the process, you will become better as well. Let's take this adventure together," he said.

Primary General Presidency Second Counselor Sister Cristina B. Franco also discussed missionary work in her talk. She shared a story about her mother who was able to share the gospel with some Argentines in an airport. The woman her mother talked to found the missionaries upon her return to Argentina, and two months later joined the Church along with her daughter.

Although the family's father never joined the Church, Franco said she has become great friends with the family since their conversion and is hopeful he will eventually join his family as a

Latter-day Saint.

Franco recommended three things members can do to better share the gospel, which are pray for a desire to do missionary work, keep the commandments and pray for inspiration.

New temples

President Russell M. Nelson announced plans to construct eight new temples in different parts of the world.

- Orem, Utah
- Taylorsville, Utah
- Bentonville, Arkansas
- McAllen, Texas
- Freetown, Sierra Leone
- Port Moresby, Papua New Guinea
- Bacolod, Philippines
- Cobán, Guatemala

There are currently 166 operating temples around the world. Fifty-one are still under construction or have been announced and will be open in the coming years. With the dedication of the new temples, President Nelson encouraged members and non-members to visit the temple when they are open to the general public.

Changes to the youth program

President Nelson and Elder Quentin L. Cook of Quorum of the Twelve Apostles announced the restructuring of the Young Men's program. He said ward bishoprics will now serve in the place of Young Men presidencies with the bishop working with the priest quorum, the first counselor working with the teachers quorum and the second counselor working with the deacons.

At the request of President Nelson, Young Women General President Bonnie H. Cordon also announced changes for the Young Women's program of the Church, including an updated Young Women's theme that puts a greater focus on Heavenly Mother.

The theme now states: "I am a beloved daughter of heavenly parents, with a divine nature and eternal destiny. As a disciple of Jesus Christ, I

strive to become like Him. I seek and act upon personal revelation and minister to others in his holy name. I will stand as a witness of God at all times and in all things and in all places. As I strive to qualify for exaltation, I cherish the gift of repentance and seek to improve each day. With faith, I will strengthen my home and family, make and keep sacred covenants and receive the ordinances and blessings of the holy temple."

Sister Cordon also announced structural changes to the Young Women's program.

"For over 100 years, young women have been divided into three classes," Sister Cordon said. "Beginning immediately, we invite Young Women leaders and bishops to prayerfully consider the needs of each young woman and organize them by age according to the ward's specific circumstances."

She said the previous names for Young Woman class — Beehive, Mia Maid and Laurel — will no longer be used and the term Young Women will be used generally.

Another change to youth programs was the announcement of the discontinuance of the term "Mutual." Meetings on the stake or ward level will now be referred to simply as "youth activities."

Making and keeping covenants despite trials

Many church leaders highlighted the importance of making and keeping sacred covenants.

Elder Jeffery R. Holland of the Quorum of the Twelve Apostles opened the Saturday morning session with a prophetic message reminding members that the reason behind attending General Conference, along with every other item of the Church, should revolve around the Savior.

"The temple is His house, and he should be uppermost in our minds and hearts," he said.

Elder Gerrit W. Gong of the Quorum of the Twelve Apostles also encouraged members to understand the importance of the covenant they made in the temple

and with God.

"Our God is a god of covenant," Gong said. "We may lose faith in God, but he never loses faith in us."

Elder D. Todd Christofferson of the Quorum of the Twelve Apostles reminded gathered saints the importance of keeping covenants even though those not held to Church standards may appear to be happier. "The joy of the Saints is enduring," Christofferson said.

Staying alert and aware of Satan's deception

Elder David A. Bednar of the Quorum of the Twelve Apostles compared Satan to a cheetah stalking its prey before making an attack on its helpless victim. He encouraged members to be aware of Satan's deceitfulness and gave advice on how to better prepare for temptations.

"Beware of the evil's beguiling disguises, stay awake and be alert and understand the intent of the enemy," he said.

Elder Peter M. Johnson of the Seventy, who became the first African American to speak during General Conference, warned members of the tactical ways the adversary uses everyday items, such as social media to distract individuals from the most important things in life.

"If we do not understand who we are, it is difficult to recognize who we can become," Johnson said.

Elder Neil L. Andersen of the Quorum of the Twelve Apostles encouraged members to never think it is too late to overcome Satan.

"Don't allow your questions, faithless friends or degrees of opposition discourage you," Andersen said.

Temple recommend questions

President Russell M. Nelson closed the final session of General Conference by announcing a revision in the temple recommend interview questions.

"The Lord wants all his children to partake of the eternal blessings

available in his temple. He has directed what each person must do to qualify to enter his holy house," President Nelson said.

The questions have been edited for clarity and to better assess the readiness of individuals who want to enjoy the blessings of the temple.

"Individual worthiness to enter the Lord's house requires much individual spiritual preparation. But with the Lord's help, nothing is impossible," President Nelson said. "In some respects, it is easier to build a temple than it is to build a people prepared for a total conversion of mind and heart to be more like the Lord, to be an honest citizen, to be a better example and to be a holier person."

Church leaders throughout the world were sent the interview questions Oct. 7. The full list of questions can be viewed on the Church's website.

Upcoming spring conference

President Nelson invited members to prepare for a special conference marking the 200th anniversary of the First Vision next April.

"In the next six months, I hope that every member and every family will prepare for a unique conference that will commemorate the very foundations of the restored gospel," President Nelson said. "You may wish to begin your preparation by reading afresh Joseph Smith's account of the First Vision as recorded in the Pearl of Great Price."

President Nelson also recommended members to study the Come, Follow Me program this coming year, which will focus on the Book of Mormon. He also encouraged members to use the new Book of Mormon videos in their studies and to ponder the significance of the first vision in their own lives.

"Select your own questions. Design your own plan. Immerse yourself in the glorious light of the Restoration," President Nelson said. "As you do, General Conference next April will not only be memorable, it will be unforgettable."

UNIVERSE news briefs

FROM THE ASSOCIATED PRESS



Gun shot survivor crowned Homecoming queen

More than two years after two classmates shot her in the head and left her for dead, Deserae Turner walked onto her high school field in Utah to cheers.

She had been named homecoming queen, and everything about her reign was improbable.

After 10 brain surgeries, Turner has defied doctors' expectations, down to her ability to walk down a flight of stairs at the homecoming assembly.



Second whistleblower comes forward

A second whistleblower has come forward with information about President Donald Trump's dealings with Ukraine, adding to the impeachment peril engulfing the White House.

Attorney Mark Zaid, who represents both whistleblowers, said the second person has spoken to the intelligence community's internal watchdog and can corroborate information in the original complaint.



Key witness killed after Amber Guyger's trial

A man who was fatally shot has been identified as a key witness in the murder trial of a white Dallas police officer who killed her black neighbor.

Joshua Xavier Brown, 28, was found Oct. 4 in the parking lot of an apartment with multiple gunshot wounds.

Brown lived in the same complex as Amber Guyger and Botham Jean and testified at Guyger's trial, where she was convicted of murder on Oct. 1.



Boris Johnson renews Brexit vows

The British Prime Minister has renewed his vow to take the country out of the European Union by the Brexit deadline in an apparent contradiction of a government pledge in court days earlier to ask for an extension if there's no withdrawal deal.

"We will be packing our bags and walking out on" Oct. 31, Boris Johnson wrote in The Sun on Oct. 6 and Sunday Express newspapers.



Mother of two wins big at 100-meter hurdles

It's no big leap to say Nia Ali had her hands full Oct. 6 - with one kid in her arms, another on her hip and a gold-medal ceremony on her schedule.

And that was after the race. The American put an exclamation point on a world championships that any mother could love, adding her name to the list of title-winning moms at these games by pulling an upset in the 100-meter hurdles.



Associated Press

In this Sept. 11 photo, Salman Yusuf, left, and others run laps on the field at Ellis Elementary School in Logan, Utah. Yusuf, who is a refugee from Somalia, is one of many kids who participate in the after school running club.

Running and reading combined in refugee support group

ASSOCIATED PRESS

LOGAN — Running and reading go hand in hand in a northern Utah nonprofit aimed at helping refugees learn English while developing a love for athletics.

Athletics United was launched three years ago as a running club and evolved to include two nights per week of tutoring, said founders Mike and Kristi Spence of Logan. They created the group with friend Glynn Hadley to create a safe space for the children to make friends and learn English. "We didn't know exactly what

form that would take," Mike Spence told The Herald Journal. "We just knew if you created a positive, safe atmosphere, we could put people together, use running as an ice breaker and then start to get to know one another and then see where it took us from there. It has been really, really great."

Yanet Sandi, an eighth grader, has been in the club since its inception and said she loves the coaches and volunteers.

"They support us even when we don't try our best," Sandi said. "It is comfortable. We know them, and they understand you, where you have been or if you are having a hard time with English."

The group founders all have longtime experience with the sport of running. Mike Spence is a former Utah State University track and field assistant head coach. Hadley and Kristi Spence are lifelong distance runners.

Combining sports with learning allows the Spences to connect with refugee children more closely than if they just tutored them, said Vidalia Cornwall, president of the No Lost Generation refugee support group.

"The opportunity to interact with the kids in a more open environment at the running practice is really cool," Cornwall said. "Then they don't just see you as a tutor."

President Nelson announces policy change allowing women to act as ordinance witnesses

By ANNA MORGAN

The Church of Jesus Christ of Latter-day Saints announced Oct. 2 that women and children will now be able to be witnesses for ordinances that they themselves have received.

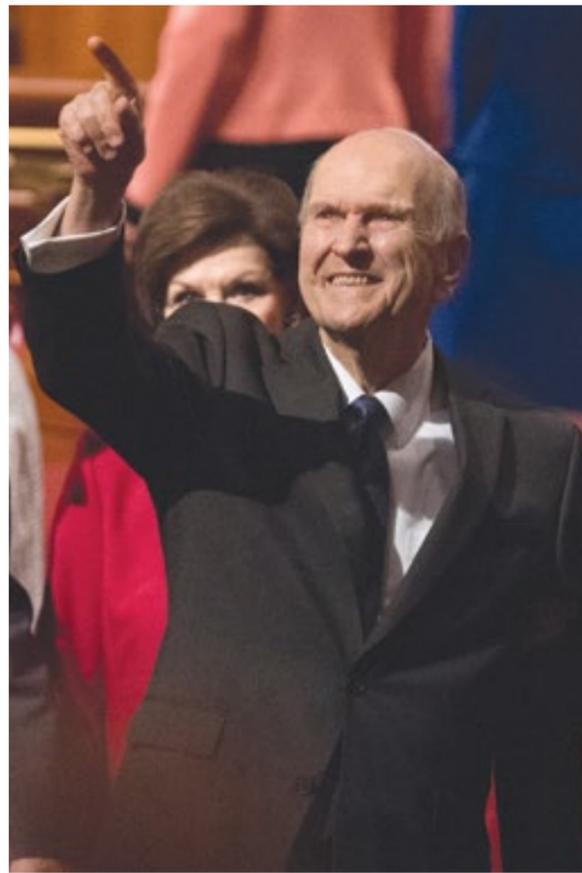
President Russell M. Nelson said any baptized member may be a witness for a baptism out of the temple, anyone holding a limited-use or full temple recommend may be a witness for baptisms for the dead and any endowed member of the Church may serve as a witness for temple sealings.

President Nelson said the First Presidency trusts that members will find great joy in their service in the temple as they help provide saving ordinances to Heavenly Father's children.

"We are joyful about these changes. Imagine a beloved sister serving as a witness to the living baptism of her younger brother. Imagine a mature couple serving as witnesses in the temple baptistry as their grandson baptizes their granddaughter for and in behalf of a dear ancestor," he said.

BYU students also viewed the change in a positive light. BYU student Garrett Charles sees it as another step towards inclusivity in the Church.

"You can tell that (President Nelson) was prepared for the administration he is running because he had nine daughters. He is a good representation of all views," Charles said. Another student, Tenna



Hannah Miner

President Russell M. Nelson announced that women can act as ordinance witnesses.

King expressed that this change is one of many that show the Church is becoming more aligned with Jesus Christ.

"It shows the revelation that prophets are having, not that

they didn't always have it, but that the Church is changing to be how the Lord wants it to be," King said.

The changes are effective immediately throughout the Church.

WHAT STUDENTS THINK OF THE ORDINANCE CHANGE

"I wasn't expecting that announcement, but I wasn't too surprised at the same time. I think it's cool that women get to take part in these ordinances. I heard that some people are scared that the Church is conforming to public opinion, but I think it was the right time for these changes to be made."

—Ily Olsen Orem

"I wasn't too surprised actually because women are already participating in ordinances in the temple. They're ordinance workers, so it makes sense they are able to make this change. I think it's very cool."

—Trevor Woodhouse, St. George

"It's really cool because mothers' have more freedom and ability to participate in their children's baptisms. I think about when I was baptized, my mom came and she handed me a towel. But now, mothers can be more involved in their child's ordinances. I

think it's awesome and I love that there's more freedom coming with women being able to help out."

—Sarah Somppi, Redding, California

"I think it's a really awesome, positive change. It's something I've thought about before, as you don't really need priesthood keys to act as a witness to an ordinance. I think it's awesome that the Church is reevaluating old practices and policies and seeing how to best help the members today. I also love that the leadership of the Church is finding ways to be more inclusive and involve women in more ways, and be more clear about the role of priesthood in our lives. President Nelson's talk during the Women's Session was amazing and further explained the priesthood and how everyone has access to the power and authority of God."

—Hannah Brooks, Orem

"I think the policy changes

are awesome. I don't think they are contradictory or too shocking in any way. I mean we are constantly told that when women are set apart as missionaries or in different callings we are utilizing the priesthood to complete those things so it makes sense we would be allowed to be witnesses. Just because our role with the priesthood is different doesn't mean we don't have access to it. I think it's exciting."

—Ashley Denison, Gilbert, Arizona

"Every change in the policy of The Church of Jesus Christ of Latter-day Saints is directed by the Lord Jesus Christ. The changes that are occurring within this church are being made in order to align policy with doctrine. How exciting it is that we live in the fullness of the dispensation of times, and that the Restoration has not ended. Jesus is the Christ, and this is His church."

—Carla Calderon, Apex, North Carolina

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letters@byu.edu
News 801-422-2957
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New temples bring excitement, traffic and higher housing prices

By LISI MERKLEY

When President Russell M. Nelson announced that a new temple would be built in the Tooele Valley area, Savannah Hogan, a BYU student from Tooele, and her family leaped from the couch and cheered.

"The prophet had just said please be quiet and don't yell, and then he said Tooele and we all yelled," Hogan said.

In addition to the upcoming temple in Tooele Valley, The Church of Jesus Christ of Latter-day Saints has five other Utah temples announced for Orem, Taylorsville, Washington County, Layton and Saratoga Springs. These temple announcements are often met with members' excitement, but the construction of a new temple impacts cities in multiple ways.

"A lot of my non-member friends that I went to high school with are not excited about the temple," Hogan said, referring to the potential increase in both housing prices and traffic around the temple.

After the Church announced that the Tooele Valley Utah temple would be located in Erda, a rural town located north of Tooele, residents expressed concerns about the temple's location. The new temple will be built at the intersection of two main roads, Highway 36 and Erda Way.

"(Highway 36) is already very busy and dangerous," Erda resident Shawnya Wayman wrote in a Facebook message. "I don't want to see more people coming to the area and further congesting up our already congested roads."

Other residents recognized that the Church will need to prepare the area for increased traffic during the development



Church Newsroom

A rendering of the Saratoga Springs Utah Temple. Realtors say house prices around the temple may rise 10-15% with the announcement of the temple.

process.

"I do have complete confidence in the Church engineers that they will be able to make traffic flow into and out of the temple," another Erda resident Kristin Beckstead said in a Facebook message.

Erda residents will need to wait to see how the upcoming temple will affect the community because the Church has yet to announce further plans in the building process.

On the other hand, the Saratoga Springs Utah Temple, which was announced in April 2017, is a little further in the process and has a groundbreaking date set for Oct. 19.

Like the Tooele Valley Temple, the area around the

Saratoga Springs Temple is largely empty now but will eventually be filled with homes, parks and trails in a new housing development called Beacon Pointe.

Real estate agent Brett Henry said many people want to build or buy houses near the temple, leading to an increase in property values and prices for homes in the area.

"In homes that back up to the temple or have a direct view of it, then you could see a 10-15% increase in value between when it's announced to when the temple is actually built," Henry said.

In response to concerns about increased traffic and development in the area, David

Johnson, Saratoga Springs public relations and economic development director, said the Church is working closely with the city to go through the standard building processes.

"As with any development, the city works with those property owners and developers to ensure that the proper infrastructure is going to be in place to support any increased traffic or use of utility," he said.

According to Johnson, much of the public response to the temple has been positive, unlike the mixed response in Erda.

"A religious building, such as an LDS temple, in any community is going to provide a beautiful asset to that community," Johnson said.

Sister Aburto discusses importance of recognizing mental and emotional illness



Church Newsroom

Sister Reyna I. Aburto, second counselor in the general presidency of the Relief Society, speaks to Latter-day Saint women gathered in the Conference Center for the Women's Session for General Conference on Oct. 5.

By CASSIOPEIA FLETCHER

Sister Reyna I. Aburto, second counselor in the Relief Society General Presidency, spoke at the General Women's Session about the importance of recognizing mental and emotional illness.

"Sadness and anxiety are natural human emotions. However, if we are constantly sad and if our pain blocks our ability to feel the love of our Heavenly Father and his Son and the influence of the Holy Ghost, then we may be suffering from depression, anxiety, or another emotional condition," Aburto said as she exhorted listeners to not hide their feelings behind a wall of shame.

Aburto discussed the dangerous consequences of untreated mental or emotional illnesses, including isolation, broken relationships, self-harm and suicide.

"I know this first hand," she said. "My own father died by

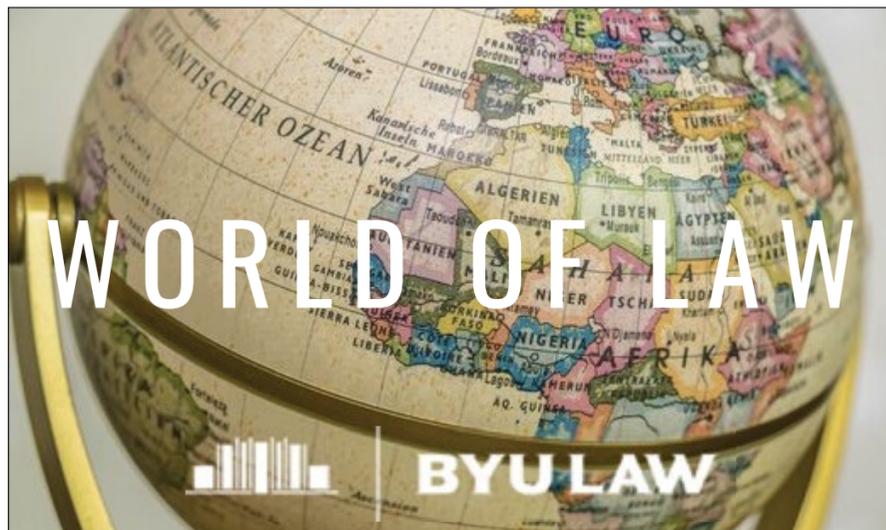
suicide many years ago."

While she said discussing it was difficult for many years, Aburto has since talked openly about her father's death with her children as a means of offering them an avenue to receive whatever help they may need.

"It is important to recognize that depression is not the result of weakness, nor is it usually the result of sin. It thrives in secrecy but shrinks in empathy," Aburto said, quoting author and blogger Seth Adam Smith. "Together, we can break through the clouds of isolation and stigma so the burden of shame is lifted and miracles of healing can occur."

Aburto closed her talk with a plea for listeners to reach out for help from family, friends and medical professionals when necessary. She also called to listeners to come unto Christ, the master healer.

"Ultimately," she said, "He shall wipe away all tears from (our) eyes; and there shall be no more sorrow."



October 16, 2019

World of Law allows undergraduates to hear BYU Law professors present monthly on a variety of law-related topics. Each presentation is hosted at the BYU Law School.

Know Thyself: Implicit Associations and Criminal Justice



Professor Melinda Bowen

JRCB Room 472

4:00 - 5:00 PM

Pizza will be served!

Melinda Bowen joined the law school faculty in August 2017 as Practitioner in Residence. She previously practiced at Snow Christensen & Martineau in the white collar criminal defense and commercial litigation practice groups. She also served as a judicial law clerk for Judge Tena Campbell in the United States District Court for the District of Utah and for Judge Carolyn McHugh on the United States Court of Appeals for the Tenth Circuit.

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TODAY

UNIVERSITY DEVOTIONAL
Tuesday, October 8,
11:05 a.m., Marriott Center

This event will be broadcast to the JSB Auditorium.



Brigitte C. Madrian

Dean, BYU Marriott School of Business

Brigitte C. Madrian is the dean and Marriott Distinguished Professor in the BYU Marriott School of Business, where she has a joint appointment in the Department of Finance and the George W. Romney Institute of Public Service and Ethics. Before coming to BYU, she was on the faculty at the Harvard Kennedy School, the University of Pennsylvania Wharton School, the University of Chicago Graduate School of Business, and the Harvard University Economics Department. She is also a research associate at the National Bureau of Economic Research and served as codirector of the NBER Household Finance working group from 2010 to 2018.

Dr. Madrian's current research focuses on behavioral economics and household finance, with a particular

focus on household saving and investment behavior. Her work in this area has impacted the design of employer-sponsored savings plans in the U.S. and has influenced pension reform legislation both in the U.S. and abroad. She also uses the lens of behavioral economics to understand health behaviors and improve health outcomes.

Dr. Madrian received her PhD in economics from the Massachusetts Institute of Technology and studied economics as an undergraduate at BYU. She is a recipient of the Retirement Income Industry Association Achievement in Applied Retirement Research Award (2015) and a three-time recipient of the TIAA Paul A. Samuelson Award for Scholarly Research on Lifelong Financial Security (2002, 2011 and 2017).

Selected speeches available at speeches.byu.edu

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October 15, 11:05 a.m.
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BYU alumna's book about burn survivor debuts

By NATALIE BAUGH

BYU graduate Erin Stewart released her debut novel on Tuesday, Oct. 1 to U.S. markets. The book will also be published in additional languages in 18 other countries, including Germany, Spain, Israel and Romania.

The book, "Scars Like Wings," is about a girl named Ava, a burn survivor who lost everything and feels like she will never have friends again. Her life is changed as she meets Piper, a fellow burn survivor, who helps Ava overcome her struggles.

Although the book is fiction, it was inspired by burn survivor Marius Woodward.

The first time Stewart met Woodward, she expected to meet a victim. Both his parents had died and he had burns all over his face and hands. She said she thought he would be sad and broken. Instead, he was just a normal 8-year-old who liked doing card tricks and riding dune buggies. Most of all, however, he was brave.

"That stuck with me. Because the idea of how do you be so strong in the face of something so horrific and so traumatizing," Stewart said.

When Woodward got older and Stewart decided to write the book, she asked him how he



Marius Woodward, left, and Erin Stewart hold Stewart's debut book, "Scars Like Wings," which was inspired by Woodward.

was able to be so strong at such a young age.

"His answer was really impactful for me and his answer was simple, he said 'every time I wanted to give up and I didn't want to keep going, someone was there.' He said it was the girls from BYU or his adoptive parents, or a nurse or a friend.

Every time he was close to just saying 'forget it, I can't survive this,' someone showed up

in his life and helped him go a few steps further and survive," Stewart said.

Stewart's book takes what she's learned from Woodward and focuses on helping others through their struggles.

"Your story is part of mine now," Stewart said as she shared a passage from her book at her book launch Thursday, Oct. 3 at the Provo City Library. She told her supporters about Woodward

and his impact on her life.

Although unable to attend Stewart's book launch, he was there in spirit as Stewart shared a video of Woodward's experience.

"He's hoping it will bring more awareness to burn survivors and generate more tolerance for people with differences," Lynne Woodward, Marius's adoptive mom, said at Stewart's book launch.

Not only does Stewart's book take the reader through a descriptive life of a burn survivor, but she said the more she discovered the true theme of her book — how people help others.

"It's about how we all need each other and how we need to be there for each other to help us all survive whatever it is we're going through," Stewart said.

How does one recover from hard things? Stewart said she found the answer rests within other people.

"That's the story I want people to get out of this, is that idea of the amount of love we let into our lives and give out in our lives will really determine what our lives become," she said.

As a journalism major at BYU, Stewart gained skills like always looking for stories in the things around her as well as doing the research that goes into creating a story.

"She works hard. Really hard," BYU English professor Carol Williams said.

Williams is also a writer and Stewart said she has been a huge support. Williams sponsors a writing conference that helped Stewart start novel writing.

Stewart spoke at her book launch about her inspiration and the process she took writing the book, as well as thanking and remembering all the people that made its completion

possible.

"I think it's wonderful to see how many people came out to support her." Jaime Theler, a friend and fellow writer, said.

Stewart's family has been supportive throughout the process of getting the book published.

"She's been writing since she was the smallest child," Stewart's mom, Paige Johnson, said. "She has a creative mind."

Stewart graduated in journalism from BYU and earned a master's in journalism at Northwestern University. She worked at Deseret News and taught journalism at BYU's Salt Lake Center and BYU-Idaho online.

"She is not afraid to tackle subjects that are hard," author and former journalist Crystal Liechty, said. "Her research journalism skills helped her with this research."

Part of Stewart's work on the novel involving meeting a lot with burn survivors and hospitals so she could better understand the experience of having scars from severe burns.

This doesn't mean, however, that only those who have gone through this trial will connect with the book.

"This book is for everyone, burned or not, who has ever searched for a light in the darkness," Stephanie Nielson, a burn survivor and Utah blogger, said about the book.

What's so sweet about dessert companies?

By NICK GLEDHILL

Walking up the steps of a concrete patio in the rear parking lot of a mechanic shop hardly sounds like a mystical adventure, yet the first sign guests of Penguin Brothers ice cream sandwich shop see is, "Welcome to the Narnia of Provo."

Bright Christmas lights strewn around the doorframe illuminate iconic paintings and movie posters photoshopped with ice cream sandwiches in them. A portrait of Michelangelo's "The Creation of Adam" showing God and Adam both reaching for an ice cream sandwich sits right above Darth Vader holding an ice cream sandwich in his robotic hand.

Guests funnel in the bright pink building nightly, eagerly anticipating their next sugar fix of pizookies and ice cream sandwiches.

All across town, other dessert companies, including Crumbl, Chip, Insomnia Cookies, Taste and Last Course, offer everything from late-night cookie delivery to highly stylized desserts, like upside-down apple pie.

What Utah County lacks in

bars and pubs, it more than makes up for with its true vice — sugar. Growing trends in dessert companies have created an overwhelming amount of choices for sweets enthusiasts. While some of these businesses succeed in this sugar-saturated market, others don't.

"The ones that succeed are those that stay close to and are most in touch with their customer's needs," Jeff Brown, the associate director of the BYU Rollins Center for Entrepreneurship and Technology, said.

Speaking of the need for dessert companies to be flexible in a changing market, Brown said they need to "make changes to their product, service or business model based on the needs they uncover during customer interactions."

The Provo-Orem area is heavily populated with students, where dating and marriage are imbued within the culture. Companies like Penguin Brothers have succeeded in tapping into the dating and wedding market.

Penguin Brothers Manager Drew Marcucci, who is also a BYU student, said the main success of the company doesn't come from its two Utah storefronts in Provo and Sugarhouse but from capitalizing on the

Utah Valley wedding market.

"Catering, especially wedding catering, is our major hit," Marcucci said. "Utah Valley weddings run on the cheaper end of the spectrum, and we have a product that fits most people's budgets"

Interviewed employees of the dessert company readily agreed with their manager's comment, retelling stories of their summer catering experiences.

Penguin Brothers employee Hannah Gladwell, an English student at BYU, said around 70% of the dessert shop's revenue comes from catering weddings.

"Catering is why we do so well. Plus, Provo people love to date," she said.

Gladwell's co-worker, Alle Baker, a pre-accounting student at BYU, added that their success comes from how employees are selected.

"We hire people who are trendy, quirky, fun and sociable," Baker said.

Baker added that branding plays a large role in Penguin Brothers. "My grandma once told me how she saw the Penguin Brothers pink truck on the freeway and recognized it immediately," she said.

Other dessert companies assert their superiority in the market by providing not only good sweets and friendly service but a unique experience.

Culinary specialist MJ Jorgensen who works at Taste, a chocolate shop in Provo, said their strategy focuses on appealing to foodies.



Blake Barkdull, left, and Brandon Barkdull, brothers who started Penguin Brothers, stand beside their food truck.

According to Jorgensen, Taste sets itself apart in the sweet market by doing more than just having its customers come in, get their treats and leave.

"We really try to make the experience of eating dessert as meaningful for the customer as possible," she said.

Last Course, a dessert studio with locations across Utah, classifies itself in an entirely different league.

Last Course vice president of marketing Aleesha Lough said the company uses unique dessert creations to stand out.

"While other dessert companies have the standard

cookies, cakes and ice cream, Last Course sets itself in the market by providing desserts our customers have never seen," Lough said. "Our dessert of the month — such as German chocolate cake, brownie bombs and lavender blueberry ice cream — keeps us moving with the trends in culinary tastes."

Companies delivering virtually the same product and capturing the same ambiance don't always do as well, however. Dough Nation, a dessert shop specializing in cookie dough, attracted lovers of the unbaked confection for months but recently closed. Employees and

managers of the company were unavailable for comment.

Speaking of the evident successes and failures in dessert companies, BYU entrepreneurship graduate Matt Kastner advised companies not to sell themselves short.

"The reason why many dessert companies don't do well is because the owners don't factor in themselves as a brand or the experience they are selling their customers."

Though some will fail while others succeed, it seems as though dessert companies will remain a sweet staple in Utah Valley's restaurant market.

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Simple Bites

Recipe Column



This week:
Pan-seared Salmon in Lemon Butter Sauce

Ingredients	For 1	For 2	4 or more
Salmon Fillet (fresh or frozen)	4 oz	8 oz	1 lb
Olive oil	1 tsp	2 tsp	2 tbsp
Butter	1 tsp	2 tsp	2 tbsp
Garlic, Sea salt, Black pepper, Lemon pepper and Fresh lemon zest	1/8 tsp (each)	1/4 tsp (each)	1/2 tsp (each)
Lemon juice	1 tbsp	2 tbsp	1/4 cup
Heavy cream	1/4 cup	1/2 cup	1 cup
Parsley (optional)			

Directions

Remove salmon from packaging and pat to absorb any excess moisture.

Generously season both sides with salt, pepper and lemon pepper.

In a skillet, heat oil and butter until melted, add salmon. Cook on one side until brown, about 4 minutes, flip and continue cooking until brown. Add the lemon zest

and juice to salmon, stir gently to incorporate all the juices. Add cream and stir well, allow sauce to thicken slightly.

Remove from heat and remove salmon from pan. Mix sauce to complete blend, pour into small bowl or pitcher.

Serve salmon topped with sauce and sprinkled with parsley.

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

140-year-old family farm in Utah staying close to its roots

ASSOCIATED PRESS

PAYSON — It's a cool, fall afternoon, and 87-year-old Payson resident, Ron Jensen, sits at his kitchen table inside a nearly 50-year-old home he designed and built himself.

His wife of 60 years, Gerry Jensen, sits at the kitchen counter and looks on as her husband talks about their family's life on the farm. Tears well up in their eyes as Ron Jensen tells about a life once lived a life still worth hanging on to.

It was in the 1860s when Ron Jensen's grandfather, Carl John Slein, partnered with his wife's brother in purchasing some land in Benjamin after immigrating from Scandinavia. After spending time working in the mines, farming looked to be the safer and possibly more lucrative option and for a while, it was.

"It was the Zion culture back then," Ron Jensen said. "The early settlers were building communities and farming the land, and my grandparents were part of that."

Ron Jensen's grandfather soon bought out the rest of the farm from his brother-in-law, and was building a successful farm with a variety of crops and livestock. Then, World War I came, followed by the Great Depression and World War II, bringing along many years of economic hardship. The farm in Benjamin, like many other farms, nearly went to ruin. However, Ron Jensen's father, who was now leading the operation, saw poultry as a way to make a viable farm living.

"In the late 1930s and 1940s, my dad had a chicken coop," Ron Jensen said. "During those years, we had between 900 and 1,500 chickens, and at that time, that was a lot. I remember as a young child having to gather the eggs and brush off all the chicken poop so the eggs were clean before loading them into the carton to sell. It was a hard job, and we kids sure did complain, but we learned a lot."

With the growth of mechanization, gathering by hand and washing eggs became a thing of the past for many farms. Ron Jensen said that if farmers didn't embrace the use of machines to do

all the egg gathering and cleaning, then they fell behind, and his family's farm did just that. Even so, farming has a variety of mediums, and soon the family began to farm sugar beets, sweet corn and string beans.

"We would harvest our crops for the California Packing Corp., which is now known as Del Monte," he said. "Sugar beets were a popular crop back then, and we did all right for ourselves during that time."

While farming was a large part of his childhood, like many young men, Ron Jensen wanted to see what was beyond the acres of sugar, corn and livestock. He wanted to expand his knowledge base beyond what was taught at the local school and what he learned on the farm.

So, he went to college, joined the Army and married his sweetheart. The early 1960s were good to him and his family, as he earned a master's degree in economics, started a job for the government as a rural housing loan officer and became a father to his oldest two daughters.

It was only a few years later, however, when war struck his family again, and he was called into active duty to serve during the Vietnam War from 1968 to 1969. Being called to fight in a battlefield was hard for the young husband and father, and when he came home, he would return to the family farm often to find solace and drown out negative thoughts with positive action.

"At the farm, there is always something to do —feeding animals, hauling hay, digging and filling holes," Ron Jensen said. "It helped keep my mind occupied."

Visiting and working on his family's farm, he said, was a form of recreation for him as he worked several jobs to support his growing family through the 1960s and 70s. It was in 1977 when his father asked him to take over the farm. Ron Jensen knew what a huge responsibility running a farm was, but he understood how important it was to his family and future generations to come.

With two older daughters, two young boys and a new baby girl, he agreed to take it over, and together, continue the farming tradition. For the next several



Associated Press

Gerry Jensen holds a photograph of her extended family at her family's farm on Wednesday, Sept. 25 in Benjamin, Utah. Her husband, Ronald Jensen, 87, currently heads up work on the farm, which was built by his grandfather in the 1860s.

years, the Jensen Family Farm planted and harvested a variety of crops, including sweet corn that the three daughters would bring home to sell to neighbors.

The kids also participated in local stock shows that included fun pastimes like the calf scramble. It was during one such event when the oldest son, Eric, won a calf he named Suzie Q., which the family was now charged with raising. A couple years later, their other son, Ryan, won another calf, beginning what is now a major source of the farm's production.

"I couldn't see feeding just two cows," Ron Jensen said. "I had a pasture, so I bought a bunch of heifers, and we started raising cows."

In addition to the 80 acres of farmland that the family owns, the Jensen Family Farm has a 160-acre pasture for raising cattle.

"We spent a lot of our time out at the farm, feeding and taking care of the cows and hauling hay," Ron Jensen said. "We

didn't get out for family vacations because we were on the farm, and sometimes the kids would complain. We felt bad that we didn't take the kids other places, but years later, it is the farm where the kids and grandchildren like to come back to."

In fact, three of the five Jensen children have homes on the farm, and spend much of their time running it. Many of the couple's 17 grandchildren have learned how to take care of cows and haul hay.

Ron Jensen, through tear-filled eyes, recalled a time when a truck carrying hay came down through their Payson neighborhood, with many of the barrels tumbling out the back. The driver of the truck needed help loading the hay back on, and two of Ron Jensen's grandsons went out to help the man haul the hay so he could get on his way.

"I was so proud of those two boys," Ron Jensen said. "Growing up working on a farm, they knew how to haul hay, and they knew how to work. It was real



Associated Press

Gerry Jensen flips through photographs of her husband, Ronald Jensen.

neat to watch those boys do what not many these days can."

Ron Jensen is the first to acknowledge that the farming industry isn't what it used to be. He says the farm barely breaks even each year, if that. Each of his kids who work and live on the farm have outside jobs that bring in the bulk of their income. Even so, the Jensen family is working

hard every day to keep the farming culture alive.

"Farming is a dying art," Ron Jensen said. "So many have gone the way of big corporations, mechanization and selling off land. Our farm in Benjamin has been in the family almost 140 years and five generations. I hope to keep it alive in my family for years to come."

MIXTAPE

Girl Power

"Henry"
Soccer Mommy
Henry / I'm On Fire

With a growing amount of women on the rise in the world of indie rock, Sophie Allison, who goes by the stage name Soccer Mommy, stands out with her silky soft, yet defined voice and her captivating songwriting. "Henry" is one of my favorite Soccer Mommy tracks. Originally a bedroom recording on her first EP, "For Young Hearts," she later re-recorded it and placed it on a two-song single with a cover of Bruce Springsteen's "I'm on Fire." Scan the album cover to hear the updated recording!

"Killer"
Phoebe Bridgers
Killer

This week:

Connor

"Pristine"
Snail Mail
Lush

Young Lindsey Jordan, the girl behind Snail Mail, has taken the music world by storm since the release of her first full length, "Lush," last summer. Lindsey released her first EP at age 17 in 2016. Her lyrics are influenced by the life of a young, angst girl, sometimes in a satirical way, and other times with greater honesty. Her mesmerizing voice combined with her punchy guitar rhythms make each song a real treat. I suggest every single song she has ever put out, but for the sake of brevity, give "Pristine" a listen.

Scan the album covers with the Universe Plus app to hear a sample of each song and to submit your own music reviews.

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Nelke Theatre

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

BYU Spectacular!
Featuring Ben Rector and Hilary Weeks

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

BYU Wind Symphony: Wind Band Classics

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

BYU Symphonic Band

Fri., Nov. 1, 7:30 p.m.
de Jong Concert Hall

BYU Philharmonic: King Kong Live!

Sat., Nov. 2, 7:30 p.m.
de Jong Concert Hall

All events are ticketed.

BYUarts

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Romney ramps up rhetoric on Trump, but what's his next move?

ASSOCIATED PRESS

SALT LAKE CITY — In the hours after President Donald Trump called on China to investigate his political foe, in which he plowed through another political guardrail, Democrats and Trump critics looked for signs that his party would slap him back. Seeking foreign help in an election is illegal. Who would stand up and say so?

Twenty-four hours later, Mitt Romney stepped in.

"By all appearances, the president's brazen and unprecedented appeal to China and to Ukraine to investigate Joe Biden is wrong and appalling," he tweeted.

Romney's delayed criticism seemed to capture the senator's continued discomfort with the role of chief Trump critic, and a possible reluctance to restart the kind of back-and-forth that revved up on Saturday as Trump took to Twitter. The president unleashed a personal attack on Romney, calling him "pompous," while

defending his conversations with Ukraine and China as appropriate.

Facing an impeachment inquiry by House Democrats, Trump raised the specter of impeachment against Romney in a Saturday afternoon tweet, though the Constitution doesn't call for that as a way of removing a member of Congress.

"I'm hearing that the Great People of Utah are considering their vote for their Pompous Senator, Mitt Romney, to be a big mistake," Trump tweeted without citing his sources. "I agree! He is a fool who is playing right into the hands of the Do Nothing Democrats! #IMPEACHMITTROMNEY"

The mild-mannered, failed-presidential-candidate-turned-senator has shown he feels compelled to speak out against Trump at key moments. But he doesn't appear quick to the draw. While Trump detractors are looking to Romney to play a key role in rallying GOP opposition to the president in the unfolding impeachment saga, it's far from clear Romney wants the job.

Romney has left the door open further than most, said Reed Galen, a consultant who worked for Sen. John McCain, George W. Bush and Arnold Schwarzenegger before leaving the GOP in 2016. But "there's a long way from opening a door and walking through it."

The 72-year-old senator is unusually well positioned to take on a president who remains broadly popular with Republican voters. His job security is all but guaranteed in conservative Utah, where he's a near celebrity. Many voters, particularly fellow members of The Church of Jesus Christ of Latter-day Saints, shared Romney's wariness about Trump.

A nationwide Associated Press survey of midterm voters last year found that while two-thirds of church members voted Republican, just over half approved of Trump's job performance. The VoteCast survey also found that 64% of Utah voters wanted to see the senator confront the president.

His political brand, forged as a governor in Massachusetts, the savior of the troubled 2002

Olympics and a well-appointed representative of the corporate-friendly wing of GOP, has very little to do with Trump and the populist uprising.

All of that has some looking to Romney as a possible standard bearer. The anti-Trump conservative group Defending Democracy Together is running new ads in Utah encouraging him to speak out.

"I think Mitt Romney came back to the Senate for a reason, and I hope this is the reason," said Sarah Longwell, the group's executive director. As a former presidential nominee who built his career in part on this capacity for moral leadership, Romney has a role as a Republican elder statesman that few can match, she said. "This is going to be the moment where Mitt Romney will play, I think, the decisive role in what Republicans do going forward."

Not everyone is so sure. While he lashed then-candidate Trump as a "phony" and a "fraud" in a 2016 speech that didn't keep him from being elected, Romney also dined with Trump as he aimed to

become secretary of state and accepted the president's endorsement during his Senate run two years later.

While he resumed the charge with a Washington Post op-ed on the eve of his Senate swearing in, Romney also agrees with many Trump administration policies and hasn't taken up a McCain-like maverick mantle. Rather than relishing rhetorical fisticuffs, Romney sees himself as a voice for civility representing a deeply conservative state, said Utah State University political science professor Damon Cann.

"I think Romney as a senator has been much more conservative than John McCain was," both in terms of style and ideology, he said.

Romney did not agree to be interviewed for this story.

While his current position breaks from GOP ranks, he hasn't gone so far as to support the impeachment inquiry.

Even if he did, it's unclear how many Republicans he might be able to sway to that view. The GOP has shifted seismically since Romney ran in 2012, away from his more

cerebral approach to conservatism and toward the brand of populism that's embodied by Trump, a leader who prizes loyalty.

Romney's most likely role could be behind the scenes, as a center for other moderate Republican senators, a kind of caucus of the concerned, Galen said.

As the number of Trump critics dwindles, his public comments are significant and could create some space to for others to voice concern, said Evan McMullin, a former CIA agent who ran against Trump as a third-party candidate in 2016.

While a number of high-profile Republicans have defended the president, a number of others have remained silent, which could be an encouraging sign, he said.

"I think there are some Republicans in Congress who are alarmed by what they're seeing from the president now and by the reports we've all read over the past week, but they're waiting to let the public digest these facts before more of them verbalize their own concerns," he said, "if they do so at all."



Associated Press

Republican Mia Love, left, and Democrat Doug Owens, shake hands following their debate in Salt Lake City, Utah. Love and Owens show Republicans and Democrats of various views and experiences can discuss sensitive topics in an effort to work together.

Studies show bipartisanship increases government action

By ANNA MORGAN

Political polarization is becoming a defining feature of today's America, according to reports by Pew Research Center. This trend often causes issues because legislation requires bipartisan support to pass.

Bipartisan and partisan support have evolved around political parties. However, nowhere in the Constitution does it mention political parties or affiliation with them.

"The Constitution was designed before there were parties and parties developed in Congress before they developed in elections in order to build agreement in moving laws forward," BYU political science professor Adam Brown said.

A 2003 study conducted by the United Nations Development Programme echoed what Brown said by emphasizing that party polarization can be harmful to democracy.

"An inclusive constitution-making process is beneficial to the legitimacy and longevity of the constitution. When one group dominates the process, it fails to reach a genuine consensus among all significant political actors," the study stated.

Recent voting results have suggested that decision-makers tend to vote along party lines, risking the possibility of votes based upon group opinion rather than individual beliefs.

BYU Political Affairs Society President Jake Jensen emphasized the importance of working together in government in order to help things move forward.

"Recognize that ultimately, everyone has the same goal to make the United States a better place, just a different way of going about it," Jensen said.

A study done in August 2018 by Utah Policy shows that Republicans outnumber Democrats in Utah 5-1. Brown noted that because party politics can be so competitive, bipartisanship can be difficult to achieve.

"Both parties have a strong incentive to highlight the differences in parties," Brown said.

Not only is bipartisanship support important at a local level, but it is also a hot topic among national political discussions.

U.S. Supreme Court Justice Ruth Bader Ginsburg recently spoke on the importance of bipartisanship at the University of Chicago, where she accepted the 2019 Harris Dean's Award.

Lack of student involvement in city elections could cause issues for future students

By THOMAS MADRIGAL

The Provo municipal general election will be held on Nov 5. On top of campaigning with local community members, candidates face the task of getting more BYU students involved in this year's elections.

District 4 candidate Valerie Paxman said that despite her lack of activity in local politics when she was a BYU student, she is now heavily involved in Provo politics.

"I don't think that I felt as invested in Provo at that time as I do now. Now I'm really invested in my community and I want it to remain a good place to live," Paxman said.

Paxman said she wants more students to be aware of the impact they have on decisions that take place in the city. She said she hopes students are aware of the fact that their choice not to vote ultimately costs them in the long run whether they like it or not.

"What right do you have to complain if you did nothing to vote to make a difference?"

Paxman asked. "I think it's important for students to realize that things that are on election directly affect them, for instance, living or rent costs."

Paxman said she is aware of the small student voting turnout but still urges young adults to consider the long-term effects. "They need to be willing to live with the consequences of either voting or not," she said.

BYU political science professor Adam Brown expressed the importance of staying informed about local elections.

"People overestimate the importance of national politics in their lives," Brown said.

Even though Brown teaches Introduction to American Politics, he noted that he still emphasizes the importance of local politics with supplemental readings.

"Most of the policies that affect your life are coming out of the state capital and the city government," he said.

He acknowledged that some BYU students may not claim Utah as their home, but it is still important that they realize what happens in Provo impacts them due to their temporary

residency.

"The city isn't everything, but it's important, and if you spend four years living here without ever acknowledging that you spent four years being from Utah, you're not being honest with yourself," Brown said.

BYU alumni Zach Yancey recalls not being aware of the different local city events and issues as a student aside from the construction of the Provo City Center Temple and the construction around town.

"I didn't follow (city issues) very much other than complaining," Yancey said.

He also expressed that being contacted outside of just a school setting would've helped him stay informed on local issues.

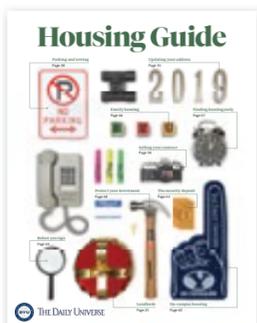
Yancey, now a resident of Utah for five years, said he is more attentive his city's local issues now.

"I am more interested with what's going on because I am going to be here for a long time," he said.

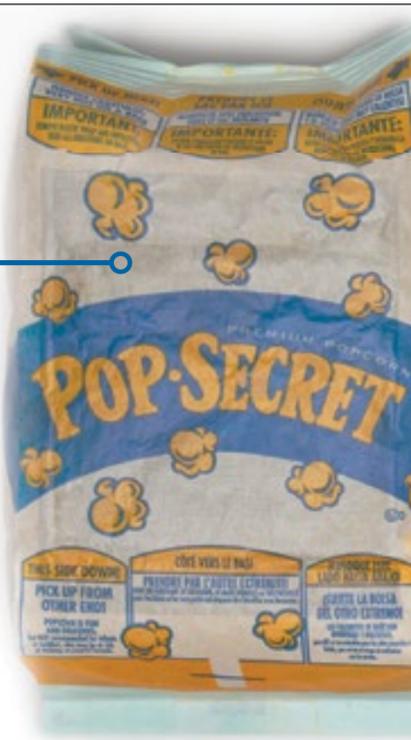
Information about Provo's city council candidates can be found on the Provo City Council website.

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189th Semiannual General Conference Quotes

“Greater holiness will not come simply by asking for it. It will come by doing what is needed for God to change us.”
 President Henry B. Eyring
Second counselor in the First Presidency

“In a paradoxical period when violating the sanctity of human life is heralded as a right and chaos is described as liberty, how blessed we are to live in this latter-day dispensation when restored gospel light can shine brightly in our lives and help us to discern the adversary’s dark deceptions and distractions.”
 Elder David A. Bednar
Quorum of the Twelve Apostles



“I testify that joy is a gift for faithful Saints who have endured the crosses of the world and who are intentionally trying to live a righteous life, as taught by Jesus Christ.”
 Elder D. Todd Christofferson
Quorum of the Twelve Apostles

“When we open up about our emotional challenges, admitting we are not perfect, we give others permission to share their struggles. Together we realize there is hope and we do not have to suffer alone.”
 Sister Reyna I. Aburto
Second counselor in the Relief Society General Presidency

“My dear friends, please do not let anyone steal your happiness. Do not compare yourself to others.”
 Elder Peter M. Johnson
General Authority Seventy

“When we keep promises to one another we are more likely to keep promises to the Lord.”
 Elder Ronald A. Rasband
Quorum of the Twelve Apostles

“When we remember Him and His name we bear, we have no place for self-degrading comparisons or overbearing judgments. With our eyes on the Savior, we see ourselves for who we really are — a cherished child of God.”
 Sister Lisa L. Harkness
First counselor in the Primary General Presidency



“Never underestimate the strength that comes from gathering with others who are also trying to be strong.”
 Brother Steven W. Owen
Young Men General President

“As Latter-day Saints, we seek a similar firm and sure foundation in our lives — a spiritual foundation needed for our journey through mortality and back to our heavenly home.”
 Brother Mark L. Pace
Sunday School General President

“The bishopric is as concerned for young women as for young men, but we recognize the strength that comes from having strong, engaged, and focused Young Women leaders who love and mentor, not taking over the roles of class presidencies, but helping youth succeed in those roles.”
 Elder Quentin L. Cook
Quorum of the Twelve Apostles



“Can we be more like our Savior Jesus Christ and share with others what brings us joy to our lives? The answer to all of these questions is Yes. We can do it.”
 Sister Cristina B. Franco
Second counselor in the Primary General Presidency

“Please remember that the Savior’s gift of grace is not necessarily limited in time to ‘after’ all we can do. We may receive his grace before, during and after the time when we expend our own efforts.”
 Elder Ulisses Soares
Quorum of the Twelve Apostles

“The good news of the gospel is not the promise of a life free of sorrow and tribulation, but a life full of purpose and meaning.”
 Elder L. Todd Budge
General Authority Seventy

“Ultimately, everything God invites and commands us to do is an expression of his love for us.”
 Elder Jorge M. Alvarado
General Authority Seventy

“Wherever you are on the path of life, some of you might feel so overburdened that you do not even consider yourself on that path. I want to invite you to step out of the darkness into the light.”
 Elder Hans T. Boom
General Authority Seventy

“When we want to change for the better — as one person put it, ‘to stop being miserable and to be happy being happy’ — we become open to direction, help, and strength.”
 Elder Gerrit W. Gong
Quorum of the Twelve Apostles

“There is no treasure, nor any hobby, nor any status, nor any social media, nor any video games, nor any sport, nor any association with a celebrity, nor anything on Earth that is more precious than eternal life.”
 Elder Terence M. Vinson
Presidency of the Seventy



“Please don’t allow your questions, the insults of others, faithless friends or unfortunate mistakes and disappointments to turn you away from the sweet, pure and soul-satisfying blessings that come from the precious fruit of the tree.”
 Elder Neil L. Andersen
Quorum of the Twelve Apostles

“Whenever possible, our Church members in yellow Helping Hands vests mobilize in great numbers to help those afflicted by the disaster. This kind of service, rendered by so many of you, is the very essence of ministering.”
 President Russell M. Nelson
President of the Church

“Latter-day Saints come in many shapes and sizes but all are alike unto God. Black and white, bond and free, male and female, single and married, rich and poor, young and old, life-long member and recent convert. No matter who you are or what you’re dealing with, you are invited to the Lord’s table.”
 Sister Michelle D. Craig
First counselor in the Young Women General Presidency

“For reasons we do not understand, we have different challenges in our mortal experiences. But we do know that God will help each of us overcome these challenges if we sincerely seek his help.”
 President Dallin H. Oaks
First counselor in the First Presidency

“You are literally the spirit daughters of Heavenly Parents and nothing can separate you from their love and the love of your Savior. As you draw closer to him, even taking the smallest baby-steps forward, you discover the lasting peace that settles into your soul as a faithful disciple of our Savior, Jesus Christ.”
 Sister Bonnie H. Cordon
Young Women General President



“The heavens are just as open to women who are endowed with God’s power flowing from their priesthood covenants as they are to men who bear the priesthood.”
 President Russell M. Nelson
President of the Church

“There are forces at play today designed to deliberately lead us away from absolute truth. These deceptions and lies go far beyond innocent mistaken identity and often have dire, not minor, consequences.”
 Elder Gary E. Stevenson
Quorum of the Twelve Apostles

“The duty of each of us is to teach the doctrine of the restored gospel, keep the commandments, love and help one another, and do the work of salvation in the holy temples.”
 President Dallin H. Oaks
First counselor in the First Presidency

“Our commitment to keep our covenants should not be conditional or vary with changing circumstances in our lives.”
 Elder Dale G. Renlund
Quorum of the Twelve Apostles

“This is who you and I really are, and who you have always been: a son or daughter of God with spiritual roots in eternity and a future overflowing with infinite possibilities.”
 President M. Russell Ballard
Acting President of the Quorum of the Twelve Apostles

“Sisters and brothers, through the incessant din and drumbeat of our day, may we strive to see Christ at the center of our faith, and of our service.”
 Elder Jeffrey R. Holland
Quorum of the Twelve Apostles

“Becoming a covenant woman in partnership with God is how great and good daughters of God have always mothered, led and ministered, serving in whatever way and place he has prepared for them.”
 President Henry B. Eyring
Second counselor in the First Presidency

“Select your own questions. Design your own plan. Immerse yourself in the glorious light of the Restoration. As you do, General Conference next April will not only be memorable, it will be unforgettable.”
 President Russell M. Nelson
President of the Church

“If you hesitate in this adventure because you doubt your ability, remember that discipleship is not about doing things perfectly, it’s about doing things intentionally.”
 Elder Dieter F. Uchtdorf
Quorum of the Twelve Apostles

Photos by Universe photographers Hannah Miner, Addie Blacker, and Church Newsroom

Readers share General Conference traditions and experiences



“I’m not sure if anyone else does this, but I make cinnamon rolls and watch in my pajamas!”
 — Andrew D Naylor
Overland Park, Kansas



— Jennifer Roach
Seattle, Washington



“Not sure how unique, but our favorite tradition is to set up snack stations all over our living room with key words representing different snacks (‘Temple’ for pretzels, ‘baptism’ for M&Ms, etc.) When the speaker says the word associated with the snack, our kids get to eat one. It has by far been the most effective way for us to get our kids to pay attention during conference (they’re six, four, and one).”
 — Brittany Christenson
Visalia, California



“We like to do service projects together during the break between sessions. This year we are going to make up little boxes of Halloween treats for all our missionary friends and college friends and then mail them out next week. In April this year, we made up little Easter baskets for all of the missionaries in our mission and delivered them to the mission home. It is more fun for us to do these things than it could possibly be to receive them.”
 — Caren Cherry Jennings
Aledo, Texas



“General Conference weekend is always my favorite weekend of the year, but this year it was even more special because my little brother Kaden got home from serving his mission in Ghana on Friday, Oct. 3. My whole family drove up from San Diego to Salt Lake City to welcome him home and then we all went to conference together. I was overwhelmed with the wisdom and love that was shared by the Lord’s chosen apostles. The Spirit was so strong in the Conference Center and it confirmed so many precious truths to me. It was amazing to have my whole family back together for the first time in two years and even more amazing to be strengthened together while listening to the word of God.”
 — Taylor Tollestrup
San Diego, California



“My family doesn’t do anything super special like cinnamon rolls or muffins for breakfast. We gather around the TV in our comfortable clothes — sorry, we don’t do church dress like some families. The one unique thing I do is sketch the speakers. I found it is the trick that keeps me awake. I’ve been doing it for a couple of years now and I don’t doze off like I used to. I’m awake for all ten hours. I’m not an artist by any means, but I enjoy it. And turns out that my Uchtdorf looks a lot like John Travolta (lol).”
 — Cathy Ambrose

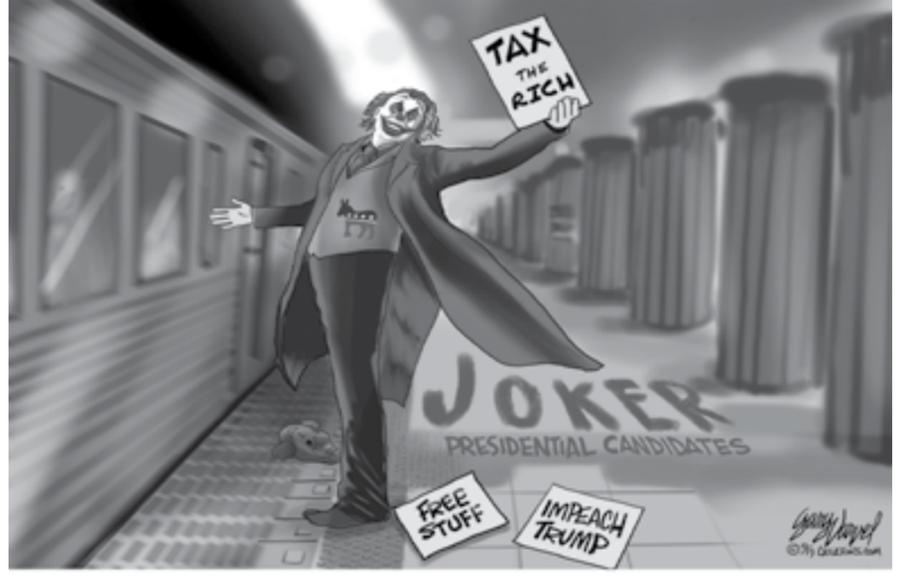


— Camilia Baltazar
South Jordan, Utah



“I have a close friend whose dad was speaking of when he went to the Haiti temple. I just thought that was so cool because I just recently went to the temple this past week.”
 — Richard Henry

— Richard Henry



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

@MeganWeight

"I've never had someone close to me pass away but my boyfriend did leave on his mission last year and it's basically the same feeling" @HeardAtBYU

@mishipozo

Girl talking on the phone: "I asked him what his favorite thing about fall was and he said it was general conference, he is just too great". #byulife #byustruggles @HeardAtBYU

@stone_dalin

Girl: "See, I would do stuff like that, but when I sing I sound like a dying goat mixed with a screeching pig"
I need to start wearing ear buds when I'm on campus @HeardAtBYU

@boolin_fam

Guy walking nearby: "oh my gosh you look so good today!!"
Girl walking by: "aw thanks"
Guy talks to girl next him: "that's my TA, I'm allowed to have that kind of relationship with her."
Girl: mmmhmm
Boy you about to get dropped real quick!
@HeardAtBYU

@erinnberglund

"on my mission it took me a good 6 months to stop thinking about getting hit by a bus" -my sociology professor @HeardAtBYU

@prettypatriot76

"How was your weekend?"
"Oh, I actually got engaged Saturday."
@HeardAtBYU

@EsplinClaire

It is October 2nd, and I just passed a student waiting in their car jamming out to "The Little Drummer Boy". Oh BYU. @HeardAtBYU

@ElizaLahti

*in testing center
guy 1: you ready for this exam man?
guy 2: no, but I'm doing it for Harambe @HeardAtBYU

@Mrs_KennedyMena

Girl in my American Heritage class: "yeah I think I'll get an A in this class. I went to a school named American Heritage for 13 years so I should pass"
@HeardAtBYU

@abigailllllll

"You're picking an eternal companion, not trying to win a race."
@HeardAtBYU

@DoddsMakoy

"There are four ways people are convinced:
1. Pathos
2. Ethos
3. Logos
4. NCMOS"
@HeardAtBYU

@LatterdayLikes

Only at BYU will you find people waiting in line for 40 minutes to get plain milk for free

@poetickate

why do they call it fasting and not the plan of starvation

@laneyOg

no one wants to date me and I think it's because I don't like spikeball

@GabrielleMcKeon

can't afford a pumpkin spice latte so I'm going to get a fall leaf and crumble it in my water do you guys want any

@JollyMollyDay

anyone else think that carlisle from twilight highkey looks like joseph smith

@andrewreed_

"I mean, I agree with the revelation. It says no hot drinks, like I don't even drink hot chocolate" - kid in my nutrition class @HeardAtBYU

@caugustmcmullen

"I'm surprised I'm attracted to you. Since my mission, I've only been attracted to girls from [country where he served]"
Me: "alarm bells"

@samanthagibbons

"why is my professor useless?"
@HeardAtBYU

@shanniej18

"That's so crazy! I know another Nathan who has brown hair and glasses and is an RM!!"
@HeardAtBYU

@madisonrwalls

"i was eating some good hot cheetos but then i couldn't find my hydro flask"
@HeardAtBYU
i cannot make this stuff up

@MandyRErickson

Today a family was getting a tour of BYU in a golf cart and I heard the man ask, "so a lot of students are wearing sandals even though that goes against Honor Code, what do you (addressing the guide) think of that? Are they just super relaxed around here?"
@HeardAtBYU

Tweets are unedited

READERS' FORUM

Gender disparity in religious education

Six out of 72, or if you reduce the fraction, 1/12, is a very small number. It comes out to about 8.3%. All numbers have the ability to represent something, and in this case, six of 72 represents the number of full-time female to male faculty in Religious Education at BYU. Especially for a university connected to a world-wide church that declares equality between men and women, this number is both abysmal and unacceptable.

One explanation for this disparity comes from student ratings of professors, which help determine hiring ability, but a recent study shows that women are more likely to be rated on their appearance and ability to entertain as opposed to teaching ability. Regardless of the explanation for this disparity, the female to male ratio of the Religious Education faculty sends the message that these professorships belong more to men than they do to women.

I remember taking world history in middle school when my male teacher asked the class what we wanted to be when we grew up. I responded that I would like to be president of the United States and this teacher said something that has always stuck with me: "You can't be president because there haven't been enough female presidents." While this statement has shady logic, the message remains clear: "You can't be what you can't see."

Until BYU expands the number of female professors in Religious Education, we will send female students the message that they are not welcome to teach in Religious Education because of their gender.

—Hanna Searic
Boston, Massachusetts

Trump's tariffs are an economic terror

The current trade policy in the United States is a disaster. Donald Trump's newly imposed tariffs are hurting not only job growth, but also the nation's gross domestic product. If the U.S. were to open up to all free trade, the economy would improve significantly, because there would be more jobs and our GDP would increase.

Trump's strict tariffs are decreasing job opportunities for Americans. Because we now have high tariffs imposed, we are less inclined to trade with other countries. Because of this decrease in trade, some industries now have less economic opportunity. These industries have less incentive to produce more goods because of the aforementioned decline in trade. They have to sell the goods solely in the U.S. rather than internationally, which decreases production of goods for trade. This decrease in production will lead to fewer jobs in America. Lowering the number of jobs lowers our human capital, which is a key factor of GDP.

Our trading with other countries has given the United States a greater amount of goods. One of the main goods we trade for is technology. China is one of our largest suppliers of technology. Because of the trade war, we have been receiving fewer technologies from China which lowers our GDP, as technology is also a large indicator of it.

If we open up to all free trade, then it will help grow our economy even more. Also, the number of jobs in our country will increase, which would decrease the unemployment rate. And finally, the whole issue of the trade war would be resolved, and President Trump could turn this economic blunder into a solution for America.

—Logan Spittle
Hinckley, Ohio

IN OUR OPINION

We need to talk about mental health

Sister Reyna I. Aburto, second counselor in the Relief Society General Presidency spoke candidly about mental illness and suicide in her women's session address Saturday evening. The BYU community would do well to follow her example.

BYU students can suffer from chronic perfectionism, which often leads to serious anxiety or depression. The demand for therapists at Counseling and Psychological Services far exceeds the supply. Our campus even lost a student to suicide last year. Yet despite it all, we struggle as a community to talk openly about our mental and emotional health — even though this open conversation might be exactly what we need to heal.

Talking about mental health can erase harmful stigmas and invite others to be honest about their pain. "When we open up about our emotional challenges, admitting we are not perfect, we give others permission to share their struggles," Sister Aburto said. "Together, we realize there is hope, and we do not have to suffer alone."

I teach Sunday School in my YSA ward. I've

found that as I've been vulnerable and open in my lessons about difficult experiences I've had, other members of my ward have also opened up. As we candidly discuss our struggles together, we feel united and validated and create space for healing.

Such conversations have the power to save lives. As Sister Aburto taught, "Talking about suicide in appropriate ways actually helps to prevent it rather than encourage it." BYU CAPS holds regular trainings on how to talk to someone you think might be considering suicide. If we take the time to learn this skill, we can feel confident in our ability to help others in times of crisis.

It's time to stop avoiding hard or uncomfortable topics — with so many members of our BYU community suffering, we need to take responsibility for one another. If we participate in the conversation on mental health, we will find, as Sister Aburto promised, that depression "thrives in secrecy but shrinks in empathy."

—Karina Andrew
Daily Universe Opinion Editor

OPINION OUTPOST

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

Supreme Court

On Monday, the Supreme Court will begin hearing cases in its first complete term since the confirmation of Justice Brett Kavanaugh gave the court a newly emboldened right-wing majority.

The new term offers no shortage of opportunities for the conservative justices to roll back rights for certain groups — women, L.G.B.T. people and undocumented immigrants brought to America as children — while bolstering rights for gun owners and those who would knock down the crumbling wall between church and state.

—Editorial Board
The New York Times

Climate change policy

In 2015, international negotiators struck the Paris climate agreement. It remains the world's most promising tool to get all the planet's major carbon dioxide emitters working together to cut the heat-trapping gases they release into the atmosphere. But that does not mean it is working as well as humanity needs it to.

President Trump's mindless intention to remove the United States from the Paris agreement next year deeply undercuts the accord's effectiveness.

—Editorial Board
The Washington Post

Political power

An analysis of recent political strife — from partisan accusations to formal impeachment inquiries

— reveals a common culprit: the improper use of power and influence.

The kind of "private morality" that George Washington called for in our nation's leaders necessitates integrity and congruency. That means putting the good of the country ahead of the good of those who can access, through wealth and connections, power and influence.

—Editorial Board
Deseret News

Lauren McCluskey

It has been not quite a year since 21-year-old U. freshman Lauren McCluskey was murdered just outside her dorm on the U. campus. The school's official response to a lawsuit over how university personnel handled Lauren's many cries for help has felt not so much sincere as lawyerly.

A good first step would be to announce that the University

Police Department is going out of business and that the U. will work with the Salt Lake City Police Department to have it provide the real law enforcement coverage the campus needs.

—Editorial Board
The Salt Lake Tribune

Impeachment

President Trump isn't the most polished speaker to occupy the Oval Office, but he's peerless when it comes to rhetorical jujitsu.

His handling of the impeachment inquiry is just the latest example of Trump trying to turn his critics' accusations into a weapon to use against them, perpetually shifting the public's focus away from Trump's own questionable acts onto his opponents' faults.

—Editorial Board
Los Angeles Times

Water usage

We were heartened to see Gov. Gary Herbert ending an

emergency drought order that had been in effect for nearly a year. It was remarkable to see so much green on the foothills as spring heated up into summer.

Although people are using their sprinklers less as the heat of summer has faded, this would be a great opportunity to evaluate water usage and plan ahead for next year. We encourage everyone to look at easy ways to use water wisely.

—Editorial Board
Daily Herald

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.

50 facts for 50 years of women's volleyball

By ASHLEY JORGENSEN

Fifty years have passed since BYU started recording women's volleyball stats. The team has been making history on and off the court ever since.

History

1. BYU started keeping records on women's volleyball in 1969. The 2019-20 season marks 50 years since. The first BYU women's volleyball team played in 1956.

2. From 1969 to the end of the 2018-19 season, the Cougars won 1,281 games.

3. Their all time win percentage from 1969-2018 was .782 (1,281-356-5), and their 2019 win percentage was .846 as of Sept. 30.

4. The BYU Cougars made it to the NCAA Sweet 16 for the first time in 1981. They have returned 30 times since.

5. In the 1981-82 season, volleyball was one of the 12 women's sports added to the NCAA championship program. At the time, 20 teams competed for the title, but now, 64 teams do.

6. The women's volleyball team became the first BYU team to qualify for the NCAA final four, in 1993.

7. BYU has played against 188 opponents and is the leader in wins for 159 of them.

8. BYU women's volleyball has never won the NCAA Division I national championship. In 2014, the team was the runner up. This was also the first time the team made it to the NCAA Division I national championship final.

Fun facts

9. The Smith Fieldhouse was built in 1951 and is named after President George Albert Smith, who died the year it opened.

10. The BYU women's volleyball team was once known as the "Spikettes."

11. The Smith Fieldhouse court is named after former women's volleyball head coach Elaine Michaelis.

12. No female coach has ever won an NCAA Division I National Championship.

13. 28 BYU women's volleyball players have played internationally.

14. There have been 38 NCAA Division I National Championship tournaments. BYU has attended 31 of them.

15. 22 BYU players are in the 1,000-kills club.

16. The two most recent to reach this milestone are McKenna Miller (1,217



Hannah Miner

Current BYU women's volleyball teammates Mary Lake, right, McKenna Miller and Kennedy Eschenberg celebrate BYU's win over Weber State on Sept. 7.

as of Sept 26, 2019) and Roni Jones-Perry (1,473).

Coaches

17. BYU women's volleyball has had seven head coaches: JoAnne Calderwood (1956-61), Elaine Michaelis (1961-01), Karen Lamb (2002-04), Jason Watson (2005-07), Shay Goulding (2008-10), Shawn Olmstead (2011-14) and Heather Olmstead (2015-present).

18. Michaelis began coaching women's volleyball one year before LaVell Edwards began coaching football, and she retired two years after him.

19. At one point, Michaelis was simultaneously the head coach of women's volleyball, women's basketball, women's field hockey and softball.

20. Michaelis was the first female coach in the nation to take a team to the NCAA Final Four.

21. Under Michaelis, the team had 28 consecutive 20-win seasons. She ended her career with a record of 886-225-5.

22. Coaches Watson and Olmstead both played on the BYU men's volleyball team.

23. Olmstead, Lamb and Michaelis played on the women's team before becoming coaches.

Records

24. The Cougars' team single-match hitting percentage record is .600, which was set at Colorado State in 1982.

25. In 1985, BYU set a new team single-match record of 20 aces against Weber State.

26. 1986 was a season of 3-0 sweeps with 29 total and 10 consecutive wins.

27. BYU also had the most wins in its 1986 season with a total of 40.

28. The team's record for single-match kills is 105. This record was set in 1998 against Hawaii. In the same game, the Cougars recorded 305 attempts, which is also a team record.

29. Both attendance records were set in 2018. The highest attendance at a BYU women's volleyball game was 17,808 on the road at their Final Four appearance and 5,472 at home against the University of Utah. The capacity at the Smith Fieldhouse is 5,000.

30. The team's 2018-19 season win percentage was .939, which is the program high.

All-Americans

31. Last season, six women on the team earned the All-American title. The total of All-American BYU women's volleyball players is now 58.

32. The first two All-Americans were Annette Cottle and Karen Curtis Lamb in 1977. Lamb later became the team's head coach.

Olympians

33. In 2000, Charlene Johnson became the first BYU women's volleyball player to participate in the Olympics.

34. Mary Lake is set to play on the 2020 Summer Olympic women's volleyball team.

Current team's family ties

35. Current Cougars Morgan and Whitney Bower are sisters, and their mom, Caroline Steuer Bower, played on BYU's team from 1996-99.

36. Morgan Johnson's mother, Gale Oborn Johnson, played on the team from 1993-96.

37. Steuer Bower and Oborn Johnson played together in 1996. Their daughters play together now.

38. Mary Lake's sister Melissa was on the 2008-09 team.

39. Coaches Shawn and Heather Olmstead are siblings. Shawn Olmstead now coaches the BYU men's volleyball team.

40. The Olmsteads' sister, Laci



1981 Banyan

The first BYU women's volleyball team to make it to the NCAA Sweet 16. The Cougars have returned 30 times since.

Olmstead, played setter for BYU in 1994-95.

41. McKenna Miller is married to Alex Ah Sue from the men's team.

Current coach

42. Heather Olmstead holds the highest winning percentage of any women's volleyball coach in NCAA Division I history.

43. Coach Olmstead reached 100 wins in 111 games. She was the third fastest coach to reach 100 Division I wins.

44. The team is 129-15 against all opponents since Olmstead became coach.

Current team

45. The current team has four All-Americans.

46. Whitney Bower skipped her senior year of high school to play volleyball at BYU.

47. Mary Lake had 1,645 digs as of Sept 26. She is on track to become BYU's number one in digs. The current record holder is Ciara Parker with 1,793.

48. Seven players on the team are from Utah, six are from California, two are from Idaho, two are from Hawaii and one is from Arizona.

49. BYU has made it to the NCAA Sweet 16 in each of the last seven years. In 2018, the Cougars made it to the final four, and in 2014 they made it to the NCAA final.

50. The women's volleyball team is ranked No. 5 in the NCAA RPI rankings and No. 9 in the AVCA Coaches rankings, receiving one first-place vote.

Dive team prepares to compete

By ASHLEY JORGENSEN

Diving into the 2019-20 school year has a completely different meaning for 12 students. Meet the BYU men and women's diving teams.

A common struggle among BYU students is balancing school, work, social life, religion and self-care. Athletes deal with these time commitments, while also scheduling practice, meets and time in the training room.

The diving team spends 20 hours a week in practice and 10 hours in the training room in addition to the regular schedule that full-time students have to deal with.

"Diving is an interesting sport. We say it's 90% mental and 10% physical, so if all of that 30 hours goes into physical, it means we have to put in hundreds of hours every month just for mental," junior Morgan Cooper said.

Senior Kaela Call-Harries said she only takes afternoon classes and doesn't sleep a lot because practice starts at 7 a.m. and ends at noon with an hour break in the middle. For the divers, their team makes the hard work worth it.

"There are meets, there are championships, there are gold medals, but really in the end, the most important part is the team," Cooper said. "I think they bring out the best in me, and I like to believe I bring out the best in them. I think they're the best part of my diving career."

The BYU dive team is made up of five men and seven women. Last year, it had one senior graduate, so it has one incoming freshman, Summer Westover, for the



Ari Davis

Senior Nathan Gonzales dives during his junior year. Gonzales placed first in two competitions as a junior.

2019-20 season.

The Cougars are also welcoming teammate Eric Muir back to the team. Muir was the 2016-2017 MPSF conference champion. He is returning after serving a mission in Mendoza, Argentina.

"Eric Muir is an RM who has a lot of drive to win. He is an incredible spinner that is capable of those Olympic dives," head coach Tyce Routson said. "Right now, he is a Tasmanian devil, but he will focus on the basics so that he can get those high scores and peak at the right meets."

After hours of practice and greeting new teammates, members of the BYU diving team are ready to show what

they're made of and invite fans to come to their meets.

"We're some of the hardest working athletes the school has ever seen, and the team is really incredible. I hope that (fans) can come and see us, and see how hard we work," Cooper said.

Last year, all of the divers made it to zones. Call-Harries said she is excited to pick up where they left off and continue to improve. Muir's return and the addition of Westover, who was also recruited by the University of Houston, Texas A&M, the University of Massachusetts and Amherst, opens up promising opportunities for the team's success this season.

Talon Shumway named semifinalist for Campbell Trophy

By EMILY ANDERSEN

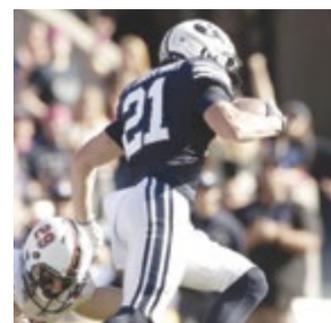
BYU senior wide receiver Talon Shumway has been named a semifinalist for the 2019 William V. Campbell trophy by the National Football Foundation, according to a press release written by football sports information director Kenny Cox.

The Campbell Trophy is awarded to one football student-athlete each year who shows proficiency in both scholarly and athletic endeavors.

There are 185 semifinalists, chosen from nominations sent in by universities. Each university is limited to one nominee. Nominees must have a GPA of at least 3.2, be a starting player on their team, or a significant contributor, and demonstrate strong citizenship and leadership skills. They also must be in their last year of eligibility for the team.

The exercise science major has had an impressive impact on BYU football over the years, with an overall total of 57 receptions, 713 yards and four touchdowns. This year, he contributed in the first four games of the season with seven receptions, 70 yards and one touchdown.

On Oct. 30, 12-14 finalists will be announced, and each will receive a \$18,000 postgraduate scholarship as a member of the 2019 NFF National Scholar-Athlete Class. On Dec. 10, the finalists will attend the 62nd NFF Annual Awards Dinner in New



BYU Photo

Talon Shumway breaks a tackle while on his way to the endzone. Shumway was recently named a semifinalist for the William V. Campbell trophy.

York City. One member of the class will receive the Campbell Trophy award and a \$25,000 postgraduate scholarship.

Shumway would not be the first BYU football player to receive the award; there have been five BYU football NFF national Scholar-Athletes. One of them is Shumway's former teammate Taysom Hill, who won the award in 2016. The other four were Matt Bauman (2009), Jared Lee (2000), Steve Young (1983) and Stephen Miller (1976).

The NFF Awards Committee, which chooses the finalists, is made up of a nationally recognized group of media, College Football Hall of Famers and athletics administrators.

More2Life and BYU football help Sojourner Truth School

By JENAE HYDE

BYU football head coach Kalani Sitake's More2Life Foundation first visited Harlem's Sojourner Truth School in the summer of 2018. After learning more about the school's situation and needs, More2Life began to focus its efforts toward helping the struggling school.

Sojourner Truth

In 2014, the state of New York designated schools in the lowest 10% of student academic performance as renewal schools. Sojourner Truth fell into this category.

Further, the K-8 school had been named a "failure factory" by New York City school critics.

"Because of its chronic absenteeism, low student performance (in addition to being on) the potentially persistently most dangerous schools list, it was given that designation of renewal, which means it would be provided with wraparound supports in order to help it transform itself into a school in good standing," head principal Claudia Aguirre said.

Although Sojourner Truth is in one of the wealthiest school districts in New York City, the school has one of the highest poverty levels in the district. Aguirre, a Columbia University alumna, said their poverty rate is about 99%.

With a demographic in which 96% of the students are minorities, Sojourner Truth is one of the few schools in the district with a growing English language learner population. According to data collected for the 2017-18 school year by New York State Education Department's Student Information Repository System, 98% of its students are economically disadvantaged.

According to the More2Life Foundation, two years after the school was named a failure, it is now in good standing with the New York State Department of Education for the first time in

over a decade. Math proficiency among students at the school has increased by 162.5% since 2018. In that same time, proficiency in English language arts has increased by 24%.

Aguirre said their attendance has risen above the state requirement. Schoolwide, it is currently at 94.6%, and she said some grades are at an even higher percentage than that.

She said the More2Life Foundation has helped her incentivize what she called some of their less attractive goals, such as attendance. They have done so through gear, gift cards, recognition and a mentorship program.

"Being at school every day is not something that middle school students always get excited about, and having the extra motivation of knowing that they will be recognized at the assemblies, having a FaceTime appointment with their mentor who's going to ask them, 'Were you here every day? Did you meet your goal?' really has helped carry us through," Aguirre said.

Former BYU director of football operations and current More2Life executive director Duane Busby explained that the foundation also helps incentivize the teachers, as they are now often recruited by other schools. He said the More2Life foundation provides all of the school employees with some sort of Christmas gift each year.

"The school's actually improved enough that other schools are now trying to hire their teachers, which was probably unthinkable a little while ago, but that's a tribute to the administration, the staff and the job they're doing," Busby said.

In April 2019, Aguirre and school guidance counselor Mia Gaytan selected 10 male middle school students who participate in the school lacrosse program to be paired with 10 BYU players. With Gaytan's supervision, the students video chatted with their player mentors every week or two.

This was the first time in



Jenae Hyde

Devin Kaufusi plays patty cake with a Sojourner Truth student during lunchtime in the school cafeteria.

the More2Life and Sojourner Truth partnership that a one-on-one mentoring program was created.

"We wanted to make the relationship more than just once a year where we go out there and see them for that day," BYU wide receiver Micah Simon said. "So, we were trying to figure out ways on just having them always remember us and a way for us to always push them and try to inspire them." Simon coordinates the mentorship program from BYU's end.

Gaytan shared a story about one of her eighth-graders who will be attending a boarding school next year. She said he was paired with an out-of-state player who is African American, and he asked this BYU mentor how to handle attending a primarily white school away from home as an African American.

Gaytan said this student hadn't asked anyone at the Harlem school, but felt connected enough to his mentor to ask him.

"I think that was one of the biggest benefits: for them to have people that they can ask questions that they wouldn't feel comfortable asking either us here in school or the after-school people who they also have a good relationship with," Gaytan said.

In the future, Gaytan said she hopes the program will extend beyond a couple of months. She also said she hopes the More2Life mentors will become more consistent with their scheduling and include females.

Sojourner Truth teacher Emily Simler agreed that extending the program to include females could have major benefits.

"I know that it's been really powerful for a lot of the boys to have that player and someone who can explain to them, 'These are the things you need to do to get to where I got to,'" Simler said. "So, being able to give that to the girls would be, I think, really, really nice."

Sojourner Truth and

More2Life event

Throughout the year, the More2Life leadership stays in close contact with Aguirre in order to communicate needs and solutions.

For example, Aguirre shared that the school consists of a population with many obstacles. She said these challenges can include access to dress code clothing, winter clothing and school supplies.

"The More2Life Foundation has been able to support us in making sure we were able to match students up with those needs so that when kids arrive at school, we're ready to serve, and they can be ready to learn without having those barriers in place," Aguirre said.

The More2Life Foundation also donated \$10,000 to Sojourner Truth in August 2018 to help fund things like instructional materials, educational trips, classroom libraries, winter clothing, uniforms and laundry detergent.

In addition to the assistance they provide throughout the year, the More2Life group visited Sojourner Truth at their Harlem location on June 24. The players and coaches divided up with each grade level for classroom sessions as well as award ceremonies, lunch and outdoor activities.

During the classroom sessions, the players shared their personal backgrounds, answered questions, led an activity and handed out More2Life and BYU gear. Each student received a T-shirt, BYU and Sojourner Truth stickers and a lanyard.

Players helped encourage the students to set goals by doing an activity called "my one word." This consisted of the kids choosing a word from their REACH goals that they want to implement into their lives. They then wrote this word on a nametag and wore it.

Sojourner Truth uses the acronym REACH to encourage its students. The acronym stands for respect, enthusiasm, achievement, citizenship and hard work.

Two award ceremonies were also held — one for Pre-K through third graders and another for fourth through eighth-graders. At these ceremonies, the students' academic and attendance achievements were recognized.

Thirty-nine awards for perfect or near perfect attendance were given out. The 20 perfect attendance students received a \$100 Nike gift card and the 19 students with near perfect attendance received a \$50 Nike gift card.

While one group held its assembly, the other was in the cafeteria eating Chick-fil-A provided by More2Life. The players ate with their assigned groups, interacting and bonding with the kids through conversation and elementary games like patty cake and children's songs.

The day concluded outside with inflatables from the school's carnival, basketball, 4-square, catch, spikeball, Jenga and catered Ben and Jerry's ice cream.

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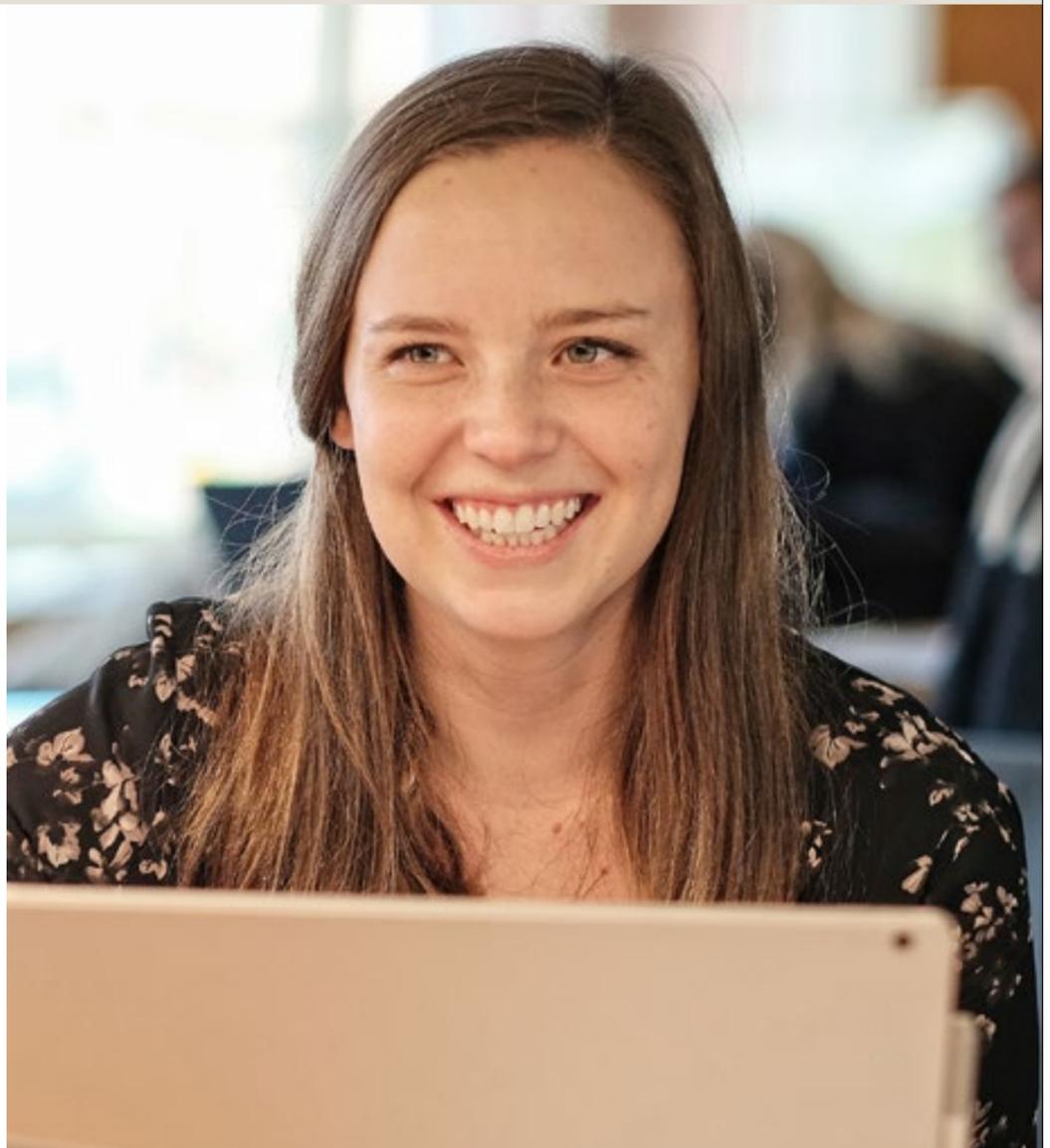
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“Wake Forest was just like a big family welcoming me in — like Ohana at BYU.

When getting lunch with a professor, I was surprised when they remembered my husband Logan's name and that he's studying at the Wake Forest School of Medicine.”

— Sarah Williams, MSA '19
Brigham Young University, B.S. Accountancy
Wake Forest University, M.S. Accountancy



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