

Provo thrift stores offer eco-friendly fashion

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Heather Gneiting soars with women's volleyball

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Football attendee's dance goes viral

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Humanitarian worker fights for women's education

By REBECCA NISSEN

Karak Miakol was not allowed to attend school because of the cultural expectations of women in Sudan and within her family. However, she would often meet to play with her friend Habab who would read stories to her under a large tree in her Sudanese village. Habab even taught Miakol the alphabet. Though Habab taught her a lot, Miakol wanted to attend school just like her friend.

"I want to come," Miakol said one day.

"You can come, but you have to come with your mom or your daddy," her friend replied.

"They will never bring me," Miakol said. But that didn't stop her.

Miakol recently told her story to a BYU audience. On days when she was supposed to take care of her brother, she would lock him in the house and sneak off to school.

Miakol said her mother scolded her, beat her and threatened to kill her, but Miakol persisted. She didn't want to be like the other women in her village whose sole purpose was to get married and have children. She wanted to become educated. She wanted to create her own path.

Eventually, Miakol's father stepped in, saying that his wife should let Miakol continue her education because her persistence in pursuing an education would not stop.

Sometime after obtaining permission to attend school from her parents when she was 8, Miakol could not afford to pay for school, so she worked. As an 11-year-old, she began working for an oil company so that she could pay for exam fees.

During work, she would have to move 30-liter oil cans — equal to about 8 gallons.

"They were heavy. I remember I could not lift them. I just pushed them," Miakol said. "But I was encouraged by other friends who were with me."



Addie Blacker

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

After she had grown, many in her community struggled, and some even resorted to selling their children. Not wanting her family to struggle like others, Miakol's father arranged for her to marry a scholar who promised he would help Miakol in her educational pursuits.

After the marriage, Miakol gave birth to their first child, but her husband didn't fulfill his promise to support her education, and what her family thought would be a supportive marriage was exactly the opposite.

"He ended up abusing me, beating me, everything — closing me in and taking away all my certificates and put them in the latrine," Miakol said.

She gave birth to their second child, and he had still not fulfilled his promise.

When Miakol gave birth to their third child, she'd had enough. With the help of her parents, Miakol snuck away from her abusive home during the day to attend school. Not only did she take care of her family and attend school, but she also worked.

However, after arriving home late one day, Miakol's husband became suspicious. Because he worked for the government, he sent agents to watch her while he was at work and found that Miakol was attending school and working.

Recognizing the work Miakol put

into not only attending school but also working to provide for the family, Miakol's parents supported her. To escape her husband's abuse, she moved to South Sudan, leaving him in the North.

Having fought to obtain an education and freedom from abuse, Miakol has since founded the Diar for Rehabilitation and Development Association to help women from places like South Sudan by arming them with education. But the journey was not easy. The risks she made acting against the wishes of government officials and the work she put into organizing the foundation have earned her the nickname "commander of nonviolent forces."

"I believe a community where women are educated is a healthier community because mothers are women. To me, (they are) at the center of the living people because they are providers. They are kind, they are everything and they will provide good children — educated children," Miakol said.

Now as the "commander of nonviolent forces," Miakol helps women who struggle the same way she did by giving them power to choose for themselves and create their own paths.

"I give them a better living example," Miakol said as recipient of the 2019 Center for Conflict Resolution Peacemaker Award.

BYU law professor David Moore talked about the importance of Miakol's work and the projects that she and other humanitarian workers are involved in.

"I've had some insight into what's happening in South Sudan. It's a really depressing situation. It's the most dangerous place on Earth for humanitarian aid workers," Moore said.

"And so to see the courage of people like this working to bring an end to the conflict and help those who are suffering as a result of the conflict is really inspiring."

Miakol's organization helps teach better farming methods, like using solar energy to aid farm irrigation systems.

See **MIAKOL** on Page 2

Governor concedes Church worries on 'conversion therapy' ban

ASSOCIATED PRESS

SALT LAKE CITY — Utah Gov. Gary Herbert said Oct. 25 that concerns from The Church of Jesus Christ of Latter-day Saints about a perceived lack of safeguards for religious beliefs in a proposed ban on so-called conversion therapy raise legitimate questions.

The Republican governor said that he's hopeful a ban will be in place soon.

Herbert in June called on regulators to craft a rule after a legislative proposal failed. The governor, who like nearly two-thirds of the state's residents is a member of the faith, said there's nearly unanimous agreement in Utah that conversion therapy should be prohibited.

The rule would ban Utah psychologists from subjecting LGBTQ minors to the practice that the American Psychological Association says is not based in science and is harmful to mental health.

"The only question seems to be: Is it written in such a way that is too broad? Will it impact parental rights inappropriately? Does it impact on religious beliefs inappropriately?" Herbert said.

Herbert's comments come a week after the faith widely known as the Mormon church announced its opposition to the ban, saying the rule failed to safeguard religious beliefs and doesn't account for "important realities of gender identity in the development of children."

Church government affairs director Marty Stephens said Wednesday that the faith denounces conversion therapy and wants a ban. But he said the rule needs exemptions for religious leaders and parents and grandparents who are therapists so they can provide spiritual counseling to parishioners or their families.

Stephens said the faith doesn't ascribe to "pray the gay away" thinking but that religious teachings can be helpful to people trying to navigate life's challenges.

The church said in a letter to regulators that it would support a "carefully tailored" rule to ban "abusive" practices but contended the proposal defines sexual orientation and efforts to change sexual orientation so broadly that it "would imperil legitimate and helpful therapies to the detriment of minor clients."

For instance, the church claims the rule wouldn't allow therapists to discuss strategies for avoiding same-sex intimacy when young people seek help to adhere to the faith's teachings.

Cliff Rosky, an advisory council member for the LGBTQ rights group Equality Utah, said the church's concerns about the rule not protecting clergy, parents and grandparents may not be necessary because they have protections in state law.

He said none of the 18 states with conversion therapy bans explicitly exempt conversations between a therapist and their child because it only applies when they are acting in a professional capacity.

Equality Utah has reached out to church leaders to discuss their concerns, he said.

During a public hearing about the rule in September, a parade of LGBTQ people said undergoing the therapy led to shame, depression and for some, suicide attempts.

Opponents argued that the rule would prevent parents from getting help for their children with "unwanted" gay feelings or even from talking about sexuality.

A staff member with Department of Commerce, Division of Occupational and Professional Licensing, said that about 85% of the 1,300 comments submitted at that time supported the ban. The department refused to release a final breakdown in the nearly 2,500 public comments that came in about the rule.

DoTERRA co-founders supporting suicide prevention campaign

By ALICIA MATSUURA

BYU alumni and doTERRA co-founders Greg and Julie Cook were eager to help when they were approached by Intermountain Healthcare and presented with an opportunity to support the Utah suicide prevention campaign.

"We have designated suicide prevention as one of the central and pillar causes of our family," Greg Cook said. "While we donate to many different causes to one degree or another, we have identified this one in particular, as one worth spending the rest of our lives in support of."

Utah currently has one of the highest suicide rates in the nation. There have been 3,200 reported suicides in the past five years alone, according to Rep. Steve Eliason, R-Sandy. Suicide is also currently the leading cause of death for 10 to 24 year olds.

The Utah Legislature said it would appropriate \$700,000 for a state-wide suicide prevention campaign if it was matched by public and private sector donations. An additional \$300,000 from the general fund was available that did not require a match. The required amount, totaling \$2 million, was recently raised, and according to Utah leaders, the campaign is set to launch sometime next year.

The Cook's donated from their personal funds to help support the cause,



Hannah Miner

Greg and Julie Cook, doTERRA co-founders and BYU alumni, made a private donation to the \$2 million state-wide suicide prevention campaign.

which has personal significance to them.

Greg Cook was first impacted by the horrific reality of suicide when he served as a bishop in his ward and an 11-year-old boy in his congregation unexpectedly chose to end his life.

"At 11 years old, you don't even know what you're doing," Cook said. "When a young boy takes his life with seemingly no warning or awareness, it brings to

light how a mental disease is so subtle, hurtful and damaging."

Shortly after the incident, the Cook's were at the hospital consoling the young boy's distraught mother. She was trying to contact her husband who was away on a business trip and had not yet heard the news.

"The husband finally returned the call and she couldn't talk to him and

tell him what happened. So she put me on the phone," Greg Cook said. "That was one of the most difficult things I've ever done. Telling a father that his son has passed away in such an unexpected, tragic way."

Julie Cook was a college student attending BYU when she lost an uncle to suicide.

"He was my favorite uncle, someone very close to me," she said. "Many people who take their lives have no idea the impact that it has on so many others. I think if they realized how much heartache that suicide causes, they might not make that choice."

It was a combination of their personal experiences, financial situation and recognition of the need for more mental health resources that prompted the Cook's to support the campaign.

"We get to take part in this wonderful initiative with state leaders, other businesses and religious leaders," Greg Cook said. When we see those levels of opportunity coming together, we see something great is about to happen. We will absolutely help in whatever way we can."

The campaign will entail creating and promoting advertisements and educational content focused on suicide prevention and mental health awareness. The content will span across platforms like billboards, TV, print, radio and other outlets.

See **DONATION** on Page 2

UNIVERSE news briefs

FROM THE ASSOCIATED PRESS



Annual Antelope Island roundup takes place

Hundreds of horseback riders are conducting the annual roundup of bison on an island in Utah's Great Salt Lake.

The roundup on Antelope Island that began Oct. 26 is conducted over three weekends, with one devoted to the actual roundup and the next two to health checks and releasing or selling some bison to keep the herd's size manageable.

Bison have occupied the island for over 120 years. There are now 775 bison on the island.



European Union grants Brexit delay

The European Union agreed Monday to delay Brexit by three months until Jan. 31, acting to avert a chaotic U.K. departure just three days before Britain was due to become the first country ever to leave the 28-nation bloc.

The decision was welcomed by politicians in the U.K. and the EU as a temporary respite from Brexit anxiety — but not by British Prime Minister Boris Johnson, who said just weeks ago that he would “rather be dead in a ditch” than postpone the U.K.'s leaving date past Oct. 31.



Islamic State leader dies in US raid in Syria

The death of Islamic State leader Abu Bakr al-Baghdadi marks the demise of one of the most brutally effective jihadist leaders of modern times — a man who commanded tens of thousands of fighters from around the world, carved out a territorial caliphate in the Middle East and refined a horrific ideology that survives him.

U.S. President Donald Trump announced Oct. 27 that al-Baghdadi died in a U.S. raid in Syria. IS lost its last foothold of territory earlier this year to U.S.-backed Kurdish-led forces.



Wildfires threaten Northern California

Firefighters battled destructive wildfires in Northern California on Oct. 28, beating back flames that forced thousands to flee their homes.

Pacific Gas & Electric cut off power to an estimated 2.5 million in the area over the weekend in another round of blackouts aimed at preventing electrical equipment from sparking more fires.

The fire north of San Francisco last week exploded to 103 square miles, destroying 96 buildings and threatening 80,000 more. Nearly 200,000 people were under evacuation orders.



Utah productions provide jobs and investments

Utah's suburbs and landscapes of red bluffs, deserts and lakes have increasingly served as the backdrop for several movies and TV shows.

The state has seen considerable growth in productions since 2015, with total dollars spent by productions more than doubling to about \$87 million, according to the Utah Film Commission.

That growth can be credited to an aggressive strategy promote scouting locations for TV series that provide more jobs and longer economic investments than movies.



Diar for Rehabilitation and Development Association

Karak Miakol, right, leads humanitarian efforts to educate and empower women and children throughout Sudan, South Sudan and Uganda.

MIAKOL

Humanitarian's push for women's education

Continued from Page 1

It was during one of these projects when Miakol met Claron Twitchell, “the white man from Utah,” in Juba, the largest city in South Sudan. They met again several years later when Miakol arrived in the United States.

Twitchell, who is currently serving as a missionary for The Church of Jesus Christ of Latter-day Saints, said he asked her if he could

send missionaries to meet with her. He said she agreed to meet with missionaries in the Denver, Colorado, area and later joined the Church.

As an asylee in the United States, Miakol not only has supporters in South Sudan but also in the United States. Though far from home, she continues to bring awareness to issues like women's education and beckons others to join the cause.

Miakol said if she could create something from nothing, then others can do even more with the technology and resources at their fingertips. To this effect, she said:

“If I started from scratch — from nothing, from the desert where there is no resource — we can do it here better. Much better.”

DONATION

Co-founders support suicide prevention

Continued from Page 1

Benee Larsen is the prevention by design director for the National Alliance on Mental Illness in Utah. She said the purpose of the campaign is to encourage people to talk openly about suicide to combat the negative stigma it has in the community.

“Many people who have signs and symptoms of suicide or are thinking of suicide don't seek help,” Larsen said. “Communicating that to our population and encouraging them to

seek help and having family members, friends and neighbors know what to look for is key in enabling people to do something.”

According to Greg Cook, part of the reason why people don't seek help is because they don't know about the resources available to them.

“The reason people don't seek out resources is because of lack of education, fears or underestimating the depth of the situation that is in front of them. We need to stop underestimating, to stop stigmatizing, to stop not caring,” Greg Cook said. “I would like to see suicides eradicated completely. The loss of one single life is incalculable.”

Cook agrees. “For many, it's a very solitary trial that isn't talked about much. The hardest

part is seeing close friends and others around you that are trying to get help for their kids, but can't find the resources,” she said. “That's one of the reasons we're so passionate about this. It's hard seeing people trying to get help, but not being able to get it because the resources are limited.”

Despite campaign support from the state legislature, The Church of Jesus Christ of Latter-day Saints and businesses, there are people who believe the campaign funds should be used for other mental health resources rather than using it to advertise suicide prevention and other resources on billboards.

According to Larsen, the campaign's focus on education is one part in a layered effect of

many other efforts.

“People are already focusing on providing mental health resources through other campaigns and efforts,” Larsen said. “This is just another way to address the problem.”

The Cooks plan on communicating with Intermountain Healthcare in the future to discuss more specific plans that will extend beyond the awareness campaign.

“This is just the beginning of something that will be going on for years to come,” Greg Cook said. “We will keep going until we've done everything that we feel like we can do.”

If you, or someone you know, is struggling with thoughts of suicide, please call the National Suicide Prevention Lifeline at 1-800-273-8255.

Snow jobs: In tight labor market, ski areas up the ante

ASSOCIATED PRESS

WARREN, Vt. — It used to be that a free ski pass was enough to lure workers to seasonal jobs at mountain resorts. No longer.

In the current tight labor market, ski areas across the country are having a tough time filling jobs, so they're boosting wages, providing more housing and offering other perks to fill those jobs before snow flies.

New Hampshire's Wildcat is offering a \$1,000 bonus for new

snowmakers to come on board, and Sunday River in Maine last year increased its hourly wage from \$13 to \$20 for that job. Utah's Snowbird is expanding its pool van service to get employees to the mountain, and Sugarbush in Vermont, which has among the lowest unemployment rates in the country, is hiring more foreign college students.

“It's an enormous challenge for us,” Dave Byrd of the National Ski Areas Association said.

Because ski resorts are by nature in mountainous areas, they are often far from cities from which to draw workers. And with the national unemployment rate recently hitting the lowest level in 50 years, potential workers would rather have full-time jobs with benefits, said Byrd, director of risk and regulatory affairs for the Colorado-based association.

“We don't have a lot of ski areas that are in close proximity to major metropolitan areas. And even when we do ... they're

still struggling to find people,” he said.

The country's roughly 460 ski resorts hire about 100,000 seasonal workers each fall. Many rely on foreign guest workers for 5% to 10% of their labor, he said.

“We are not able to fill 100% of the jobs we have available,” he said, adding that the J-1 visa program is critical for the industry.

The program is intended to give foreign workers who can be teachers, camp counselors and au pairs training and experience in those fields in the United States. The ski industry uses about 8,000 J-1 visas, Byrd said.

This year, Vermont's Sugarbush is bringing on more than 100 foreign college students through the program because of the difficulty in filling jobs. A few years ago, it had no one on J-1 visas, spokesman John Bleh said by email. Sugarbush has also been increasing employee housing over the past several years, according to Bleh.

Housing can be scarce and expensive in remote mountainous areas or resort towns, and online vacation rentals add pressure to the market by taking up available property, Byrd said.

The housing crunch makes it hard to be a ski bum nowadays.

“That notion of the ski bum in the 1980s and 1990s, those are hard to find ... because housing is so enormously challenging,” Byrd said.

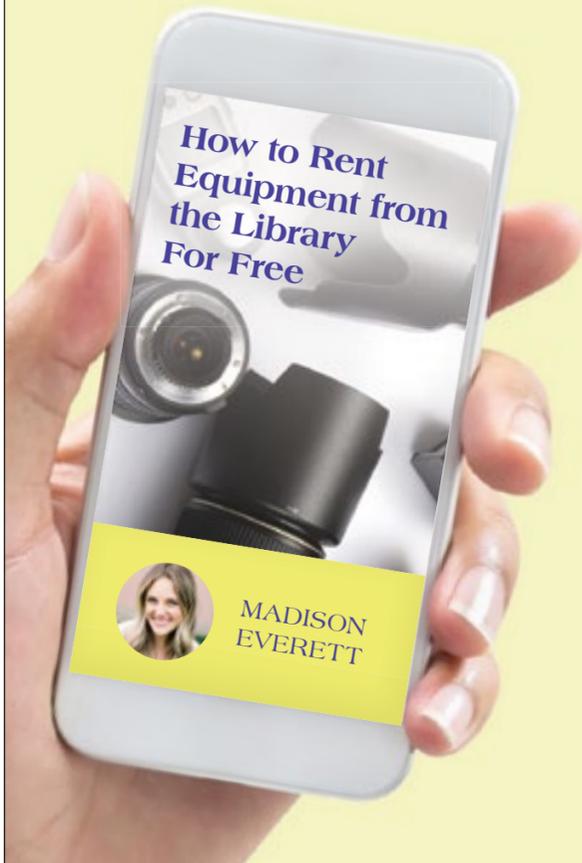
The mountain pass that comes with the job is no longer enough of an incentive in the era of competitive pass programs that allow skiers and snowboarders to get a bargain without working at the resort, he said.

On top of that, potential workers can now be choosy and opt for a year-round job with benefits.

“When Home Depot and Target are paying \$13 an hour, and the ski area 20 minutes out of town — they've got to match that,” Byrd said. “They've got to compete for that labor pool.”

#BYU hacks

The 'how to' at BYU



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

THE UNIVERSE

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Associated Press

Russian forces patrol near the city of Qamishli, north Syria, on Oct. 24. Syrian forces, Russian military advisers and military police are being deployed in a zone 19 miles deep along much of the northeastern border, under an agreement reached Oct. 22 by Russia and Turkey.

BYU reaction cool on Syria withdrawal

By ANNA MORGAN

Several interviewed BYU students and a faculty member said they view President Donald Trump's recent removal of about 1,000 U.S. troops from Syria in a negative light and worry about the lasting impacts the removal will have.

James Toronto, a BYU professor of Asian and Near Eastern Languages, understands the importance of international relations in the Middle East — personal understanding he gained while living in Turkey for several years.

"The decision to pull out of Syria was short-sighted," Toronto said. "(Trump) has made the case that it was a campaign promise, that he needed to withdraw from all of these wars that seem to never end."

Toronto said he doesn't agree with Trump's decision to withdraw American troops. He said he and other BYU commentators worry this decision will negatively affect the U.S.'s reputation and relationships

with other allied countries.

While the Turkish people view the Kurds as terrorists and a security threat, according to an article by The New York Times, many Americans consider the Kurds their allies as both military forces fought side-by-side to oust ISIS from the area. Since the U.S. has pulled out of the country, Turkish forces threatened to take over Kurdish forces and Russia sent its own troops to the region.

Toronto said he believes the expansion of Russian influence in the Middle East is troubling.

"This can be dangerous to the national security of America as President Trump has retracted American presence in an allied country, leaving our allies to one of our greatest threats," Toronto said.

From the White House Diplomatic Reception Room on Wednesday, Oct. 23, Trump lauded the recent events in Syria as a success and announced that sanctions imposed on Turkey for its border incursion will be lifted.

"We have done them a great service and we've done a great

job for all of them. And now, we're getting out," Trump said in the press meeting. "Let someone else fight over this long bloodstained sand."

As a BYU student double majoring in political science and Middle Eastern studies/Arabic, Bethany Crisp said she is concerned by the whiplash that may come from what seems like a rash decision.

"This decision to pull out of Syria will hurt our reputation because it makes our other allies worry," Crisp said. "It's not a good look in international affairs to arm your partner and financially support them and then all of the sudden announce over Twitter that you're going to pull out."

Dalton Bradford, a BYU student majoring in Middle Eastern studies/Arabic, believes the best thing America can do moving forward is to focus on helping refugees relocate to a safe place.

"One thing (America) has been somewhat hypocritical about is the refusal to accept refugees," Bradford said. "We need to be generous to those who (are) fleeing this conflict."

Medical pot users face barriers in Utah after legalization

ASSOCIATED PRESS

SALT LAKE CITY — As Utah prepares to launch its medical marijuana program next year, residents who want to use the drug in the meantime are encountering skeptical doctors and the quandary of where to get the plant.

A law passed by the Utah Legislature in December 2018 allows residents to use medical marijuana before patient cards are officially doled out, which is expected to happen in March 2020 at the earliest, but they must obtain a signed letter of recommendation from a doctor, physician's assistant or other medical provider.

Finding a doctor willing to do that has been difficult because of stigmas and fear surrounding medical marijuana, said Christine Stenquist, the director and founder of advocacy group Together for Responsible Use and Cannabis Education, or TRUCE.

And, the doctor's letter doesn't specify how patients can legally obtain medical marijuana. Although growers are beginning to cultivate the plant throughout the state, residents still can't legally purchase medical marijuana in Utah, forcing them to drive several hours to states where the drug is legal or turn to the black market.

Mitch Hill, 48, began using medical marijuana two months ago to treat the severe back pain he's dealt with for 10 years. It took Hill six months and three doctors to obtain a signed recommendation letter.

Hill drives five hours to the nearest dispensary in Colorado a few times a month to purchase medical marijuana.

Juggling work, children and his throbbing back, the trip is "a massive pain in the butt," he said.

He turned to marijuana because he said opioids and other painkillers turned him into a "walking zombie," feeling groggy, fatigued and nauseous. Medical marijuana helps his pain dissipate and relax, Hill said.

"The letter has been a great thing for our family," Hill said.

State health officials aren't tracking how many people have doctor's letters allowing them to use medical marijuana, but it appears there are thousands at least based on information from major medical providers and advocates.

The letters are a "stop-gap measure" before the state's official medical marijuana program is launched, Evan Vickers, the Senate Republican Majority Leader, said.

"We wanted to try and give patients access to the medication as soon as possible," he added.

He said the formal program will make it much easier for people to get and use medical marijuana, eliminating trips to neighboring states and long searches for willing doctors.

Patients must meet a list of qualifying conditions — cancer, chronic pain and epilepsy are among the most common — and have the product in the correct dosage. Under the current law, this would likely be an oil or capsule. Next year, patients must still follow the dosage requirements but can appeal to a board of medical providers if they don't meet one of the qualifying conditions.

Utah is one of at least nine states that allowed recommendation letters to protect unregistered patients, according to data from the Marijuana Policy Project, a Washington-based group that advocates for legalization.

Chris Lindsey, senior legislative counsel with the Marijuana Policy Project, said the states dealt with similar legal

challenges and called the letters a "double-edged sword."

"It helps sick people get relief, but it can create a false sense of security," he said. "Moving a controlled substance across state lines is still against federal law, and then it's up to the patients to defend themselves in court."

Marijuana is banned at the federal level, though a congressional amendment blocks the Justice Department from interfering with states' medical marijuana programs.

Patients are putting themselves at potential risk of being arrested for drug-related crimes, advocates said, but it is unclear if law enforcement agencies are citing patients who have letters.

Salt Lake County District Attorney Sim Gill, the prosecutor in Utah's most populated county, said he sees the letter as a critical legal tool in deciding whether to press charges in drug-related crimes.

"I have zero desire to prosecute a patient in need for possessing medical cannabis, and I've advised prosecutors the same," Gill said.

Among Utah's doctors, the letters have received mixed reactions.

Intermountain Healthcare, the state's largest health provider, began allowing its doctors to write letters in February. While some doctors applauded the move, others said they aren't comfortable writing the letters, citing lack of research into medical cannabis and its federally illegal status, said Mark Briesacher, the hospital's chief physician executive.

A growing national outbreak of lung damage linked to unregulated vaping products containing marijuana's high-inducing ingredient THC have further compounded concerns, he said. In Utah, one person died from a vaping-related injury.

TODAY

UNIVERSITY DEVOTIONAL
Tuesday, October 29,
11:05 a.m., Marriott Center

This event will be broadcast to the JSB Auditorium.



Mark L. Pace

Sunday School General President

Mark L. Pace was serving as an Area Seventy and a member of the Fifth Quorum of the Seventy of The Church of Jesus Christ of Latter-day Saints when he was called as Sunday School general president in April 2019.

Brother Pace earned a bachelor's degree in economics from the University of Utah in 1980 and a master's degree in business administration from Harvard Business School in 1982. He worked in commercial real estate development for the Boyer Company from 1984 until 2012. He began working for Gardner Company

in real estate development in 2015.

Brother Pace has served in many Church callings, including elders quorum president, Scoutmaster; bishopric counselor; Young Men president, high counselor; bishop, and counselor in a stake presidency. As a young man he served as a full-time missionary in the Spain Madrid Mission. From 2012 to 2015 he served as president of the Spain Barcelona Mission.

Brother Pace and his wife, Anne Marie Langeland, are the parents of seven children and have 17 grandchildren.

Selected speeches available at speeches.byu.edu

NEXT: UNIVERSITY DEVOTIONAL

W. Christopher Waddell
*Second Counselor,
Presiding Bishopric*



November 5, 11:05 a.m.
Marriott Center
PLAN NOW TO ATTEND.

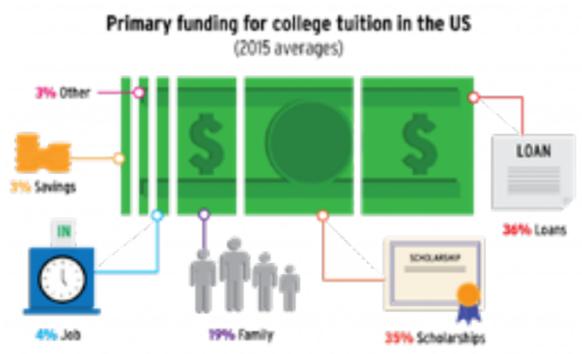
Devotional for Prospective Missionaries



Sister Bonnie L. Oscarson
Former Young Women General President

Wednesday, November 13, 2019
WSC Ballroom, 7:30 p.m.

All interested students are invited to attend



Haley Mosher

A 2015 Ohio State University conducted national student financial wellness study found that seven out of 10 college students were stressed about their finances and that loans are students' primary college funding.

BYU students respond to New Mexico free tuition proposal

By ANNA MORGAN

The topic of free tuition has been discussed among Democratic presidential candidates, but New Mexico's proposal of free tuition plan has college students curious to know what the plan entails.

Even though BYU tuition is less than half of what the average college student pays, some BYU students aren't thrilled about the idea of a free tuition plan because of the life lessons paying for college has taught them.

Although debt may seem like a crippling roadblock, BYU student Sophia Sok has a unique perspective on the matter.

"I've grown a lot spiritually from the financial aspect and mentally knowing how to be self-sustaining and knowing how to be independent and take care of myself and my life," Sok said. "A school is where you learn not only academically but how to sustain life too."

A study completed in 2019 by Student Loan Hero showed that among the class of 2018, 69% of college students took out student loans and graduated with an average debt of \$29,800, including both private and federal debt.

New Mexico Governor Michelle Lujan Grisham announced a plan mid-September that would offer full college tuition to state residents. The plan is called the New Mexico Opportunity Scholarship and is estimated to benefit 55,000

students at all 29 public higher education institutions in the state beginning fall 2020.

The scholarship is available for New Mexico residents with a high school diploma or equivalent who have a minimum grade-point average of 2.5. The state's government hopes to see increased enrollment, improved economic growth and expanded opportunities for New Mexico families.

The cost of tuition is something college students take into consideration when choosing a university to attend. At BYU, students like Kelli Bennion understand that tuition is considerably lower than other private universities.

"People forget how expensive other colleges are. BYU is still a lot of money, but I don't think we realize how great of an education we're getting," Bennion said.

BYU tuition increased by 3% for the 2019-2020 academic school year. BYU spokesperson Natalie Ipson said the increase was standard.

"Every year there is typically an increase as inflation rises," she said.

As tuition steadily rises, there are many things that come from a BYU education that money can't buy.

"Personally, I think it's absolutely a Christ-centered environment where people can relate to others and we share the same beliefs and we have that one purpose of the gospel of Jesus Christ where no other institutions can provide, nor money can be paid for," Sok said.

Provo thrift stores encourage people to thrift for the planet

By NICK GLEDHILL

Molecular biology student Savannah Hughes walks through campus wearing high rise denim jeans, combat boots and a green corduroy climber's jacket. On other days she can be seen wearing vintage chinos, lurid sweaters, mandarin collar button-downs, big flannel shirts and '90s sweater vests.

Where does Hughes procure such trendy outfits? She's a thrifter.

"I love getting my clothes at thrift shops," Hughes said. "For me, thrifting isn't just about my budget — it's about making a fashion statement."

Thrift shops across Provo welcome patrons who want not only to catch a good deal but to also find an outfit that makes them stand out. Trends in thrift shopping are leaning less towards saving money and more toward being eco-friendly and creating an iconic look.

Hughes' thrifting hobby not only extends to herself, but to the climate as well.

"I want to be eco-friendly, so I purchase clothing that would most likely contribute to landfills," Hughes said.

Thrift stores are jumping on the eco-friendly bandwagon as well. Get Thrifty co-owners Hollee and Spencer Colby, for example, value doing their part to help the environment.

"Throw-away clothing hurts the environment," Hollee Colby said. "When you bunch about 50 shirts together, that can get really heavy. Most of the weight from landfills and garbage masses in the ocean comes from clothing."

Her husband, Spencer Colby, added that the store allows clients to create their own specific styles.

"Our store is for everyone, but we especially want to cater to those people that shop at thrift stores because it helps them create a unique look for themselves. Whether you just want to buy old clothes or you want to create that look, we want to provide that for our customers," Spencer Colby said.



Makenna Romeril

Get Thrifty customer Mary Wall checks the price on a jacket while shopping in the Provo store.



Makenna Romeril

Get Thrifty store manager Shay Willis models a hat and necklace from the store's hat and jewelry inventory.

Spencer and Hollee Colby started Get Thrifty in 2018 after noticing the corporate model that many thrift stores have adopted.

"We're trying to break the mold of a stereotypical thrift store by making a hometown

kind of feel to the store," Spencer Colby said.

Additionally, Get Thrifty features an expansive collection of vintage vinyl records and tapes.

"I have a big inventory of random stuff here at Get

Thrifty," Spencer Colby said. "But with the record and tape collection, I can keep up with stores that exclusively sell those things."

Spencer Colby explained that while many thrift stores are attached to charities, Get Thrifty is a for-profit organization.

Pak Rat's, another Provo thrift store, is also trying to create a unique business model. Manager Chris Gurr said Pak Rat's offers the typical thrift shop experience but also has household appliances such as washers and dryers.

He also said he's always excited to find out what kind of inventory he'll get in his store.

"Going to auctions is a great experience, and I think that's why people love thrifting — you never know what you'll find there," Gurr said.

Gurr maintained that discount prices and the experience itself are what keep people thrifting.

"You can't beat the price when it comes to a thrift shop. The experience of walking into a thrift store and seeing all the stuff there makes it more than just what you see," he said.

BYU ARTS

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BYU Wind Symphony: Wind Band Classics

An evening of wind band classics, including the music of Holst, Grainger, Hindemith, and Sousa.



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

BYU Symphonic Band

Highlighting music from composers who have forged new directions in wind music. Directed by Kirt Saville.



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



King Kong Live!
BYU Philharmonic

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



Symphony Orchestra

Tues., Nov. 5, 7:30 p.m.
de Jong Concert Hall



dancEnsemble

Fri.-Sat., Nov. 8-9, 7:30 p.m.
Sat., Nov. 9, 2:00 p.m.
Dance Studio Theatre, Richards Building

A Wilder Night: Three Short Plays by Thornton Wilder

Nov. 8-9, 13-16, 20-23, 7:30 p.m.
Nov. 9, 16, 23, 2:00 p.m.
Margretts Theatre

BYU Men's Chorus and Women's Chorus

Fri.-Sat., Nov. 8-9, 7:30 p.m.
de Jong Concert Hall

BYU Cougar Marching Band

Tues., Nov. 12, 7:30 p.m.
de Jong Concert Hall

All events are ticketed.

BYU arts



MIXTAPE

Best Halloween Jams
(that aren't Monster Mash)



"Magic"
Half the Animal
Single

Half the Animal always kills it with any song and this one is no exception. While this wasn't intended to be a Halloween song, it definitely fits the time of year. With subtle references to vampires, dark magic, and spacemen it is definitely a jam that can ring in the supernatural holiday and also be listened to the rest of the year.

A subtle hint at the werewolf theme, "Howlin' for You" is a song you just can't help but dance along to. The synthesis in the back is so interesting while the simplicity of the song definitely makes it a winner.



This is an album by The Black Keys. The name of this album is Brothers.

"Howlin' for You"
The Black Keys
Brothers



"Supernatural"
BØRNS
Blue Madonna

BØRNS has a sound like no one else. His ethereal voice and psychedelic sounds contribute nicely to the Halloween theme for this week. His melodies are musically interesting and keep the audience engaged the whole time they are listening. After listening to this song, you should definitely check out some of his other stuff.

This week:



Hannah

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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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

@urmommma

my friend talking about why he isn't gonna get engaged to his gf this semester, "We are in Provo, but not of Provo" @HeardAtBYU

@sterfryed

Mormons! At the Costco

@madisonwalls

in bio 264
professor: any news? life events?
engagements?
random guy: kanye west is dropping his new album. i haven't slept in a hot minute @HeardAtBYU

@_bakergirl1

In prep for upcoming IS test
Teacher: "going on tangent" "have any of y'all wanted to create your own function?"
Entire class: "No"
Teacher: "okay definitely set myself up for that one..."
@byuprofessors @HeardAtBYU

@laurelheer

"I wanna find a girl who is as much of a tool as I am and marry her" @HeardAtBYU

@LatterdayLikes

"I walked past Kevin J. Worthen and said 'it's ya boi Kevin' and now I can never go out in public again" @HeardAtBYU

@katiyset

"When she friend zoned me, I just went home, said some bad words, and played a LOT of call of duty. I was over it by the next day." @HeardAtBYU

@tanpowell62

"On Tuesday I slept for 29 hours straight" @HeardAtBYU

@aspenvandi

"I planned my mission around the olympics. I LOVE the olympics." @HeardAtBYU

@wooooolley

just saw a man wearing a scarf while also wearing shorts and a tshirt?????

@_jacks_35_

"Wifi, wifi, where art thou?" - My Functional Fitness teacher @HeardAtBYU @byuprofessors

@msmistyeyee

"Men, if you're not dating, you need to repent."
"Girls, if you're not dating, you need to flirt."
Kill me.
@HeardAtBYU

@Cameronstageman

"Satan is trying to get us to make one mistake to give us instant gratification. Like instead of studying for a midterm watching... The Bachelor or Provos Most Eligible...whatever the kids are watching in the streets" @HeardAtBYU

@factaurial

"What are some of the swirling winds of the adversary that have come at us?"
Girl in Sunday school: TikTok @HeardAtBYU

@htswizz

"Did I tell you about the time I scared away a potential roommate with my spirituality?" @HeardAtBYU

@thbirthofvenus

"I did leg day today and I feel like I can feel my spirit leave my leg bodies" @HeardAtBYU

@bee_eide

what's the babysitting rate these days?? asking cause I went to the liberty square dance and feel like I should be compensated

@kylecoug

"everything bad in my life has come from my addiction to tamagotchis"-@HeardAtBYU

@lucyannnk

"I had a bad attitude, but it all changed when I learned about this ~cool~ life hack called hope." @HeardAtBYU
oh how I love sacrament meeting in BYU YSA wards

@alyssa_tolman

"snow = Christmas" @HeardAtBYU

@abby_lasagna

"Chemical engineers are the weird ones. Electrical engineers are relatable" - a guy who is very probably an electrical engineer @HeardAtBYU

@poetickate

look if im paying \$3 for smart water it better be able to get my degree for me

Tweets are unedited

Dress and grooming standards

BYU holds its students to a high honor code, which is intended to promote respect of the students and the university. One of the rules in the Honor Code's dress and grooming standards mandates that all clothing must go to the knee. This rule in the dress code is unnecessary, as it limits the students' self expression, along with their comfort and fashion. Changing the rule would not increase recklessness or disregard for the rules — it would just allow people to dress in ways that are more comfortable to them.

Studies have shown that people are most efficient and happy with their work environment when they have the freedom to dress and work in a manner that best suits them. If people oppose this idea because they believe it would promote behavior that breaks other rules of the Honor Code, the problem lies within the rest of the student body and their attitude. If their behavior would change because of what someone is wearing, then they should have more self-control. It is not a major change that would rock the university or its programs. Rather, it would allow for more self-expression among the students and let them work more efficiently in their preferred environment.

—Evan Nordstrom
Costa Mesa, California

Ineffective rules lead to ineffective minds

College is supposed to be a time to learn and study, but also to make lifelong friends. Having a haven for studying and hanging out has helped me get through tough times in my past, especially at BYU. That is why the Helaman Halls visiting hour times are unreasonable — they limit opportune places for group study and socializing.

The opposite gender may visit in the lobby from 8 a.m.-midnight every day, the basement from 7-10 p.m. every day and in individual rooms from 7-9 p.m. on Wednesday and Sunday every week.

My friends and I would rather go down to the public room to talk or watch a show after an exhausting day of classes and homework than walk across campus to the library or sit outside. If there weren't any restrictions on the basement visiting hours, then that wouldn't be an issue.

Aside from hanging out, studying is also an important part of being at college. Study groups are an effective way for me to study. Doing work with others in the basement or lobby of my dorm is the most reasonable option, but when the basement is off limits and the lobby is crowded, it's impossible to find a quiet place to study.

Having the ability to study with groups in our rooms would provide a solution.

The restrictive visiting hours for Helaman Halls are unreasonable. They cause students more distress in getting their work done. Students need to have time to relax and have a positive social life. The visiting hours should be extended to the basement and dorm rooms so that students can study more effectively and have more quality social interaction.

—Maren Bayles
Bentonville, Arkansas

Don't trip up on pedestrian safety

College is not only a time for learning but also a time for people to make friends, socialize and have fun. People are going to stay out late. Many students have experienced the discomfort of walking home in the dark. Any person on a college campus should feel safe enough to walk around at any time. Walking has many health benefits. Students who walk more will do better in school and sleep better. Students should feel safe walking during the day, especially when crossing streets. There are rules for bikes and vehicles on the campus, and we need to enforce them. BYU does a nice job keeping students safe on campus while walking, but improvements can always be made. Just because it has a small crime rate does not mean we should turn a blind eye to potential improvements. The more information that is shared about walking on a college campus, the safer students will be. All college campuses including BYU should work on safety issues, especially regarding students walking at night or in the early morning hours. On a large campus like BYU, walking should feel like a safe option no matter the time of day or night.

—Hannah Decker
Omaha, Nebraska



Sarah Strobel Hill

Pedestrians crossing the street check for traffic.

OPINION OUTPOST

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

Turkey

In announcing a "permanent" cease-fire along the Turkish-Syrian border on Wednesday, President Trump smugly declared that "this was an outcome created by us, the United States, and nobody else."

... In effect, Mr. Trump was blithely taking full credit for ending a brutal battle he had a hand in starting and claiming a significant feat when in fact the betrayal of the Kurds and the brusque, thoughtless American withdrawal undermined American credibility and was a major victory for Presidents Vladimir Putin of Russia and Bashar al-Assad, the butcher of Syria.

—Editorial Board
The New York Times

Voter access

All should be encouraged to vote. But

year in, year out, even jurisdictions not run by people seeking to discourage voting have trouble keeping lines reasonable, equipment functional and the experience less than excruciating.

... States should be trying to fix such problems, starting with competent staff and convenient polling locations and hours, rather than removing opportunities for eligible voters.

—Editorial Board
The Washington Post

Utah tax reform

Whether most Utahns know it or not, their Legislature is on the verge of a tax overhaul so large it would touch many of them in ways that are not yet clear.

The last thing the state needs is for this process to be hurried.

Unfortunately, so far it appears to have been crafted mainly behind the scenes, with lawmakers making tweaks in hopes of finding a version that would receive majority support in time for a December special session.

—Editorial Board
Deseret News

Republican credibility

The undeserved — and unrequited — loyalty ... Republican members of Congress are offering to their beleaguered president does not merely undermine any confidence the American people might have in them as individuals.

There is also a very real danger that, once the current chief executive is gone — however he goes — the Republican Party as a whole will be so discredited that its potential as either a governing party or a useful opposition will be destroyed.

—Editorial Board
The Salt Lake Tribune

Wildfires

It should be crystal clear by now that California needs to make major changes in the way communities prepare for these inevitable blazes. The warming climate is creating conditions that fuel more devastating wildfires as more and more people are moving into the wildland-urban interface, where homes and offices

abut foothills, forests or other open land.

Yet lawmakers at all levels of government still refuse to fully grapple with the challenges posed by the new normal. Can we make existing homes in fire zones safer and if so, how?

—Editorial Board
Los Angeles Times

Graduation assessment

Last spring, state lawmakers severed the link between state assessments and a high school diploma, adding new options to allow students to demonstrate academic proficiency in different ways.

But as state education officials develop rules for these alternate pathways, they must ensure that each high school diploma certifies a student's readiness for college, advanced training or work — regardless of where that road may take them. The state cannot continue leaving so many students, particularly students of color, behind.

—Editorial Board
The Seattle Times

WE WANT TO HEAR FROM YOU

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

- All letters should be submitted by email to universe.ideas@gmail.com. The topic of the letter should be included in the subject line.
- Letters should also include the author's name, hometown (for students), campus position (for faculty and staff) and phone number. Anonymous letters will not be published.
- Letters should be no more than 250 words and may be edited for length, clarity or style.
- Guest editorials should be 500 to 700 words and are encouraged from individuals with professional or academic expertise on the topic.
- Original cartoons are also welcome.

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

New coaching structure helps women's tennis make comeback

By CHELSEA KERN

BYU women's tennis head coach Holly Parkinson Hasler and assistant coach Dillon Porter are determined to push their team to its limit as they work towards being ranked for the 2019-20 season.

While the tennis team has historically been a top-ranked program for consecutive years, it has not been ranked within the top-25 in the last 10 years. BYU's new coaching duo said they are hoping to change that.

"There are lots of different areas in athletics that determine a good player and a good team," Porter said. "I think that some of those things you are just born with; other things you can develop."

Recently, the BYU women's tennis team enforced a practice schedule that focuses on the physicality of the players and on the basic fundamentals of tennis.

The coaching duo has also decided to implement a new level of intensity for the women that will push their personal fitness and enhance stamina. If the players are unable to reach a certain level of intensity during their daily practice, Porter said, there are consequences that will follow, which will include fitness requirements like running.

"I think that if a player is confident with their technique, and is fit, they develop a sense of confidence mentally," Porter said. "So going into a match, if I'm fit and I hit correctly, I can be out there for four hours if I want to. It totally changes your psyche going into competition."

Both Hasler and Porter took the job for the BYU women's tennis team in 2018. Their main goal was to provide enhanced dedication to the tennis team and the sport itself, which included motivating their players to engage in tennis throughout the year. While this new expectation shocked the team at first, it was at the beginning of the 2019 school year that the effects of the new work ethic became more noticeable.

"Last summer, when I came in as a new coach, unfortunately, I could tell

that nobody really trained or practiced over the summer," Hasler said. "It's been a completely different turnaround because of the work ethic and the structure. I think they just knew coming in, 'whoa, I need to be prepared this time around.'"

Recognizing the amount of diversity on the team, the coaches knew team unity would be another essential contributing factor to their success as a whole. Where unity can usually be found in commonalities, the tennis coaches needed to discover a different factor that would bring their team together.

Tennis is a unique sport as it depends on an international recruiting system. This year alone, one-third of the players were recruited from outside the United States. The three international players include senior Polina Malykh and junior Anastasia Abramyan from Russia and freshman Helen Jiao from China.

Hasler said she sat down with Porter and developed a list of activities that could develop team unity off the tennis court such as team dinners, hikes and retreats.

"(We thought of ways) we can pull the team together so that we are all united in our common goal of being the best tennis team in the country," Porter said. "Even though we have differences like religion and foreign culture ... those things don't matter because when we come together as a team ... we're going to focus on the goals that we've set together."

Apart from the extracurricular activities, freshman Emma Jewell said the most unifying thing for her has been the difficult team workouts that have been implemented by the coaches.

"I think it's helped a ton with team unity ... because the whole team's doing it: the whole team is running and the whole team is doing weights," Jewell said. "When you're doing it together and you see everyone sweating and breathing hard, you're like, 'OK, I can do this.'"

While the new coaching strategy may not be easy, Jewell said she believes it is worth the extra effort and is excited for the team's hard work to pay off.



Hannah Miner

BYU women's tennis head coach Holly Parkinson Hasler has implemented a new coaching structure for the 2019-20 season.

Women's basketball plots to top last year's swishes, scores and wins

By ANNEKA CUSICK

BYU women's basketball is heading into the upcoming season without last year's top scorer Shaylee Gonzales. The guard suffered a season-ending knee injury in July and will be redshirting the 2019-20 season. Last year, Gonzales was ranked No. 2 nationally for points per game as a freshman, averaging 17.

This season, Gonzales is expected to be replaced by Maria Albiero, a junior from Londrina, Brazil. Albiero and the rest of the team have been preparing throughout the off-season for another year of competitive play.

"At the end of the day, it's all about making the team better. I am here with that in mind and preparing every day for my team," Albiero said.

As the Cougars only lost one senior, Caitlyn Alldredge, from the 2018-19 season, the team's leadership looks similar to last season. Players note that consistent leadership has helped the team progress together.

"Caitlyn was such a good leader for us and such a powerful senior," returning guard Paisley Johnson said. "We still have great upperclassmen that have continued that tradition onto this year."

The BYU Cougars have set team goals for this upcoming season, including bringing home another WCC championship. The team snatched its third tournament title since joining the WCC by defeating Gonzaga 82-68 in the championship game last season. As a result, BYU received the WCC's automatic bid into the NCAA tournament.



Jaren Wilkey/BYU Photo

BYU women's basketball celebrates with the championship banner and trophy following their 2019 WCC Championship victory over No. 13 Gonzaga.

During the NCAA tournament, the Cougars defeated The University of Auburn in the first round, but their celebration was short-lived as BYU's season ended when they lost to Stanford 72-63 in the second round. This year, the team hopes to make it back to the NCAA tournament and even host games at the Marriott Center.

Johnson was named MVP of the 2019 WCC tournament. She was put on WCC Second Team before the tournament, but following the tournament believed she deserved to be put on the WCC First Team.

"I remember telling Judi (head coach Jeff Judkins) that they better watch out because I'm going to be MVP of the tournament," Johnson said.

The returning Washington native believes that those feelings have

carried over, and she expects bigger and better things for herself. Johnson isn't the only player hoping to make major improvements this year. The entire team has spent months preparing for their upcoming season.

Senior Jasmine Moody brings the most playing experience to the team with 97 games. She claims that off-season preparations will help BYU stand out throughout the season.

"With a lot of injuries over the summer, our team has really come together," Moody said. "We have stuck with each other as we build each other's confidence and support one another to really prepare."

The Cougars begin the 2019-20 season with a game against Westminster College on Oct. 29 at home in the Marriott Center.

Gavin Baxter recovering from surgery, out for season

By CHELSEA KERN

BYU basketball sophomore forward Gavin Baxter will not be on the court with the Cougars this 2019-20 basketball season.

Earlier this month, the sophomore tore his labrum and fractured his right shoulder at practice, an injury that led him to get surgery on Oct. 8. While the surgery went according to plan, his sister Lauren Baxter said he will not be returning for the upcoming season.

"He won't be playing this year," Lauren said. "(He will be) focusing on rehabbing and getting his shoulder back to full strength for next year."

While the surgery did not come at an ideal moment in his basketball career, Lauren said Gavin has been keeping a great perspective on everything that has happened and is focusing on coming back strong in the following 2020-21 season.

Leaving high school, the Provo native was ranked by ESPN as the No. 5 recruit in Utah. He was heavily recruited by Arizona State, California, Oregon, Oregon State, UCLA and Utah State before deciding on BYU.

During his freshman year of college, Gavin averaged 4.7 points per game and an average of 3.1 rebounds with only 14.7 minutes per game of playing time. Gavin also started in eight of the Cougars' games and played in a total of 30 games throughout the season.

On Feb. 2, Gavin showed his potential, as he was the highest scorer at the BYU vs. Loyola Marymount game and achieved a career-high of 25 points in a single game.

The BYU Cougars lineup will be interesting come the beginning of the season, as Gavin was believed to be included in the starting five, while



Claire Gentry

Sophomore Gavin Baxter dunks the ball in a game against USF last season. Baxter suffered an injury earlier this month.

senior forward Yoeli Childs waits out his nine-game ineligibility.

Speaking on Gavin's injury, Childs said the incident seemed minor at practice, but escalated into a larger issue in the time that ensued.

The senior said Gavin's absence is sobering, especially because Gavin has put in essential time during the off-season to prepare for the upcoming basketball season.

"This summer Gavin has transformed his body, transformed his mindset," Childs said.

Although Gavin will not be seen on the court this year, Childs said the BYU basketball team will make sure he feels included in the upcoming season and will push him to contribute off of the court.

BYU fan flails her way to fame

By ELISA HUHEM

BYU's win against No. 14 Boise wasn't the only thing shocking viewers on Saturday, Oct. 19. Videos of BYU fan Brooke Anderson, flailing her arms back and forth in a bright red coat, went viral on social media after being shown on ESPN.

Hans Olsen, a former BYU football player and current radio host on the Zone network, tweeted a video of Anderson and it immediately went viral. Having over 180,000 views, the video of Anderson swinging her arm back and forth like crazy caught everyone's attention and raised the question, "What in the world was she doing?"

Twitter blew up with comments saying that it looked like she was in need of medical attention or riding a mechanical bull, while others said it looked like she was desperately trying to stay warm. She also got a lot of reactions for wearing a bright red coat, the color of BYU's rival, Utah.

What most people didn't know was that it was a mix of several things. Anderson said her friends were sitting directly across from her on the opposite side of the stadium. She got a text from them asking her to wave so they could see where she was, so she quickly began to flap her arm back and forth relentlessly. It was then that she noticed a camera in



Brooke Anderson, in her infamous red coat, leans on friend Savanna Means at the BYU football game against No. 14 Boise Oct. 19. Anderson was offered a BYU blue coat in the days after.

front of her, but she thought it was the camera for the jumbotron at LaVell Edwards stadium. She had no idea that it was actually airing on ESPN.

"I embarrass myself all the time, so a lot of my friends aren't really shocked that this happened. They just think it's funny," Anderson said.

She's had a lot of BYU alumni offer to buy her a BYU blue coat. Others have reached out to her on Instagram with potential date offers. She has gotten a lot of responses from Ute fans and over \$150 credited to her Venmo to buy a BYU colored jacket. Anderson said



Brooke Anderson waves her arm back and forth in a video that went viral.

she has either tried to Venmo people back or figure out how to give it to someone who needs it more than she does.

Anderson was wearing a nice coat, it just happened to be the wrong color. BYU Sr. Associate Athletic Director Liz Darger reached out to Anderson on Twitter asking for her size and offered to get

her a coat.

"When I saw Brooke's tweet it made me laugh. I thought it would be fun to meet her, thank her for being a Cougar fan and give her a blue coat," Darger said. "I'm planning to get together with her next week to show her around the athletic facilities and give her a BYU-blue coat."

Anderson plans on accepting the coat from Darger but is not planning on accepting things from other people.

Anderson is currently a junior at UVU studying Business Management. Although Anderson is not a BYU student, her BYU pride is strong. Both of her parents graduated from BYU and her brother and sister-in-law are recent BYU graduates. She said her family has been going to BYU games for as long as she can remember. They have gone to every home game this season and even traveled to see BYU play in Tennessee and Florida.

Overall, Anderson said it has been a positive experience.

"I love the BYU fans, and I think it's super awesome that they are reaching out, and it doesn't bother me at all," Anderson said. Olsen, who helped Anderson rise to Twitter fame, agrees that the situation has been really fun. "I found the whole thing to be everything that being a college student and a college football fan should be — lively, fun and free-spirited. No ill will. Just having a blast and enjoying the game."



Hannah Miner

Heather, right, and Megan Gneiting receive awards after the Doterra Classic. The two sisters played on opposing teams, BYU and Weber State.

Women's volleyball made better by Heather

By ASHLEY JORGENSEN

Heather Gneiting came home from school one afternoon and told her mom she wanted to join her high school's track and field team and participate in the high jump to gain extra credit in her math class. Her math teacher was the track coach, and Pleasant Grove High School was in need of a high jumper.

During her first meet, she got her stepping wrong and ended up falling underneath the pole onto the mat. Heather said she could have decided to quit after her clumsy start, but she was determined, and she earned every bit of extra credit her teacher offered her.

"She worked at it and worked at it," Heather's mom, Kristin Gneiting, said. "Most people at that point in track have private coaches, and they're trying to get scholarships. It's just amazing. She ended up getting second in state and getting up on her little podium. Just imagine when she puts her mind to something."

This wasn't the first time Heather picked up and excelled in a hobby because she set her mind to it. In junior high, she joined competitive cheer as a back-spot without having taken any gymnastics classes. In order to try out for the team, she was required to be enrolled in at least one class, so she convinced her mom to sign her up.

"I told her that I thought she was getting a late start with her long body, but she learned a series of back handspins before tryouts and ended up making the cheer team," Kristin said.

Heather didn't begin volleyball until she was in eighth grade, and began receiving college offers two years later when she was a sophomore in high school. She chose to attend BYU after touring

the campus because of the atmosphere and successful volleyball program. She is a sophomore now.

The Gneittings have a history of attending BYU. Kristin and her husband, Tom, met when they were in college. Kristin was a Cougar and Tom was on the BYU men's basketball team from 1984-87. Heather wasn't the first of her five siblings to choose BYU; both of her older brothers graduated from BYU in business.

Playing volleyball is a common theme in the Gneiting family. Heather's two older sisters played volleyball in college. Heather had the chance to play against her sister, Megan Gneiting, twice when the Cougars faced Weber State. By choosing to play volleyball at BYU, Heather is keeping the family legacy alive.

Heather isn't a loud person, but she knows how to have fun. She can be seen dancing with her teammates in the weight room and, on occasion, during matches. She and outside hitter McKenna Miller sometimes team up to teach middle blocker Kennedy Eschenberg dance moves. The sophomore said she admires her teammates and enjoys their differences.

"Everyone is really different in their own way, which is what I like about our team a lot," Heather said.

Heather was named national Freshman of the Year last season. She also represented the United States in Japan at the Under-20 World Championships and tried out for the Olympics. She's proved to be an integral part of the team with her 313 kills and 215 blocks.

Heather said about being named Freshman of the Year, "It was really cool to be at such a high level as a freshman, and it gave me confidence for these next years."

Heather said she looks forward to seeing what her next few years at BYU will bring.

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CURSE OF THE MOVIE NIGHT RUT

Can't decide what to watch? **TWO** many of us have been there.

Fear not! Page 28 of the new edition of **TWO** is here to save your movie night.

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

Simple Bites

Recipe Column

This week: Lemon Bars

Crust ingredients	1/4 batch	1/2 batch	full batch
Butter, melted	1/4 cup	1/2 cup	3/4 cup
Sugar	1/8 cup	1/4 cup	1/4 cup
Vanilla	1/2 tsp	1 tsp	2 tsp
Salt	1/8 tsp	1/4 tsp	1/2 tsp
Flour	1/2 cup	1 cup	1 1/2 cups

Filling ingredients	1/2 cup	1 cup	2 cups
Sugar	1/2 cup	1 cup	2 cups
Flour	1 1/2 tbsp	3 tbsp	6 tbsp
Eggs	2 med	3 large	6 large
Lemon juice, freshly squeezed	1/4 cup	1/2 cup	1 cup
Powdered sugar	1/8 cup	1/4 cup	1/2 cup

Directions:
 To make crust: In a medium bowl, mix melted butter with sugar, vanilla and salt. Add flour and blend. Dough will be thick like a cookie dough. Press dough in the bottom of a 9 x 9 glass baking pan. Bake at 350 degrees for about 20 minutes or until edges begin to brown slightly.
 To make filling: In a mixing bowl, whisk eggs, sugar and flour until thick and light yellow in color. Add lemon juice slowly, whisking as you pour. Pour lemon filling over crust and return to oven. Bake for about 25 minutes or until your bars are completely set. Remove from oven allow for about 20 minutes or until edges begin to brown slightly. Refrigerate bars for at least 2 hours or until chilled through. Dust with powdered sugar before serving.

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

Dilbert®

HI, I'M A BUSINESS AGILITY INFLUENCER AND SOLUTIONIST.

I DON'T THINK THAT MEANS ANYTHING.

WHY ARE YOU THE FIRST PERSON TO SPOT THAT? BECAUSE I'M USELESS TOO!

I CAN'T HIRE YOU BECAUSE WE ALREADY HAVE AN EMPLOYEE NAMED CARL.

IT WOULD CONFUSE PEOPLE, AND WE DON'T NEED THAT.

WHAT ABOUT MY SKILLS? PEOPLE WITH BETTER NAMES HAVE SKILLS, TOO.

Peanuts®

Dear Miss Sweetwater, I suppose you have heard about the banning of your book from our library.

Well, I just wanted you to know that I am fighting for you. I have even hired an attorney.

"THE SUPPRESSING OF EVIDENCE OUGHT ALWAYS TO BE TAKEN FOR THE STRONGEST EVIDENCE!"

Such as he is.

OKAY, ATTORNEY, LET'S MAKE A FEW PHONE CALLS AND SEE WHAT WE CAN FIND OUT.

"WE KNOW THAT THE LAW IS GOOD IF A MAN USES IT LAWFULLY."

HELLO, SCHOOL BOARD?

I WONDER IF JOHN DOE OR RICHARD ROE WILL BE IN COURT... I HATE CASES THAT DON'T HAVE JOHN DOE OR RICHARD ROE.

YES, I'D LIKE TO SPEAK TO THE HEAD OF THE SCHOOL BOARD, PLEASE.

"THE CLIENT CARES LITTLE FOR A 'BEAUTIFUL' CASE."

Garfield®

GENERAL, HERE COME THE GIANT MUTANT PUPPIES!

WE HAVE TO PROTECT THE CITY!

BUT HOW, SIR?

COVER EVERYTHING!

THAT IS A LOT OF NEWSPAPER.

MY CREATION IS ALIVE!

NOW, SPEAK! SPEAK!

BARK! BARK!

IGOROOOR? WHERE DID YOU GET THAT BRAAAAIN?

IGOR'S IN BIG TROUBLE.

Pickles®

YOU NEED TO TRIM YOUR MUSTACHE.

YOU LOOK LIKE YOU SWALLOWED A MANGY DOG AND LEFT THE TAIL HANGING OUT.

HEY, MEN HAVE FEELINGS TOO, YOU KNOW!

AND SO DO MANGY DOGS.

OPAL, I KNOW I'M NOT PERFECT, SO TELL ME HOW I CAN BE A BETTER HUSBAND.

WELL, FOR ONE THING, I'D APPRECIATE A LITTLE MORE HELP AROUND THE HOUSE.

OKAY, GOOD POINT. I'LL TRY TO DO THAT.

GREAT! WHAT CAN I DO TO BE A BETTER WIFE?

NOTHING. YOU'RE PERFECT JUST AS YOU ARE.

HEY! THAT'S NOT FAIR!!

Non Sequitur®

AND THIS IS THE MASTER SUITE, WHICH HAS THE BEST VIEW OF THE SKI JUMP IN THE ENTIRE BUILDING!

THE REIGNING QUEEN OF REAL ESTATE SPIN

BOB'S CONFLICT OF INTEREST IN HIS GOAL OF CREATING A MILLION-DOLLAR PAINTING

Zits®

YES!!

MY TEACHER SAID I CAN DO MY REPORT AS A MUSIC VIDEO!

AWESOME!

WE'RE GONNA NEED A FOG MACHINE!

WAIT-"WE"??

WHAT'S THIS?

SOME IDEAS FOR OUR MUSIC VIDEO!

DAD, THIS IS MY ASSIGNMENT. I NEED TO DO THIS ALONE.

OKAY, THEN, I'LL GO.

YOUR CREDIT CARD IS WELCOME TO STAY.

Sudoku

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

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

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

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

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

The New York Times Crossword

Edited by Will Shortz No. 0923

ACROSS

- Lion's hair
- Film reel
- "The King and I" setting
- One who might be caught off base
- Squabble
- Sharp side of a blade
- One who yaks, yaks, yaks ...
- Passion
- Big Band ____
- Finish line ribbon
- Prevent from happening
- 12th grader
- Supreme Court justice ____ Bader Ginsburg
- ... yaks, yaks, yaks ...
- Product Pittsburgh is famous for
- One fighting the status quo

DOWN

- The "G" of L.G.B.T.Q.+
- Old-time N.B.A. great Chamberlain
- Hellos and goodbyes, in Italy
- Lose one's footing
- Sheryl Crow's "____ I Wanna Do"
- Museo in Madrid
- Fashion
- ... yaks, yaks, yaks ...
- Guns, as an engine
- "Whatever you want!"
- African nation whose name consists of three U.S. state postal abbreviations
- Wine holder
- Museum curator's deg.
- Makes the most of

ANSWER TO PREVIOUS PUZZLE

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

The New York Times Crossword

Edited by Will Shortz No. 0923

ACROSS

- Shelter grp.
- Taj Mahal city
- Rabbit's foot
- With 50-Down, home of Goodyear
- Modern-day Persia
- Kismet
- Protective garments worn for dental X-rays
- Let the host know
- Project's windup
- 90° on a compass
- India ____
- Not stereo
- Hefty lexical ref.
- Competitor of Petro-Canada
- Grated food flavorer used in baking
- "Not on your life!"

DOWN

- Holder of a collateral loan
- Aromatic shrubs yielding an essential oil
- It's "read" during a reprimand
- Fowl with a showy mate
- Temporary tattoo dye
- About half of a regular-season schedule
- Gold-coated
- Snorters' quarters
- Galleria display
- It's fixed when it's flat
- Capital of Qatar
- Religious symbol resembling a plus sign ... or a hint to the three groups of shaded squares in this puzzle
- "That makes sense now"

ANSWER TO PREVIOUS PUZZLE

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

The New York Times Crossword

Edited by Will Shortz No. 0924

ACROSS

- Set in direct opposition to
- It's fixed when it's flat
- Spanish liqueur
- Hollows between hills
- Thor, to Odin
- Cabinet position: Abbr.
- Kirk ____, first actor to play Superman on the big screen
- Balls of yarn
- April 1 activities
- End of a concerto
- Fussy to excess
- What jars with fireflies need
- "I started a boat-building business in my attic ... Now sails are going through the roof," e.g.
- Price of freedom
- Addie's husband in "As I Lay Dying"
- Annual parade locale since 1890
- Rugged four-wheelers, for short
- Openly mourned
- Title role for Michael Caine or Jude Law
- Playground game with teams
- Pollutant concentration meas.
- Burger topper

DOWN

- Yaks, yaks, yaks
- [Ah, me!]
- Otherworldly
- Place to order bagels and lox
- "No problemo"
- Long, tedious trip
- Puts two and two together
- Aussie pals
- On the ball
- Christopher who directed the "Dark Knight" trilogy
- Member of a benevolent order
- Vegas casino named for an African locale
- Comedian's visual
- Si: Spanish :: ____: French
- Professors' addresses
- "Oh yeah? You and what army?"
- What a light bulb represents in the comics
- Culture medium in a lab
- Disappear, as snow
- Island with a reef
- Web programming init.
- "Yeah, sure!"
- Make again, as hotel plans
- Brambles
- Expression of relief
- Something stuck through a vampire's heart
- Extremely lowbrow
- Marching synchronously
- Plant deeply
- "Too rich for my blood"
- Cabs
- Creative inspiration
- Home to more than 4.5 billion
- Turkey drumsticks
- Baseball Hall-of-Famer Yastrzemski
- End in ____ (be deallocked)
- Little chuckle
- Abbr. on a food label
- What a shofar is typically made from
- Be worry-free
- One at risk of ex-communication
- College application figs.
- Mitigate
- Trials and tribulations
- Currency on the Arabian Peninsula

ANSWER TO PREVIOUS PUZZLE

24 Accepting bribes
 26 Lena of "Havana"
 27 Jiffy
 28 Vietnamese holiday
 30 Mournful poem
 31 With 52-Down, passage to the heart
 33 Letters on a speedometer
 34 Naval petty officer: Abbr.

35 What a shofar is typically made from
 36 Be worry-free
 38 One at risk of ex-communication
 40 Leatherneck
 42 "Wouldn't that be nice!"
 43 Mitigate
 44 Trials and tribulations
 47 Heart chart, briefly

49 They might be connected by children ... or detectives
 50 See 12-Across
 51 College application figs.
 52 See 31-Down
 53 Currency on the Arabian Peninsula

IT'S ALMOST "WHAT ARE YOU DOING AFTER GRADUATION?" SEASON.

It's not too early to figure out your plans!

MS in Management

- Designed exclusively for non-business majors
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- Individual attention from professors
- BYU students enjoy an accelerated application process, waived application fee and essays, and exclusive scholarship opportunities
- Highest CPA pass rate for the past 20 years (NASBA's Uniform CPA Examination)

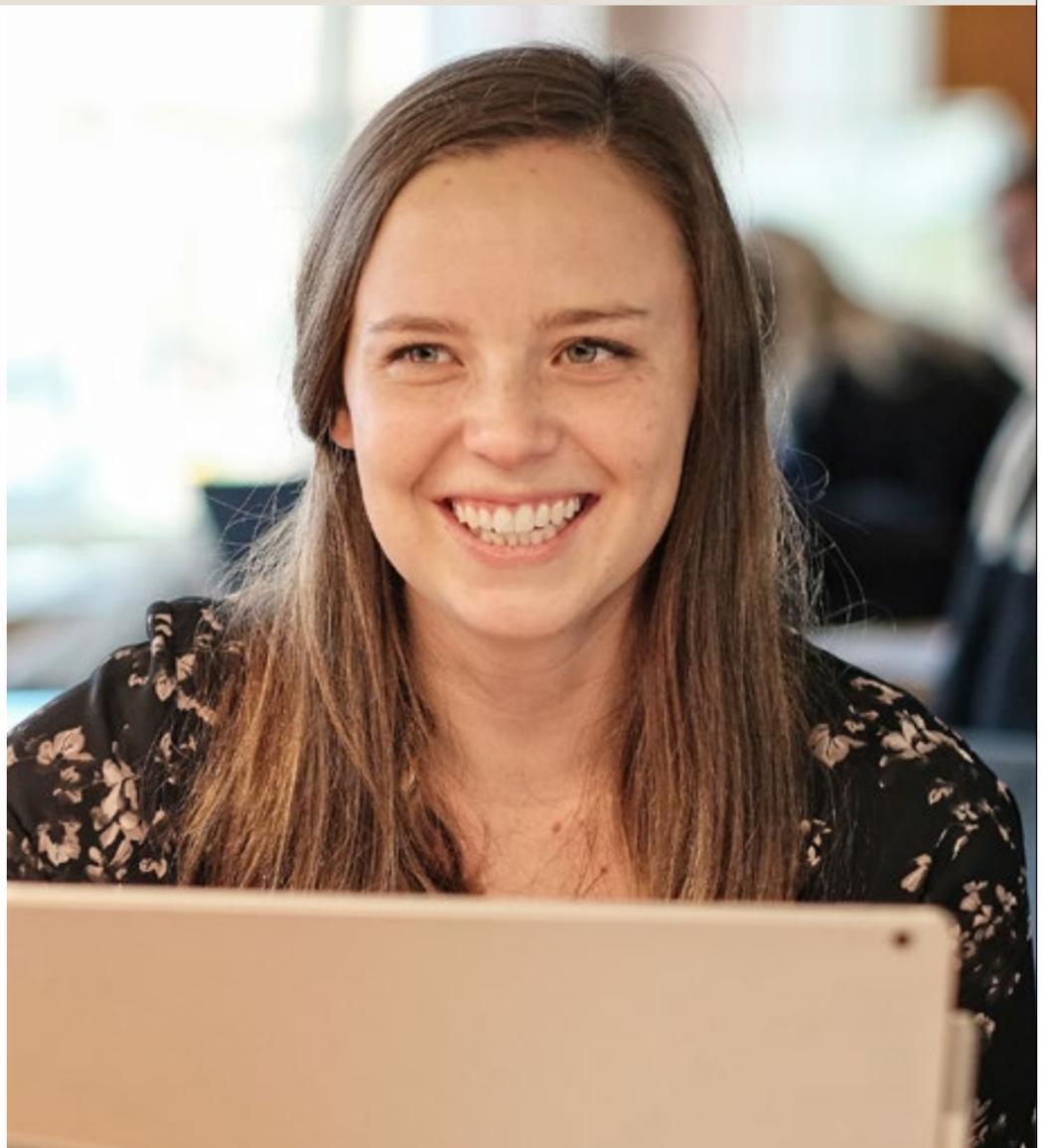
MS in Business Analytics

- Gain experience solving real problems with live data from corporate partners
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- Graduates hired by Apple, Disney, Google, MasterCard, Microsoft, Uber, and more
- Learn SAS, R, Tableau, SQL, and other critical programming skills

"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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