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Provo, Utah

BYU-Pathway Worldwide provides cheaper, more accessible higher education

By LAUREN LETHBRIDGE

See also "Online learning and degrees attracting more students" on Page 2.

Heather Nielsen was paying \$3,000 to take three courses at Utah Valley University. She was working full time, struggling with mental illness and her grades were dropping.

"I didn't feel like I was valued as a student there. I just felt like another tuition payment," Nielsen said.

She no longer qualified for financial aid and couldn't afford UVU's tuition costs. While trying to find a solution, Nielsen found BYU-Pathway Worldwide, online higher education through BYU-Idaho. The cost to attend? Only \$73 per credit for students who are members of The Church of Jesus Christ of Latter-day Saints.

BYU-Pathway Worldwide was established in 2009 because of growing enrollment at BYU-Idaho and a fear that the university would have to begin turning away students.

"There was obviously a need out there for members of the Church to receive a gospel-based education in the online environment," said J.D. Griffith, the vice president of administration for BYU-Pathway Worldwide.

Griffith helped pilot the program while working in BYU-Idaho's Department of Continuing Education. Griffith said the program aims to build confidence, hope and a culture of continuous learning.

The program is split into two options. The first option, called PathwayConnect, is one year long and intended to prepare students for a university degree, build spiritual confidence and teach foundational academic skills, Griffith said.

The second program is usually taken after or separate from PathwayConnect and follows a unique certificate format, according to Griffith. Usually, students who have taken some university courses, are ready to dive into a degree and are familiar with online learning find this option a good fit.

The certificate approach costs \$125 per credit for members of the Church

BYU PATHWAY WORLDWIDE

Pathway Connect

Prepares students to start or finish their degrees

Certificates & Degrees

Provides online certificates that can be built into an associate or bachelor's degree



530
locations



\$73
PER CREDIT



\$125
PER CREDIT

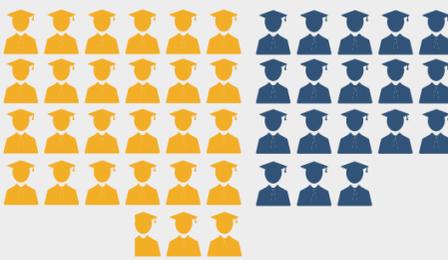


37
online
programs

CURRENT ENROLLMENT



26,834
36% International
64% U.S./Canada



18,089



14% International
86% U.S./Canada

BYU-Pathway Worldwide programs offer various options for individuals to gain a gospel-based education. Scan the photo with the **Universe Plus** app to listen to or read a Portuguese translation of the story.



and can eventually lead to a bachelor's degree. Griffith said the certificate approach was created after numerous focus group participants shared that

they had fears of going back to school, a low ACT or SAT and uncertainty about starting college for the first time or after many years.

"We asked ourselves, 'How can we develop some small wins as we help people get to their associate and then their bachelor's?'" Griffith said.

See **PATHWAY** on Page 2

Pope brings new coaching structure to BYU basketball

By CHELSEA KERN

BYU basketball head coach Mark Pope has wasted no time in making the men's basketball program his own.

From preseason two-a-day practices that began with the start of the BYU fall semester to the team's increased public involvement, changes implemented by Pope seem to be bringing a new perspective to the basketball team.

Pope had been coaching at Utah Valley University for four years when he signed with BYU in April 2019. Pope's switch led three UVU players to also change their allegiance: grad student Jake Toolson, junior Richard Harward and sophomore Wyatt Lowell.

Pope's dedication to team success can be seen in his strict practice schedule, which entails non-contact shooting practice in the morning and standard practice in the afternoon.

Senior Yoeli Childs, who has been with the Cougars for the past three years, said he feels the intensity has increased dramatically.

"Every drill is a battle and no matter what we're doing — if it's a shooting competition, if it's five on five, if you have to get two stops in a row, whatever the drill is — everyone's competing like their life depends on it," Childs said. "It's the hardest I've ever practiced consistently, every single day."

The hard work and dedication the basketball players have put into their practice schedule drove Pope to initiate Midnight Madness, a college basketball ritual that he participated in as



Hannah Miner

BYU men's basketball coach Mark Pope encourages his team during their game against San Diego on Nov. 9.

a player at Washington and Kentucky, but one that BYU has never attempted before.

"It was just nice because they've been locked away in the gym twice a day for a long time, and then to actually remember that this is really fun and people really care," Pope said. "It was special."

Midnight Madness took place on Oct. 23 and kickstarted the basketball

season with over 2,000 students in attendance. The event included the BYU men's and women's basketball teams, the Cougarettes, the BYU Dunk Team and additional groups that play important roles in the various sporting events at the Marriott Center.

Pope even ensured that the students would have personalized interaction with the athletes by inviting the crowd to storm the court, a move that brought

energy and excitement to the pack of students.

Three days after engaging the student body, the basketball team went outside of BYU's boundaries to send a special delivery to BYU basketball courtside season ticket holders. The delivery included a box of the 2019-20 tickets, hand-delivered by one of BYU basketball's own.

The surprise continued as each box

contained a personal video from Pope, thanking the ticket holders for their continued support and exclaiming his excitement for the approaching games.

Pope said he feels that the fan base is as important to the team as his players and is essential to the ultimate success of the team.

"Listen, we know that the only way we're going to be as successful as we want to be is if we all do this together," Pope said. "Reaching out to our courtside season ticket holders with something a little bit special is important because those guys are in this with us."

While the methods may differ from what the basketball team is used to, they seem to be having a positive effect.

Gonzaga transfer Jesse Wade practiced one year under former BYU basketball coach Dave Rose before Pope took the reigns. He said the coaches are polar opposites, but he doesn't find either of the coaching tactics above the other. Rather, he expressed enjoying learning from both coaches' strengths.

"They both have so many amazing qualities about them, but it's just a completely different feeling," Wade said. "You get two different people and you love their styles and love who they are for what they do."

The Cougars currently sit at a 6-3 record as of Dec. 2. BYU fans can continue to see the new coaching structure in action with their next game against the University of Utah on Dec. 4. The game will be held on Wednesday at 6 p.m. Fans can watch the game on CBS Sports Network or listen in on BYU Radio, BYU Sports Network or KSL 102.7 FM.

UNIVERSE news briefs

FROM THE ASSOCIATED PRESS



Utah closer to banning conversion therapy

Utah is closer to banning the discredited practice of conversion therapy after state officials formed a proposal that has the support of The Church of a Jesus Christ of Latter-day Saints.

Republican Gov. Gary Herbert announced Nov. 26 that church leaders back a regulatory rule his office helped craft after legislative efforts for a ban on the therapy failed.

Conversion therapy is a practice used to try to change peoples' sexual orientation or gender identity.



Utah ski resorts back out of land proposal

Four Utah ski resorts are backing out of proposed land swaps that would have set aside some of their mountaintop terrain in exchange for public lands near their bases.

The resorts made the decision after determining their lands on the steep slopes are worth so much less that they would have to trade 100-200 acres for a single acre near the bases, The Salt Lake Tribune reports.

The breakdown of the proposal illustrates the difficulty of working out land swaps.



Online Black Friday sales hit new record

This year's Black Friday was the biggest ever for online sales, as fewer people hit the stores and shoppers rang up \$7.4 billion in transactions from their phones, computers and tablets.

That's just behind the \$7.9 billion haul of last year's Cyber Monday, which holds the one-day record for online sales, according to Adobe Analytics. Adobe measures sales at 80 of the top 100 U.S. online retailers.

Adobe expected online sales to jump to another record on Cyber Monday.



London bystanders help stop terrorist

On Nov. 30, shocked and saddened Londoners dealing with the return of terrorism to their streets after a two-year hiatus found solace in the way bystanders fought to subdue the London Bridge attacker, keeping the death count lower than it would have been if they had fled.

Particularly striking were the weapons they used to confront the killer: a fire extinguisher and – incredibly enough – a 5-foot (1.5-meter) narwhal tusk apparently taken from the wall of Fishmongers' Hall when the attack began.



'Frozen 2' sets Thanksgiving record

"Frozen 2" kept a wintry wind at its back in its second week, setting a Thanksgiving record with a whopping box office bounty.

Disney's new set of adventures for Anna, Elsa and Olaf brought in \$85.3 million in the U.S. and Canada over the weekend and earned an unprecedented \$132.7 million for the holiday frame of Nov. 27 through Dec. 1, according to studio estimates.

The first "Frozen" opened on Thanksgiving in 2013.



Adela Osborn

Adela Osborn enrolled in BYU-Pathway classes while living in Guatemala.

PATHWAY Online education program opens opportunities

Continued from Page 1

The Giffords are now helping pilot classes that allow students to opt in to an online weekly meeting through the video conferencing program Zoom. BYU-Pathway Worldwide tested this all-virtual approach for a year before inviting the Giffords to help lead it.

Despite not having to physically show up to a classroom, Gifford and his wife said there is still a lot of preparation required. Missionaries working with virtual meetings have to make sure the technology is working and that the students are able to sign in.

"We'll talk to the students about all the great things they did, and then we'll make a suggestion or two of what they can improve on," Gifford said.

About 15-20% of Pathway students are choosing to attend virtual weekly gatherings instead of face-to-face

meetings, Gifford said. The virtual meetings are a great option for those not physically close to a church or institute building.

President of BYU-Pathway Worldwide, Clark Gilbert, said about 40% of Pathway students are international and that percentage is growing rapidly. A virtual approach is a great option for international students who are often unable to physically meet, he said.

Though the program was initially intended for students aged 18-24, people of all backgrounds, ages and demographics have enrolled in the course and received certificates and degrees. Adela Osborn participated in BYU-Pathway Worldwide while living in Guatemala, taking a few classes and working on improving her English.

Osborn said a good education is not cheap and saw BYU-Pathway Worldwide as a low-cost way to receive quality higher education.

"The underlying power of the program is how it creates hope and confidence in students; finding a population who didn't think they could go to or finish college. It gives them the tools ... to be successful," Gilbert said.

Online learning and degrees attracting more students

By LAUREN LETHBRIDGE

See also "BYU-Pathway Worldwide provides cheaper, more accessible higher education" on Page 1.

Technology is vastly altering how people live, communicate, travel and receive and spread information. BYU-Pathway Worldwide vice president of administration J.D. Griffith said he believes society is slow to grasp digital education and participate more in online learning.

"As society continues to move forward in this digital world, there is less of a need to physically go to a campus. You can stay home and work full time. You can have a part-time job, you don't have to invest so much money in moving to campus. You can continue to have a somewhat normal life, enroll in online learning and change the traditional approach to education," he said.

BYU-Pathway Worldwide provides college-level online learning paired with weekly in-person gatherings of students all over the world. According to their website, BYU-Pathway Worldwide is used by more than 40,000 people in all 50 states and over 100 countries.

Brittany Gilbert, a master's student at St. John Fisher College, wrote her thesis on online learning. "Online learning has the potential to create educational opportunities for individuals who may have faced unsurpassable barriers prior to the expansion of online

educational programs," she said.

Gilbert points out in her thesis that online learning provides flexibility, increases class options, lowers costs and provides self-regulated learning. BYU-Pathway Worldwide has more than 40 online programs and costs \$73-\$125 per credit. Gilbert found online learning often leads to students feeling disconnected and like they don't belong.

BYU-Pathway Worldwide tries to combat this by requiring students to meet weekly in face-to-face or virtual gatherings. At these gatherings, students "help each other and build and form relationships," said BYU-Pathway Worldwide President Clark Gilbert.

The program not only teaches students how to learn but also how to help each other, Gilbert said. The gatherings provide opportunities for students to explain and teach what they are learning.

"It creates a community of learners that become a real support group and source of strength as they progress through the program," Gilbert said.

BYU-Pathway Worldwide classes are taught by BYU-Idaho professors. According to BYU-Pathway Worldwide's website, online instructors typically work 10 hours a week, must have a bachelor's or master's degree and be in good standing with The Church of Jesus Christ of Latter-day Saints.

In a study conducted by M. Moore and G. Kearsley, online learning was considered a good



Lyman Gifford

Lyman and Dee Gifford have worked as senior missionaries with BYU-Pathway Worldwide for four years.

option because it "increased opportunities to access and collaborate with expert professionals in a global range."

Other schools are also expanding their online resources. Arizona State University has a well-developed and nationally-ranked online program with more than 200 online degree programs and six different start dates per year, according to their website. Of the 30,000 students enrolled, 87% who graduate get job offers within 90 days. BYU-Pathway Worldwide reports that 72% of students who finish five of the program's courses receive immediate job improvement.

A college degree is becoming increasingly essential in today's workforce. On ASU

Online's website, Phil Regier, ASU dean for educational initiatives, said today's college student has changed, with a large percentage of students being first-generation college students that have at least one dependent or work full- or part-time jobs.

Griffith said he recognizes that BYU-Pathway Worldwide has become valuable to more than the 18-24 year olds who could not get into BYU or BYU-Idaho. The average age of students taking BYU-Pathway Worldwide courses is 37, according to Griffith.

"Online learning has become a promising pathway, allowing for a greater scale where students can design a path that fits their lifestyle," Regier said.

THE UNIVERSE

Serving the Brigham Young University Community

December 3-9, 2019 • Volume 73, Issue 14 • universe.byu.edu
152 BRMB, BYU, Provo, Utah 84602

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The Universe is published weekly except during vacation periods. The opinions expressed do not necessarily reflect the views of the student body, faculty, university administration, Board of Trustees or The Church of Jesus Christ of Latter-day Saints. Copyright 2019 Brigham Young University.



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Police Beat

BYU

THEFT

Nov. 5 - Police arrested a suspect for theft of a bike at Heritage Halls.

Nov. 6 - An individual stole a bike near the botany pond.

Nov. 7 - A personal belonging was reported stolen from the Smith Fieldhouse between 11 a.m. and 11:30 a.m.

Nov. 14 - Multiple instances of theft were reported at the Cannon Center between 11:30 a.m. and 12:40 p.m.

CRIMINAL MISCHIEF

Nov. 12 - Some graffiti occurred at the Joseph F. Smith building.

Nov. 13 - Wet paper towels and other juvenile mischief occurred in the parking lot outside of Sports Unlimited.

FRAUD

Nov. 11 - A case of fraud occurred at Helaman Halls which included an online purchase scam.

DRUG USE

Nov. 25 - Officers stopped a car for a traffic violation and arrested the driver for a DUI after determining he had used marijuana and had additional drugs in his possession.

FIRE

Nov. 28 - A fire on Thanksgiving burnt an apartment building at 2244 N. Canyon Road. Residents were evacuated and officials reported an estimated loss of \$3 to \$4 million.

Provo

Nov. 7 - The Provo Police Department welcomed 12 new officers to their task force.

Nov. 16 - The Provo Police Department and Utah Cold Case Coalition reopened a 41-year-old case of a murdered BYU student.

Orem

THEFT

Nov. 18-22 - Residents reported a total of five stolen vehicles, two

of which were left with the keys inside while remaining unlocked.

MISSING PERSON

Nov. 18 - Two missing boys were found.

DRUG USE

Nov. 22 - Police arrested a 27-year-old man for a DUI after the man hit another vehicle in a parking lot, fled the scene and ultimately crashed into a large tree.

Nov. 22 - Police assigned two teenagers with court dates and booked two others into Slate Canyon Detention Center after discovering the group driving around with firearms, drugs and multiple live rounds.

ARSON

Nov. 25 - A man was arrested for breaking into a house and setting it on fire. He was later identified as the ex-boyfriend of one of the occupants and admitted to starting the fire after he saw his ex's clothing inside of the house. The home was empty at the time and nobody was injured.

Trials and successes of music careers

By NATHAN WANLASS

A career in music can be an inspirational way of living. Students who study music devote countless hours practicing their craft in an effort to make money doing what they love. This determination and work ethic should be respected, but in a world where music can be streamed from anywhere, some musicians have concerns about job stability in the coming years.

These concerns largely come from the expansion of music platforms like Spotify and Pandora. Because of the ease in arranging playlists for events, paying for live music isn't as common as it once was.

BYU piano performance major David Kime has been working hard to increase his music capabilities at BYU. He and his friend, CJ Madsen, have been working on an oratorio inspired by *The Book of Mormon*. The two are getting ready to release their recording to the public through Apple Music and Spotify.

"This was a really high-quality recording that cost tens of thousands of dollars to make," Kime said. "You make a tenth of a cent for every play you get on a streaming service, but we sell an album for 25 dollars. It can be really hard to make money by streaming services alone."

Despite the prevalence of streaming services, Kime still feels positive about the future of live music. He said people are still going to want to see musicians create and perform in person.

"From a career perspective, it's still the classiest to have somebody come play the piano at wedding receptions instead of just having music off a playlist," Kime said. "Music brings people together; it unifies people. You generally don't get that kind of experience from Spotify."

However, Amaya Longshore, a music performance major, said there are some students



David Kime, left, helps Lindsay Bastian with the music at a BYU devotional. Kime has a passion for music and hopes to play live throughout his life.

with concerns that they won't get to play live, but the primary concern still resides in making money off of the music platforms.

"One of the best ways for up and coming bands to market themselves is to put themselves on music-streaming websites," Longshore said. "But the downside is that people who work in the music industry get more money than the actual musicians do."

Even though she isn't interested in going professional, Longshore said she is aware of the struggles many musicians go through to become known. She said some musicians "bite the bullet" and work with publishers and music platforms to become more public, but it might not always pay off.

BYU music professor Ray Smith shares Kime's opinion that Spotify and Apple Music haven't changed the role of live performance, but that they have instead improved opportunity

for aspiring musicians.

"Some people believe that this is the greatest opportunity in the history of the world for musicians. There are so many ways to get yourself out there," Smith said.

"But there are always challenges in making a music career work."

Smith has played the saxophone throughout his career but developed talent with other instruments as well. He said his success finding work was often the result of this flexibility in skill. His job experience provided him a satisfying career, and he has won several international awards for his jazz performances.

"If you prepare carefully and do your very best, the Lord will be able to help you better your skills," Smith said. "Some people may not like that sort of uncertainty, but I think that trusting the Lord is the most certain thing you can do."

Smith mentioned that

musicians typically live off of multiple sources of income, whether it be performances, teaching private lessons, selling their music and working with bands or other performing groups.

"It can be a tough way to live," Smith said. "But for those who really want to play music as a career, it can be incredibly rewarding if you can make it work."

Despite his successes, Smith said that by itself, music as a career is not for everyone. However, a music degree can provide students with opportunities throughout the job market. Music therapy, advertising or music technology can be excellent alternatives to performance.

"Some music students may want to reconsider what they do," Smith said. "But if they have the passion for music, they shouldn't just ignore it for fear that they won't succeed — they should go after it."



Associated Press

Matthew and Jill McCluskey, parents of Lauren McCluskey, hug after speaking during a news conference in Salt Lake City.

Family of slain Utah woman says school didn't protect her

ASSOCIATED PRESS

Parents of a University of Utah student and track athlete who was fatally shot on campus are fighting a claim by the college that their lawsuit should be dismissed because their daughter's killer wasn't a student.

Campus police could have contacted the killer's parole officer or kept him off campus after Lauren McCluskey and her friends reported his harassment and an extortion attempt, lawyers argued in a court filing Nov. 25.

The family alleges their daughter reached out to campus police more than 20 times to report concerns, which the university treated with "deliberate indifference" and minimized based on "false and invidious gender stereotypes," the court filing states.

Lauren McCluskey, 21, was killed by her ex-boyfriend Melvin Shawn Rowland in 2018 after she dumped him because he'd been lying about his name, age and status as a sex offender.

McCluskey came to Utah on a track scholarship following a standout high school career.

The family is seeking \$56 million in the negligence case

filed in U.S. court. They say any money would go to a trust designed to improve campus safety.

The McCluskeys announced that retired Utah Supreme Court Justice Christine Durham is joining their legal team.

University lawyers argued in September that the McCluskeys don't have grounds to sue because the killer wasn't affiliated with the university. The university also disputes the claims that actions by campus staff had anything to do with McCluskey's gender and that campus police failed to adequately train officers.

An independent review commissioned by the university found multiple missed warning signs before Lauren McCluskey was found shot in a car. However, university President Ruth Watkins has insisted there's no reason to believe Rowland could have been stopped.

The school said earlier this year it plans to spend about \$925,000 to improve safety based on recommendations from a task force that reviewed what happened to Lauren McCluskey.

The recommendations include improving building alarms, adding police patrols outside night classes and hiring a chief security officer.



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UNIVERSITY DEVOTIONAL
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Elder Dale G. Renlund and Sister Ruth Lybbert Renlund

Elder Dale G. Renlund was called to the Quorum of the Twelve Apostles in October 2015. A native of Salt Lake City, he had served as a General Authority Seventy since April 2009 and previously served in the presidency of the Africa Southeast Area.

After receiving an MD degree from the University of Utah, Elder Renlund received further medical and research training at Johns Hopkins Hospital. He was a professor of medicine at the University of Utah and the medical director of the Utah Transplantation Affiliated Hospitals (UTAH) Cardiac Transplant Program. He has served as a full-time missionary in Sweden and as a stake president, bishop, and Area Seventy.

Also a native of Salt Lake City, Sister Ruth Lybbert Renlund graduated from the University of Utah in 1976 with a bachelor's degree in history and received a juris doctorate in

1986 from the University of Maryland School of Law. She practiced law at the Utah attorney general's office for three years and then joined the firm of Dewsnap, King, and Olsen, where she practiced plaintiff's civil litigation for twenty years. Serving as the president of the firm at the time of Elder Renlund's call as a General Authority, she served on the board of directors for Deseret News and the Workers Compensation Fund of Utah and as chair of the Judicial Conduct Commission for the state of Utah. She was also the first female president of the Utah Trial Lawyers Association.

Sister Renlund has served in multiple church callings, including Gospel Doctrine teacher, Young Women president, Relief Society president, and in a stake Young Women presidency.

The Renlunds were married in 1977 and are the parents of one daughter.

Selected speeches available at speeches.byu.edu

NEXT: UNIVERSITY DEVOTIONAL

Sister Jean B. Bingham
Relief Society
General President



December 10, 11:05 a.m.
Marriott Center
PLAN NOW TO ATTEND.

As stigma ebbs, college students seek mental health help

ASSOCIATED PRESS

More college students are turning to their schools for help with anxiety, depression and other mental health problems, and many must wait weeks for treatment or find help elsewhere as campus clinics struggle to meet demand, an Associated Press review of more than three dozen public universities found.

On some campuses, the number of students seeking treatment has nearly doubled over the last five years while overall enrollment has remained relatively flat. The increase has been tied to reduced stigma around mental health, along with rising rates of depression and other disorders. Universities have expanded their mental health clinics, but the growth is often slow, and demand keeps surging.

Long waits have provoked protests at schools from Maryland to California, in some cases following student suicides. Meanwhile, campus counseling centers grapple with low morale and high burnout as staff members face increasingly heavy workloads.

"It's an incredible struggle, to be honest," said Jamie Davidson, associate vice president for student wellness at the University of Nevada, Las Vegas, which has 11 licensed counselors for 30,000 students. "It's stressful on our staff and our resources. We've increased it, but you're never going to talk to anyone in the mental health field who tells you we have sufficient resources."

The Associated Press requested five years of data from the largest public university in each state. A total of 39 provided annual statistics from their counseling clinics or health centers. The remaining 11 said they did not have complete records or had not provided records five months after they were requested.

The data shows that most universities are working to scale up their services, but many are far outpaced by demand.

Since 2014, the number of students receiving mental health treatment at those schools has grown by 35%, while total enrollment grew just 5%. By last year, nearly 1 in 10 students were coming for help, but the number of licensed counselors changed little, from an average of 16 to 19 over five years.

On some campuses, that amounts to one counselor for every 4,000 students, including at Utah Valley University. An industry accrediting group suggests a minimum of one counselor per 1,500 students, but few of the 39 universities met that benchmark.

When Ashtyn Aure checked in at the mental health clinic at UVU last year, she was suffering anxiety attacks and had not slept for days. Her mind kept returning to past traumas. When she asked to see a counselor, a staff member told her the wait list stretched for months. She left without getting help.



Associated Press

A student attaches a note to the Resilience Project board on the campus of Utah Valley University. The purpose of the project is to let students know that it is OK to struggle. More college students are turning to their schools for help with anxiety, depression and other mental health problems.

"I was so obviously distressed, and that was the place I was supposed to go. What do you do after that? Do you go to the hospital? Do you phone a friend?" said Aure, 25, who graduated this year.

Ultimately, she turned to her church, which helped her find therapy at an outside clinic. "If it wasn't for that," she said, "I don't know."

Officials at UVU said they are working to avoid such cases. If staff know a student is in crisis, they said, a counselor can see that person in a matter of minutes. But staff members have only a few moments to make an assessment.

"Unfortunately, stories like this are not that uncommon," said Dr. William Erb, senior director of student health services at UVU. "We train, review and revise these procedures so that situations like this can be avoided as much as possible."

At most universities, students contemplating suicide or otherwise in crisis are offered help right away. Others are asked to schedule an appointment. For cases that are not urgent, the wait can range from hours to months, depending on the time of year and the design of the clinic.

Many schools that provided data to the AP said it takes weeks to get an initial appointment. At UVU, students waited an average of more than four weeks last year. At the University of Washington at Seattle, it was three weeks. During busy times at Louisiana State, wait times stretched to four or five weeks.

Some other schools have adopted a model that provides screenings the same day students ask for help, but it can take weeks to get further treatment.

To some students, waiting is just an inconvenience. But it raises the risk that some young people will forgo help entirely, potentially allowing their

problems to snowball.

Students at Brigham Young University drew attention to delays last year after a student took her own life on campus. Days after the suicide, an anonymous letter was posted at the counseling center describing the dilemma some students face.

"I have a therapist on campus, and he is wonderful and well qualified. But I only see him once a month. Because he has too many clients to see in one week," the letter said. "It is the story of many of us barely getting by here at BYU. If I died would anything change?"

Students at the University of Maryland called for change last year after some on campus said they had to wait 30 days or more for an initial appointment. Organizers called the campaign "30 Days Too Late."

"We quickly realized that there were a lot of people on campus who believed in what we were doing and had had their own experiences," said Garrett Mogge, a junior who helped organize the effort. "Thirty days can be a long time. And once you get there, it's too late for some people."

Officials at the University of Maryland said the campaign showed there was a need to raise awareness about same-day crisis services available on campus. The school also has hired additional counselors since the campaign began.

Other schools that have received student petitions to improve counseling include Michigan State, Louisiana State, Columbia and Cornell universities.

For cases that are not urgent, some argue that waiting isn't necessarily bad, and could even lead to better outcomes.

A recent study found greater reductions in anxiety and depression at clinics that focus on providing students counseling at regular intervals, a system that might mean waiting for a therapist's caseload to open. That practice was compared with clinics that offer quick initial help but cannot always provide

routine follow-up treatment.

The study by Pennsylvania State University's Center for Collegiate Mental Health found that prioritizing access over treatment "may have significant negative consequences for students in need."

The rising demand for campus mental health care has been attributed to an array of factors. Stigma around the issue has faded, encouraging more students to get help. Disorders that once prevented students from going to college are no longer seen as a barrier. Some people believe social media fuels anxiety, while others say today's students simply have more trouble coping with stress.

Mass shootings, and the fear they spread, have also been suggested as a factor. The University of Nevada, Las Vegas, saw an increase in demand following a 2017 shooting at a nearby county music festival that left 58 people dead and hundreds wounded.

"That really increased the number of students we were seeing," said Davidson, the head of student wellness. The school later hired a trauma specialist and added a student mental health fee to hire more counselors, among other measures to reduce wait times.

For years, national surveys have found rising rates of anxiety and depression among college students. Most colleges that provided data said those conditions, and stress, were the most common complaints. Some schools have seen more students struggling with thoughts of suicide.

The shifting landscape has spurred many universities to rethink how they provide help, including offering more short-term treatment options. More students are being steered to group therapy or anxiety workshops. Counseling centers offer yoga, and many train students to counsel one another.

"We're reframing what mental health looks like at a school. It's not necessarily 10 therapists sitting in offices," said Erb, the student health director at UVU.

Rising demand has also

opened doors for businesses promising solutions. Some schools have signed on with companies that provide therapy over the phone or through video chats. Others urge students to try smartphone apps.

But some say the changes will help little if clinics remain understaffed. Counselors at some California State University campuses are pressing the system to hire more staff even as it expands peer counseling programs and wellness workshops. A faculty union is lobbying to reach a ratio of one counselor for every 1,500 students. The system estimates it has one for every 2,700 students.

"Some students come in, and they can be seen maybe once every five or six weeks. They are shocked, because that's not what they're used to out in the real world," said Martha Cuan, a counselor at Stanislaus State University, one of the system's 23 campuses.

A state bill requiring the system to set a goal to meet the lower ratio failed to gain traction in the state Legislature this year, but its sponsor plans to reintroduce it next year. Other states tackling the issue include Illinois, which in August approved a law telling public universities to aim for one counselor per 1,250 students.

For many schools, finding the money to add counselors is a challenge. Many campus clinics don't charge students for services and generate little or no revenue. A 2016 bill in Congress proposed new grants for university counseling, but it never advanced to a vote.

Some schools are adding new campus fees to hire counselors or are subsidizing clinics through athletics revenue, as the University of Texas recently did.

Overall, the AP analysis found that campus counseling budgets have increased by about 25% over the last five years, but levels vary widely, from more than \$200 per student at some campuses to less than \$40 at others.

The way students feel about campus mental health services is mixed, according to a recent

poll by the AP-NORC Center for Public Affairs Research. Among adults ages 18 through 29 who have pursued higher education, about a third said colleges do a good job handling mental health needs, while about as many said they think schools do a bad job. Another 3 in 10 said it's neither good nor bad.

Most university presidents say mental health is a growing concern, but they lack the tools to address it, according to a separate survey of school chiefs by the American Council on Education. Given unlimited funding, the survey found, most presidents said they would first hire more mental health staff.

On any campus, the greatest fear is that a student in dire need could fall through the cracks. Mike and Kim Predmore believe that's what happened to their son, Chris, who was struggling as a freshman at Illinois State University in 2014.

He had just been through a bad breakup. He didn't make the soccer team. He was stressed about school and wasn't sleeping. One night, he texted a friend and talked about suicide. His family persuaded him to visit the campus counseling center for help.

At an initial screening, Chris Predmore told a counselor he was not thinking about suicide but wanted to try therapy, according to notes from the visit. He was told that there was a wait on campus and that he should explore nearby clinics with his parents. He never did. Two days later, he took his own life.

His parents have since become regulars at a support group for families of suicide victims. Three other couples in the group also lost children who were in college. The Predmores wonder why there aren't more counselors and why schools can't do more. Often, they just wonder what might have been.

"I think if they would have said, 'Yeah, we're going to get you into counseling,' I don't think he'd be dead," Kim Predmore said. "I don't know. I'll never know. But I think he would have been able to hang on."



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Simple Bites

Recipe Column



This week:
**Veggie
Cheese
Ball**

Ingredients	Small	Medium	Party size
Cream cheese	1 - 8 oz pkg	2 - 8 oz pkgs	4 - 8 oz pkgs
Shredded carrots	1/4 cup	1/2 cup	1 cup
Green onion	1/2 bunch	1 bunch	2 bunches
Red bell pepper	1/4 cup	1/2 cup	1 cup
Garlic powder	1/4 tsp	1/2 tsp	1 tsp
Onion powder	1/4 tsp	1/2 tsp	1 tsp
Black pepper	1/8 tsp	1/4 tsp	1/2 tsp
Finely chopped pecans or almonds	1 cup	2 cups	4 cups

Directions:

Soften cream cheese to room temperature to make it easier to mix. In a mixing bowl add all ingredients and mix well until completely blended. Shape cheese mixture into a ball (can be shaped into a log as well).

Carefully roll ball into crushed nuts until all sides are coated. Wrap coated cheese ball with plastic wrap and refrigerate for several hours or over night to set. Serve with your favorite crackers or pita chips.

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

How social media is shaping millennials' views on religion

By ALICIA MATSUURA

There was a point in his life when Zaki Mohamed questioned his belief of his Muslim faith. Yearning to settle his uneasiness, the 21-year-old University of Utah student explored other religions and tried adopting new beliefs. It was through this soul-searching experience that he came to value his religious upbringing in the teachings of Islam.

"My faith is extremely important, especially when it comes to school and my struggles in life. The biggest thing I can always turn to is my religion and faith," Mohamed said.

Mohamed has undertaken the process of exploring various faiths, and he is not alone in his generation. One of the main factors leading millennials to go on these "spiritual journeys" is their exposure to the influx of faith-based beliefs, ideas and practices found on social media—a platform that some argue is now shaping the religious landscape of the United States and other parts of the world.

While research indicates that the millennial generation is "less religious" than previous generations, individuals like Mohamed are proof that there are still young people who consider themselves devout believers of a singular religion.

The religious decline of millennials

In a study conducted by the

University of Notre Dame, researchers attempted to explore whether social networking sites have an effect on young adults' religious patterns and thought processes.

The constant uploading and sharing of information through social networking sites exposes young adults to a plethora of beliefs, ideas and practices. Research findings indicate that those who abstain from social media have a higher chance of attending regular church services. Those who report being active on social media attend regular church services less.

"There are so many ideas out there. If someone isn't grounded or doesn't know exactly who they are, it's hard," Mohamed said. "In this day and age, we're fed way more ideas and information than any other generation before us. Is what you see on the media true? Is it biased? Unbiased? Who knows?"

According to the same study, another factor that potentially contributes to the increasingly non-religious nature of young adults is the fear of judgment and criticism. In an era where social issues like gender equality, same-sex marriage, abortion and more are generally defended by strong opinions, young adults may fear committing to a single religion because they don't want to be viewed as intolerant or narrow-minded. Some young adults have adopted an open mindset by becoming "spiritual tinkers," or individuals who take parts of various religions to customize their ideal sense of spirituality.

Mikhail Ahmed was raised by Somalian parents in a conservative Muslim household. Although the University of Utah student considers himself to be a devout Muslim, he said he is aware of the fear some young adults face over committing themselves to one belief.

"Throughout history, we've seen how oppressive religion could be. People have been questioning what religion has done for them, that it's man-made and doubtful. They don't want their life to be bound by what they see as a set of rules and restrictions," Ahmed said.

Despite research indicating the decline of religious devotion among millennials, there are those who continue to stand firm in their faith as they strive to maintain their religious beliefs and practices.

Maintaining the faith of millennials

Junee Castro has served as the director of Youth and Young Adult Ministry for the Roman Catholic Diocese in Salt Lake City for three years. She oversees 48 parishes in Utah, including 23 youth groups and three young adult ministries. The diocese keeps its millennials active through various programs and activities including rallies, youth congress, opportunities for confession and reconciliation, field days, worship, adoration services and young adult retreats. Castro said she has seen a different reality from the research suggesting millennials are less religious. "The youth and young adults



From left, Abdulahman Abdi and Mikhail Ahmed stand outside the Khadeeja Islamic Center before Friday prayer.

Alicia Matsuura

are willing to help, to volunteer and support, and be engaged. They aren't afraid to share their faith experience with their peers," Castro said. "Being involved in our activities helps us continue to grow in the faith, in what we believe and what we stand for."

Imam Yasir is a spiritual leader for the Islamic Society of Greater Salt Lake. The organization he oversees works to serve the youth and young adults in the Muslim community. Every week, they hold a Sunday school for boys and girls of all ages, giving them the chance to study religious texts and become well-versed in Islamic doctrine. An

important part of their teachings involves focusing outward and developing the skills to better serve the community. During the week of Ramadan, they gather each night's leftover meals and take them to the homeless shelter.

"These weekly programs help these young people make sense of their surroundings and become better civic leaders in their own regard. It also helps them to find meaning and address challenges they may be facing in their daily life," Yasir said.

Strengthening religious youth and young adults is also a priority for the leaders of the First Baptist Church of Provo. Pastor

James Thompson shared that a lot of emphasis is placed on reinforcing the home structure and encouraging families to be engaged in maintaining faith commitments in the household.

"The main vehicle is through the home. We gear towards preparing the parents to continue the areas of study and spiritual growth within the home," Thompson said.

The principles of home-centered learning taught in the First Baptist Church of Provo can help young people find commonality with other religions. It was in the home that Ahmed said he first learned about God.

"As a Muslim, it's having this idea of placing God before anything else. Something you just ask yourself is, 'What's worth more? God or this?'" Ahmed said. "It's this whole idea that God is watching over you, that he's always hearing, aware and well-acquainted with what's going on in your life."

As Ahmed looks toward the future, he said his hope is that Islam becomes more developed in the community and that the stereotypes painting Muslims as violent extremists fade away.

"I hope people will start to believe we're good people by nature. We belong here, and we have just as much of a right being Muslim and American (as other citizens)," Ahmed said.

This hope and vision for the future keeps Ahmed strong in his faith and unites him with other young believers to make up the rising generation of faith holders.

Social media support for religious youth and young adults

By ALICIA MATSUURA

Social media and its effects on users have been on the forefront of research in recent years.

The University of Notre Dame carried out a study in which researchers found that religious attendance rates are lower for individuals who are active on social media. Further, individuals who are active on social media are exposed to an influx of religious beliefs, ideas and practices, and report it is more acceptable to "pick and choose which religious beliefs they

adopt, regardless of what their religious tradition teaches."

While these studies explore the possible downsides of social media, there have been positive findings and reported experiences as well. Some church leaders in religious communities across Utah have reported that social media is an effective tool in connecting with and providing additional support for the youth and young adults in their congregations.

Junee Castro has served as the director of Youth and Young Adult Ministry for the Roman Catholic Diocese in Salt Lake City for three years. She

oversees 48 parishes in Utah, including 23 youth groups and three young adult ministries.

Based on her experience working with the young people in her congregation, Castro said that despite research implying social media users are less likely to attend regular church services, she has seen a different reality.

Castro believes the church's proactive use of social media has helped the youth and young adults in her congregation by providing them with additional support.

"We can reach the young adults with the ever growing

internet and social media," Castro said. "Especially for instances when they're physically unable to come to the church but still need that support."

When Castro is in her office, she is busy running three Facebook pages, including a youth ministry page specifically for parents. But it doesn't stop there. She also runs an Instagram page for the diocese.

"I run an Instagram for the youth because that's where they are," Castro said.

A study conducted by the Pew Research Center exploring teens and their experiences on social

media found that 68% of teens say social media makes them feel that they have people who will support them through tough times. Further, 81% of teens say social media makes them feel more connected with what's happening in their friends' lives.

James Thompson, the pastor of education for the First Baptist Church of Provo, agrees that the social media aspect of "connecting with others" can help strengthen the young people of his congregation. Furthermore, it allows them to communicate at a time that's best for them.

"There tends to be a desire to use social media as a way to

engage when it's convenient for them and to ask questions directly without having to meet face-to-face," Thompson said.

In addition to providing personal support for youth, the First Baptist Church of Provo also has an active Facebook page that displays weekly sermon videos, information on upcoming events and a look into volunteer opportunities.

Church leaders are taking a proactive approach on social media, trying to meet youth and young adults where they are as a way to provide a positive influence and continually support faith and religious belief.

MIXTAPE

Best Christmas Songs

"It's Beginning to Look a Lot Like Christmas"
Michael Buble

Let's be real. Any song on Michael Buble's Christmas album is on this list, but this song takes the cake for me. When this Canadian artist's version was released, it immediately hit the top charts not only in the U.S. but all over the world. It just makes me want to snuggle up by the fireplace with a warm, cozy blanket and sip hot cocoa while watching the snowflakes lightly fall to the ground. Maybe it's tradition or maybe it's because this is the best version I've heard. Whatever it is, it never disappoints.

"Christmas (Baby Please Come Home)"
Mariah Carey

This rendition is as powerful as they come. With Mariah's five-octave vocal range, this song fits her like a glove. Other artist's may attempt this song, in fact a couple dozen have, but Mariah Carey will win every time. The original version was released in 1963 but Mariah Carey's version has become one of those iconic Christmas songs that you can't help but rock out to in the car because of this "Songbird Supreme".

"Rockin' Around the Christmas Tree"
Brenda Lee

Bring it back to the 1950's with Brenda Lee's original. I know some of you might think this song is old school, but it's just not Christmas without it. The classic, in this case, will always win. This might possibly be one of the best Christmas songs ever written. I can just see it now. Everyone gathered around the tree hanging ornaments, stringing tinsel and dancing to this cute little song.

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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Much Ado About Nothing

Shakespeare's most beloved comedy, presented in a modern-day transformation of the Globe Theatre! Filled with brilliant banter, *Much Ado About Nothing* is a sharp look at human nature—and the transformative power of love.

Dec. 4-7, 7:30 p.m.
Dec. 7, 2:00 p.m.
Pardoe Theatre

Music Dance Theatre Workshop: Rump

This fractured fairy tale follows the adventures of Rump, a young man who discovers that sometimes the greatest gifts come with the most terrible curses. Told inventively through an a cappella musical score, this workshop performance is an exciting world premiere.

Dec. 5-7, 7:30 p.m.
Dec. 7, 2:00 p.m.
Nelke Theatre

University Strings and Orchestra

Tues., Dec. 3, 7:30 p.m.
de Jong Concert Hall

Christmas Around the World

Fri., Dec. 6, 10:00 a.m. and 7:30 p.m.
Sat., Dec. 7, 2:00 p.m. and 7:30 p.m.
Marriott Center

Celebration of Christmas

Fri.-Sat., Dec. 6-7, 7:30 p.m.
Sat., Dec. 7, 3:00 p.m.
de Jong Concert Hall

University Chorale

Tues., Dec. 10, 7:30 p.m.
de Jong Concert Hall

BYU Symphony Orchestra

Wed., Dec. 11, 7:30 p.m.
de Jong Concert Hall

BYU Wind Symphony and BYU Symphonic Band

Thurs., Dec. 12, 7:30 p.m.
de Jong Concert Hall

All events are ticketed.

BYUarts

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Christmas Giveaway

Enter each day to win daily prizes.

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2. Tap on Enter Here.
3. Fill out the entry form.
4. Tap Submit.



Day 1
Tue., Dec. 3
Alta ski tickets for 2 or 4 tickets to the Sundance Film Festival



Day 2
Wed., Dec. 4
\$100 gift card to Doc Brundy's or 4 tickets to the Utah Grizzlies



Day 3
Thu., Dec. 5
6 tickets to the Midway Ice Castles or Sundance ski lift tickets and rentals for 2



Day 4
Fri., Dec. 6
2 Get Out passes for a year or 4 tickets to the Loveland Living Aquarium



Day 5
Mon., Dec. 9
Chip cookies for a year or 4 day passes to Provo Beach Resort



Contest Rules:
Images are active from 9 a.m. of the day indicated until 9 a.m. the following day. One entry per person per day. Duplicate entries will be removed before the daily prize drawing. Participants must provide their BYU ID number to be eligible. Contest is open to BYU students, faculty and staff only. Employees of The Daily Universe and their immediate families are not eligible to win.



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Asking for a friend...

'There's someone close to me who is struggling, how do I help them?'

This time of year can be difficult both emotionally and academically for many students. Here's what professionals, BYU professors and fellow BYU students have said about how to help those around you who are struggling.

"If you have never been depressed or anxious yourself, it can be really hard to understand what someone else is going through. Sometimes, the best thing you can do to help is simply to be there with them, really be present. Just having someone care enough to be around them while they feel so worthless and low can make a huge difference. Listen to what they have to say and validate their feelings even if you disagree or think they're blowing things out of proportion. To them, this is real and excruciating. Let them know that what they are feeling is not their fault. Social support plays a big role in helping someone overcome emotional difficulties. Help the individual to not feel like a burden by telling them what they mean to you. While they may be feeling hopeless, offer them some of your hope by reminding them of their worth and that their life is more important than their grades. Don't make them do anything they really don't want to do, but encourage them to seek help from a mental health specialist or another trusted individual (clergy member, professor, parent). Go with them if that's what it takes. CAPS has walk-in crisis appointments and the BYU police are always available to help."

—Charlotte Esplin
Adjunct psychology faculty

"If you see someone close to you struggling, reach out to them and let them know directly that you're concerned about them. Then, be willing to listen.

More than advice or solutions (which have their place), they need you to listen, understand and not judge them. Give them space to talk about what they're dealing with, and this will signify they can trust you.

"I would also offer help to them, but I would let them dictate what sort of help they're comfortable accepting. It can be beneficial to know the resources BYU offers to support students so that you can give them different options. If they're willing to accept help, be willing to support them as they start to make healthy changes in their life. Your support can make a real difference for them."

—Klint Hobbs
Assistant clinical professor
BYU Counseling and Psychological Services

"I feel like if there's someone that's struggling, the best thing you can do is just be there to listen. Lots of times people just want to talk about their problems and let someone know what's going on in their lives. Sometimes they're not even looking for a solution, they're just looking for someone that can understand them and be there just to listen. And so, instead of just giving out answers and different things they can do, sometimes we can just sit back and listen and acknowledge how difficult that situation may be for that person at that moment."

—Gavin Pearce
Highland, Utah

"It's always hard to know what to do. I think the best thing to do is to just let them know that you're there for them, that you can support them. I think a lot of times when people are struggling they don't necessarily need someone to step in and fix their

problems. I think usually people know what they need to do to get out of their situation or to make things better, but if they know there's someone there to help them and support them and that isn't going to judge them if they don't do the things they should be doing, I think that helps a lot."

—David Belnap
Pleasant Grove, Utah

"I think that a lot of times during this time of the semester is hardest because people just feel really stressed because there's a lot to do and so probably I would say the best way to handle that is to just to make sure you have a good balance and you're not spending too much time studying. So, I like to make sure I'm in the temple once a week and don't use the time that I usually study scriptures to study other thing, keep that a priority. Even if it means sacrificing a little bit of study time, making sure you're with people. Especially with people who will lift you up and help you keep your goals."

—Janelle Jensen
Stockton, California

"It depends on the situation. If it's a roommate I think that you need to take time out of school and just relax with them. Whereas a person in class, I think it's important to just make sure that you're checking in on what's happening in their life."

—Isabel Neal
Bentonville, Arkansas

"One of the things I like to do when people are struggling that are my really good friends or that I know pretty well, I like to just talk to them and make sure they have someone to talk to. I encourage them and say, 'you've got this.'"

—Abby Jensen
Mission Viejo, California

"I just take time personally to go out of my way and show them that I love them. Just talking to them for a bit."

—Ashley Bullock
Draper, Utah

"You don't have to do a lot, you just need to let them know that you're there to help them out. That you're ready to support them if they need you. So, it doesn't require a lot of outward action, you just need to let them know you're there."

—Kallai Dresen
Fallbrook, California

If you or someone you know needs additional help, try some of the following resources:

- Talk with a counselor in Counseling and Psychological Services (CAPS) in 1500 WSC. Call 801-422-3035 to make an appointment or visit caps.byu.edu for self-help strategies and information on community resources.
- Visit youareloved.byu.edu to be reminded that you are appreciated and supported by faculty, staff and administrators and for more resources and services available to students.
- If you or someone you know is considering harming themselves or others, go to the nearest emergency room.
- Utah County Crisis Line: 801-691-LIFE
- Wasatch Mental Health Crisis Line: 801-373-7393
- National Suicide Hotline: 1-800-273-8255
- Crisis Text Line: Text HOME to 741741

READERS' FORUM

Finding happiness

From a young age, the idea of college had always been enticing to me; something about living on my own, making fun memories, meeting new people and trying new things was so exciting. As I have spent more time on campus, I have noticed students at BYU are so focused on their studies and reaching an unattainable form of perfection that they are not allowing themselves to live in the moment and create the college lives they always dreamed of.

Students would bring more positivity, flow and overall happiness into their lives if they were to closely observe gratitude, quality time and social interactions. A recent study from Harvard Health showed that psychologists have scientifically proven that one of the greatest contributing factors to overall happiness is how much gratitude a person shows. By simply noticing what is around us and expressing gratitude, we can become unshackled from toxic emotions and bring long-lasting positive effects to our brains.

Whether it be spending time with your best friend or casually getting to know the person next to you in the Chick-fil-A line, social interactions are key to our happiness. If the whole goal of college is to learn and grow, why not flourish in ways deeper than a textbook? Start today—set goals for yourself and follow through. There is no better person to take charge and make a difference in your life than yourself. Make it count.

—Mikayla Pearce
Parker, Colorado

Attempts to save are costing disabled students

Hundreds of colleges around the country have shuttle programs to move students around campus. NYU moves their 30,000 students through downtown Manhattan on a university shuttle. However, BYU's stance on transportation seems to be as described on their website, "You can walk from one end of BYU to the other in under 20 minutes." For someone who is struggling post-surgery or has a condition that limits their ability to walk, this explanation is the equivalent of "let them eat cake." If other schools can afford to have a public transport system, we as one of the largest private universities in the country should also provide this service.

For me, this issue is personal. I had knee surgery two months before school started, and the Accessibility Center told me the only alternative to walking to class was to be pushed in a wheelchair that I had to provide. Fortunately, I healed enough to walk on my own, but those who aren't as lucky are forced to either endanger their health or become the center of unwanted pity and attention. A shuttle would allow them to get to class safely and efficiently.

Critics of this plan will say that a shuttle route would not be worth the cost. This is an odd comment considering how willing the University was to fund a new Cougareat. If we are spending money on our Chick-fil-A and Wendy's, instead of a transport system for our disabled students, we need to rethink our priorities. Despite the cost and logistics behind the university shuttle, our disabled students deserve this accommodation.

—Myle Larsen
Wayland, Massachusetts

COUGAR POLL

Favorite Christmas movies

According to a random survey of 51 BYU students

Elf

The Santa Clause

Home Alone

Frosty the Snowman

The Polar Express

The Muppet Christmas Carol

Mr. Krueger's Christmas

White Christmas

The Nightmare Before Christmas

Miracle on 34th Street Gremlins

It's a Wonderful Life

A Christmas Story

The Family Man A Charlie Brown Christmas

How the Grinch Stole Christmas

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.

BYU athletes making Olympic history since 1912



Left to right, Alma Richards (1912), Kresimir Cosic (1968, 1972, 1976, 1980), Kate Hansen (2014), Tatenda Tumba (2016, 2020) and Taylor Sander (2016) are all athletes with a BYU connection that have competed in the Olympics.

By ANNA BRYNER AND
ASHLEY JORGENSEN

The Cougars have made a mark in the Olympics since BYU's first Olympian competed in 1912. More than a century later, BYU-affiliated athletes — including students, coaches and professors — have participated in dozens of Olympic events and collectively earned 34 medals.

The first modern Olympics took place in Athens, Greece, in 1896 — the year Utah became a state. BYU's first Olympian, Alma Richards, simultaneously won a gold medal and set a new world record for the high jump in 1912, just 16 years after the Olympics began.

Former BYU men's volleyball outside hitter Taylor Sander brought home the most recent medal when his team won a bronze in Rio in 2016. Sander was one of four athletes with BYU ties who competed in the 2016 Summer Olympics.

As the 2020 Tokyo Olympics draw nearer, several BYU-affiliated athletes aim to earn a spot in the games, nine of whom are current BYU students or faculty. Six members of BYU's swim team, Mary Lake from the women's volleyball team, Clayton Young from the men's track and field team and adjunct professor Jared Ward, who competed in Rio, are all qualified. Athletes can continue to qualify until the end of June and beginning of July 2020, so more BYU athletes could qualify before the Olympics. Deadlines vary by event.

Former BYU swim and dive team member Peyton Sorenson also qualified during the 2018-19 season shortly before he graduated. Team USA volleyball outside hitter Sander is likely to make a second Olympic appearance after helping his team qualify on Aug. 11. Sprinter Tatenda Tumba competed in Rio and may return in 2020, competing for Zimbabwe.

Athletes and coaches with BYU ties have appeared in 16 Summer Olympics, including the past 14, and five total Winter Olympics, according to the BYU Athletics website.

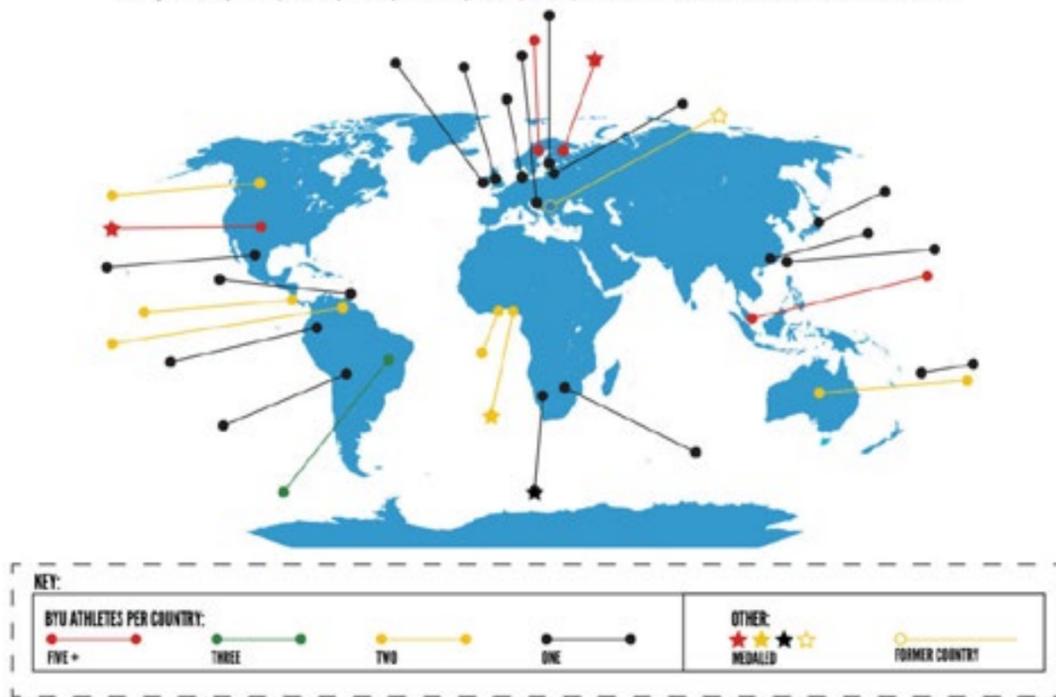
One of BYU's most notable years came in the 1972 Olympics in Munich. Men's track and field saw a gold medal finish from Pekka Vasala in the 1,500 meter, a gold medal in both the 5,000-meter and 10,000-meter for Lasse Viren, a silver in the 400-meter hurdles for Ralph Mann, and a silver for Jay Silvester in the discus. Kresimir Cosic, who was then playing on BYU's men's basketball team, won a gold medal in the same Olympics. In addition, basketball player Ken James, gymnasts Makoto Sakamoto and Debra Stark Clark, swimmer Piero Ferrauti, and runners Usaia Sotutu and Zdravko Pecar all competed.

The 1980 Olympics was also notable because the U.S. was boycotting the Moscow Olympics. Despite the boycott, three athletes with BYU ties competed: Kresimir Cosic for the Yugoslavian men's basketball team, Kenth Gardenkrans for the Swedish track and field team and Lasse Viren for Finland's track and field team.

The majority of medals for BYU athletes have come from the Summer Olympics. The only medals to come from the

COUNTRIES BYU OLYMPIANS HAVE REPRESENTED

AUSTRALIA, BOLIVIA, BRAZIL, CANADA, CROATIA, EL SALVADOR, ECUADOR, ESTONIA, FIJI, FINLAND, GERMANY, GHANA, HONG KONG, IRELAND, JAPAN, LITHUANIA, MEXICO, NAMIBIA, NIGERIA, SINGAPORE, SWEDEN, TAIWAN, TRINIDAD & TOBAGO, USA, VENEZUELA, YUGOSLAVIA, ZIMBABWE



Ashley Jorgensen

Winter Olympics are Shauna Rohbock's silver in the two-women bobsled in 2006 and Jean Saubert's silver in the giant slalom and bronze in the slalom in 1964. Rohbock was a standout soccer player at BYU between 1995-99, and Saubert earned her master's degree at BYU in 1976 after winning her medals.

One of BYU's most decorated athletes was Croatian basketball player Kresimir Cosic, who led the former Yugoslavia to four medals as a player and one as a coach. Cosic was a standout center on BYU's basketball team from 1969-73, helping the Cougars to two WAC championships.

Competing at the premier international sporting competition is an honor few athletes ever experience.

The Olympic Games last 16 days and occur every other year, alternating between the Summer and Winter Games. By the time athletes become Olympians, they have often spent years waking up early, eating healthy, pushing their bodies to the limit and strictly managing their time.

In the months leading up to the Olympics, athletes across the globe attempt to qualify for the Olympic Trials and Olympic teams. For many countries, including the United States, Olympic teams aren't finalized until a few weeks before the games begin.

Team USA Gymnastics silver medalist Guard Young said he made the team 10 days before he flew to Athens, Greece, to compete.

Young said he struggled with the pressure and began doubting he deserved a spot on the team. He said he was surprised when Team USA won silver because he was just thankful to be there. Fifteen years later, Young said he wishes

he and his team would have gone into the experience knowing what was possible.

2014 luge Olympian Kate Hansen remembers the surreal experience of competing in the Olympics.

"I had spent 11 years of my life in the sport and all I could dream of was walking into opening ceremonies with Team USA," Hansen said. "To be affiliated with some of the best athletes in the world and treated like equals was really special for me."

1988 Seoul Olympian Troy Tanner said no competition is quite like the Olympics.

"Every time you step into an Olympic arena, it just feels different; every emotion is intensified," he said.

When the time to compete arrives, athletes have to channel their years of training, dedication and passion into the event. Rowing Olympian Megan Dirckmaat McCourt, who competed in the 2004 Athens Olympics, remembers the anxiety that swept over her before her team's race.

"Everything in my body was definitely terrified," she said. Shaking with nerves, McCourt said she began praying — her custom before races — to calm down.

"You've got to keep track of your emotions and not get caught up in the setting," Tanner said.

While Olympic competitions are intense, the experience of living in the Olympic Village and mingling with other athletes is more fun and relaxed, according to McCourt. She remembers riding buses with USA athletes, such as Michael Phelps, to go watch Team USA compete in other events.

Hansen said many people don't know much about the personal side of

Olympians.

"Olympic athletes can be weird," she said. Because athletes have to find ways to calm their nerves and relax between races and training, they sometimes take up activities such as video games.

"Everyone has their weird quirks and hobbies they get into, so it's funny when they open up about it," she said.

Olympians with BYU affiliation have come to BYU before, during and after their Olympic debuts. Despite the common BYU thread, the athletes' Olympic training and experiences vary as much as the events they have competed in.

Megan McCourt, rowing

McCourt came to BYU before competing in the Olympics. McCourt's parents attended BYU, and she decided to do the same despite a full-ride rowing scholarship offer at USC and pressure from her high school coach to keep participating at the collegiate level.

Despite lacking a team and coaches at BYU, the Olympic hopeful kept working toward her dreams by training on a rowing machine in her Heritage Halls dorm.

McCourt's previous coaches kept reaching out to her, urging her to officially get back into the sport while she was at BYU. Finally, on a visit to her home in California, McCourt toured UC Berkeley. She enjoyed the visit but felt unsure about transferring because she perceived the school as "the polar opposite" of BYU.

After the tour, UC Berkeley's coach kept reaching out to McCourt, and in December 1997, after two and a half years at BYU, she transferred to participate on the rowing team.

McCourt's collegiate career launched her into the waters of international

competition, and in 2004, McCourt realized Olympic dreams as she made it to the Olympics and earned a silver medal.

Guard Young, men's gymnastics

Guard grew up with Olympian Wayne Young as his father, so gymnastics became a family activity, especially when Wayne began medical school. Guard said the family moved into a small apartment, so they went to the gym to shake off extra energy.

With the help of his coach, Mark Williams, Guard fell in love with gymnastics and later followed in his father's footsteps to BYU where he won six All-American awards and NCAA National Championships on the vault.

The men's gymnastics team was cut during his senior season at BYU. Guard said he felt lost until Williams was hired as the University of Oklahoma's men's gymnastics head coach and recruited him to be a graduate assistant where he had the opportunity to train and coach.

He joined the USA Senior National Gymnastics team in 2000 and helped the team win a silver in the 2001 World Championships. He then represented Team USA in the 2004 Athens Olympics where he and his team earned silver.

The father and son Olympians share a unique bond as both were inducted in the BYU Athletic Hall of Fame after their respective time in the Olympics.

Guard's love of gymnastics led him to become head coach of BYU's women's gymnastics. He said it feels like he is doing every routine in a meet, so he feels like he is competing again.

Kate Hansen, luge

Luge Olympian Kate Hansen was a BYU student while competing in the Olympics. Hansen got her start with luge at age 10, and by age 15, she was traveling the world competing on the U.S. National Team.

During her senior year of high school in 2010, Hansen was not sure she would go to college. She had barely missed a spot in the Vancouver Olympics and hoped to make the USA team in 2014, but training for the Olympics would give her little time to do much else.

Because she was raised a Cougar fan, and because of Park City's close proximity to Provo, Hansen decided to apply to BYU.

"If I wasn't going to get in, then I probably wasn't going to go to school," she said.

Hansen was accepted and began classes in Fall 2010. She traveled to Park City twice a week to keep up her training while she was a student. She even petitioned to be able to use the athlete weight room so she could have the resources she needed to maintain her regimen.

Hansen's winter sport demanded her attention during fall and winter semesters, so she came to BYU for spring terms before heading to Lake Placid, New York, for her summer training. Because she was not attending fall and winter semesters, she had to keep reapplying to BYU as a continuing student.

"It wasn't a mission, so I didn't get the normal deferral that missionaries get," Hansen said.

OLYMPICS

BYU athletes make history

Continued from Page 9

After years of training, Hansen earned a spot to compete on Team USA in Sochi.

"When I finally qualified in 2014, I had no emotion left," Hansen said. "I was so exhausted and tired from the three-month process of Olympic trials that I just cried and cried; all I wanted was a pizza and my bed."

While she might have wanted rest, Hansen kept working hard and earned a 10th place finish in the Olympics. After retiring from the sport in 2014, she returned to BYU and graduated in 2017.

Troy Tanner, volleyball

Olympic volleyball player Troy Tanner came to BYU to work as an assistant coach and to pursue a master's degree after competing in the 1988 Olympics. Tanner had the opportunity to share some of his experiences preparing for and competing at the Olympics with the players he coached.

Years later as Tanner coached volleyball stars Keri Walsh Jennings and Misty Mae-Treanor in the 2008 Beijing Olympics, he ran into Ryan Millar and Rich Lambourne, players he had coached at BYU. In Beijing, Tanner coached Jennings and Mae-Treanor to a gold medal while Lambourne and Millar also earned a gold medal.

BYU affiliated athletes have represented 27 countries in the Olympics and won medals for five of them since representing Finland in the Tokyo Olympics of 1964.

Besides Team USA, which 43 BYU affiliates have represented, Sweden, Finland and Singapore have been most represented by Cougars with seven, six and five Olympians, respectively, but this statistic doesn't account for repeat appearances. Twenty-four athletes have been repeat Olympians, and seven returned more than once. Cotic returned four times after his debut in 1968, Jay Silvester came back three times, and Frank Fredericks, Henry Marsh and Lasse Viren each made two additional appearances.

BYU's influence on international teams is likely to continue in 2020 through BYU track and field's Tumba, who looks to represent Zimbabwe, and Josue Dominguez from the BYU swim and dive team, who has qualified to represent the Dominican Republic.

Minnesota siblings on same team for first time

By CALEB LEMING

Jared and Jeremy Manzella were 6 and 4 years old, respectively, when they suited up for a hockey team in Eagan, Minnesota. Family, friends and teammates made younger brother Jeremy play goalie that day because he was the youngest kid on the team. Little did they know that one decision would contribute to a lifelong bond between two brothers.

The oldest two of the four Manzella brothers grew up 18 months apart, a two grade difference in school. Both began playing hockey at an early age because, as Jared explained, "that's just what you do in Minnesota, you play hockey."

The two grew up playing hockey day in and day out, specifically playing goalie. While Jeremy was the first to play goalie at his young age, Jared fell in love with the position as well. They grew up watching, supporting and challenging each other, but their age difference kept them from ever playing on the same team.

"We never really thought we would be able to do it," Jared explained. "With the age gap, we never thought it was a possibility to play together. We were good with watching and supporting from other teams."

They realized the best way to share the ice was by watching the other. The two supported

each other at games from different age groups, never afraid to pitch advice and help when the other was struggling on the ice. Jared and Jeremy said they really began to bond personally through hockey when Jared was in his senior year and Jeremy was in his sophomore year of high school.

"I always got to see him play," Jeremy said. "It's just amazing how much you bond with another goalie, and having it be your brother was really cool."

The brothers said they realized their talent as goalies could make college hockey a reality. Jared said he had always wanted to play hockey in college but didn't think it was a possibility until his junior year of high school.

"It had been a dream for a while, but then I realized it was something that I could actually make happen," Jared said.

After successful junior and senior seasons at his local high school in Minnesota, Jared left home for the first time to play goalie for the University of Utah. Thanks to a relative near Salt Lake City and a Utes goalie coach who was from Minnesota, Jared had the chance to play college hockey. This left younger brother Jeremy to take control of the high school team as the starting goalie his senior year.

After a successful senior season, Jeremy graduated but was unsure of where hockey and life were going to take him next. He took a year off, did some



Jeremy Manzella

From left, Jared and Jeremy Manzella, brothers from Eagan, Minnesota, had a dream of playing on the same team.

coaching, and did a year of school at a local community college. Meanwhile, across the country in Salt Lake City, Jared realized that more opportunities were opening up to play goalie at rival BYU. Jared transferred to BYU after two seasons with the Utes.

After a year of playing for BYU, Jared saw there was an open spot for another goalie on the team. After talking with the coaches, the opportunity for the brothers to finally play on the same team had arrived. Jared placed a phone call to Jeremy with the news: a chance to come to Provo and play with Jeremy at the collegiate level. There was just one problem.

Jeremy said no.

"I've always missed being around my family. When Jared reached out to me, I really didn't

know if I was interested. I just didn't know if I wanted to be that far away from home, I was scared of it," Jeremy said.

Jeremy had never been that far from home before and wasn't sure about leaving Minnesota. To be that far from his family at that point in his life was nearly the deciding factor in telling his brother no.

But Jared wouldn't take no for an answer and enlisted his dad to help.

"I talked to my dad, and we were able to convince him. My dad told Jeremy that you only get a certain amount of opportunities in life, so you have to take a chance," Jared said.

While Jeremy had some struggles adjusting to the new atmosphere in Provo, he said it was his brother that made him realize it

was worth it. "Jared helped me realize that I needed to just keep pushing and that there was a reason I was here. After that, there was just kind of a light switch. It changed my life. I realized I had a family out here," Jeremy said.

The Manzella brothers are now in their second year of playing together at BYU, and they said their favorite part of hockey is the chance to play together.

"It is literally like playing with your best friend, and you wish nothing bad upon them. You just want to see them be successful. You want to see the success as a unit," Jared said.

The two have seen success together on the ice while at BYU. Last season, the team took home the Mountain West Championship after beating rival Utah State in what Jeremy called "the best game I've ever seen Jared play." The Cougars also took home the Wasatch Cup, which honors the best team in the state of Utah.

Jared, as a senior, said that if an opportunity arises to play hockey after he graduates he would take it, but he would love to get into coaching young goalies. With Jared graduating, Jeremy realizes that next season will be his opportunity to lead the Cougars on the ice.

Hockey has helped the two older brothers bond, and they said they plan on staying involved in their younger brothers' hockey careers — both of whom are goalies, of course.

ROC brings energy to games, propels Cougars to victory

By ROBERT JAMIAS

Bradley Pilkington didn't leave LaVell Edwards Stadium until well after 1 a.m. the Sunday morning after BYU football's upset win over Boise State on Oct. 19. Like many other BYU fans, Pilkington braved the freezing rain and frigid winds late into the night to cheer on the Cougars at their successful home game.

Despite the poor weather and late time, Pilkington said it's just another part of being the best fans in the nation. "I think we've just got some of the craziest fans in the nation."

As vice president of the Roar of Cougars, more commonly known as the ROC, Pilkington said he's been a lifelong fan of sports and wanted to be involved with BYU's athletic programs.

"One of the reasons why I chose BYU was that it had bigger sports programs and I wanted to be involved with athletics," Pilkington said. "I knew that being a part of the student section was



BYU Photo

The ROC section roars to life after BYU volleyball scores a point. The ROC section unites BYU fans as they celebrate BYU athletics.

one of those things that I wanted to do."

Pilkington decided to get involved with the ROC during his freshman year because of his love of sports. During his first year at BYU, he volunteered his time and passion as a member of the now-defunct Freshman ROC Board. He said his involvement with the ROC also helped him feel more connected to BYU.

"It's my fourth year on the ROC Board," Pilkington said. "I wanted to be involved with something that made me feel like I was a part of something

bigger than myself."

Being the vice president of the ROC is where Pilkington met fellow board member and ROC president Jason Hulet. Hulet said that being a member of the ROC is not just about being present to cheer for BYU athletes, but, in some cases, to actually sway the game in favor of the Cougars.

Hulet recounted a home basketball game in 2016 where the ROC coordinated wearing hard hats and safety vests to mock a decision by Utah basketball coach Larry Krystkowiak to pull out of a previously scheduled game, citing safety concerns of Utah basketball players.

"We had kids showing up in safety vests and hard hats," Hulet said. "Every foul, the entire student section chanted, 'That's not safe!'"

Hulet cited the ROC's loud chanting and light-hearted teasing as part of the reason for BYU's decisive win that night.

"It was hilarious, and you could tell it was getting to the

coach and players," Hulet said.

The efforts of the ROC haven't gone unnoticed by BYU's athletes. BYU women's volleyball player Riley Lyman started her college athletic career playing for Idaho State University and later, Snow College. Lyman said the ROC has been a significant factor in setting BYU apart from her past schools.

"I've never been in a school that has supporters like the ROC. They're so awesome," Lyman said. "Coming every game, they're so loud, and they make it so fun to play and just hype the whole place up."

Pilkington said visiting coaches have to prepare their players for the ROC's special brand of loud cheering.

"A lot of coaches in the nation for all sports comment on how loud it is when they traveled to BYU. They say it's something that they have to prepare for beforehand," Pilkington said. "Otherwise, their players are going to be in shock when they come and play. That's something

we take pride in."

BYU women's volleyball head coach Heather Olmstead said the ROC keeps her players energized as they compete.

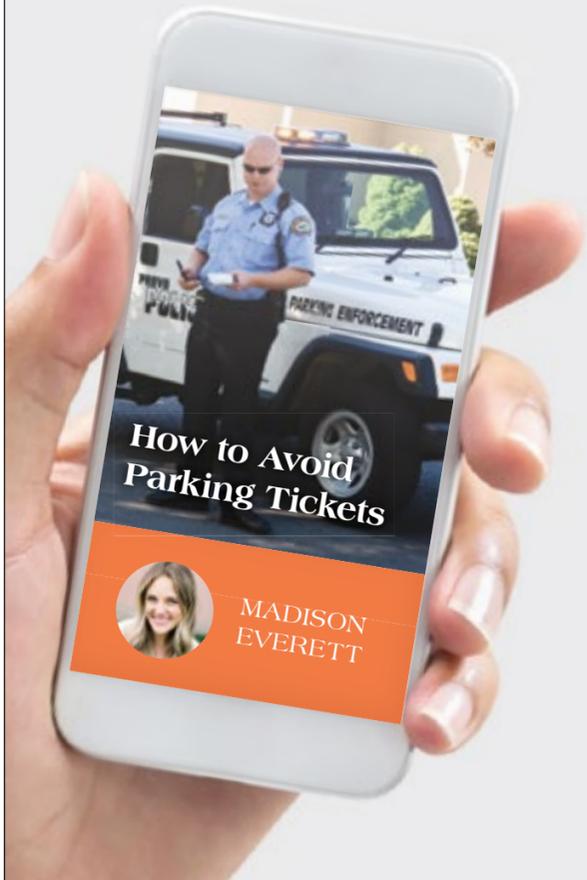
"The ROC's energy that they bring to the games is definitely contagious for our girls. When we come out and warm up, they're already here," Olmstead said. "We definitely appreciate the ROC."

The ROC can create a fun atmosphere or even influence the course of a game, but it also creates a community where BYU fans can come together and celebrate BYU's longstanding tradition of athletic excellence for all its sports programs.

"We're there for all sports, not just football and basketball, but for what other schools would consider the smaller sports," Pilkington said. "We have very dedicated fans who want to be at every single game, and when they're at the game, they're loud and they're energetic. They bring the energy that gives that final edge."

#BYU hacks

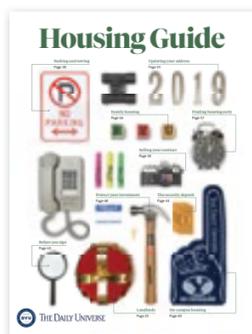
The 'how to' at BYU



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

Tired of parking tickets?

Pick up Housing Guide for tips on parking in Provo.



2019 edition available on racks throughout campus.



Dilbert®

TINA THE TECH WRITER
IN SIMPLE TERMS, TELL ME HOW THE TECHNOLOGY WORKS, SO I CAN WRITE ABOUT IT.

ONE HOUR LATER
AND THAT'S HOW IT ALL... UH-OH.

IF I AM READING YOUR BODY LANGUAGE CORRECTLY, YOU'RE SAYING I COULD HAVE SHORTENED THAT.

CONTINUED...

TINA IS IN SOME SORT OF TECHNICAL WRITER'S TRANCE.

APPARENTLY, I TOOK TOO LONG TO EXPLAIN SOME NEW TECHNOLOGY, AND IT BORED HER INTO A COMA.

SHOULD I REPORT THIS? ONLY IF YOU CAN DO IT SUCCINCTLY.

Peanuts®

LET'S SEE NOW... HOW CAN I PUT THIS INTO WORDS?

WHAT I MEAN IS... WHAT I WANT TO SAY IS... HOW CAN I PUT IT INTO WORDS? WHAT I'M TRYING TO SAY IS...

POW!

RATS! I WAS HOPING SHE COULD PUT IT INTO WORDS...

YOU HIT ME YESTERDAY, REMEMBER?

THEREFORE, I'VE DECIDED NOT TO GET YOU ANYTHING FOR CHRISTMAS THIS YEAR!

WHAT ARE YOU DOING??

TAKING BACK A HIT!

Garfield®

EGGNOG...

SLURRRRRK

MOTHER NATURE'S WAY OF TELLING YOU YOU'RE JUST NOT FAT ENOUGH

WINTER... UGH!

WAIT... THAT MEANS CHRISTMAS!

I TAKE IT BACK!

Pickles®

DAD, WHAT ARE YOU GETTING MOM FOR CHRISTMAS?

I DON'T KNOW, SHE NEEDS A NEW MOP.

WHAT?! NO, DAD! YOU ARE NOT GETTING HER A MOP!! DO YOU WANT ME TO PICK OUT SOMETHING NICE FOR YOU TO GIVE HER?

OKAY.

WORKS EVERY TIME.

THE CHECKOUT GAL AT WALMART CALLED ME "CUTIE." WOULD YOU SAY I'M CUTE?

CUTE? DO YOU MEAN "DREAMBOAT" CUTE OR "WRINKLY OLD MAN" CUTE?

WRINKLY OLD MAN CUTE.

YEAH, YOU'RE DOWNRIGHT ADORABLE.

Non Sequitur®

YEAH, BUT AS ROSENT INFESTATIONS GO, IT'S A PRETTY ADORABLE ONE

THE LEGAL ARMAGEDDON NOTICE

MY N.D.A. PREVENTS ME FROM SAYING WHAT YOU SHOULD PREPARE FOR

Zits®

I WISH MY LIFE HAD MORE DRAMA!

OH?

I NEED ANGST! I NEED A BACKSTORY!

YOU NEED TO CLEAN YOUR ROOM.

ABUSIVE PARENTING! GOOD! THAT'S A START!

I THINK I'M TOO NORMAL TO BE A ROCK STAR, HECTOR.

I HAVE A GOOD FAMILY, GOOD HEALTH, GOOD FRIENDS, GOOD GRADES...

ALL THIS GOOD IS NO GOOD

AT LEAST YOUR ATTITUDE SUCKS.

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.

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

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

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

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

The New York Times Crossword

Edited by Will Shortz No. 1028

ACROSS

- Hollywood trophy
- Paleo diet restriction, informally
- Tiebreaker periods, for short
- Pinterest posting
- Skater Harding
- Minor criticism
- Look (at)
- "As I see things..." in a text
- Pronoun for a yacht
- Facts and figures
- Cook under a hot flame
- Singer with the 2018 #1 hit "Thank U, Next"
- Giant in test prep
- Fallback option
- Sir ___ Newton
- All there mentally
- Chutzpah
- Reno's home: Abbr.

DOWN

- "Address" for Springsteen's band
- Viscous substance
- Black-tie affair
- Sneaker named for a cat
- Like argon or neon
- The Hunter constellation
- Evil-repelling charm
- Locale for London's Royal Opera House
- What a crying emoji means
- Roald who created Willy Wonka
- Late-night host O'Brien
- In addition
- Bread for a Reuben sandwich
- 10-time Grammy winner Streisand
- Alternative to a bialy
- Lacking courage
- Didn't ask before taking
- "See ya!," for a Brit
- Pick up, as yards in football
- Tolled, as bells
- Pie ___ mode
- Sleeper's breathing problem
- Sheer delight
- Checker after reaching the other side of the board
- On the ocean

ANSWER TO PREVIOUS PUZZLE

ESP N ASAP HAIKU
LURE GOGODANCER
KNOWSONESONIONS
DOGS ENG NSA
NOAH DUNST
LONDONMARAATHON
ICES TAR EXCEL
FAN THREEON TRY
ERICA NOR PAUL
BLONDEONBLONDE
PLAIT IKEA
IRA ING ABLE
SECONDHONEYMOON
TURKEYTROT ONLY
OPEDS YENS NODE

The New York Times Crossword

Edited by Will Shortz No. 1029

ACROSS

- Sting operation, e.g.
- Bad way to run
- Stealthy fighter
- San ___, Italy
- Tibetan spiritual guide
- Ones not part of PC culture?
- Racetrack shape
- "What's ___ for me?"
- Holder of a baby kangaroo
- **Saturday Night Live** cast member of the late 1980s
- Instruction on a door
- Letters next to an alias
- Meadow
- "Rah! Rah!"
- Homes for hornets
- Channel offering "gavel-to-gavel" coverage
- Pretty ___ picture
- Reaction to a cartoon mouse
- Movie villain who says "I'm sorry, Dave. I'm afraid I can't do that"
- Hearty dish
- *Singer starring in 2019's "Hustlers"
- Faucet handle on the right
- Middling mark at school
- Servant of Saruman the White in "The Lord of the Rings"
- Letters next to an alias
- Conference call enabler
- The Jets and the Sharks, in "West Side Story"
- Snarkily indicates one's boredom
- Intelligence-gathering org.
- Christian school in Tulsa, Okla.
- Part of a cap
- *Grammy winner for "Make It Mine," 2010
- Civil rights grp.
- Uganda's Idi ___
- Car with four circles in its logo
- Wood used in canoe-making
- Eastern mystic
- "Understood"
- It's made of three oxygen atoms
- About 97% of the modern penny
- He played with Kobe on the Lakers

DOWN

- Kind of virus in computers
- Take back
- Some kitchen appliances
- Bit of pre-election news
- Still breathing
- Fiend
- Fail to include
- Name on a famous New York deli
- Japan, to the Japanese
- "Guess it's time to fold"
- Sicken
- *Onetime member of 'N Sync
- ___ Wednesday

PUZZLE BY ZHOUCIN BURNIKEL

- Salivating animal in a classic conditioning study
- Carpet measurement
- Vessel in which to shoot the rapids
- Mother Teresa, for one
- Composer Stravinsky
- Flat-topped hill
- Gazelles, for cheetahs
- News inits. since 1958
- Light touch
- What's ___ to like?"
- Opposite of alfresco
- Condition treated with Ritalin, in brief
- References, as prior court decisions
- Luxury Swiss watch
- Love to death

ANSWER TO PREVIOUS PUZZLE

DISK AMPERE FTTC
OCHO HOORAH OWL
GEORGE BURNS MIA
CREAM TOT HENS
TOTAL TYRANKS
ALI ALA STARTLE
IDED EDU CASES
ROSAPARKS
AESOP SIN SAID
BREWERS MAT ITO
SEANCOMBS HARSH
CAL SAL NACHO
ODE JEREMY IRONS
NEG ATTAIN ELMO
DRS MOSTLY SEED

The New York Times Crossword

Edited by Will Shortz No. 1029

ACROSS

- Kind of virus in computers
- Take back
- Some kitchen appliances
- Bit of pre-election news
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- Fiend
- Fail to include
- Name on a famous New York deli
- Japan, to the Japanese
- "Guess it's time to fold"
- Sicken
- *Onetime member of 'N Sync
- ___ Wednesday

PUZZLE BY EVAN MAHNKEN

- Jimmy of the Daily Planet
- Pico de ___ (condiment)
- Gaping mouth
- Look after
- Things you can count on to help you get to sleep?
- Listing on a scorecard
- Shoes, in slang
- Watchdog org.?
- *Singer on the first day of Woodstock
- Mythical city of gold
- Elfin
- Instrument in an old-time theater
- Section of a record store
- Always, in music
- Navy rank below lieutenant
- "Take your time!"
- Like quality eggs
- Title girl in a Creedence Clearwater Revival song
- Rapper whose name hints at the extremities of the answers to the five starred clues
- Mine: Fr.
- "___ oull!"
- Many a G.I.

ANSWER TO PREVIOUS PUZZLE

21 JIMMY OF THE DAILY PLANET
25 PICO DE... (CONDIMENT)
26 GAPING MOUTH
28 LOOK AFTER
30 THINGS YOU CAN COUNT ON TO HELP YOU GET TO SLEEP?
31 LISTING ON A SCORECARD
34 SHOES, IN SLANG
36 WATCHDOG ORG.?
37 *SINGER ON THE FIRST DAY OF WOODSTOCK
38 MYTHICAL CITY OF GOLD
39 ELFIN
40 INSTRUMENT IN AN OLD-TIME THEATER
41 SECTION OF A RECORD STORE
45 ALWAYS, IN MUSIC
46 NAVY RANK BELOW LIEUTENANT
48 "TAKE YOUR TIME!"
49 LIKE QUALITY EGGS
50 TITLE GIRL IN A CREEDENCE CLEARWATER REVIVAL SONG
52 PUERTO ___
54 FAST-FOOD CHAIN WITH CARHOPS
57 RAPPER WHOSE NAME HINTS AT THE EXTREMITIES OF THE ANSWERS TO THE FIVE STARRED CLUES
58 MINE: FR.
59 "___ OULL!"
60 MANY A G.I.

The man behind China's detention of 1 million Muslims

ASSOCIATED PRESS

After bloody race riots rocked China's far west a decade ago, the ruling Communist Party turned to a rare figure in its ranks to restore order: a Han Chinese official fluent in Uighur, the language of the local Turkic Muslim minority.

Now, newly revealed, confidential documents show that the official, Zhu Hailun, played a key role in planning and executing a campaign that has swept up a million or more Uighurs into detention camps.

Published in 2017, the documents were signed by Zhu, as then-head of the powerful Political and Legal Affairs Commission of the Communist Party in the Xinjiang region. A Uighur linguist recognized Zhu's signature scrawled atop some of the documents from his time working as a translator in Kashgar, when Zhu was the city's top official.

"When I saw them, I knew they were important," said the linguist, Abduweli Ayup, who now lives in exile. "He's a guy who wants to control power in his hands. Everything."

Zhu, 61, did not respond to repeated requests for comment.

Long before the crackdown and despite his intimate familiarity with local culture, Zhu was more hated than loved among the Uighurs he ruled.

He was born in 1958 in rural Jiangsu on China's coast. In his teens, during China's tumultuous Cultural Revolution, Zhu



Associated Press

The former head of the Xinjiang Communist Party Political and Legal Affairs Commission, Zhu Hailun, gives a speech at a work conference in Urumqi, China on Feb. 2, 2017.

was sent to Kargilik county, deep in the Uighur heartland in Xinjiang. He never left.

Zhu joined the party in 1980 and moved up Xinjiang's bureaucracy, helming hotspot cities. By the '90s, he was so fluent in Uighur that he corrected his own translators during meetings.

"If you didn't see him, you'd never imagine he's Han Chinese. When he spoke Uighur, he really spoke just like a Uighur, since he grew up with them," said a Uighur businessman living in exile in Turkey, who declined to be named out of fear of retribution.

The businessman first heard of Zhu from a Uighur friend who dealt with the official while doing business. His friend was impressed, describing Zhu as "very capable" — a Han Chinese bureaucrat the Uighurs could

work with. But after years of observing Zhu oversee crackdowns and arrests, the businessman soon came to a different conclusion.

"He's a crafty fox. The really cunning sort, the kind that plays with your brain," he said. "He was a key character for the Communist Party's policies to control Southern Xinjiang."

Ayup, the linguist, met Zhu in 1998, when he came to inspect his township. He was notorious for ordering 3 a.m. raids of Uighur homes, and farmers would sing a popular folk song called 'Zhu Hailun is coming' to poke fun at his hard and unyielding nature.

"He gave orders like farmers were soldiers. All of us were his soldiers," Ayup said. "Han Chinese controlled our homeland. We knew we needed to stay in our place."

Once, at a meeting, Ayup said, Zhu complained to town officials that farmers upset over orders to grow certain crops were secretly supporting extremism. He suddenly interrupted to call the Quran, Islam's holy book, "complete and utter nonsense."

"Your 'God' is total rubbish," Zhu said, to shocked silence.

Ayup said Zhu compared traditional Uighur culture to Afghanistan, saying it needed to modernize.

"He saw himself as a savior,"



Associated Press

A guard tower and barbed wire fences are seen around a section of the Artux City Vocational Skills Education Training Service Center in Artux in western China's Xinjiang region.

Ayup said. "He thought he came here to bring modernity, modern life, modern ideology to Uighurs."

Months after a July 5, 2009 riot left hundreds dead in the region's capital of Urumqi, Zhu was tapped to replace the city's chief. Beijing almost always flew in officials from other provinces for the job, in part as training for higher posts. But central officials on a fact-finding mission in Urumqi concluded that Zhu, seen as tougher than his predecessor, needed to take charge.

"They were super unhappy," said a Uighur former cadre who declined to be named out of fear of retribution. "It had never happened before, but because locals said he was outstanding at maintaining stability, he was snatched up and installed as Urumqi Party Secretary."

Upon appointment, Zhu spent three days holed up in the city's police command, vowing to tighten the government's grip. Police swept through Uighur neighborhoods, brandishing

rifles and rounding up hundreds for trial. Tens of thousands of surveillance cameras were installed.

But instead of healing ethnic divisions, the crackdown hardened them. Matters came to a head in April 2014, when Chinese President Xi Jinping came to Xinjiang on a state visit. Just hours after his departure, bombs tore through an Urumqi train station, killing three and injuring 79.

Xi vowed to clamp down even harder.

In 2016, Beijing appointed a new leader for Xinjiang — Chen Quanguo. Chen, whose first name means "whole country," had built a reputation as a hard-hitting official who pioneered digital surveillance tactics in Tibet.

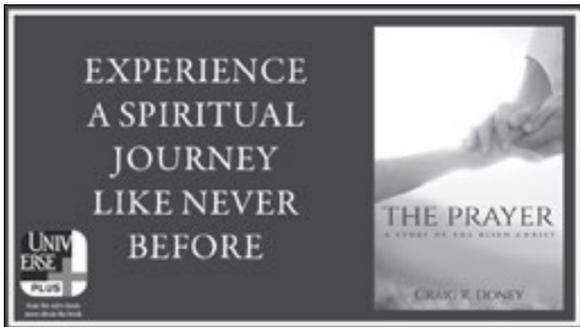
Zhu was his right-hand man. Appointed head of the region's security and legal apparatus, Zhu laid the groundwork for an all-seeing state surveillance system that could automatically identify targets for arrest. He crisscrossed the region to

inspect internment centers, police stations, checkpoints and other components of an emerging surveillance and detention apparatus.

After Chen's arrival, Uighurs began disappearing by the thousands. The leaked documents show that Zhu directed mass arrests, signing off on notices ordering police to use digital surveillance to investigate people for having visited foreign countries, using certain mobile applications, or being related to "suspicious persons." State television shows that Zhu continued on his relentless tour of Xinjiang's camps, checkpoints, and police stations, personally guiding the mass detention campaign.

Zhu stepped down last year after turning 60, in line with traditional practice for Communist Party cadres of Zhu's rank. Chen remains in his post.

"Chen Quanguo came in the name of the Party," said the Uighur businessman. "Zhu knows how to implement, who to capture, what to do."



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