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Provo, Utah

# THE UNIVERSE

Serving the Brigham Young University Community

## YEAR IN REVIEW



• Students, community protest Honor Code Office • BYU's international relations open doors • World of Dance promotes unity for both audience and performers • Native American panelists discuss Columbus controversy • HFAC display invited BYU community to reflect on environmental footprint • BYU athletes making Olympic history since 1912 • Grad uses billboard to find love • Triumph of the Spirit – BYU women's rugby wins national championship • Love, patriotism roar from Stadium of Fire • Mitchell, Ingles, Allen feel at home in Utah • Animal rights advocates seek change in how Utah sells pets in commercial storefronts • BYU football players mentor inner-city youth • Center Street fire collapses Provo restaurant roof • Youth program encourages spiritual growth • Mixed martial arts helps Lehi man fight depression, find purpose • BYU police chief brings FBI Academy training, SWAT team experience and more to job • BYU fan flails her way to fame • Hawaiian students their culture • Karak Miakol receives 2019 Center for Conflict Resolution Peacemaker Award • Jimmermania alive and well in Utah • Shannon Ellsworth elected to City Council member • BYU's Jaren Hall turns a double play • Anti-vaccination movement threatens global health • BYU men's tennis act as ambassadors in Asia • Consumers discuss 'Provo's Most Eligible' • Women's basketball advances to WCC championship • Provo police officers cope with loss of brother • Super senior trades pitch for hardwood • BYU student breaks world record for longest rap • Provo statues embody cherished values of community • Dave Rose retires as BYU men's basketball head coach • Elder Holland shares stories about Jerusalem Center, talks about center's future • BYU officials support open records bill despite police decertification • Freshman Baxter takes flight for men's basketball • Anechoic chamber provides student research opportunities • Cougars share prayer will Rivals • BYU Spectacular in China's BYU largest tour • Police reopen case of murdered BYU student • Dance department create positive environments • BYU professor teaches humanity through professional etiquette • BYU gymnasts take on 10-year challenge • President Russel M. Nelson speaks at BYU about God's love and laws, addresses past policy changes • BYU Cougarettes compete for first world title • Cast and crew express excitement for Book of Mormon videos • • Students, community protest Honor Code Office • BYU's international relations open doors • World of Dance promotes unity for both audience and performers • Native American panelists discuss Columbus controversy • HFAC display invited BYU community to reflect on environmental footprint • BYU athletes making Olympic history since 1912 • Grad uses billboard to find love • Triumph of the Spirit – BYU women's rugby wins national championship • Love, patriotism roar from Stadium of Fire • Mitchell, Ingles, Allen feel at home in Utah • Animal rights advocates seek change in how Utah sells pets in commercial storefronts • BYU football players mentor inner-city youth • Center Street fire collapses Provo restaurant roof • Youth program encourages spiritual growth • Mixed martial arts helps Lehi man fight depression, find purpose • BYU police chief brings FBI Academy training, SWAT team experience and more to job • BYU fan flails her way to fame • Hawaiian students their culture • Karak Miakol receives 2019 Center for Conflict Resolution Peacemaker Award • Jimmermania alive and well in Utah • Shannon Ellsworth elected to City Council member • BYU's Jaren Hall turns a double play • Anti-vaccination movement threatens global health • BYU men's tennis act as ambassadors in Asia • Consumers discuss 'Provo's Most Eligible' • Women's



# BYU offers mental health resources to help with social and academic pressures

By ALICIA MATSUURA

Tynan Hamilton said he knew he wanted to go to BYU ever since he was a child. The Provo native didn't venture too far from home to attend school. Despite the short distance, Hamilton has traveled a long way since his freshman year in 2012.

"I think about my life at BYU from 2012 to now and think about how much my life has drastically changed," Hamilton said. "College is like an emotional rollercoaster; you're experiencing so many new things."

BYU is the place where Hamilton said he came to terms with his sexuality. When he was a freshman, he never planned to talk to anyone about being gay. He said the growth and maturity he experienced on his mission changed that.

"My whole coming out and continuing to figure out this part of my life has all taken place while being here at BYU," Hamilton said. "Being here has sometimes made it a blessing, while other times, it made it even harder for me."

Hamilton is currently pursuing a degree in accounting through the BYU Marriott School of Business and he said he has a pretty heavy academic load.

"The accounting program is very competitive from the start. It is frequently touted as difficult to get into the program, and once you are in, the junior core year is challenging and time consuming," Hamilton said. "You are working on school and also feeling a lot of pressure to find an internship or a job right from the start. It was overwhelming, but the professors and staff in the department are always so helpful."

The social pressures and rigorous academic atmosphere of BYU are beneficial to students in that it provides them with good experiences and a quality education; however, it can impact the mental health of students who feel extreme pressure to excel. BYU is aware of students' mental health challenges and is responding by providing additional help and resources.

### Dealing with social and academic pressures

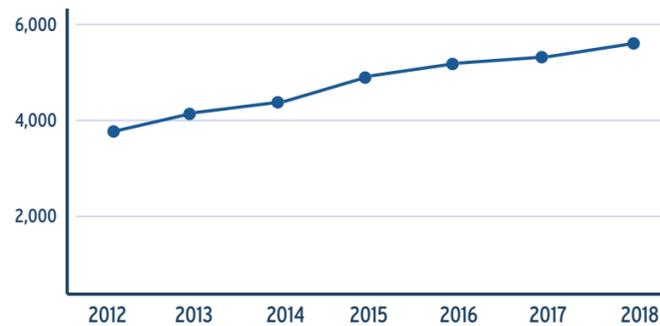
Megan Ackerman is a sophomore who currently performs as the beatboxer for BYU's all-female a cappella group Noteworthy. The Elko, Nevada, native is studying wildlife and wildlands conservation and said she loves the quality education and active social scene that BYU offers. But she has also bent beneath the stress of being in a college environment.

"I've often described BYU's cultural aspects as a pressure cooker," Ackerman said.

With the pressures of dating, relationships, getting married and academics, Ackerman said she felt like she had to become a perfect version of herself. It got to the point where she felt anxiety just coming onto campus.

Ofa Hafoka-Kanuch started working as a mental health counselor at BYU

### Number of students who checked into BYU CAPS



Camilla Brinton  
The number of students at BYU seeking mental health assistance through CAPS has increased steadily since 2012.

Counseling and Psychological Services at the beginning of fall semester.

"At BYU, we see a range of presenting concerns. A lot of the students here come into the counseling center for symptoms of depression and anxiety," Hafoka-Kanuch said. "In this stage of life, students are transitioning from high school to college life. They're adjusting to the course work and adjusting to BYU. There's a lot of stress with that."

Hiu Wai Yoko Caldwell also works as a mental health counselor and was hired alongside Hafoka-Kanuch this semester. She said the anxiety that comes from the pressure to excel is one of the common reasons students come into the CAPS office.

"A lot of people here are always demanding excellency," Caldwell said.

"I know students who get an A- and think they're not good enough."

The pressure to excel doesn't just apply to grades. Caldwell also meets with students who feel the need to excel in extracurricular activities and church callings. She advises students to focus less on their shortcomings and acknowledge their accomplishments.

"It's good to have the motivation to keep learning and improving," Caldwell said. "But students also need to allow themselves to have time and space to appreciate themselves for who they are right now."

The cry for mental health resources appears to be on the rise. According to a report provided by the CAPS office, the number of students who check into the office has increased by 50.63% over the past seven years. In 2018 there were 5,653 students who checked in, which is 1,900 more than the number of students who sought counseling services in 2012.

The number one reason students make an appointment with a counselor is for anxiety, and depression is a close second. These concerns are generally accompanied by a sense of stress related to school or relationships.

More students come in during the months of March, April, November and December compared to other times

throughout the year. Those coming to therapy tend to feel worse in the winter months and better in the summer.

"Students at BYU face the same challenges and human problems as other university students, said Corinne Hannan, who has worked as a mental health counselor with BYU CAPS since 2010.

However, Hannan said there may be some ways that religious overlay at BYU affects how students present themselves at CAPS.

"For example, we tend to have very low substance abuse, which is quite different from other campuses as far as I know," Hannan said. "We also seem to have high levels of perfectionism, maybe at higher rates due to religious overlay and many high-achieving students."

Other unique concerns Hannan brought up are "scrupulosity," which is a pathological guilt about moral and religious issues. Also, sexual and LGBT concerns, where religious overlay can affect how these clients present themselves at BYU.

### Mental health resources for BYU students

The first time Hamilton sought out therapy, he said he was scared. He went to the basement of the Wilkinson Student Center and walked past the CAPS office multiple times thinking, "Am I going to do this? Should I set up an appointment?"

"I was definitely nervous because I also thought about who would see me coming here and was embarrassed by that," Hamilton said. "But when I first met with my therapist, it was calming to see that I could just be completely open and honest."

See RESOURCES on Page 12

Jan 19

## Animal rights advocates seek change in how Utah sells pets in commercial storefronts

Utah animal rights advocates are looking for ways to change laws on the sale of dogs, cats and rabbits in a commercial storefront and have found success in some cities.

Protesters gathered on 800 North in Vineyard on Jan. 19, where they hoped to take a stand against Puppy Barn. Many of the protesters were owners of dogs that had been infected by the disease called parvovirus — a highly contagious disease in dogs that can cause vomiting, severe bloody diarrhea, fever and weight loss. It is often fatal, especially in puppies.

Karlee Bursach said parvovirus affected her puppy Eevee, which she got from Puppy Barn. The puppy was treated by a vet and has since recovered.

“We took our puppy to the vet four days after we brought her home, and she had parvo,” Bursach said. “They don’t offer to help pay for medical expenses.”

—Tessa Lara Westlund  
Photo by Megan Adamson



# M E T R O

## Center Street fire collapses Provo restaurant roof

Flames destroyed Provo restaurant Los Hermanos Feb. 11 after a fire erupted at around 8 p.m.

Restaurant Manager Kevin Self said the fire originated in the basement and spread unnoticed until smoke started billowing out the doors and into the skyline. Firefighters rushed to the scene to face what became several hours worth of battle to contain the damage.

Braden Lanham is a resident of 63 Center, an apartment complex adjacent to Los Hermanos. He was sitting at home when the fire alarm went off and he said he could smell smoke.

“At first, I thought it was just a drill, but I could smell the smoke and then I heard my neighbors leaving, so I grabbed a few things and headed outside,” he said. “An hour later at 9:01 p.m., they let us back in. But then policemen came and made everybody leave again because the flames had gotten a lot worse.”

—Jessica Smith  
Photo by Jessica Smith



Feb. 12

## Provo statues embody cherished values of community

March 18

Statues line Provo’s streets as memorials to the city’s rich history. While some embody individuals or institutions that contributed to the community, many of the statues merit a closer look. The symbolism expressed in these immortalized figures offer passersby a glimpse into the values that shape the Provo community.

The Provo City Center Temple features a statue — visible from the street — of a mother and father teaching their daughter to walk. The statue’s artist, Dennis Smith, said he originally asked his neighbors Keith and Teri to model for him in 1976 when the Relief Society from The Church of Jesus Christ of Latter-day Saints commissioned him to create a monument for Nauvoo women. Keith and Teri had just had a baby girl named Melissa. Smith said his vision was to create a statue depicting a mother and father with open arms teaching a child to walk by the time Melissa was old enough to take her first steps.

—Jessica Smith  
Photo by Jessica Smith



April 15

## Anti-vaccination movement threatens global health

BYU nursing professor Beth Luthy said her life’s darkest moments came when she was a 19-year-old first-time mother and her infant son Michael desperately needed a liver transplant to survive. After putting Michael on the liver transplant waiting list, Luthy could do nothing but wait.

“As a parent, to feel completely helpless ... there was nothing I could do for him,” Luthy said.

Michael was fortunate enough to receive a liver transplant when he was a year old, but the transplant didn’t eliminate his health problems. He took what his mother called “elephant doses” of immunosuppressant medications so his body wouldn’t reject his new liver, making him extremely susceptible to disease and unable to receive his immunizations.

“I was really concerned and thought, ‘Well, but what if he catches chickenpox? What if he catches all of these different diseases?’” Luthy said. “And the transplant team would tell me, ‘That would be bad. That would be life threatening to him.’”

—Jenna Alton  
Photo by Emma Willes

## Youth program encourages spiritual growth

The Church of Jesus Christ of Latter-day Saints will discontinue its Personal Progress, Boy Scouts and Duty to God programs starting January 2020 in favor of a new youth program that focuses on helping youth set their own goals and develop faith in Christ.

Wards were given booklets and shown a video with information about the program on Sept. 29. Elder Gerrit W. Gong of the Quorum of the Twelve Apostles will hold a Q&A to help Latter-day Saints understand the new program on Nov. 17.

Several interviewed parents and leaders expressed positive reactions to the program.

“I think it’s going to be a great transition into becoming a more family-organized, family-focused, church-supported curriculum,” Trish Johnson, a mother and youth leader, said.

—Natalie Baugh

Photo by The Church of Jesus Christ of Latter-day Saints



Oct. 4

## Consumers discuss ‘Provo’s Most Eligible’

The first episode of “The Bachelor of Provo,” a show created by two BYU students that mirrored the popular ABC show “The Bachelor,” garnered over 132,000 views on YouTube. The show was removed and renamed “Provo’s Most Eligible” because of a copyright claim but remained widely viewed.

Spoofs and spinoffs of the show in Provo and on the BYU campus followed, but they never reached the same virality that “Provo’s Most Eligible” achieved. That virality is accompanied by a myriad of possible effects on its viewers.

BYU assistant communications professor Scott Church, who teaches a class about pop culture, said one reason he thinks the show gained popularity is that American culture has been primed to like reality television shows.

—Maxwell Atwood  
Photo by Elysium Film and Photo

May 10



## THE UNIVERSE

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## Looking for family housing?

Find options in Housing Guide.



2019 edition available on racks throughout campus.



Nov. 17



## Police reopen case of murdered BYU student

The Utah Cold Case Coalition announced that the Provo Police Department reopened a 41-year-old murder case on Saturday, Nov. 16.

Former BYU student Marla Rae Scharp was reportedly raped and strangled in her Provo apartment after her roommates left the apartment for about 30 minutes on June 29, 1978. The case was closed after police concluded that Henry Lee Lucas, who confessed to around 600 murders including Marla Rae Scharp's, was the culprit.

The Provo Police Department decided to reopen Marla Rae Scharp's case after the Utah Cold Case Coalition provided evidence suggesting that Lucas may not be Marla Rae Scharp's murderer.

— Thomas Madrigal  
Photo by Sydnee Gonzalez

## Grad uses billboard to find love

Dating in Provo has never been easy, and most people looking for love usually turn to dating apps like Mutual and Tinder or their young single adult wards.

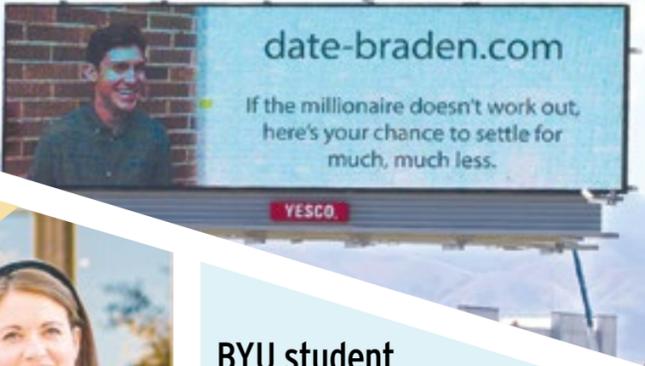
Not Braden Sharp.

Inspired by the recent "LDS Millionaire" billboards and buoyed by a bonus at work, Sharp, a 2017 graduate of Brigham Young University, took out ad space on two billboards along I-15 to advertise something unexpected — himself.

The billboards says "If the millionaire doesn't work out, here's your chance to settle for much, much less," and the top of the sign includes a link to his website. The billboards have been up since June 3 and are expected to come down soon. Sharp said the response has been overwhelming and has worked "surprisingly well."

— Joseph Carson  
Photo by Addie Blacker

June 28



Nov. 11



## Shannon Ellsworth elected to City Council

Shannon Ellsworth will be the youngest and only female member of the Provo City Council come January 2020, according to election results.

She will be joined by Bill Fillmore, Travis Hoban and David Shipley as the council's newest members.

Although Ellsworth was the only woman to win a seat, she was one of three running in this year's elections alongside Valerie Paxman in District 4 and Janae Moss in the city-wide race.

In addition to being the only woman voted onto the City Council, Ellsworth is also the youngest member. At 30, she said she is approximately 30 years younger than the average City Council member. She said this isn't something that made her any less confident though.

"I was not intimidated," Ellsworth said.

— Thomas Madrigal  
Photo by Preston Crawley

## Provo police officers cope with loss of brother

Senior Patrol Officer Scott Nielsen was at home when he learned his friend and fellow officer at the Provo Police Department had been shot. He heard the sirens and looked at his phone — it was an alert informing him Officer Joseph William Shinners was in surgery fighting for his life. Nielsen immediately went back to the station and started taking calls.

Not long after arriving, Nielsen received a domestic violence call about a man who was shooting rounds off into a vehicle. He got into his patrol car and drove to respond to the incident like he would any other call, but something felt different this time.

— Sahalie Donaldson  
Photo by Claire Gentry

Feb. 14



Aug. 7



## Hawaiian students explore their culture

It was early morning. Waves slapped against the sides of a double-hulled canoe as it cut sleekly through the water.

The canoe, propelled forward by a group of high school students, streamlined through a stretch of ocean in which three Hawaiian islands were visible at once — Molokai, Maui and Lanai.

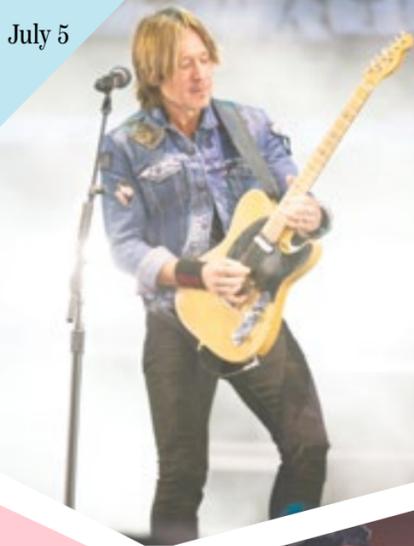
The high schoolers, students at a Hawaiian language immersion charter school called Nawahiokalaniopu, were sailing from Oahu to the Island of Hawaii — a two-day trip.

Kawehi Housman, who was 16 years old at the time, stood on the deck and looked on as the rising sun streaked across the ocean. It was her turn to sail.

"I had this weird aha moment where I felt connected to my ancestors and was in awe," she recounted about the experience. "It was like I went through this time change kind of thing where I just felt everything at once."

— Sahalie Donaldson  
Photo by Kawehi Housman

July 5



## Love, patriotism roar from Stadium of Fire

The Stadium of Fire had Keith Urban, Flippenout, cheerleaders, dancers and hang gliders — everything necessary to throw a massive celebration in honor of America.

All of this made for a one-of-a-kind celebration, but that is not what impressed me the most.

As an outsider to the U.S., I have always seen how much Americans love their country — it's not very difficult to figure out. The bigger, the better in the U.S. That is often seen in the form of lifted trucks, juicy cheeseburgers and loud music.

— Aaron Fitzner  
Photo by Addie Blacker

Sep. 10



## Cast and crew express excitement for Book of Mormon videos

BYU graduate and Mexico native Liliana Corona originally auditioned for a part in The Church of Jesus Christ of Latter-day Saint's videos depicting scenes from the Bible. Although she had the acting ability, she was told her physical features didn't match the Mediterranean figures from the Bible. Since then, she has been eagerly awaiting the filming of the Book of Mormon videos, since the Book of Mormon is a "record of God's dealings with ancient inhabitants of the Americas," according to the book's introduction.

The Church's website states, "The Book of Mormon is another witness of Jesus Christ and confirms the truths found in the Holy Bible. Far from undermining the Bible, the Book of Mormon supports its testimony of Jesus Christ."

Corona, who plays the wife of Book of Mormon Lamanite king Lamoni, said she's been waiting 10 years for the production.

— Emma Benson  
Photo by Addie Blacker

## BYU student breaks world record for longest rap

BYU senior Joshua Palmer rapped for 30 hours and eight seconds to break the Guinness World Record for the longest rap marathon on Nov. 14 and 15 at Lowes Xtreme Air Sports.

After 30 hours of freestyling and rapping original songs, the "Bee Movie" script and songs from well-known rappers like Eminem and Drake, Palmer's voice was gone — but he said it was worth it.

"Other than my voice, it wasn't that bad," he said.

The previous record was 25 hours, 56 minutes and 4 seconds and stood for over two years.

Palmer's roommate Braden Smith said Palmer had been practicing in their apartment leading up to his attempt.

"He's been doing it pretty consistently for like the last month," Smith said. "He's been pretty serious about this."

— Lisi Merkley  
Photo by Addie Blacker



Nov. 15

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# TODAY

**UNIVERSITY DEVOTIONAL**  
Tuesday, December 10,  
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This event will also be broadcast to the JSB Auditorium.



**Sister Jean B. Bingham**  
Relief Society General President

Sister Jean B. Bingham is the general president of the Relief Society of The Church of Jesus Christ of Latter-day Saints. The Relief Society is one of the world's largest women's organizations. At the time of her call in April 2017, Sister Bingham was serving as first counselor in the Primary general presidency, after having served on the Primary general board.

While her children were in their later school years, Sister Bingham returned to college. She received both bachelor's and master's degrees in teaching from National Louis University in Illinois. She had also received associate degrees from BYU and Elgin Community

College. She taught English as a second language to elementary students at a private school, in addition to immigrants and others for nonprofit organizations. Besides working as a nurse's aide, she was also a volunteer aide in her children's schools and served in numerous teaching and leadership positions with the women, children, and youth in her local wards and stakes.

Sister Bingham and her husband, Bruce, are the parents of two daughters and have five grandchildren. The Bingham were also foster parents to teens and children, many of whom have become part of their family.

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

# CAMPUS

## BYU Spectacular in China BYU's largest tour

May 28

Eight BYU performing groups that toured China saw what university President Kevin J. Worthen meant when he described the impact the tour would have on students and the people they interacted with.

"You are not here by chance or coincidence," he said as the tour was about to launch. "With each of you, there are certain things that will look like it's serendipitous that you're here and that you're a part of this. You may feel lucky, but these kinds of events are not by coincidence."

The Chamber Orchestra. The Young Ambassadors. Living Legends. The International Folk Dancers. Vocal Point. The Ballroom Dance Company. And to mix things up on stage: the Cougarettes and the Dunk Team.

— Rachel Keeler  
Photo by Megan Adamson



Jan. 22

## Dance department creates positive environment



Dancers may struggle with eating disorders and perfectionism, but dancing environments can play a major role in helping dancers to be mentally healthy. BYU dance professors are striving to make dance environments positive and healthy for dance students.

According to BYU ballet dancer Ashley Bouwhuis, eating disorders can come from teaching practices, a dancer's peers and the environment they create.

Though few dancers develop a clinically defined eating disorder, many develop some form of disordered eating through the physical aesthetics that are required of them as a dancer, according to Dance Psychology for Artistic and Performance Excellence.

— Arianna Davidson  
Photo by Whitney Finuf

## BYU professor teaches humanity through professional etiquette

From elegant gowns to prestigious guest lists to fancy dinners, Candilyn Newell has seemingly lived her life straight out of a professional etiquette book.

Originally, Newell thought etiquette was all about the rules as she and her growing family transitioned to life in a foreign country three decades ago.

Her husband, Gregory J. Newell, served under President Ronald Reagan as the U.S. Assistant Secretary of State for International Organization Affairs from 1982-85. His demanding work took their family abroad as he served as the U.S. ambassador to Sweden from 1985-89.

Acting as the president's personal representative, his responsibilities included negotiating on behalf of the government and representing American views, values and interests in virtually every aspect of politics.

— Emma Benson  
Photo by Claire Gentry



Jan. 31

## Anechoic chamber provides student research opportunities

Professor Tim Leishman described the sensation of walking into an anechoic chamber as being similar to stepping outside on a winter day after a heavy snowstorm, away from buildings and other people. It sounds dead and is very quiet.

The Eyring Science Center holds an anechoic chamber deep within its basement where students and faculty can conduct research on sound and acoustics. According to the BYU acoustics website, the chamber absorbs 99 percent of sound, making it an ideal place to hold experiments and analyze data.

BYU is also home to the Acoustics Research Group (ARG), which holds the "largest university-based acoustics and vibrations research facility in the intermountain west," according to the Explore Sound Acoustical Program Directory.

— Holly Ferguson  
Photo by Hannah Miner



Oct. 15

## Elder Holland shares stories about Jerusalem Center, talks about center's future

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles spoke at an event at BYU on Oct. 11 celebrating the 30th anniversary of the dedication of the BYU Jerusalem Center. He held up a stack of 16 pages recording 33 miracles that he said were necessary for the Church to have the property on which the Jerusalem Center currently stands.

"I do not use the word 'miracle' lightly," Elder Holland said. "I'm in a calling, and I'm in a quorum that does not use the word lightly but knows what it means and knows the significance of when we've seen one."

One of the miracles on the list dealt with the location and acquisition of the property.

— Rebecca Nissen  
Photo by BYU Photo

## BYU's international relations open doors

BYU is no stranger to international relations. It doesn't reside on a coast and Provo isn't an international hub, but BYU has a surprisingly large international campus in terms of language and international experience.

Jeffrey R. Ringer, director of the David M. Kennedy Center for International Studies, said BYU is one of the most internationally connected campuses in North America outside of New York and California.

According to a 2019 BYU report, BYU has 206 study abroad programs available in 75 countries, and almost 50% of all BYU students have lived outside of the United States. Approximately 258 ambassadors from 104 countries have spoken on campus since 1996.

— Rachel Keeler  
Photo by Steve Fidel

Feb. 11

Sept. 10



## Students, community protest Honor Code Office

Hundreds of BYU students and alumni protested Honor Code Office procedures Apr. 12 in a demonstration at the Cougar Quad on the BYU campus.

Protestors chanted "Students made it, we can change it," sang Primary songs and listened to students and alumni speak about their negative experiences with the Honor Code Office. Materials were also available for students to write letters to the office.

The protest coincided with GLSEN's nationwide Day of Silence for LGBTQ students. Protestors took a moment of silence at 1 p.m. to honor LGBTQ students who have died.

The students conducted themselves in a peaceful, respectful manner. Speakers refrained from using expletives and the overall atmosphere was calm but energized. A number of onlookers (who were encouraged several times by the protesters to "come on down!") and counter-protestors stood on a balcony overlooking the quad, occasionally chiming in.

— Universe Staff  
Photo by Aaron Fitzner



## BYU officials support open records bill despite police decertification

A BYU attorney and BYU's police chief told legislators they support a bill that would require private university police departments to comply with the state's open records access law.

The statements supporting the proposed legislation came only days after news broke that the state is planning to decertify the BYU police department, in part because state officials say the department has not complied with past demands for police records that municipal policing agencies must make publicly available. Sen. Kurt Bramble, R-Provo, introduced legislation that would subject private university police departments, including BYU, to open records requests. A senate committee heard discussion on the bill Feb. 26 and passed it unanimously. No one at the hearing spoke in opposition to the bill.

— Universe Staff  
Photo by Elliott Miller

March 1

# Simple Bites

Recipe Column

### Peanut Butter Balls

**Ingredients:**  
1 cup peanut butter  
1/2 cup butter  
2 cups powdered sugar  
2 tsp vanilla  
1 lb dipping chocolate (dark, milk or white)

**Directions:**  
In medium sized bowl, mix peanut butter, butter and powdered sugar until smooth and well blended. Mixture should be stiff enough to roll into small balls. If mixture is too soft, add more powdered sugar until stiff enough.  
Melt dipping chocolate in a microwave bowl for about 1 minute. Stir. Microwave for 20 seconds and stir until chocolate is completely melted and smooth.  
Drop peanut butter ball into melted chocolate and remove quickly with a small spoon. Place on parchment or waxed paper to set.  
Allow chocolate to set completely before removing from paper. Store in an airtight container.

### Chocolate Peanut Butter Pretzels

**Ingredients:**  
1 cup peanut butter  
1/2 cup butter  
2 cups powdered sugar  
2 tsp vanilla  
12 pretzel rods  
1 lb dipping chocolate

**Directions:**  
Prepare peanut butter mixture as directed in previous recipe.  
Melt chocolate as directed in previous recipe.  
Shape about 1 tablespoon of peanut butter mixture into a long strip. Wrap around a pretzel rod. Dip wrapped pretzel into melted chocolate. Allow excess chocolate to drip off. Place on parchment or waxed paper. Decorate with sprinkles or chopped nuts.  
Allow to set completely before removing.

This week:  
**Christmas Treats**



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

## World of Dance promotes unity for both audience and performers

The start of fall semester marks the beginning of classes on campus, but for some dancers at BYU, the beginning of a new school year is filled with dress rehearsal for the annual World of Dance concert.

World of Dance is a special tradition on campus that has been held for decades. BYU has one of the most diverse dance departments in the United States, and all five highly acclaimed dance programs prepare for this performance to showcase the talent they have developed.

"There's so much ... that goes into these dances," Erin McClellan, the BYU Department of Dance's public relations coordinator, said. "If students didn't go (to World of Dance), it would be a missed opportunity to experience some of the amazing talent that is here. It's such a culturally diverse experience ... it is just phenomenal."

— Nathan Wanlass

Photo by Hannah Miner



Sept. 23

Sept. 23



## Karak Miakol receives 2019 Center for Conflict Resolution Peacemaker Award

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

More than 100 law students, faculty and close supporters of Miakol's cause attended the event held at the BYU's J. Reuben Clark Law School. Becky Pratt, a friend of Miakol's, commented on how important it was to her that her friend Miakol was receiving the award.

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

— Rebecca Nissen

Photo by Addie Blacker



Oct. 20

## Native American panelists discuss Columbus controversy

Four Native American professors hosted a panel to talk about varying viewpoints held by members of The Church of Jesus Christ of Latter-day Saints on controversial Italian explorer Christopher Columbus.

The panel was organized after Clark B. Hinckley, the son of former Church President Gordon B. Hinckley, gave an address on August 21 in which he said Columbus played a major role in the restoration of the gospel through his discovery of America.

This did not sit right with some people, however. Farina King, assistant professor of history from Oklahoma's Northeastern State University, said she and the other panelists aren't trying to rewrite history but are trying to have a conversation to bring awareness of the potential damage of holding Columbus in high regard.

— Nathan Wanlass

Photo by Preston Crawley

## BYU police chief brings FBI Academy training, SWAT team experience and more to job

BYU Police Chief Chris Autry's office windowsill is covered in coins.

Not monetary coins; rather, they're "challenge coins," which Autry said agencies such as police departments and military units exchange as signs of appreciation and respect.

However, Autry likely wasn't planning on one particular challenge when he became BYU's new police chief in January: a Feb. 20 letter addressed to President Kevin J. Worthen announcing plans by the Utah Commissioner of Public Safety to decertify BYU's University Police, effective Sept. 1. The letter says the department failed to conduct an internal investigation into allegations of misconduct and failed to comply with a subpoena for internal records.

— Kaitlyn Bancroft

Photo by Arianna Davidson

March 20



Sept. 17

## President Russell M. Nelson speaks at BYU about God's love and laws, addresses past policy changes

President Russell M. Nelson addressed the BYU community at a BYU devotional Sept. 17 at the Marriott Center, which was filled to capacity 30 minutes before the devotional began.

He spoke to students anxious to hear his counsel, and was candid about the confusion that he said many church members felt over the Church's stated policies in the recent past regarding LGBT couples and the status of their children in the Church. His remarks sought to clarify questions members have had about recent changes to a 2015 policy that prevented the children of LGBT parents from getting baptized at age 8 unless they received permission from the First Presidency.

About the 2015 policy he said, "Our concern then, and one we discussed at length and prayed about fervently over a long period of time, was to find a way to reduce friction between gay or lesbian parents and their children."

— Rebecca Nissen

Photo by Addie Blacker

Oct. 24

## BYU community to reflect on environmental footprint

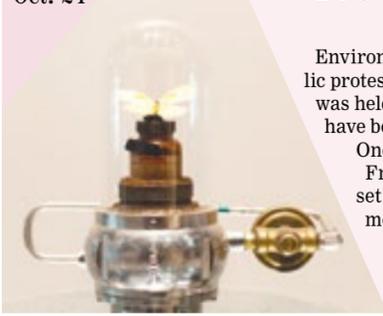
Environmental stewardship is a hot topic that is being discussed on various stages. Public protests have taken place across the nation, a U.N. conference addressing the matter was held and initiatives set by the Provo community in favor of public transportation have been put in place to minimize environmental impact.

One man's message is being told not through words, but through sculpture.

Frank McEntire, a sculptor and former art critic for the Salt Lake Tribune, set up an art gallery in the Harris Fine Arts Center with a message of environmental stewardship for the BYU community.

— Nathan Wanlass

Photo by Makenna Romeril



# MIXTAPE

Worst Christmas Songs

**"Drummer Boy"**  
Justin Bieber Ft. Busta Rhymes  
*Under the Mistletoe*

Certain songs just shouldn't be turned into raps, and the Little Drummer boy is one of those. It feels almost a little sacrilegious with J. Beibs' rap lyrics that go from adoring Jesus to a line like "Sipping eggnog, with a little sprinkle of vanilla / Even though it's kind of cool I'm pulling on a chinchilla." (And like... what do chinchillas have to do with Christmas? There wasn't a better rhyme with vanilla?) I will say Biebs' song Mistletoe is cheesy, but a great Christmas tune.

**"The Christmas Shoes"**  
NewSong  
*Thankful*

I'm probably going to get a lot of hate for this, but this has to be one of the worst Christmas songs of all time. If you don't know this song, it's about how a little boy wants to buy his mom a Christmas present before she dies. While the sentiment is beautiful, the deliverance of the song is extremely cringy. Poorly written lyrics and a boring melody make for a very sad (and bad) Christmas.

**"Don't shoot me Santa Claus"**  
The Killers  
*Loved Me Back To Life*

The Killers are an awesome band, but let's just say they should stick to their genre and Christmas isn't that genre. To be honest, I'm not sure what the song is really about because it's a little confusing. I think they were going for a Bohemian Rhapsody vibe but mistakes were made and now they can't be fixed? Either way the creepy Santa Claus voice that joins in doesn't really help the whole thing.

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

## BYU ARTS

byuarts.com | (801) 422-2981

**University Chorale**

This performance features BYU's two non-auditioned choirs.

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

**BYU Symphony Orchestra**

This performance will feature works by Georges Bizet, Nikolai Rimsky-Korsakov, J.S. Bach, Richard Wagner, and Leroy Anderson.

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

**BYU Wind Symphony & BYU Symphonic Band**

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

**Mountain Strings: BYU's Folk Music Ensemble**

Thurs., Dec. 12, 7:30 p.m.  
Madsen Recital Hall

**Contemporary Voices: Play Readings From Award-Winning Scripts**

Jan. 9-11, 16-18, 7:30 p.m.  
Nelke Theatre

**BYU Vocal Point**

Fri.-Sat., Jan. 10-11, 7:30 p.m.  
de Jong Concert Hall

**Swan Lake: BYU Theatre Ballet & BYU Philharmonic**

Thurs.-Sat., Jan. 23-25, 7:30 p.m.  
Sat., Jan. 25, 2:00 p.m.  
de Jong Concert Hall

**BYU Young Company: Hamlet**

Feb. 5-7, 12-14, 7:00 p.m.  
Feb. 8, 15, 2:00 p.m. & 4:00 p.m.  
Nelke Theatre

All events are ticketed.

**BYUarts**

# THE DAILY UNIVERSE

## Christmas Giveaway



Scan this QR code to download the Universe Plus app.

Enter each day to win daily prizes.

All daily entries are entered into the drawings for these grand prizes:



Vizio 50" smart TV and Vizio Home Theater Sound System



Apple Watch Series 5



Oculus Quest VR System

Here's how to enter:

1. Scan the day's image on the train below using the Universe Plus app.
2. Tap on Enter Here.
3. Fill out the entry form.
4. Tap Submit.

Join us Thursday for the grand prize giveaway

Be at the Wilk Terrace at 11 a.m. for cookies, cocoa, grand prize drawings and even more prizes.



**Day 6**  
Tue., Dec. 10  
Equipment rental for the season  
BYU Outdoors Unlimited or 4  
tickets to the Utah Grizzlies



**Day 7**  
Wed., Dec. 11  
Party of 4 at Escape Prose of Farr  
Better ice cream party for 10



**Day 8**  
Thu., Dec. 12  
\$100 gift card to Bricks & Minifigs  
+ Dinner for 2 at Good Moves  
Cafe or \$100 Tucanos gift card



**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 Universe and their immediate families are not eligible to win.

Special thanks to our sponsors!



## Police Beat

### BYU

#### TRESPASSING

**Jan. 9** – A previously banned individual was found skateboarding in the parking garage of the LSB; the individual had active warrants and was booked into jail.

**March 3** – Two individuals were reported jumping over the Missionary Training Center fence. They were found by officers and given a warning.

**March 17** – Police found several individuals on the roof of the restrooms at the Y trailhead and issued them warnings.

**March 20** – An officer responded to a report about individuals jumping a fence. After further investigation, police discovered that an intramural team had scheduled the field and jumped the fence because nobody had unlocked it.

#### DRUGS

**Jan. 23** – Officers responded to a report about a marijuana smell in the area of Helaman Halls. Officers checked the area and cited two individuals.

#### DISORDERLY CONDUCT

**Feb. 1** – An individual was reported for interfering with a basketball game. The individual had left by the time officers arrived.

**Feb. 1** – Children were reported racing wheelchairs in the Harman Building.

#### FRAUD

**Feb. 12** – An individual reported a fraud attempt from another person who tried to send more than what was requested for an item on KSL. They also requested the money be sent to a different location.

**Feb. 13** – An individual reported receiving an email threatening to post photos of the individual viewing pornography unless they paid the email sender.

#### CRIMINAL MISCHIEF

**Feb. 13** – An individual reported seeing a person dump a drink on a vehicle after jaywalking.

#### THEFT

**March 6** – An individual was reported taking a centerpiece from the Wilkinson Student Center.

#### ASSAULT

**March 23** – Officers responded to a call about a physical altercation over a parking stall.

#### FIRE

**Oct 7.** – A fire started in Heritage Halls after a hot pad was left on the stove.

**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

#### TERRORISM

**Jan. 19** – A man made a threatening Facebook post about committing a mass shooting hours before the women's marches. Police were alerted to the post and tracked down the man with the help of the FBI. The man is currently waiting on an extradition warrant from Colorado, where it is believed he violated parole.

#### MURDER CASE

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

### Orem

#### WILDLIFE

**Sept 19** – A bear was spotted wandering the streets of Orem Wednesday morning until it climbed a tree in front of the Orem Police Station.

#### THEFT

**Jan. 3** – The Orem Police Department posted on its Facebook page that a man has been breaking into vending machines in schools in Orem and surrounding areas. Timpanogos High School, Pleasant Grove Junior High and American Fork High School are all investigating the break-ins, which occurred over the holiday break. Each school sustained several thousand dollars worth of damages to vending machines and other property.

**Jan. 22** – A man attempted to walk out of a Walmart with a large TV in his cart and was stopped by the door greeter. He was able to steal a set of bed sheets. Police knew his identity because he made a return to customer services before the theft.

**Jan. 22** – A woman stole a pair of jeans from the Buckle store inside the Orem mall. She attempted to return them for money at the Provo Buckle store. The store called the police and the woman was booked into jail.

**Feb. 11** – Two estranged individuals were fighting over the ownership of a car and the individual who rightfully owns the car had the title in hand. The other individual asked the previous owner for a bill of sale and filed for a loss of title with the Department of Motor Vehicles. Officers sorted out the situation and cited the second individual.

**Feb. 12** – An individual broke into an elementary school and stole six fire extinguishers.

**Feb. 21** – A man was reported attempting to steal hats from a store at the mall. He offered to purchase the hats after he was caught by staff. He later returned to the store trying to exchange the hats for cash. He

was then asked to empty his pockets where officers found he had stolen fishing lures.

**Feb. 21** – A woman stole car keys and wallets from lockers at the gym. She then took the cars and purchased several thousands of electronics from Target. After a brief foot pursuit, officers arrested her and she was booked into jail.

#### FRAUD

**Feb. 11** – A woman reported a man transferring \$4,300 to her bank account, where he proceeded to harass her to return the money via gift cards. The money was from a fraudulent account and police are still investigating.

**Feb. 12** – Officers have received multiple reports about phone calls telling individuals they have outstanding warrants that can be paid off with gift cards.

**Feb. 12** – An individual reported receiving emails offering them a job for buying items and shipping them out. The checks the individual received to buy the supplies were fraudulent and bounced, making the individual lose a large sum of money.

**Feb. 28** – An individual reported receiving an email from her boss where he asked her to purchase eight iTunes gift cards. After purchasing five cards at Smith's, she investigated the email and found it was from a fraudulent account.

#### DRUGS

**Jan. 22** – An officer checked on a man who was sleeping in his car at Walmart and found the man possessed meth and drug paraphernalia. The man had multiple warrants and had stolen tools in the car. He was taken to jail and police are following up to return the stolen tools.

**Jan. 22** – An officer responded to a call from a local hotel about a bag of meth found in one of the rooms. The suspect moved to a different room in the hotel, and a warrant was quickly filed.

**Feb. 12** – An officer made a traffic stop on a car where the driver threw two boxes out the window. With the help of a police dog, officers confirmed the boxes were carrying meth.

**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.

#### 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.

## Tweet Beat BEST OF 2019

### #BYU #BYUprobs

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

Leave comments at universe.byu.edu or @UniverseBYU

**@samstinnett\_**  
"How do you display tenderness in Mutual photos???"  
@HeardAtBYU

**@burtOnmaddie**  
"If Peter Pan served a mission, it would be over for all these Provo boys."  
@HeardAtBYU

**@autumndaun**  
"I would blow my life savings on a study abroad, but I don't have life savings. I only have debt"  
@HeardAtBYU

**@BrittEldredge**  
\*in PS100 review\*  
TA: mass matters more. so would you rather have a piece of paper hit you from the ceiling, or a bowling ball?  
Student: at this point in the semester, I can't answer that question.  
@itsjustjaybae  
@HeardAtBYU

**@kenna\_duffin**  
"no one's perfect, emma. not even mitt romney!!"  
@HeardAtBYU

**@gabrielwsmith**  
"I hate getting set up by married couples cause they've lost all taste"  
@HeardAtBYU

**@victoriagarvin**  
guy: "gluten-free means there's no happiness in it."  
girl: "my life is gluten-free."  
@HeardAtBYU

**@emily\_brooks2k**  
My favorite thing about driving in Utah is that you can go 80 mph and a minivan will still pass you at like 100... like who are you delivering a casserole to, Susan??

**@emmmaa\_kay**  
"current relationship status"  
"Wow, he's so cute. If I run him over do you think I can get his number??"  
@HeardAtBYU

**@shelbyshipley\_**  
I've had a crockpot in the backseat of my car for several weeks now, y'know for if I'm ever out on the town and need to slow cook something on the fly

**@smaisley**  
Give a man a fish, and he'll eat for a day. Teach a man to fish, and he'll prove it in his dating app profile pic for the rest of his life.

**@kay\_smeds**  
last night I had a dream that I saw my own profile on mutual... and I swiped down...??

**@aubrey031018**  
can't wait until the church further simplifies the visiting teaching/ministering program to just assigned back-scratchers at church

**@hilary\_ann\_**  
What if Brigham Young really just said, "This is a place" and we all misheard him

**@ByCommonConsent**  
Pioneer (pushing obscenely heavy handcart across the desolate plains): I sure hope my descendants do this, but for no reason

**@emma\_kronmiller**  
called to serve in the area 51 north mission leaving september 20th!!!! so excited!

**@LatterdayLikes**  
BYU ought to hire a mom to come talk to the football team after a loss  
"I'm not mad; I'm just disappointed"

**@camilletoronto1**  
What if we... got married for the pell grant... hahahahahahhaa lolololol jkjkjkjk..... unless

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

**@trabigailryan**  
"I'm about to slide into his DMs... on Learning Suite"  
@HeardAtBYU

**@saimygyuy**  
People love to say that our education at BYU is subsidized as if we don't pay it all back with parking tickets

**@Jessica92643002**  
@HeardAtBYU  
"calling names to come get food at Chick-fil-A" "Wingardium Leviosa?"

**@grantlofgreen**  
"If I spent as much time gold digging as I did studying I would have a much more stable financial future"  
@HeardAtBYU

**@\_aguinn8**  
"I've got a mental breakdown scheduled for 3:00 today and honestly I'm looking forward to it."  
@HeardAtBYU

Tweets are unedited

## IN OUR OPINION

### Thanks for listening, BYU

BYU has seen a lot of changes this past year — the biggest one being the Honor Code reforms. I remember reading the Honor Code stories that the students were posting and wondering what BYU was going to do about it. There were so many debates about the Honor Code and what it stood for; I felt that a divide was being created among the campus community.

When the Honor Code Office stated this past May that it would be more transparent about the process, I felt content and relieved. I haven't had any experience with the office, but I've noticed fewer and fewer stories coming about since then and I feel that the reforms played a part in that. Reflecting back on this incident, I appreciate the fact that BYU listened and has continued to listen throughout the rest of the year.

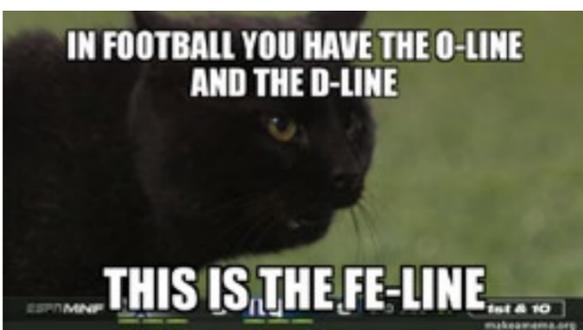
Mental health has been another big conversation on campus this year. With the higher rates of anxiety and depression being found on college campuses, it can be hard to provide the help needed to all of the students. CAPS is a great resource that we have on campus, but there have been complaints from students about long waiting periods for the help they need. BYU was aware of this issue and addressed it by increasing the number of counselors in CAPS this past September. BYU saw the issue and listened.

There will be different issues that arise next year at BYU (and a continuation of issues happening right now), but we can remember that BYU has listened before and can listen again. There may be a lot of different things that BYU can still work on, but we can't forget the positive changes that have been made this year. We don't know what 2020 will bring, but we can thank BYU for what it has done for us in 2019.

—Spencer Tuia  
Universe Editorial Assistant

# 2019 in memes

when u at Thanksgiving dinner and someone asks u why u still single





Dec. 1  
**BYU athletes making Olympic history since 1912**

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.

— Ashley Jorgenson

Photos by L. Tom Perry Special Collections, Doug Martin, Associated Press, BYU Photo, Elliott Miller

**Super senior trades pitch for hardwood**

Senior Caitlyn Alldredge bittersweetly placed her softball bat in the closet, trading it for a nostalgic item: a leather basketball. After devoting four years to BYU softball, Alldredge decided to fulfill her dream of playing NCAA basketball.

Playing T-ball since the age of five and watching her brother play baseball instilled Alldredge's love for softball at a young age. However, along with her involvement with the Viewmont High School softball team and the Salt Lake Pegasus club softball team, she discovered a passion for basketball.

Juggling her loyalties to her softball teams, Alldredge made a name for herself in the basketball community by playing not only for her high school's team, but also the Salt Lake Metro-club basketball team.

— Natalie Orr

Photo by BYU Photo



Jan. 28

**Jimmermania alive and well in Utah**

Former BYU basketball great and 2011 Consensus National Player of the Year Jimmer Fredette, the newest member of the Phoenix Suns, made the second stop on his NBA comeback tour in Utah March 25 as the Suns took on the Utah Jazz.

Despite graduating eight years ago and being seemingly exiled to the Chinese Basketball Association in 2016, Fredette has remained one of the most popular college basketball stars in recent memory. His 28 points per game in his senior season led the Cougars to their second ever Sweet 16. He graduated as the school's all-time leading scorer at the time.

As soon as Fredette checked in for the Suns in the second quarter, the capacity crowd of hometown fans — many of whom donned Jimmer's Shanghai Sharks jersey or other BYU apparel — rose to their feet to give former No. 10 overall pick a standing ovation.

— Jackson Payne

Photo by Associated Press

March 26

Jan. 14  
**Mitchell, Ingles, Allen feel at home in Utah**

Utah has been a place for NBA players to call home since the Jazz's first Utah season in 1979. Talented players like Gordon Hayward and Paul Millsap once resided in Utah but ultimately chose to leave, while others like Enes Kanter asked for an immediate departure, leaving Salt Lake City and its memories behind.

Now, for the first time in a long time, Salt Lake City is transitioning from a city players momentarily call home to a city that makes the players feel at home.

Donovan Mitchell and Joe Ingles were recently voted as BYU's top two favorite current Utah Jazz players by former and current BYU students in a poll conducted on The Daily Universe's social media pages. Salt Lake City has been Ingles and Mitchell's first and only NBA destination. Though their paths to Utah were unique, both athletes say they feel at home in Utah.

— Aaron Fitzner

Photo by Claire Gentry



**BYU's Jaren Hall turns a double play**

About 6.9 percent of high school football players and 7.1 percent of high school baseball players go on to play in the NCAA, according to the organization. BYU freshman Jaren Hall, however, currently has the rare and unique opportunity to play both sports for the Cougars.

"I feel like playing two sports all year round helps me to compete every day," Hall said. "It's a different opportunity to get better and push myself. There are definitely some challenges, especially with time — trying to handle everything between sports, school and not having a social life, which I fully accept, but all-in-all I really enjoy the challenges."

Other notable baseball-football special teamers in BYU history include legendary quarterback and Super Bowl champion Jim McMahon, and more recently, Hall's current teammate and tight end Matt Bushman.

— Jackson Payne

Photo by Jaren Wilkey/BYU Photo



March 6

Nov. 1  
**MMA helps Lehi man fight depression, find purpose**

Carson Hardman is a Lehi resident who has been participating in mixed martial arts, formerly referred to as cage fighting, for more than a decade. He believes his training has helped him significantly improve his mental health and lifestyle.

Hardman started training in MMA almost by accident. After recovering from a skateboarding injury, he began looking for a hobby that didn't require expensive equipment. Kickboxing initially sparked his interest, but after learning that his friend's gym no longer offered it, Hardman's friend referred him to an MMA gym.

— Anneka Southam

Photo by Associated Press



**Triumph of the Spirit — BYU women's rugby wins national championship**

The BYU women's rugby team captured its first-ever national title on May 4 with an overwhelming 48-0 win over Virginia Tech. The story for this game, however, is more than the final score.

The story for this game started in 2000 when women's rugby began at BYU. The script was revamped in 2010 when the women's rugby squad chose to chase honor rather than a national title. In 2015, the script from this story was changed again when the rugby team became officially recognized by BYU. All of these stories became one telling tale of a team in 2019 that featured not only the current roster but every athlete that has ever put on a rugby jersey representing BYU.

When the women's rugby squad at BYU was first organized in 2000, there were only a few players that started the program, and recruiting was tough. Students left the following summer, and only a few came back the following year. Julia Hobbs, a player from Oklahoma, was instrumental in keeping the program afloat at that point.

— Aaron Fitzner

Photo by BYU women's rugby



May 9



**Dave Rose retires as BYU men's basketball head coach**

Dave Rose announced he's retiring as the head coach of BYU's men's basketball in a press conference held inside the Marriott Center March 26.

"I'll promise you this, I'm the happiest guy in here. But this will be tough. Thirty-six years. Thirty-six years I've been doing this — 22 at BYU, 14 as the head coach — and today is the day that I'm going to retire," Rose said. "I've had a chance to talk with the players and encourage them to move forward and tackle the challenges at hand. But most of all, I've had a chance to reflect with my family. How lucky I've been. I'm 61 years old and I still haven't worked a day in my life."

Rumors recently surfaced on social media about Rose's future and standing with the team. Though it is not rare to see this type of chatter after a team has an unsuccessful season, there seemed to be truth behind the rumors.

— Aaron Fitzner

Photo by Emma Wiles

March 26



**BYU Cougarettes compete for first world title**

The BYU Cougarettes have won a national championship 19 times. That's right — the all-female dance crew that often entertains the crowd during BYU basketball and football games has been crowned the nation's top dance squad 19 times, including twice this year.

The Cougarettes won a coveted double championship at the National Dance Alliance nationals meet in Daytona, Florida, on April 5-6, solidifying the team's legacy of dancing dominance.

While it might seem impossible to top the nation's highest honors, this year, the Cougarettes hope to do just that. The team is uniquely poised to win something no Cougarettes team has won before — a world championship.

— Robert Jamias

Photo by Ty Mullen

Apr. 12

**Women's basketball advances to WCC championship**

The BYU's women's basketball team clinched the West Coast Conference title and series sweep with a 82-68 victory in Las Vegas in the highly anticipated third meeting of the rivalry trilogy against No. 12 Gonzaga.

Head coach Jeff Judkins earned his fourth career conference tournament championship and third as a WCC member.

"I'm so proud of my team," Judkins said. "I don't think anyone thought we'd be here except for them. They played their hearts out, they weren't afraid to make the play. They weren't afraid to make the challenge."

— Jackson Payne and Aaron Fitzner

Photo by Ty Mullen



March 11

**Cougars share prayer with Rivals**

BYU football joined the Liberty Flames in taking a knee for a prayer after beating them 31-24.

The teams were shaking hands in the middle of the field after the game on Nov. 9 when Liberty started preparing to take a knee.

"We felt like it was going to be good for us to share in that moment. They invited us to have a word of prayer with them and I thought it was a pretty cool moment," BYU football head coach Kalani Sitake said.

Liberty is an evangelical Christian university and, like BYU, it is not part of a conference. Sitake said he was impressed with the team, both by how well they played and by how well they treated BYU, and that the prayer was a great way to finish that game.

— Emily Andersen

Photo by Addie Blacker

Nov 11





Feb. 19

### Freshman Baxter takes flight for men's basketball

It took longer than some fans had hoped, but when freshman Gavin Baxter made his first start for the Cougars against Loyola Marymount on Feb. 2, it was clear the highly-touted Timpview recruit was worth the wait. The 6-foot-9 forward scored 25 points with 10 rebounds, two blocks and a number of ferocious dunks to highlight one of the Cougars' best all-around performances of the season.

Baxter has averaged 13 points on 69 percent shooting with nearly seven rebounds and two blocks in three starts this season. Prior to Jan. 17, however, Baxter had played just seven minutes a game on the back end of head coach Dave Rose's rotation.

— Jackson Payne  
Photo by Arianna Davidson

### BYU men's tennis act as ambassadors in Asia

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

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

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

— Chelsea Kern  
Photo by Arianna Davidson

Oct. 1



Feb. 4

### BYU gymnasts take on 10-year challenge

BYU gymnasts paused to reminisce on their childhoods surrounded by over 5,000 elementary school children at the annual Kids Meet on Jan. 25. Three gymnasts shared stories about their humble beginnings in the sport and how they earned their spots on BYU's No. 16 team.

BYU's first All-American in 14 years, junior Shannon Evans initially joined gymnastics to follow her sister's footsteps.

"When I first started, it was really light-hearted," Evans said. "It's always been really fun for me. It's never been brutal or degrading."

— Natalie Orr  
Photo by Hannah Miner

### BYU fan flails her way to fame

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

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

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

— Elisa Huhem  
Photo by Brooke Anderson

Oct. 25



Sept. 17

### BYU football players mentor inner-city youth

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

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

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

— Jenae Hyde  
Photo by Jenae Hyde



# THE DAILY UNIVERSE

Merry Christmas

Good Luck on Finals

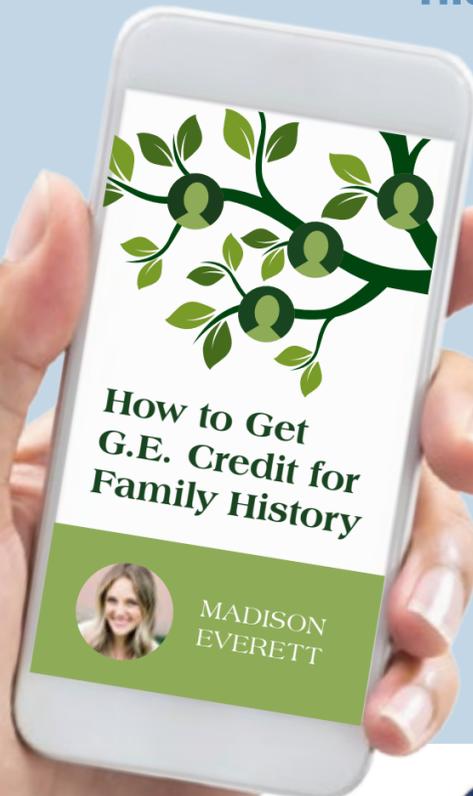


# #BYU hacks

The 'how to' at BYU



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



**Dilbert®**

I HIRED A SADIST TO DESIGN OUR USER INTERFACES.

I REALIZE THIS ISN'T IDEAL, BUT NO ONE ELSE WANTED THE JOB.

WHY WOULD OUR CUSTOMERS BUY A PRODUCT DESIGNED BY A SADIST? IT'S CALLED STOCK-HOLM SYNDROME.

I HIRED THE DOGBERT TECH SUPPORT TEAM TO HELP WITH CUSTOMER CALLS BECAUSE OUR USER INTERFACE IS SO SADISTIC.

WOULDN'T THAT BE ADDING INSULT TO INJURY?

HOW SO?

TRY REBOOTING, YOU IDIOT. AND DON'T CALL AGAIN!

**Peanuts®**

MY REPORT TODAY IS ON DINOSAURS.

THE LARGEST DINOSAUR THAT EVER LIVED WAS THE BRONCHITIS.

IT SOON BECAME EXTINCT...

IT COUGHED A LOT!

I KNOW I NEED HELP... I DON'T DENY THAT.

PSYCHIATRIC HELP 74

THE DOCTOR IS IN

BUT SOMEHOW I FEEL THAT I DON'T REALLY WANT TO GO THROUGH THE WHOLE PSYCHIATRIC BIT... YOU KNOW WHAT I MEAN?

ABSOLUTELY... JUST STEP OVER HERE, PLEASE...

GOOD, SOUND, MOTHERLY ADVICE

MOM IS IN

**Garfield®**

HO! HO! HO! IT'S ME, AGAIN... SPIDER CLAUD!

MICE IN THE ORNAMENT BOX

SMACK

AND MAY ALL YOUR CHRISTMAS COOKIES HAVE RAISINS!

**Pickles®**

I WISH I WAS AS WISE AS YOU, GRAMPA.

WELL, NELSON, IT TAKES MANY, MANY YEARS TO GAIN THE LEVEL OF WIZITUDE THAT I'VE ATTAINED.

WIZITUDE? ISN'T IT CALLED WISDOM?

ARE YOU QUESTIONING MY WIZITUDE?

THOSE ARE SOME NIFTY SOCKS YOU'RE WEARING, CLYDE.

YEAH, I LIKE TO KEEP UP WITH THE LATEST FASHIONS.

HOW DO YOU DO THAT?

I CHECK OUT MEN'S FASHION MAGAZINES.

I GET MY FASHION ADVICE FROM THE GREETER AT WALMART.

**Non Sequitur®**

RECALCULATING...

...STILL RECALCULATING...

ANN, CHON... REALLY?

HOW CAN YA NOT KNOW WHEAH WE AH?

OH, THAT'S THE EASY PART

I'M TRYING TO CALCULATE HOW YOU GOT STUCK ON A MESA... AGAIN.

AA, RIGHT I'M THE IDIOT HERE

AA! IT'S A SPIRE, SNAITY-PANTS!

HOW DOES THAT SAYIN' GO, ONCE IS AN ACCIDENT, TWICE IS A COINCIDENCE, AND... UM...

THIRD TIME IS A PATTERN, EDDIE

A-YEAH, THAT'S IT. I'M STARTIN' TO SEE A PATTERN IN MY NAVIGATION SKILLS

OR COULD JUST BE BAD LUCK

UM... HOW ABOUT THE 857TH TIME?

OK, MAYBE A VERY INTRICATE PATTERN OF BAD LUCK

**Zits®**

UM... A TRIPLE BACON CHEESEBURGER, LARGE FRIES...

THUNK!

...AND A MUFFLER.

I'LL HAVE TO CHECK WITH MY MANAGER.

WHY IS THE ENGINE SO LOUD?

THE MUFFLER FELLOFF.

WE SHOULD DO SOMETHING.

I'M ON IT...

BLAP! BLAP! BLAP! BLAP! BLAP! BLAP! BLAP! BLAP! BLAP!

**Sudoku**

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

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

**The New York Times Crossword**

Edited by Will Shortz No. 1104

**ACROSS**

- Facial hair generally banned in the military
- Joint between the ankle and hip
- Distinctive bunny features
- Impressive display
- Brother of Cain
- On
- Rock band with the 2001 #1 hit "How You Remind Me"
- Spanish artist Francisco
- Pain
- Not at home
- Edgar Poe
- Classic Christmas song with the lyric "City sidewalks, busy sidewalks, / Dressed in holiday style"
- Sportscaster Bob
- Discrimination
- First U.S. multimillionaire John Jacob
- Golf pegs
- Dove sounds
- Million-selling albums
- All's opposite
- Loads and loads
- Largest island in the Philippines
- Some C.E.O.'s degs.
- Engines
- Old New York song publishing locale
- With 1-Down, player of the Hulk in 2003's "Hulk"
- One of two in the McDonald's logo
- Leaf-gathering tool
- Easter egg coloring
- Afghanistan's capital
- Pro hoops network
- Common Market letters
- Antlered animal
- Earned at least 21 merit badges
- Island with a lagoon
- Prince or princess
- Wing-to-wing measures
- Lane, lover of Superman
- Lawyer's org.
- Dress in Delhi
- Roger of "At the Movies"
- What bread dough and the morning sun do
- Genre for Slayer and Iron Maiden ... or a hint to 17-, 23-, 38- and 47-Across
- Elegant ballet bend
- One of 10 or fewer, maybe, in a checkout lane
- Silly
- Hearty draughts
- "Gone With the Wind" plantation
- Find a new purpose for
- See 2-Down
- With 1-Down, player of the Hulk in 2003's "Hulk"
- One of two in the McDonald's logo
- Leaf-gathering tool
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**ANSWER TO PREVIOUS PUZZLE**

OSCAR CARBOTS  
 PHOTO TONYA NIT  
 TAKEAGANDER IMO  
 SHE DATA BROIL  
 ARIANAGRANDE  
 KAPLAN PLANB  
 ISAAC SANE GALL  
 NEWESTREET GOO  
 GALA PUMA TNERT  
 ORION AMULET  
 COVENTGARDEN  
 IMSAD DAHL IMP  
 TED OUTOFDANGER  
 EGO OPART GOOSE  
 SAG RIPE STRAY

**The New York Times Crossword**

Edited by Will Shortz No. 1105

**ACROSS**

- Pop group whose name is also a rhyme scheme
- Bit of dance instruction
- Xtra (soft drink)
- Target of urban renewal
- "Touched by an Angel" actress Downey
- Calculations that may be given in square feet
- Robot
- Needle
- dish
- Pioneering arcade game company
- Capitalize on
- Object commonly worn by someone under house arrest
- Part of a buck
- Pamper
- Sheep's sound
- Word before we or flush
- Greek H's
- One making a scene outdoors
- Prefix meaning "inner"
- Golf club designed to achieve loft
- School fundraising grp.
- Explorer the Red
- Noted holder of 1,093 U.S. patents
- Venus, for one
- Edwards or Ramstein: Abbr.
- Detest
- Lollipop-sucking character of 1970s TV
- What aftershave can do
- Movie role with range ... or what 17-, 24-, 39- and 51-Across each have?
- Black tea variety
- 1993's Accords
- "The Grapes of Wrath" migrator
- Contents of a Facebook feed
- Source for restaurant reviews
- "What's the \_\_\_?"
- Stat!
- Pale dot (Earth)
- Ashtray item
- Lacking a compass, say
- Spanish Mrs.
- A to Z
- Hardly underplay
- Games (quadrennial event)
- Green outer layer of a statue
- Fury
- Advice much seen in Cosmopolitan and Seventeen
- Low voice
- Fortune teller
- Rock experts?
- Burglarize
- McDonald's friend on "South Park"
- "Yeah, right!"
- Qualified
- Bread baked in a tandoor
- James who wrote "A Death in the Family"
- Morning warning in a sailor's saying
- Since forever
- Soviet spy agcy.
- Type of crustacean whose name means "equal-footed"
- Hoarse voice
- Frequently
- "How great," sarcastically
- Put out, as a fire
- TV anchor Tapper
- Operatic highlight
- Producer of many compilation records
- "Immediately!"
- Steal, in slang

**ANSWER TO PREVIOUS PUZZLE**

TRAP AMOK NINJA  
 REMO LAMA IMACS  
 OVAL INITI POUCH  
 JONLOVITZ PUSH  
 AKA LEA GOTEAM  
 NESTS CSPAN ASA  
 EEK HAL STEW  
 JENNIFERLOPEZ  
 COLD CEE ORC  
 DAD SKYPE GANGS  
 SNORES NSA ORU  
 BRIM JASON MRAZ  
 NAACP AMIN ARAZI  
 CEDAR YOGI ISEE  
 OZONE ZINC SHAHQ

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 OZONE ZINC SHAHQ

# BYU students provide interpretation at free volunteer-based clinic

By EMMA BENSON

Iranian immigrant Dr. Mansoor Emam was working in an emergency room when he realized that many patients who lived in poverty ended up in the ER with devastating hospital bills because they couldn't afford preventative medical care. Emam knew he wanted to open a free clinic to help these people, but didn't know how to obtain the money to do so. He then met Khosrow Semnani, a successful businessman and also an immigrant from Iran, who helped Emam buy a building and the equipment needed to open a clinic.

The Maliheh Free Clinic, named after Semnani's grandmother, started in 2005 and has since grown from just two volunteers to over 600 including medical providers, nurses, patient techs and interpreters. As the only clinic of its kind in Salt Lake City, volunteers provide free medical care to over 6,000 uninsured and low-income patients who are under or at 150% of the federal poverty level.

The clinic's patient population represents 35 languages, and almost half of the patients are Hispanic, according to clinic statistics. More than 50 BYU student volunteers are helping break the language



Maliheh Free Clinic

A volunteer works with a patient at the Maliheh Free Clinic in Salt Lake City, Utah.

barrier by providing free Spanish interpretation at the clinic.

"They're pretty much interested in anybody that speaks a foreign language. But Portuguese and Spanish are the

most used," said BYU molecular biology student and volunteer interpreter Mark Conley.

Conley started volunteering with the clinic at the beginning of this year, and goes in once a week for a four-hour shift. He

said he was apprehensive at first because of his lack of medical Spanish terminology, but said the clinic provides volunteers with terminology sheets and two training sessions to get hands-on experience.

"I was nervous to start there, because I was like, 'I don't know any medical terminology. I just know gospel Spanish and conversational Spanish.' But it comes easier than you would think," he said.

Conley said he enjoys interacting with so many people from different backgrounds.

"It just gives you perspective on life. I think nothing makes me more grateful than going into that clinic. If you're having a bad day, just go into the clinic, and you're like, 'wow, there's so many people I could help out,'" he said.

BYU engineering student Kacen Moody has volunteered at the clinic for four years. Moody said that because he's an opportunist, he couldn't turn down the chance to help when it came his way.

"It was a chance to get out and do something new, and part of it was speaking Spanish and part of it was feeling like I could contribute to what the clinic had to offer," he said.

Moody said he typically goes to volunteer at the clinic once every other week, and even did an internship there one semester.

"It's really fun to just spend time working with different people, to meet new people and to offer service in different capacities," he added.

He noted he has more opportunities to help because of how

the clinic is structured.

"I've learned more over the course of the time that I volunteer there (that) there's something unique about volunteer experiences like that, because everybody is a volunteer, so there's a little bit more mutual understanding than in a normal hospital setting," he said.

Volunteer coordinator Tammy Garfield has been at the clinic for seven years. She said one of the reasons she enjoys it is working with 30 or 40 volunteers daily.

"They all come in with a desire to help others and to make a difference, and I think they feel like this is some place they can do that," she said. "Everybody is here because they want to be which makes it such a great experience."

Garfield said the clinic is excited to be able to work more closely with BYU.

"We know that their students have a lot that the clinic and our patients can benefit from and we're just excited to grow with them and hopefully give them a great volunteer experience," she said.

Garfield said they are always looking for more volunteers. The clinic's website has information on volunteer opportunities and an online application.

The Maliheh Free Clinic is located at 941 E. 3300 South, Salt Lake City.

## RESOURCES

### Mental health assistance for students

Continued from Page 1

BYU CAPS currently has 32

full-time clinicians who offer individual therapy and group therapy sessions, a viable option for students who prefer group settings or don't want to be on the waitlist for individual therapy.

"I think it's really helpful when someone can acknowledge they need help and then seek it," Hafoka-Kanuch said. "I do understand that I'm a stranger to some people, so

that might be intimidating for a student to come and talk to me, but we have professional training to help."

Some students may not feel they are anxious or depressed to the point of having to meet with a therapist, but still may want resources to improve their mental health. BYU recently purchased rights to use Sanvello, which is an app for reducing stress, depression

and anxiety. Sanvello can help students with cognitive behavioral therapy, mindfulness meditation and mood and health tracking. BYU students can download and use the app for free by providing their BYU net ID.

The CAPS office also offers dietician services and biofeedback services — a program that can help students understand how their bodies react to

stress or danger.

Hannan advises students to increase their self-care and health by directed behaviors like sleep, exercise, nutrition, nurturing relationships, mindful meditation and socializing.

"This affects academic performance positively overall," Hannan said. "Do not underestimate the power of health behaviors and connection with others. We are wired for social

connection and need it to function and feel well."

Hamilton agrees. "I've always had open communication with my roommates, and we were able to support each other. I realize that as I've been vulnerable and open up to other people, it allows them to see that it's a safe place to do the same," Hamilton said. "It makes it a safer place for everyone involved."



## THERE ARE MORE THAN

# TWO

## WAYS TO REJECT SOMEONE

Ghosters and texters: we're looking at you. Learn all seven methods in the latest edition of TWO



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