

# Legal, emotional surprises possible result of DNA tests



First in series

By SYDNEE GONZALEZ

Medical and legal experts warn that taking a DNA test is like opening Pandora's box — once the test has been taken, there's no way to forget the information in the results.

The number of people opening the box is increasing rapidly. Over the past few years, commercial sites like Ancestry and 23andMe have made DNA tests accessible for the masses. More than 26 million people have already taken a test — a number that is projected to reach 100 million by 2021, according to an MIT Technology Review.

BYU professor Stephen Piccolo, who researches genetic cancer markers, said that before taking a test, people should weigh whether they will be able to deal with the discovery of potentially emotionally damaging information.

"If you're the kind of person who worries that you won't be able to not take it too seriously, then I would say avoid it," Piccolo said. "For some people, knowing that they have a genetic variant that puts them at a relatively high risk of a certain disease can give them a lot of anxiety, so that alone might be a reason for them not to find out."

Piccolo also said people should understand that most commercial DNA tests are identifying risks for diseases that are polygenic, meaning they are controlled by multiple different genes. This makes it difficult to accurately quantify the risk for any one person. Because of this, Piccolo said the risk-for-disease results that commercial DNA companies provide are "somewhat accurate."

"If you take a test and it says you have a higher risk of such-and-such disease, it's worth considering," he said. "But I think you should also view it with some skepticism."

BYU biology professor John Kauwe, an expert on genetic risk factors for Alzheimer's disease, agrees with



Sydnee Gonzalez

Rach Young, a physiology and developmental biology major, namo drops, a process that checks how much DNA concentration is in a sample.

Piccolo's stance that many commercial DNA tests may not be the be-all-end-all, especially since environmental factors can mitigate or aggravate a person's risk of certain diseases, like diabetes.

"There is the potential for people to get really concerned about that information, when in reality, it may not be as meaningful or concerning as they think it is," Kauwe said.

He added that some of the risk estimates for certain diseases given by commercial companies are based on a single genetic marker and that these genetic markers may alter the risk by as low as 1% or at the very most 10%.

"It's just important for the general public to understand that most of the information coming from those popular retail tests is probabilistic, and it's

addressing one piece of a risk profile that consists of many genetic markers and environmental factors," Kauwe said.

He also said genetic risk projections from commercial companies can help motivate people to take control of their health, but that they do not provide the same type of definitive and clinically actionable information as a clinical test conducted by a physician in conjunction with genetic counseling.

Kauwe has participated in all the major retail genetic testing programs and said he has enjoyed it.

"To me, it's fun to pull out my app and look at things with others," he said. "But it hasn't changed my life in any significant way."

He said he doesn't have major concerns about how his genetic

information will be used.

"I feel like the companies are pretty motivated to keep that privacy intact because their business model wouldn't persist if they made that type of information readily available," Kauwe said. "On the flip side of that, they are using it to do research and that research is valuable."

"There are some meaningful insights that are coming from the type of information that 23andMe and others are collecting, and the potential for those data sets to do more good in the future is actually quite good," he said.

BYU law professor Stephanie Bair is slightly less optimistic than Kauwe when it comes to genetic laws.

Currently, the main federal law governing genetic information and privacy is GINA (the Genetic Information

Nondiscrimination Act of 2008). An amendment to HIPAA (Health Insurance Portability and Accountability Act) regulations that added genetic information to the definition of protected health information was also passed in 2013.

While GINA prevents health insurance companies and employees from using genetic information to discriminate against a person, it does not apply to employers with fewer than 15 employees, educational institutions' relationships with their students, the ability of law enforcement entities to subpoena genetic information, the rights of business owners to refuse services to customers; housing discrimination or life and disability insurance coverage.

See DNA on Page 3

## Despite injury and suspension, Childs makes himself known during 2019-20 season

By SYDNEY FLEMING

BYU men's basketball seems like a brand new team compared to last season's disappointing 19-13 record and failure to receive an NIT invite.

The main storyline going into the season was senior forward Yoeli Childs' nine-game suspension after mishaps in paperwork and agent errors. Childs led the team last season in scoring and rebounds, with 21.2 points and 9.7 rebounds per game, leaving him in BYU's top-10 all-time scoring list. After the season, he declared for the NBA draft, then decided to come back to BYU for his senior season.

Following the suspension, key seniors TJ Haws and Zac Seljaas were off the court for different injuries. The team's identity was shaken and to be determined. To top it off, forward Gavin Baxter injured his shoulder, resulting in him missing the entire 2020 season.

Adversity in mind, head coach Mark Pope loves how the team has responded.

"In terms of resiliency and in terms

of the setbacks we've had this year, I think our guys have responded brilliantly," Pope said. "Not just setbacks in terms of a loss here and there, but also losing guys from the roster and all of the other changes. I think these guys have come every day like champs, and they're just trying to get better."

The Cougars opened the season at home hosting non-conference opponent California State University Fullerton, winning 76-58. Four days later, former Mountain West rival San Diego State University handed BYU its first loss of the season in Provo in a 76-71 thriller. Despite Jake Toolson, TJ Haws and Arizona transfer Alex Barcello's combined 42 points, the Cougars couldn't finish against SDSU, which is now ranked seventh in the nation according to the AP poll.

BYU basketball continued through non-conference play without the aid of Childs, earning a 6-3 record. These games included a buzzer-beating 72-71 win over top-notch Houston. Haws, who wasn't having his best game, came through with a jumper with no time left on the clock to secure the win against Houston, which came into the game with a 76.3% chance to win,



Hannah Miner

Yoeli Childs drives against an LMU defender on Saturday, Jan. 4.

according to ESPN's matchup predictor. Later, BYU defeated UCLA and Virginia Tech, both historically good programs. Also included in the pre-Childs half of the season were losses against third-ranked Kansas and rival

Boise State.

Childs finally made his return just in time for the rivalry matchup against Utah, a team that beat Nevada and later Kentucky. In his debut, Childs scored his current season high of 29

points before exiting the game early due to leg cramps. The Cougars eventually gave up their 16-point lead without Childs on the floor and lost 102-95 in overtime.

After Utah, the Cougars bounced back and went on a six-game win streak. In this streak, BYU defeated Nevada and Utah State, two of the biggest games on the schedule this year. At the time of the Utah State matchup, the Cougars were 9-4 and the Aggies 10-2. BYU was not expected to win, but with Childs at the helm with 20 points, BYU managed to pull off a 68-64 victory. The Cougars continued the hot streak into conference play, with a 63-38 win versus Loyola Marymount in the Marriott Center. Before Childs, the team was 6-3, with some wins over decent but mediocre teams. With Childs playing the entire game, BYU is 6-0, with him leading in scoring in every game but one.

Heading into the season, expectations weren't high considering the tough schedule and Childs' absence, but Pope embraced the competition and fight that these tough teams brought.

See CHILDS on Page 8

# UNIVERSE news briefs

FROM THE ASSOCIATED PRESS



## Meghan and Harry to become independent

Prince Harry and his wife, Meghan, have taken steps that will distance them from the royal family. They indicated in a statement that they intend to become financially independent and balance their time between the U.K. and North America while still supporting the work of Queen Elizabeth II, Harry's grandmother. The queen announced her support for the couples' plan on Monday but reiterated that there are complex issues the family will need to work through.



## US points to dissent in Iran following drone strike

Defense Secretary Mark Esper and other administration officials joined President Donald Trump in trying to draw attention to dissent in Iran instead of lingering questions about the scale of the threat used to justify a drone strike on Iran's top military leader.

National security adviser Robert O'Brien suggested the U.S. sees this moment as an opportunity to further intensify pressure on Iran's leaders, who are already under enormous strain from economic sanctions.



## US border arrests continue to drop

The number of people arrested or stopped entering the United States along the Mexico border fell for a seventh straight month in December. U.S. authorities made 40,620 arrests or detentions on the Mexico border in December, down 5% from 42,651 in November and down 72% from a 13-year high of 144,116 in May.

Mexicans accounted for more than four of every 10 arrests. The tally underscores a move by the Trump administration to turn more attention to Mexican asylum-seekers.



## Support split among democratic candidates

The 2020 Democratic race is wide open in Iowa as caucuses near.

For two decades, Iowa has had a solid record of backing the ultimate Democratic nominee. A clear victory in its caucuses next month could set the tone for the races that follow in New Hampshire, Nevada and South Carolina.

However, a recent pole by The Des Moines Register and CNN found that a cluster of candidates, including Sen. Bernie Sanders and Pete Buttigieg, all have similar levels of support.



## Tide turns for Australian firefighters

Crews battling Australia's wildfires said they have been able to turn from defense to offense for the first time in weeks thanks to cooler temperatures and mild winds. This defensive strategy includes bulldozing down small trees and burning scrub ahead of the fire's projected path.

At least 27 individuals have been killed in the fires, which have destroyed more than 2,000 homes and scorched an area larger than Indiana since September.

# Provo restaurant scene requires secret recipe for success

By LISI MERKLEY

Andy and Simy Gartz started their first restaurant, Dew, in a small space under an apartment complex with just a toaster oven, a crockpot and a couple of rice cookers.

"It was just food that we just loved and craved when we lived in Washington and nobody was doing here," Gartz said. "We just figured that people would like that too."

Dew's Vietnamese sandwiches and bubble teas proved to be popular, and the Gartzes were hungry for a larger kitchen where they could cook more of their favorites. However, just a few years after opening their second restaurant, Rooster, Andy realized they were being spread too thin and reevaluated

their plans.

That's when Andy decided to transform Dew into a pizza place and call it Slab.

Slab was their jackpot. The restaurant has now expanded to Lehi and Pleasant Grove and continues to draw in new customers.

In 2018, Slab and 5,263 other restaurants throughout Utah competed for \$5.5 billion of estimated sales throughout the state, according to the National Restaurant Association.

The restaurant scene in Utah is thriving, and new restaurants must find a way to carve out their portion of the market. Finding the best location to build a restaurant is crucial to a new venture's success. While Provo's student- and family-based market was the perfect recipe for Slab, it's not the best fit for every type of restaurant.

### Successful and closed shops in Provo

"Provo is a really cool place to eat," Gartz said. "People actually are open to try new things here. There's a high curiosity factor."

Gartz also attributed part of Provo's uniqueness to the area's level playing field in both price and quality.

"Most places in Provo are in a certain range," Gartz said. "Most places are pretty good, but nobody's winning Michelin awards."

Slab's giant pieces of pizza slid right into Provo's unique market, but some restaurants struggle to adapt when they open a second or third location in Provo.

Restaurants are an integral part of Mosi Oteo and his family's lives, so it felt natural to open a restaurant when they moved to Utah.

Mosi Oteo said when the Oteo family moved from Mexico to California, his dad started working at a restaurant to provide for his eight kids. His dad worked hard to learn everything the restaurant's chef knew and eventually became the executive chef at that same restaurant.

The family opened multiple restaurants all over Utah before Mosi Oteo opened Oteo in Lindon. Oteo's tacos and queso fundido made from local, organic ingredients were a hit, and Mosi Oteo decided to open a second location in Provo.

"The demographic is totally different in Lindon than it was in Provo," Mosi Oteo said. "In Provo, it was more the college students, so we knew that our price point wasn't going to work

down there."

The family tried to find ways to appeal to the student population, but Mosi Oteo said financially it didn't work. He eventually decided to close the shop in Provo to focus on other ventures in other areas.

"We were kind of torn," Oteo said. "It had that romantic feel for us because we started out in Provo when we got here way back in 1997. We didn't want to leave."

### The future of food in Utah County

Both Gartz and Oteo agreed that Provo residents are willing to try new foods, even though the two restaurants had different levels of success with maintaining a steady flow of customers. However, Utah County, as a whole, provides plenty of opportunities for all types of new restaurants due to the variety of people who live here.

Brooke Eliason, founder of Female Foodie, said the restaurant industry in Utah County will continue to grow because of the state's entrepreneurial spirit and people's willingness to try new types of cuisine.

"Utah is such an exciting place for food," Eliason said. "People are becoming more progressive with the way they're looking at food."

For Eliason and other food aficionados, eating is more than just a way to get full, and Eliason said Utah residents are starting to appreciate eating out as an experience.

"(Eating out) can actually be the focal point of your evening," Eliason said. "To go out and try new restaurants is just really exciting, and it's fun to see what talented people are putting together."

# Rare salt formations appear along the Great Salt Lake

ASSOCIATED PRESS

SALT LAKE CITY — Rare salt formations have been documented for the first time on the shores of the Great Salt Lake, and they could yield insights about salt structures on Mars before they disappear for good.

They're showing up now in part because water levels at the largest natural lake west of the Mississippi have been lowered by drought and water diversion, exposing more shoreline. It's a story that's playing out throughout the American West as a growing population puts more demand on scarce water resources.

"It has to be exposed to just the right conditions," said park ranger Allison Thompson, who first saw them in October.

The tiny crystals have built up over the last several months, eventually creating flat terraces stacked atop one another like the travertine rimstone and dam terraces at Yellowstone's Mammoth Hot Springs.

From far away, the mounds can blend into the snowy landscape along the flat blue of the lake edged by distant mountains. From above, though, the cascading terraces are like an enormous piece of lace laid over the sandy earth. An up-close look reveals long, spire-like crystals clustered jaggedly together like something out of science fiction.

There are now four mounds at the Great Salt Lake beach, growing up to 3 feet (1 meter)

tall and several yards wide.

Mirabilite mounds are seen more often in places such as the Antarctic, bolstered by the constantly cold temperatures. There are also indications of similar structures on Mars, so study of the mounds in Utah could offer clues on how to examine salts found there.

But researchers don't have long to study the Great Salt Lake formations: As winter turns to spring, warming temperatures mean the salt won't continue to precipitate out of the water and the mounds will disintegrate into a fine dust.

The mounds are expected to be gone by February, and eventually melting snow will send runoff into the lake, raising lake levels and likely swallowing up the sites.

That's part of normal fluctuations with the seasons and drought cycles, but overall the lake isn't covering as much ground as it once did, said University of Utah professor Kevin Perry. Much of that is due to water being diverted away from rivers that feed the lake for agriculture and other uses before it reaches the lake, he said.

Other water bodies in the West have faced similar pressures.

While the Great Salt Lake is now recovering from a drought cycle, the long-term trend has been a slow loss of about a 1/2 foot (15 centimeters) per decade, Perry said.

There can be a perception that water flowing to the Great Salt Lake is wasted because it's too salty to support much life beyond brine shrimp, but Perry said that's wrong.



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Jaren Wilkey/BYU Photo

BYU students cross the footbridge next to BYU's bell tower during a class break.

## Students, schools react to BYU enrollment process changes

By REBECCA NISSEN

"What if I'm not good enough?" "Did I have enough extracurriculars in high school?" "Am I well-rounded enough?" "Will I make it in?"

Alannah John recalls questions like those occupying her mind while she sat at her computer, applying for BYU. Now a sophomore studying elementary education, she made the cut, but the application process she remembers was not easy.

"It was kind of nerve-wracking because I really wanted to go here," John said. "I just remember sitting down at the computer very stressed — overwhelmed. I was kind of worried I wasn't gonna have enough important things to say of note."

The application process undertaken by thousands of BYU students isn't the same as it was. Changes to the application process have been taking place for a little over two years.

The changes include the replacement of a section requiring students to mark various check boxes listing different high school accomplishments with two additional essays. According to BYU Spokeswoman Carri Jenkins, enrollment is also expected to increase 1.5% starting Fall semester of 2020. This increase is expected to continue for six years.

A university news release shared one reason behind the changes being made to the enrollment cap.

"We would like to see every student who enrolls at BYU complete their education, which would increase our already high graduation rate of 86%," the release said.

Jenkins talked about the reasons behind these changes.

"This is part of a long-term goal to enhance the number of students who can benefit from a BYU education," Jenkins said. "This goal is part of our inspiring learning initiative, as well as our student success and inclusion efforts."

In an article on BYU's vision for "Inspiring Learning," President Kevin J. Worthen talked about BYU's Aims as well as the push for experiential learning.

BYU's Aims are for education that is "spiritually strengthening, intellectually enlarging, character building and leading to lifelong learning and service."

Taking steps toward these learning objectives requires a lot of hard work and dedication. According to Sonia Bartholomew, mother of a BYU applicant and BYU alumna, the essays required for application worried and challenged her daughter.

"It just made it a harder mental task," Bartholomew said. "She was in her senior year, she's taking a couple AP classes. That made it a harder thing emotionally — it added to the stress of things."

It was the challenge the essays added that Bartholomew said could be beneficial for BYU.

"Maybe there are some people who don't even apply because it's harder," Bartholomew said. "If you're trying to filter people, it's a good way to filter them."

Unlike BYU, BYU-Idaho has experienced steady growth. According to BYU-Idaho Fall 2015 and Fall 2019 campus enrollment statistics posted on BYU-Idaho Newsroom's website, the University has seen an approximate increase of about 3,030 students. That's a 17.25% increase from Fall 2015's campus enrollment of 20,592.

BYU-Idaho Admission Director Riley Hall said that although they don't require letters of recommendation, BYU-Idaho admissions still asks for an ecclesiastical endorsement and seminary recommendation.

"It's a little bit simpler application for BYU-Idaho than it is for BYU's, which asks for several essays and several letters of recommendation," Hall said.

The application process isn't the only thing that makes BYU-Idaho different. To accommodate more students, BYU-Idaho

uses the track system. Instead of the school year being split up into fall, winter, spring and summer semesters, the school divides students' year into three tracks: Spring/Fall, Fall/Winter and Winter/Spring. According to Hall, BYU-Idaho has been using this track system for almost 20 years.

"We're the only higher education institution in the world that's using this system," Hall said.

Though this system has worked well for BYU-Idaho, Hall said he doesn't expect BYU to follow suit.

"I think BYU's got a good solid foundation on how they operate and so I would expect that they'd probably continue to operate as they do," Hall said.

Down the road at UVU, there's also little concern about BYU's change in admission policies. The Wolverines have growing pains of their own.

UVU Senior Communication Director Scott Trotter talked about this increase in students.

"Two years ago, we grew by 7%. Last year, we grew by 4.8%. That's anywhere from 2,500 students to 4,000 students a year," Trotter said. "One of our biggest challenges here is keeping up with the growth."

One thing that sets UVU apart from universities such as BYU and BYU-Idaho are the application requirements for admission into the university. Trotter said UVU doesn't require the ACT or SAT unless the applicant is applying for a merit-based scholarship.

Another difference Trotter said exists is students who are accepted into UVU enter at different educational levels. To encourage proper class-level placement, they require students to take English and math placement tests to assess proficiency in the subjects.

Despite the school's differences, Trotter cheered BYU's efforts to increase enrollment.

"Actually, we're celebrating that because the more people that have the opportunity to go to college we welcome and we're not worried about growth," Trotter said.

## Teen grateful to be alive after 30 hours in Utah mountains



Associated Press

In this Jan. 7, photo Nicolas Stacy-Alcantara, recovers at University of Utah Hospital after surviving nearly 30 hours lost in the mountains.

ASSOCIATED PRESS

SALT LAKE CITY — A California teenager who survived nearly 30 hours alone in the snowy Utah mountains said Wednesday he kept himself awake with phone alarms, built a snow cave for shelter and held a special beaded bracelet to keep his hopes up.

Nicolas Stacy-Alcantara, 17, of Fresno, was visiting Utah to see an ex-girlfriend and decided to go for a day-long hike in relatively mild weather last week, he said.

"I love hiking, it kind of clears my head," he said. The teen took an Uber up a canyon east of Salt Lake City, bringing six peanut butter and jelly sandwiches and 40 ounces of water with him. He planned to be out all day and make it back in time for dinner.

But late that afternoon it started snowing and the

temperature dropped, forcing him to stop, he said. His cell-phone didn't have service along his planned route from Millcreek Canyon to Park City.

Eventually, with his feet starting to freeze, he found a spot under a tree with some protection from the elements and built up a small snow cave to keep the wind at bay. He set a timer on his phone to go off every 30 minutes so he wouldn't fall asleep, and tapped his hands against his chest to keep the blood flowing.

His ex-girlfriend and her mother had called police when he didn't arrive for dinner, but with darkness falling help didn't immediately arrive. As the hours went on, he started to lose hope, he said.

Then he found something in his backpack: A beaded bracelet his ex-girlfriend had given him early in their relationship. It reminded him of everyone who cared about him, he said.

After the sun came up, he left

the protection of the snow cave, along with his wet clothing and the boots too frozen to tie. Eventually, he found other hikers who had a satellite phone. He was about 6 miles (10 kilometers) from where he had been dropped off, authorities have said.

Search and rescue officials said they found tracks that indicated he had been moving through waist-deep snow, and that he was lucky to survive the night.

The teen was flown out of the canyon by helicopter to University of Utah Hospital, where he has been treated for frostbite on his feet. While he said he's still numb and in pain, he's not expected to need any amputation.

Now, he's looking forward to being released from the hospital in the coming days and returning to finish his senior year of high school. After that, he hopes to study aerospace engineering in college.

# TODAY

**UNIVERSITY DEVOTIONAL**  
Tuesday, January 14,  
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This event will be broadcast to the JSB Auditorium.



**Elder Michael T. Ringwood**  
*General Authority Seventy*

Elder Michael T. Ringwood was sustained as a General Authority Seventy of The Church of Jesus Christ of Latter-day Saints in April 2009. He is currently serving at Church headquarters as Executive Director of the Priesthood and Family Department and as a member of the Priesthood and Family Executive Committee.

Elder Ringwood graduated with a bachelor of arts degree

in accounting from Brigham Young University in 1983.

Elder Ringwood has served in a number of Church callings, including a full-time missionary in the Korea Seoul Mission, bishop, high counselor, high priests group leader, Scoutmaster, stake president, and mission president.

He and his wife, Rosalie Nelson, are the parents of five children.

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

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# BYU tech makes family history more interactive

By MORGAN MARCH

Expansive family history libraries and events like RootsTech are some of the many attractions that bring family history enthusiasts to Utah.

However, enthusiasts all over the world can engage in family history in unique and creative ways through online services like those offered through the BYU Family History Technology Lab.

The lab was created by BYU computer science professors Tom Sederberg and Bill Barrett in 1998. At the time, Sederberg had already written some software that later became known as Relative Finder, and Barrett had been researching document scanning and recognition capabilities.

“The internet was still young — less than 1% of people in the world had access to the internet, and it was very slow,” Sederberg said. “We formed the Family History Technology Lab with the goal of hiring undergraduate students to develop software that could simplify family history work and make it more engaging.”

Sederberg and Barrett were inspired by the teachings of President Howard W. Hunter about family history work and the proxy work done in the temples for the dead.

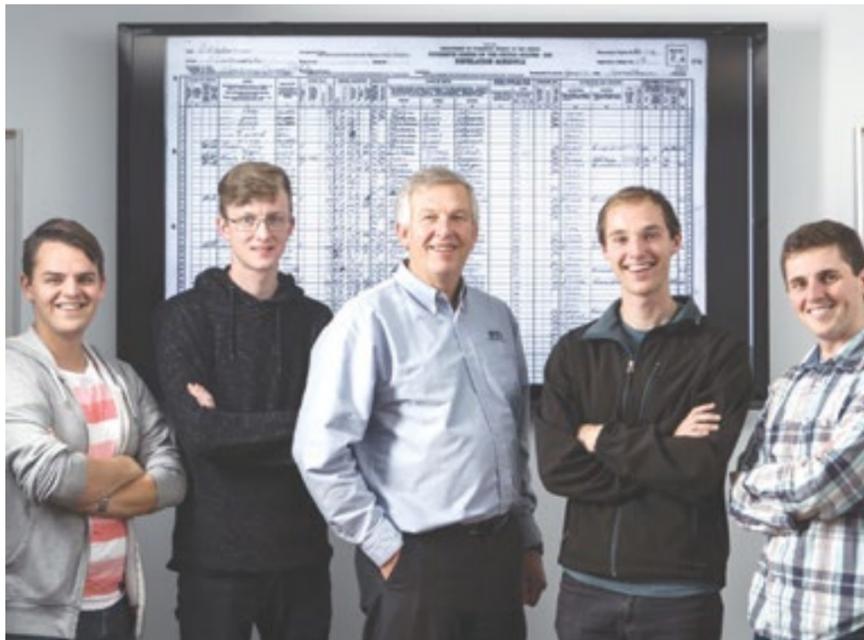
During the centennial anniversary of the founding of the Genealogical Society of Utah, President Hunter talked about God accelerating technology for the purpose of family history and temple work.

“We stand only on the threshold of what we can do with these tools,” President Hunter said. “I feel that our most enthusiastic projections can capture only a tiny glimpse of how these tools can help us — and of the eternal consequences of these efforts.”

Sederberg, a convert to The Church of Jesus Christ of Latter-day Saints, began searching for his ancestors in 1970 using microfilms.

“Computers have made the process so much easier,” Sederberg said.

Sederberg retired as a BYU computer science professor in 2017 and is now serving a full-time mission in the New York City Family History Center with his wife.



Mark Clement

BYU professor Mark Clement, middle, currently runs the BYU Family History Technology Lab where students design software that helps users engage with family history in unique and creative ways.



Tom Sederberg

BYU professor Tom Sederberg retired from teaching and running the BYU Family History Technology Lab in 2017 and is currently serving with his wife as a missionary in the New York City Family History Center. Sederberg works with patrons and helps them find family names to take to the temple for proxy work.

“Most of our patrons are not members of the Church,” Sederberg said. “Often after spending an hour searching for their ancestors, they are deeply moved.”

People who know stories from their family history show increased mental and emotional

well-being, according to a study published in Emory University Journal of Family Life.

Lowering the barrier of entry to family history was another goal Sederberg and Barrett had while creating the BYU Family History Technology Lab.

“A lot of users have trouble

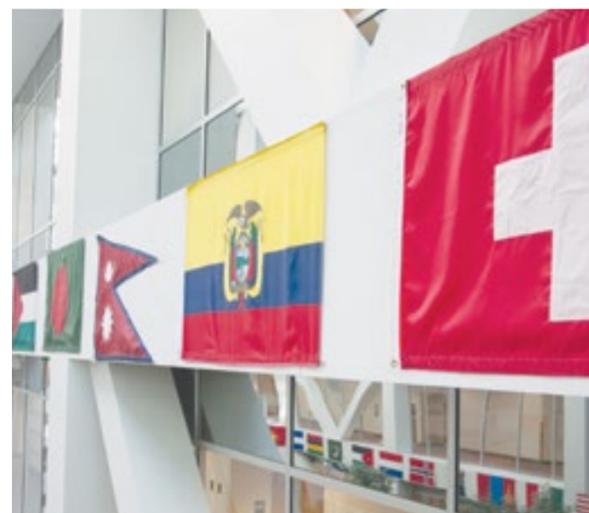
logging into FamilySearch and knowing what to do,” said Mark Clement, who succeeded Sederberg and Barrett in running the lab. “There are a number of games and fun activities at [fhtl.byu.edu](http://fhtl.byu.edu) that make getting involved in family history easier.”

Each of the free applications created by BYU students in the technology lab relies on FamilySearch family tree information — requiring users to log in through their personal accounts before beginning.

Relative Finder is one of the most popular games, apps or tools included in the BYU Family History Technology Lab.

“People enjoy learning how they are related to their friends and to famous people,” Sederberg said. “We have heard from numerous users who had not previously been interested in their family history that Relative Finder motivated them to create a FamilySearch account and to become engaged in searching their ancestors.”

While playing games, like a version of “Jeopardy!”, with family history information may have seemed unlikely over 20 years ago, technologies featured in the BYU Family History Technology Lab help shed a new light on family history work.



Universe Archive

Flags from around the world in the Tanner Building represent where students are from. Because of Nada Elmasry's enrollment as the first Egyptian BYU student, an Egyptian flag was recently added.

## International students adjust to U.S., BYU culture

By NATHAN WANLASS

Nada Elmasry, a graduate student from Cairo, Egypt, always wanted to enroll in business school. After learning about BYU's top-ranked business program and great spiritual environment, Elmasry decided she would travel to BYU to further her education.

While she was excited to go to BYU, she did not anticipate some of the social and religious challenges she would face in the United States.

“As a practicing Muslim, one of the biggest challenges came from religious adjustments,” Elmasry said. “I pray five times a day, but here there aren't places that you can pray in public settings.”

Food also proved to be difficult, as Muslims cannot eat pork. Elmasry said that stores in Egypt rarely, if ever, sell pork products. But the prevalence of pork products in America has made her more vigilant when shopping.

She said that overall, life in the United States has been easier because of BYU's circumstances.

“Coming here, I heard a lot of issues from girls who were also Muslim that had difficulties transitioning because people didn't understand them,” Elmasry said. “I'm lucky to be here because I feel that people respect me even though I'm a different religion.”

The transition to a college lifestyle is tricky for every student attending BYU. Moving to get a higher education may lead to homesickness, financial struggles and difficulty in managing time.

Adjustment challenges vary among different people, but the nearly 2,000 international students who currently attend BYU not only had to adjust to life in university but also to life in the United States.

Sam Brown, director of International Student and Scholar Services, said the department has tried different ways to help students transition, including orientation meetings at the beginning of the semester that are adapted for different cultures.

“This class covers topics of the academic, social and religious cultures here at BYU,” Brown said.

In addition to special classes, the International Student and Scholar Services Office assigns an adviser to every international student. These advisers are intended to show support and provide counsel if a student has any questions.

For students who haven't learned English, the English Language Center is where their BYU experience begins. Sandy Hatchett, the student life adviser for the center, tries to help students as they adjust to the United States' culture.

“My position as the student life adviser is unique among other second language schools,” Hatchett said. “Most other schools may have a person who helps out students for some of their work time, but all I do is answer questions that students have.”

Her job is to connect students to resources they may need. Some of these issues may relate to finances, United

States culture or technology, like the online class-management system Canvas. Hatchett encourages BYU students to reach out to international students they may know.

“Some people come from cultures that are open and warm, but others may feel a bit standoffish,” Hatchett said. “Students are often put in an apartment with three other people who are likely not culturally the same as them. Add homesickness to that and it is a serious challenge.”

Ben McMurry, the English Language Center's program coordinator, also said that the staff strives to help students transition smoothly. While McMurry said they are very successful, he thinks that opportunities to learn about what the center does should be more common on campus.

“More people in the BYU community should understand more about what we do here,” McMurry said. “People are not aware of the unique circumstances that our program has, so the more BYU knows, the better they can help our students.”

The English Learning Center has a student leadership council, which organizes three different events throughout each semester. These are meant to help students practice their English and get involved in what the United States' culture can offer. The student leadership council and staff in the language center strive to help their students.

“We love our students,” McMurry said. “We want them to be successful and have opportunities. We are lucky to have the structure that we have at the Language Center and to have teachers that care about their students.”

Dio Marino, a sophomore from Malaysia, said there are cultural and educational differences that he has had to work through during his time at BYU.

“Everyone has a strong political view about things here,” Marino said. “People from Asian countries aren't very open about their opinions and are very reserved. I usually just keep to myself with those kinds of issues — that's been a big adjustment.”

Because the education system in Malaysia is exclusively exam-based, Marino said the hardest part of his adjustment was learning how U.S. schools work. He had never needed to write papers or work on assignments; he only had to study.

“I wish I would have used more of their resources in the beginning,” Marino said. “There are classes that can help students adjust their studies, but I didn't do it because I wasn't exposed to it until after the semester had started.”

Despite not knowing about the class early on, Marino said that BYU faculty members are doing a great job offering resources to international students. At this point, the only change Marino would make is among the students.

“I feel like new students feel that they have to be the same as everybody else here at BYU,” Marino said. “If this cultural bubble didn't exist, I think that it would be easier for international students to fit in.”



## MIXTAPE

Best of the Beatles



“Hey Jude”  
The Beatles  
The Beatles

This is the longest Beatles song ever released. It lasts around 7 minutes. This song makes Beatles top three for a few reasons. One, the message is so beautiful and encouraging. Two, the fact that it paved the way for so many other iconic long songs to be played on the radio such as “Bohemian Rhapsody” or “American Pie” makes it a true classic. Without this song, many artists may not have shared those long iconic songs.



“I Want to Hold Your Hand”  
The Beatles  
Meet the Beatles!



“Can't Buy Me Love”  
The Beatles  
A Hard Day's Night

It's almost as if you can hear the beginning of the song just hearing the title. The immediate hook that has stood the test of time earns this song a top three spot. The vocal duet between Lennon and McCartney is so perfectly blended in this song that you can't help but join in yourself. I might be biased though, because it is my favorite Beatles Song.

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



This week:



Hannah



Sydnee Gonzalez

BYU biology student Josh Cassinat, preps for karyotyping, a process that enables doctors and researchers to examine chromosomes in DNA.

## DNA

### Emotional and legal effects of DNA tests

Continued from Page 1

According to Bair, GINA is not comprehensive enough.

"People really didn't foresee the types of situations that would be arising," she said. "There are lots of ways that people could be affected in their daily lives that go beyond the employment and the insurance situations that are covered in GINA."

She believes the main thing consumers should be concerned about when taking DNA tests is that testing companies are not completely regulated in terms of what they can and can't do with customers' genetic information.

Major testing companies like Ancestry, 23andMe and GEDmatch have an opt-in system where customers agree to allow the company to share their genetic information with third-party entities, such as research programs or law enforcement.

According to Bair, about 75% of consumers choose to opt in, a choice that can have mixed results.

"I think people have altruistic motives when they're opting in," Bair said, "but they might not fully recognize the more sinister ways in which their data could be used."

She said that before consumers decide to opt in, they need to be aware of what they're getting themselves into.

The best-case scenario is the companies share the data with academic researchers who are trying to use the data to come up with new cures for diseases, Bair said, adding

that worst-case scenarios involve companies selling genetic data to pharmaceutical companies who profit off the data or sharing the data with information brokers who compile data on individuals, including credit card history and social media data.

"They could just be adding that DNA data to that stockpile of information that they have about you," she said. "It's probably a disturbing aspect for a lot of people."

Because of these gaps in the law, Bair said more regulations are coming in the near future.

Ancestry, 23andMe and Helix launched the Coalition for Genetic Data Protection in 2019. Their goal is to establish best practices for the industry and propose recommendations to Congress.

For Bair, the coalition can be taken as a sign that these companies are doing their part to resolve the lack of genetic privacy and discrimination laws or it can be viewed as the companies trying to influence regulations to be in their interests.

"The question is just how much input are the genetic companies going to have into this regulation and how favorable is it going to be to consumers versus the companies," Bair said.

The companies have emphasized their commitment to protecting customers' data.

"Safeguarding this information is Ancestry's top priority," Ancestry Spokesperson Camille Penrod said.

"Ancestry will not share customer personal information with law enforcement unless compelled to by valid legal process and we will always advocate for our customers' privacy and seek to narrow the scope of any compelled disclosure."

Next: Demand for genetic counseling leads to a shortage.

# DNA tests can have life-altering consequences, say consumers



By SYDNEE GONZALEZ

At 52 years old, Jane Olson said her life took a turn straight out of a soap opera script.

What started as a simple desire to learn more about her family tree quickly turned sour as information she never wanted to know was brought to light. When Olson received the results of DNA tests she and her father took from Family Tree, her DNA and her father's didn't match.

"I thought there's two possibilities: either my father is not my father or they accidentally switched the tests," said Olson, whose name has been changed to protect the privacy of her family members.

She called Family Tree and asked them to check the tests. After three months of waiting for an answer, Olson decided to take a second test through Ancestry. The results were the same.

Olson turned to her older sister, who she described as their mother's confidant, for answers.

"I thought maybe she knows about this. Maybe I'm the only one who doesn't know about this," Olson said.

Olson's sister was also in the dark but offered to approach their mom to try to figure out the truth. This proved to be a dead end. Olson's mom had spent 50 years keeping a secret — and she'd continued to do so until her death in 2018.

Olson decided to have her mom's DNA tested as well to try to piece together who she really was.

"When she matched me and dad didn't, it was obvious," Olson remembers. "I cried every day for three months."

She said it tore apart her perception of her family.

"When you find out your father is not your father, you not only lose your father, but your mother is not who you thought she was and your siblings are not your siblings," she said. "In essence, you lose your entire family."

Her parents had divorced years earlier, an event she attributed to her father's infidelity. Learning the truth about her identity and that her mother had been unfaithful years before her father had been made her realize he wasn't as responsible as she thought he was.

"It really turned my whole family story on its head," she said. "It really is kind of a mind-blowing thing. It changes your paradigm. What you thought you knew, you didn't know."

For Olson, the most difficult part of this new discovery was figuring out what to do with the information and how to move forward with it. The first thing she did was tell her husband and her

kids, but she battled with how to approach the topic with her father.

"I believe we all have a right to the truth, which means he did," Olson said. "But I just could not imagine sitting down with this man at 85 and telling him he was not my father. I also felt like he had been my father and deserved to keep feeling like he was my father."

At the time, Olson's sister and her father were estranged, so the thought of tainting the only father-child relationship he had left seemed like a cruel thing to do. Eventually, she decided the greater good would come from not telling him.

Olson's father died in April 2019, and she said she still wonders if she did the right thing by not telling him.

It's been more than two years since Olson's world was turned upside down and she said while she's finally come to terms with it, the effects have continued to ripple through her life.

According to Olson, her story isn't as uncommon as people might think.

"People need to be aware that this is out there and it's not some weird, freaky thing," she said. "If you go back far enough in anybody's family, you're going to find this."

A Pew Research report completed in August found that 27%

of individuals who had used a mail-in DNA test like AncestryDNA said they learned about close relatives they previously didn't know about.

BYU law professor Stephanie Bair, who has a background in genetic information laws, said as more people are finding out about family relationships through these tests, the public needs to be aware that DNA testing can open these doors — even if individuals themselves haven't consented to a DNA test.

"There's a lot of information that people can gain about you just based on your family members submitting to those tests," Bair said. "And not everyone wants those relationships to be revealed."

It's a reality Olson has felt, and continues to feel, firsthand.

"I don't tell anyone," she said. "Which in some ways frustrates me because this isn't my secret. I didn't do anything wrong and I shouldn't feel like I have to hide this."

A few months after her father passed away, Olson received an email from her first cousin once removed on her biological father's side. The cousin explained he had done extensive genealogy work based on DNA testing and could help her pinpoint her relation to her biological father's family. After emailing back and forth, Olson decided to call him.

"The reason I contacted you is that I am 89 and I'm starting to lose my memory," Olson remembers him saying. "I have all this family history information and I didn't want you to not be able to access it."

Olson said the man had figured out who her grandparents were, something she herself had already done, and that she was the illegitimate child of one of their six sons, all of whom are deceased. Olson said it was remarkable that he had reached out to her, a total stranger, when there was no personal gain in it for him.

Now Olson is grappling with whether she should contact her biological father's family.

"How would you like to have to be the person who calls up and says, 'Hey, I'm your potential half-sibling from an illicit relationship that nobody knows about with your dad and my mother?'" Olson asked. "Who's gonna want to hear from me?"

Even if Olson does reach out, the family may or may not respond. "It might not even result in anything," she said.

Regardless of the pain that learning the truth has caused her, Olson said she doesn't regret taking the DNA test.

"There's power in the truth," she said. "I'm not keeping her (Olson's mother) blasted secret anymore."

# #BYU hacks

The 'how to' at BYU

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

## Simple Bites

Recipe Column



### This week: Vegetable Chow Mein

| Ingredients               | For 1   | For 2   | For 4   |
|---------------------------|---------|---------|---------|
| Chow mein noodles         | 1 cup   | 2 cups  | 4 cups  |
| Vegetable oil             | 1 tbsp  | 2 tbsp  | 4 tbsp  |
| Onion                     | 1/4 med | 1/2 med | 1 med   |
| Matchstick carrots        | 1/4 cup | 1/2 cup | 1 cup   |
| Red and green bell pepper | 1/8 cup | 1/4 cup | 1/2 cup |
| Cabbage                   | 1/4 cup | 1/2 cup | 1 cup   |
| Bean sprouts              | 1/8 cup | 1/4 cup | 1/2 cup |
| Snow peas                 | 1/8 cup | 1/4 cup | 1/2 cup |

| Ingredients for Sauce | For 1   | For 2   | For 4   |
|-----------------------|---------|---------|---------|
| Chicken stock         | 1 tbsp  | 2 tbsp  | 3 tbsp  |
| Cornstarch            | 1 tbsp  | 2 tbsp  | 3 tbsp  |
| Soy sauce             | 1 tbsp  | 2 tbsp  | 3 tbsp  |
| Red wine vinegar      | 1 tsp   | 2 tsp   | 1 tbsp  |
| Sugar                 | 1 tsp   | 2 tsp   | 1 tbsp  |
| Pepper                | 1/4 tsp | 1/2 tsp | 1 tsp   |
| Garlic powder         | 1/4 tsp | 1/2 tsp | 1 tsp   |
| Salt                  | pinch   | 1/4 tsp | 1/2 tsp |
| Sesame seeds          | 1 tsp   | 2 tsp   | 1 tbsp  |

#### Directions:

Cook noodles according to package being careful not to over cook. Drain.

In small bowl mix chicken stock and cornstarch. Mix well. Add soy sauce, rice wine vinegar, sugar, garlic powder, sesame seeds, salt and pepper. Mix well to blend all ingredients. Set aside.

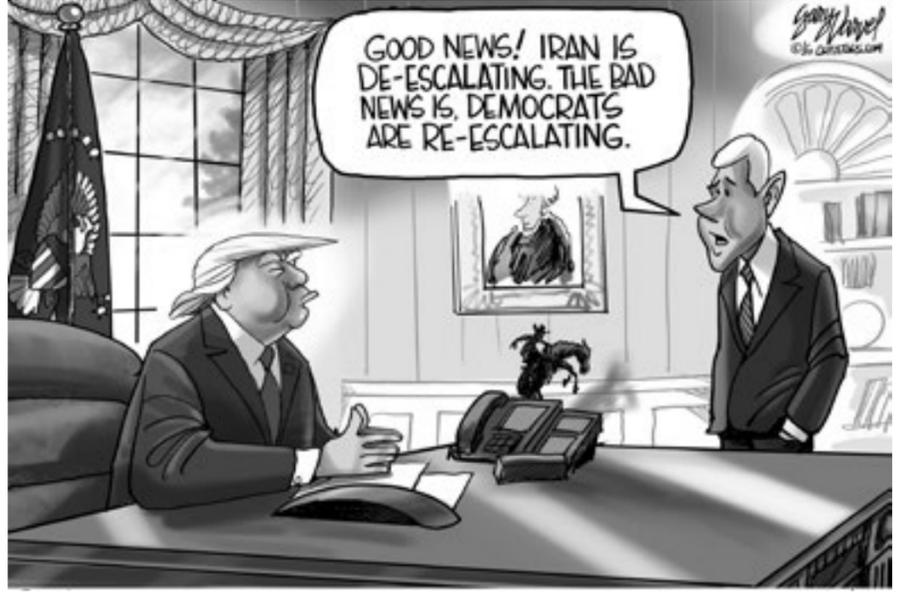
In a large skillet or wok heat oil and place onion, carrots, and bell peppers. Saute over high heat, stirring constantly until veggies begin to soften. Add cabbage, bean sprouts and snow peas, continue stirring until softened. Add noodles and continue stirring.

Pour sauce mixture over noodles and veggies and stir well until sauce thickens. Remove from heat.

Serve hot. Garnish with green onion and sesame seeds if desired.



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



## Tweet Beat

#BYU #BYUprobs

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

Leave comments at universe.byu.edu or @UniverseBYU

**@madilynn\_riley**

"Yeet are the light of the world"  
@HeardAtBYU

**@ashley\_xman**

This kid in my class is wearing a BYU lanyard, almost jumped out of his seat to give the opening prayer, loves ultimate frisbee and enjoys watching spiritual movies in his free time. He was also shocked that someone in our class guessed that he just got home from his mission.

**@collegestudent**

\*A Grade\* gpa raises .001  
\*C Grade\* sinks gpa, future and the titanic

**@dallimn**

I just want to live a righteous life but the devil keeps tempting me to eat full bowls of Reese's Puffs without milk

**@joewheat27**

Getting 96% in a class and still getting a B is the most BYU thing that's ever happened to me.

**@RaikuBoo**

When Pepsi buys doTerra it will become DewTerra and there is nothing any of us can do about it.

**@sarahndipity18**

my sister just asked me if I wanted go out with her tonight. she said her friend invited her out ten minutes ago. TEN. MINUTES. NOTICE. TO GO OUT. and she's GOING. on a WEEKNIGHT. A TUESDAY. am i old or is this chaotic energy

**@ladlelikeaspoon**

do i need chicken nuggets at 11:45 pm? no, but on the other hand, yes

**@ChannyMill**

Just ran into Elder Holland at Five Guys, just in case any of you still think In-N-Out is better

**@ktina\_cass**

"Can you have a gospel crush on someone? Like you just like their testimony so much? That's me with Professor Sweat."  
@HeardAtBYU

**@\_scosgrove**

I was in line on campus and saw a guy give a girl his number... and like, next to his name, he put "future MD"

**@fremlo\_**

I just want to support my friends like all the

professors in the Social Science schools at BYU are supporting each other after publishing

**@excesstential**

we have so many movies about falling in love but why is there only one movie about stealing the Declaration of Independence

**@ineedmoresleep**

Girl: So I didn't actually go to the "prayer" part of Ward Prayer, but the food was pretty good!  
@HeardAtBYU

**@chloemcew**

\*talking about importance of fathers in a Family Processes class\*  
Guy wearing a #Mandalorian shirt: "Anakin Skywalker didn't have a father, and look what happened!"  
@HeardAtBYU #starwars

**@boardsandcords**

"some of you are enrolled in a class this semester called 'Advanced Trials In Mortal Life'...you don't know it yet, but you are" #TestimonyMeeting @HeardAtBYU

**@Aubweyy\_**

"I've gotten some inspiration lately from an unlikely source... Kanye west...and I just realized God loves Kanye just as much as he loves me and my family and friends"  
@HeardAtBYU during testimony meeting

**@tannrtodd**

I got out early from a 3hr class last night because my professor doesn't think any class should be "longer than stake conference." #blessed @HeardAtBYU @byuprofessors

**@shanniej18**

"I didn't bring it this time, but I have a signed, autographed copy of the textbook!"  
@HeardAtBYU @byuprofessors

**@ChrisMESA96**

"You can order the books for this class off of Amazon. Bookstores are dying, why not hasten their decline?" - Prof. Peterson  
@HeardAtBYU

**@Xander4sgren1**

#overheardatbyu "I had a sick Mo-Tab workout playlist"

**@meleittin**

"i'm going to continue to reference mean girls because it's "chef's kiss" perfection"  
@HeardAtBYU

**@saimyguy**

Did I start my day by accidentally sleeping through two classes and eating a leftover cinnamon roll? Yes.

**@ashleynicoo**

The guy speaking in church right now has frosted tips and a bowlcut and I think 2020 is going to be the clash of the decades

**Tweets are unedited**

## READERS' FORUM

### Pet therapy

When I was a kid, all I ever wanted was a dog. Eventually, luck came my way as our family adopted one. The experience of being a pet owner has been eventful, but I can personally vouch for the emotional care that my dog has given me.

Studies have shown hugely positive results from being in contact with animals; therefore, if pet therapy were to be regularly incorporated on college campuses, the student body would improve because of an overall decrease in stress, a helpful boost in physical health and a more comfortable mental health atmosphere, which all come with low drawbacks.

When it comes to stress, there's no better relief than a floppy-eared dog. In a study done by the University of British Columbia, students answered questions about their experience before and after they spent time with the therapy dogs. It was found that the "participants reported significant reductions in stress" as well as "increased happiness and energy" after their session.

It's also a fact that being around dogs can be good for your health. Results were found that those who pet a dog have a higher amount of Immunoglobulin A, a chemical that helps fight infections. If pet therapy were to be applied in colleges, stigma within the mental health community would be decreased. This exposure to therapy through these sessions might help some college students find the help they need. While this is by no means an absolute solution, it would encourage people to look into therapy as an aid.

—Grace Theobald  
Houston, Texas

### Bursting the bubble

The Utah bubble is the place where we all live, where many of us grew up and if you're like me, the only place you knew for most of your life. Growing up, I knew other parts of the world were different than my home of Bountiful, Utah, but I had never experienced them. Then I went to serve a mission in Korea for two years.

While spending two years abroad surrounded by millions of people who didn't hold the same values and religion as me, I started to question what I thought I knew. Because of this experience, I believe that if we are more open to learning about other cultures, religions and people, we will be able to gain a solid knowledge in what we believe to be true.

One time my mission president took me and 30 other missionaries to a Buddhist temple in the mountains of Korea. We went up to an incredible temple and our president taught us the origins of Buddhism, how and what they worship and all of the many similarities it has with our own faith.

Learning about others helped me see them as real people who believe in things very similar to what I believe in. I was able to gain a stronger testimony of the truthfulness of the gospel. My

mission president understood the principle that by understanding others and learning about their beliefs, we can better love them, better help them and have stronger faith in what we believe.

—William Clayton  
Bountiful, Utah

### Heritage Halls cafeteria

Everyone needs to eat, so why make it hard? Students living in Heritage Halls aren't properly represented when it comes to accessibility to the cafeteria near Helaman Halls. In order to accommodate all students living on campus, BYU needs to create a much closer cafeteria, like the Cannon Center, for those living at Heritage Halls. Having a cafeteria closer to Heritage will easily help those who can't budget their time.

Time is a crucial concept. Not all students living at Heritage have the time to cook every meal, especially when preparing for exams. Students already have trouble managing their time and adding another task like cooking can become overwhelming. In past years, there was a cafeteria called the Morris Center that served as a double to the Cannon Center near Heritage Halls but was torn down to make room for more buildings in the area. If there was one before, why can't there be one now? There could be a potential cafeteria inside one of the central buildings or a building designated for only a cafeteria could be implemented.

With a cafeteria closer to Heritage Halls, students would be able to quickly grab a pre-prepared meal on their way to class. Having a fast and easy meal close to home should be a necessity. With a cafeteria closer to Heritage, BYU could generate more income due to the larger population of students using it. Students would not have to worry about having to miss meals due to lack of time, and it would be convenient for all students staying at Heritage Halls. Without this needed modification to campus, Heritage Halls residents will suffer in the future; almost as much as we have to suffer with little to no B-Lot parking.

—Emma Robison  
Gilbert, Arizona



## OPINION OUTPOST

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

### Trump and Iran

President Trump sought to assure the world late Tuesday that Iran's flurry of rocket attacks on two Iraqi military bases housing U.S. forces were of no significant consequence. "All is well!" he tweeted. "So far, so good!" He followed that up with a televised address Wednesday morning in which he noted that no Americans had been harmed in the attacks, that the Iranian government "appears to be standing down," and that the U.S. intends to impose more economic sanctions — apparently signaling an end to offensive military action.

—Editorial Board  
The Los Angeles Times

### Australia's apocalyptic fires

This is the future humanity is writing for itself, right now, every day world governments waste failing to respond to climate change. Yes, not every natural disaster has a climate-change link. And, yes, there are forces at work around Australia that pre-existed climate change. But the context in which every natural variation in temperature or precipitation now plays out is hotter, making dangerous conditions and deadly results more likely.

—Editorial Board  
The Washington Post

### Strict Utah driver alcohol limit

People know they can get a drink here. If we're facing a competitive disadvantage with the Colorado ski industry, it's probably more about cannabis than

alcohol. That one really spooks the legislators.

This law does put more pressure on us to mature our transportation infrastructure. Most European nations have been at 0.05% for years, even though the average European drinks more than the rest of the world. They've had the advantage of more trains, buses and bikes. We need more of that. The emergence of ride sharing services are another key component.

—Editorial Board  
The Salt Lake Tribune

### War powers

The failure of Congress to assert adequate limits on the war-making powers of the president — something that has occurred over the last 18 years, under both parties — culminated last week in the unprecedented decision by President Trump to use the US military to kill a foreign general. No

president — whether it's this president or any other — should be able to single-handedly provoke a military crisis in the way that Trump just did.

Under the Constitution, only Congress can declare war.

—Editorial Board  
The Boston Globe

### 'Medicare for all' policy proposal

The American health care system is, no doubt, deeply flawed,

and health care was a hot topic in the 2018 midterm elections. But Medicare for all has dominated the Democratic race for too long, serving neither the candidates nor the electorate well.

—Editorial Board  
The New York Times'

### Facebook stopping 'deepfake' videos

Facebook is about to come face-to-face with one of the vexing problems inherent in

banning free speech. It's hard to walk the tightrope between content that is meant to mislead by appearing to be serious, and content that uses deception as its own statement, usually by means of satire or parody. It is hard, in other words, to impartially judge content. Like it or not, democracy is best served when ordinary people become media-savvy and develop the skills to research and discern truth from falsehood.

—Editorial Board  
Deseret News

## 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 Spencer McWilliams can be reached at universe.ideas@gmail.com.

# BYU football and Nike: 'When you look good, you feel good'

By COURTNEY TIETJEN

The seemingly incompatible worlds of sports and fashion have become more intertwined in recent years. Over time, sports have acquired their own iconic fashions that turn heads both on and off the field.

Football games at the collegiate and professional level and large events like the NFL Draft have become focused not only on players and their talents but also on their brands, outfits and styles.

"We are passionate about our relationship with Nike, and providing our student-athletes with the best footwear, apparel and equipment in the world," BYU Deputy Athletic Director Brian Santiago said in a press release. "Nike is synonymous with greatness, and in our quest for national relevance, Nike provides our athletes with a competitive edge to be champions."

## Four-decade partnership

Mick Hill, director of equipment operations for BYU football, has been with the team since 1981 and knows a great deal about the relationship between the university and Nike.

"This contract always grows; that's what we like, and that's what Nike likes. Nike has been very good to us, and we have been very good to them. It all started from the relationship between LaVell and Phil Knight," Hill explained.

But things weren't this way when Hill first started working with BYU athletics.

"We didn't have anything with Nike when I first got here, it started right after. Edwards and Knight were close friends; they were the very best of friends. They had a great relationship, so our first contractual arrangements were pretty minimal," Hill said.

He ran through some of Nike's past contracts.

"The first year there were four teams under contract with Nike: Miami, USC, Michigan and Florida State. The second year they added nine more, up to 13 teams and BYU was one of those. Nike brought BYU onboard in 1981, but it was footwear only. All they made were cleats," Hill said.

Then everything evolved when Nike got more into college football. Nike expanded into apparel because they "wanted the field," said Hill. So they expanded into uniforms, then sideline apparel business.

"Our contract from Nike grew so it wasn't just limited product. It grew into so many units and then it grew until it rolled into a monetary value contract," Hill said. "That's the contract we have today, and that's how it is with every



Courtney Tietjen

Mannequins display the full BYU football uniforms for the 2018 season. BYU and Nike recently signed a contract to extend their partnership for seven years.

other school under contract with Nike."

BYU and Nike have been partners ever since.

"We are very proud of our long-standing association with BYU Athletics," Nike Senior Director of College Sports Marketing Kit Morris said in a press release.

Today, BYU has a direct internal contract with Nike, which is the highest contract a team can have with the company.

## Most recent contract

An agreement made in March, 2019 looks to extend and strengthen the four-decade partnership with a seven-year contract that lasts through 2026. The BYU Athletics Communication Department states that the new agreement extends to footwear, apparel and equipment through the 2025-26 season.

The new agreement also includes financial gains for both parties. The BYU Athletics Communication Department website states that the new contract "more than doubles the annual value of the previous Nike agreement and includes annual cash compensation for

BYU Athletics."

BYU's new royalty rate for BYU-Nike products will also increase revenue for the athletic program according to the department's website.

## All in the details

Hill said he always enjoys seeing all the changes in the jerseys, and he's seen quite a few.

"Fabrics can change, designs, cuts — it's all different, so I've kept the evolution of not just jerseys and what they look like but also manufacturers. Before Nike we had Champion, Wilson and Russell contracts," Hill said.

He said he always gets excited about new products for the upcoming years. They have to order things far in advance because, "the Nike process works on futures."

The process for ordering things for the next football season begins a year in advance.

"At first, it's all just discussions about product, and then they put together line art, which is their artistic design and their idea. Nike has their look on college football, but every team is a little

different. Nike does let you tweak things a bit like colors, bleeding more royal blue into our apparel line," Hill said.

The group deciding line designs and apparel decisions is small because it's more difficult for larger groups to make decisions. Hill said he is part of that small group, but that "the ultimate decision is Coach Sitake's because this is his program."

Hill said a lot of work goes into product design and distribution, and there are "pallets and pallets" of products to prepare for fall camp. He has a small team that works to make sure all of the orders are placed correctly and distributed correctly so the team is all ready for the season.

"I have a small team because there aren't too many people that I like to get involved with gear distribution. It's easy to make a lot of mistakes and so I hired a full-time assistant and then we have students who help out as well," Hill explained.

## BYU being a Nike school

BYU football wide receiver Micah Simon talked about how Nike is a

brand worth representing.

"I feel like Nike is the best top-to-bottom with everything that they come out with. I feel like, from a football perspective, their uniforms are the best and their accessories are also the best like their gloves and cleats are the most comfortable. The whole getup is top notch," Simon said.

Simon explained how wearing Nike makes a difference for the team.

"A lot of us have that feeling that if you look good, you feel good, and then you have the confidence to play good. All of us love Nike, so whenever we put the jerseys on and we look in the mirror, it's go time," Simon said.

BYU football defensive back Austin Lee shared similar feelings towards Nike.

"I feel like I've always grown up loving Nike. That's what I wore; that's what everyone wore," Lee said. "To me that's what makes it worthwhile. Sometimes it's all about how you feel and how comfortable you feel playing. Nike can give that added confidence."

Mitch Harper, former executive producer and on-site host for Cougar Sports on ESPN960 and current BYU insider for KSL Sports, said he's seen a rise in Nike apparel.

"From the football side of things, it's a big point in that program to get the student-athletes as much gear as possible," Harper said. "From team-issued apparel for practices and games to just plain colored collared shirts and t-shirts when going on dates or hanging with friends, it enhances the experience for those athletes and also makes BYU look and feel like a major program."

When asked about his personal favorite BYU football uniform, Harper said he was royal blue all the way. "The greatness of BYU football lies in royal blue."

Aaron Sorenson, former Nike employee and current BYU media relations manager, said he feels that athletes are attracted to Nike for their innovative products and appealing apparel and footwear.

"A popular saying goes something like, 'If you look good, you'll play good,' and I think there's a lot of truth behind that statement," Sorenson said.

## Here's to the future

Just as Nike is always planning for the future and what is next, so is BYU football. The rise in sports and fashion doesn't show any signs of stopping anytime soon and neither does Nike's product innovation or standard of being the best.

"To be a Nike school says something, it really does," Hill said.

# Salt Lake City, Barcelona among Winter Olympic host options

ASSOCIATED PRESS

LAUSANNE, Switzerland — There are already three possible bidders to host the Winter Olympics in the future, the International Olympic Committee said Friday, Jan. 10.

Previous Winter Games hosts Salt Lake City and Sapporo have been joined by 1992 Summer Games host Barcelona, where temperatures rarely drop below 45 degrees in February.

A Pyrenees-Barcelona bid would spread events across the mountain region, including Andorra, and outside the area to find sliding and ski jumping venues.

The contenders have been in talks about hosting a Winter Games in 2030, 2034 or even 2038, said Octavian Morariu, the IOC member heading a new panel that seeks future candidates.

A new process for finding and choosing Olympic hosts began a constant, rolling dialogue with potential bidders which can be chosen many years in advance. Previously, a two-year campaign would lead to an IOC vote seven years before the games.

Salt Lake City and Sapporo previously hosted Winter Games in 2002 and 1972, respectively.

Sapporo also stepped in last year to host marathon and race walk events

at the 2020 Tokyo Olympics when the IOC decided the heat in August in the capital would affect athlete safety.

Barcelona is in talks despite tensions between Spain's national government and a separatist movement in the Catalonia region.

"Sport is recognized by everyone as a strong reunifying factor," Morariu said.

Also, South Korea was chosen to host the 2024 Winter Youth Olympics as the only candidate. The Gangwon region will use many of the same venues used at the 2018 Pyeongchang Olympics.

FIFA president Gianni Infantino was elected as an IOC member in a 63-13 vote with notable opposition from an electorate which includes sports leaders and royal family members from Asia and Europe. Japanese Olympic committee leader Yasuhiro Yamashita got only one "no" vote, while International Tennis Federation president David Haggerty, who is American, received four "no" votes.

IOC members seemed to lack enthusiasm for exploring closer ties with video gaming in the booming eSports industry.

"We can get taken to the cleaners in a major hurry if we're not very careful about this," said Dick Pound, the longest-serving IOC member.

The IOC was "a 19th century organization trying to deal with a 21st



Associated Press

From left, Choi Moon-soon governor of Gangwon Province, Thomas Bach, president of the International Olympic Committee, and Park Yang-woo, Minister of the Ministry of Culture, Sports and Tourism of Korea, show the name of Gangwon Province in South Korea during the 135th Session of the International Olympic Committee.

century phenomenon," and perhaps knew less about the subject than it thought, the Canadian said.

Appearing irked by a lack of

positive contribution, IOC President Thomas Bach noted being "very surprised that the young generation here is silent on the issue."

"We feel there are opportunities in video games," Bach said, including "getting access to their huge young audience."

# CHILDS

*Yoeli Childs brings strong performance with limited time*

*Continued from Page 1*

"I think what a tough schedule does is that it exposes the weaknesses that you have," Pope said. "We've had a tough enough schedule that we've had so many different things exposed multiple times. You come back to the drawing board and say, 'OK we've got to work on this some more and that some more.' So hopefully through the course of that process, you end up plugging more holes and finding more answers."

On Jan. 9, BYU basketball put their skills to the test as they traveled to face

conference rival Saint Mary's. The Gaels are 15-3 overall and were one of BYU's toughest roadblocks so far this season.

Of the matchup, senior Zac Seljaas said, "Home court advantage is a huge thing in the WCC. Everyone has their own gym, everyone's different and everyone has their own little thing and their fans are as loyal as they get everywhere we go. You've gotta dig deep and be able to fight and be able to go to each gym and each team and give it your best because they do have home-court advantage and have that upper hand against you."

Seljaas and the other six seniors on the team have beat Saint Mary's in Provo, but none have experienced beating Saint Mary's on the road. The last time the Cougars topped the Gaels on the road was the 2013-14 season, where BYU scraped by with a 60-57 win.

The Jan. 9 matchup was

also determined by three points, with the Cougars losing to the Gaels 87-84 in overtime. Impressively, BYU came this close without Childs, who leads the team in scoring and rebounds in 2019-20, averaging 20.9 points per game and 10.1 rebounds. An hour before tip-off, the news broke that Childs would sit this game because of a finger injury and will likely be out for weeks, likely missing the matchup versus No. 1 ranked Gonzaga on Jan. 18. The Cougars are now 6-4 without Childs.

Despite Childs' injury, BYU came close to beating top-notched Saint Mary's behind the leadership of seniors Haws and Toolson.

And Haws understood what it would take to beat Saint Mary's in a packed Gaels gym.

"It's a great challenge for us going on the road. Every place is hard to play at and it's a great experience and it's a lot of fun,

especially going and playing at Saint Mary's," Haws said.

Haws went on to score 29 points, with two rebounds and two assists, leading BYU in scoring against Saint Mary's. Toolson also added his share with 24 points — four rebounds and two assists.

There are many key differences between the 6-4 BYU men's hoops team when Childs doesn't play the full game versus the 6-0 team when Childs does complete the contest. With all of following stats as of Jan. 9, the opponents that BYU has played without Childs in the lineup have an average rank of 116.3 in the NCAA NET Rankings, whereas Childs and BYU have faced opponents with an average ranking of 166.8.

BYU's average win margin with Childs in the lineup for the full game is 21.8 points, whereas the non-Childs lineup wins only by an average of 6.2 points. BYU with Childs averages 54.7 points against and 70.8 points against without the star senior.

Interestingly enough, BYU averages more points without Childs than it does with him, which seems peculiar given that the Cougars schedule has been significantly more difficult when Childs isn't playing.

BYU's play on the defensive end when Childs is on the court is the most eye-opening stat, as the team would be ranked fifth in the nation if they held all their opponents to just 54.7 points per game like they do when Childs is on the court.

Assessing his recent injury, Child is said to have suffered a compound dislocation in his index finger on his shooting hand. BYU basketball insider Blaine Fowler, who also works as the general manager for Stryker Orthopaedics said that a timeline on Childs' return is tough to give because there isn't enough information about the injury. Fowler did mention on BYUtv that this type of injury typically sounds scarier than it actually is and that the recovery is fairly straightforward if it is a simple compound fracture. Coach Pope



Hannah Miner

Yoeli Childs sits and watches his team warm up for a Jan. 12 game against Portland.

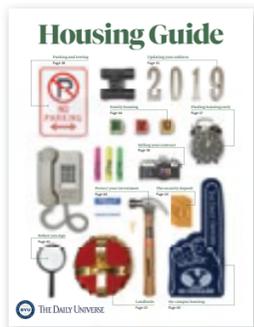
mentioned to the media that he has a 1-2 week timeline on Childs' return if there are no further complications.

BYU is lucky in the sense that it is set to take on tougher opponents closer to

the two-week mark of Childs injury. If the recovery time is closer to two weeks, BYU will be Childs-less against Portland (9-8), (7-11) San Diego, No. 1 Gonzaga (17-1) and Pacific (14-4).

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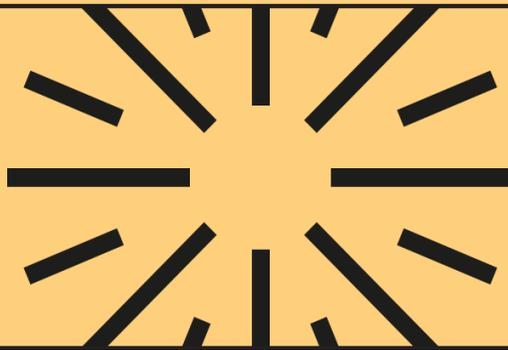
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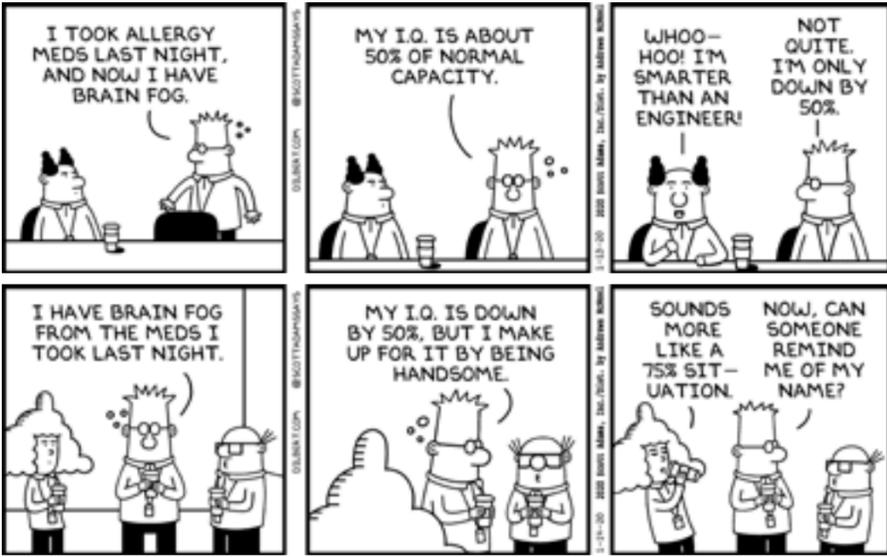
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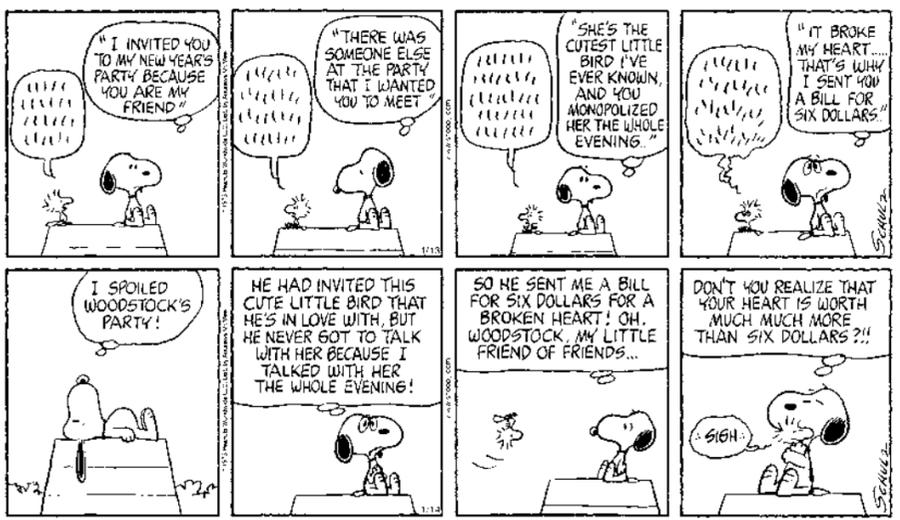
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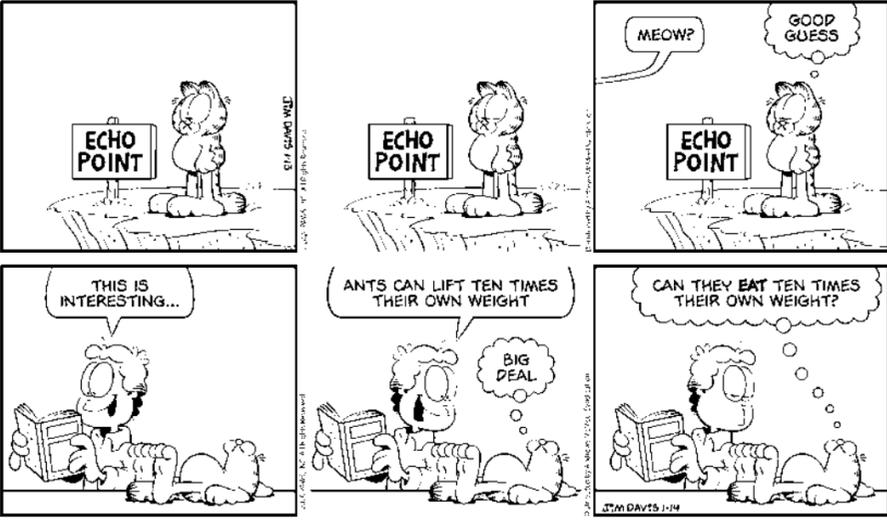
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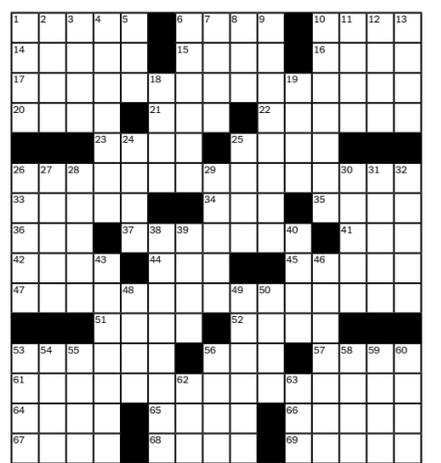
Use the numbers 1-9 once in each row, column and marked grid of 9. Puzzles increase in difficulty from left to right. Solutions are at [universe.byu.edu/sudoku](http://universe.byu.edu/sudoku).

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|   | 4 |   | 7 | 2 |   |   |  | 5 | 5 | 3 |   |   |   |   |   |   | 9 | 2 |   |   |   |   |  |  |  |   | 6 | 7 |   |  |  |  |  |  |   |   | 5 | 4 |   |
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|   | 2 | 3 |   |   |   |   |  | 5 | 1 | 1 |   |   | 7 | 3 |   |   |   | 8 |   |   | 1 | 9 |  |  |  |   | 8 | 7 |   |  |  |  |  |  |   |   | 7 |   |   |
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**The New York Times Crossword**

Edited by Will Shortz No. 1209

- ACROSS**
- The Mayflower had three of them
  - Rocker Lofgren
  - Story of heroes
  - Hawaiian greeting
  - Grp. with many Mideast members
  - Outpouring from a volcano
  - Sweet citrus fruits from Southern California
  - Winter Olympics need
  - Tack on
  - Most frigid
  - \_\_\_-bodied
  - Abba of Israel
  - Only N.F.L. team that doesn't have a logo on its helmets
  - Tied, as shoes
  - Be under the weather
  - "\_\_\_ till you drop"
  - W.W. II zone that D.D.E. commanded
  - Completely enchanted
  - The Cyclones of the Big 12 Conf.
  - Pimpily outbreak
  - Like some batteries and baseball leagues
  - Did something
  - Some chickens need
  - Angry driver's signal
  - Quaking trees
  - Nightly "NewsHour" presenter
  - Queen in Disney's "Frozen"



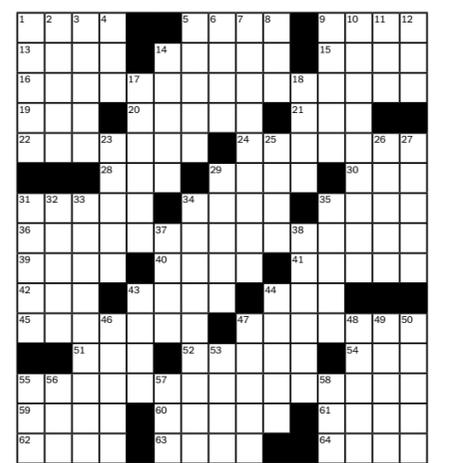
- DOWN**
- Dallas N.B.A. team, informally
  - Actor Alda
  - Like Lindbergh's 1927 flight to Paris
  - Who knows?!
  - Apple tablet
  - Sign before Virgo
  - Write quickly and none too carefully
  - Weather phenomena from the Pacific
  - "Doctor Jones, you're needed at the front desk," e.g.
  - Currier and \_\_\_
  - Group of actors
  - Dial on a telephone
  - Rent-\_\_\_ (Hertz or Avis)
  - Hotel units
  - Polish, as text
  - Unambiguous
  - Hit 1980s cop show
  - Dutch town with a cheese named after it
  - Light and open
  - Deity of Islam
  - Store department with jackets and ties
  - Shaggy beasts
  - Come from behind, in scoring
  - Gate fastener
  - Cheap, in commercial names
  - Birth-related
  - "\_\_\_ Christmas" (holiday song)
  - Edged (out)
  - Taters
  - Chief support
  - "Can \_\_\_ you a question?"
  - Zilch
  - Actor who played Andy Bernard on "The Office"
  - Employee's reserved parking space, for one
  - De Vil, "101 Dalmatians" role
  - Earth's longest time divisions, geologically
  - Homes for nuns
  - Hatchlings' name
  - \*cough, cough\*
  - Point of view, as in an argument
  - Blueprint
  - Brief down period
  - Circus animal with flippers
  - Wan
  - Small inlet
  - What a priest, a minister and a rabbi might walk into

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**The New York Times Crossword**

Edited by Will Shortz No. 1210

- ACROSS**
- Go \_\_\_ over
  - Appends
  - Recessed area in a church
  - Radiate
  - Dishonest sort
  - Recessed area in a kitchen
  - At the big brawl, the jazz musician ...
  - "\_\_\_ Possible," 2000s kids' TV show
  - Jimmy of the Daily Planet
  - Chicago transports
  - In dire need of fuel
  - Radiate
  - Battleship letters
  - Bottom, to a Brit
  - Born, abroad
  - Savory quality, as from MSG
  - Sports org. that sets eligibility requirements
  - Refer to
  - At the big brawl, the hairstylist ...
  - Its symbol resembles a C with two lines across the center
  - Drink that can cause brain freeze
  - Bottomless hole
  - Waze suggestion: Abbr.
  - Condition treated with Ritalin, for short
  - Ryder Cup org.
  - Freebie in a hotel bathroom
  - Ship's stabilizer
  - \_\_\_ Torné and Príncipe
  - In need of refinement
  - Place where customers wear robes
  - At the big brawl, the king and queen ...
  - Yankee nickname until 2016
  - Book that people take an oath on
  - Bombard, as with snowballs
  - Mrs.
  - Small argument
  - Without purpose



- DOWN**
- Lizard in insurance ads
  - At full speed
  - "That's mine!"
  - Gorged on
  - Pretentious
  - Two tablets or five milliliters, say
  - Reduce in status
  - Sporting item that may be waxed
  - Geometry class measure
  - Subject of the saying "Leaves of three, let it be"
  - Father and Holy Ghost go-between
  - Hosp. readout
  - Fanatical groups
  - "My bad!"
  - Actress Campbell of the "Scream" series
  - \_\_\_ jumbo
  - Middle of Caesar's boast
  - Big bashes
  - Scrollable features of Facebook and Twitter
  - Benefiting from benzoyl peroxide, say
  - Alternatives to taxis
  - Sass, with "off"
  - Informed about
  - Dippable snack item
  - Aeneas' love
  - Went two under par on a hole
  - Each
  - California baseballer
  - Title role for Bea Arthur
  - Muscly
  - Didn't demand
  - Period of time
  - News letters
  - Singer McEntire
  - What you might get offered if you say "Shake!"
  - Mentalist Geller
  - "The Last O.G." network
  - News letters

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## Marriott School hiring a mental health counselor

By ALICIA MATSUURA

The Marriott School of Business is currently working with BYU Counseling and Psychological Services (CAPS) to hire a mental health counselor.

"Throughout the past few years, we have recognized a growing need in the student population for additional mental health resources," said Eric Teel, the BYU Marriott School of Business administrative dean.

In December 2018, a student died after jumping from the atrium of the fourth floor of the Tanner Building. Accounting student Tynan Hamilton was in the building when the incident happened.

"It was a hard thing for me," Hamilton said. "There were multiple times when I would go to the CAPS and have an emergency session."

Hamilton said the mental health counselors he talked to were accommodating and helped talk him through his feelings and concerns.

Furthermore, the incident generated an important discussion on mental health for students on campus.

Emily Cannon is a junior in the marketing program at the Marriott School. When she first came to BYU, she had a difficult time dealing with the pressure of coming to a university where she felt "below average" compared to everyone around her.

"The Marriott School is stressful. I feel that every time I walk into the Tanner Building, I can just sense stress," Cannon said. "I think it's because the programs are tough and in addition to that, they expect so much out of you."

This will be the first time the Marriott School is hiring a mental health professional.

"Ultimately, we want what's best for our students and will take whatever time is necessary to ensure the right individual is hired," Teel said. "We look forward to adding a high-impact player to our team."

Almost two years ago, a Mental Health Committee was created as part of the BYU Marriott School of Business Student

Council. The council consists of a group of students, faculty and staff advisors who are tasked with specifically helping the college raise awareness and provide education around mental health challenges. The council is looking forward to working closely with the new counselor once the hiring process is complete.

The mental health of students is a key college priority and a frequent topic of discussion in leadership meetings between the Marriott School and BYU CAPS. The school plans on continuing to work closely with the CAPS office in gauging student needs and resources.

Cannon said she thinks hiring a mental health counselor for the Marriott School would be highly beneficial for students.

"But perhaps even more beneficial would be if we were to talk about mental health in class — or even better, have a class specifically about mental health," Cannon said. "There seems to still be a stigma about struggles with mental health and I think if we were all to talk more openly about our struggles, it would be

the best thing we could do."

In addition to the counseling resources on campus, Hamilton said he has found great support among his professors. He remembers sitting in a finance class a few years ago when the professor stood in front of his 700 students and said, "If anyone is struggling in their testimony, with being here at BYU, with mental health, with your sexuality or anything and need someone to talk to, I'm more than happy to be a listening ear and be there for you. Just know that my office is a safe place."

Hamilton said he realized there are so many amazing people on campus who are able to provide that support for students.

"We want students struggling with mental health issues to know we care. We want these students to know that they are loved and that help is available," Teel said. "We want each one of our students to know they are here for a reason, and we are in this together. Please reach out. We are a community that can and will support each other. Please don't suffer alone."

## Cougars unite in record-breaking holiday fundraising season

By WHITNEY BIGELOW

The donations have been tallied and the 2019 holiday season of giving at BYU resulted in the most successful campus-wide fundraising efforts in years.

The Valley United Against Hunger food drive in November was the first fundraiser to reach new heights. "This year we raised about \$1,200 more than last year, making this our most successful year since we first started partnering with UVU about five years ago," said Quincey Hettinger, president of BYU Student Alumni Association.

Hettinger said the food drive brought in a grand total of \$46,756.27 to donate to the Community Action Services and Food Bank in Provo.

The food drive is a yearly joint effort between BYU and UVU student alumni associations. It's the largest food drive Community Action Services and Food Bank receive each year. Each dollar donated helps produce 15 pounds of food, which is enough to give three meals to a hungry family of four in Utah Valley.

These donations came from students, faculty and other members of the campus community. One of the campaign's most successful activities included the \$4,500 collected during the sale of a cupcake mural of Cosmo the Cougar.

Classrooms also joined in on the fundraising. Together, the American Heritage classes of professors Kelly Patterson and Christopher Karpowitz were able to raise over \$4,000 for the cause.

Students also donated volunteer hours. About 200 volunteers donated over 500 hours of their time throughout the month, according to the Student Alumni Association.

Abby McCrary, vice president of philanthropy at the Student Alumni Association, said students gave in both big and small ways. "The coolest thing I experienced was watching a young man walk up and quietly donate \$100," McCrary said. "Seeing students give so much was huge."

The BYU Marriott School of

Business joined in on the spirit of giving in December with a new Festive Finals donations drive for the Center for Women and Children in Crisis. The Center acts as a local shelter and resource center for those impacted by sexual and domestic violence in Utah County.

Students and faculty of the Marriott School came together to raise over \$3,500 in donations for the center. But these were not just traditional cash donations — 85% of the donations came through Amazon purchases.

"We chose to offer a more millennial approach in the way that we would encourage students to serve and donate" said Matt Kerr, executive director of the Marriott School of Business Student Council Service Committee. "We created an Amazon wishlist that anyone would be able to access and pick out an item to purchase. This also made it really easy to market and spread the word since all we had to do was share a link or QR code."

The Marriott School community purchased 280 items to help families in crisis, including basic necessities like diapers, hats, gloves, cleaning supplies and other basic household items. These items were specifically requested by the center to help the individuals and families involved in their programs and services.

Donations were shipped directly to the Tanner building, allowing the boxes to be placed around the large Christmas tree in the center of the atrium, helping students visualize the impact they were making.

"It was exciting for everyone to see the pile grow over those few days," said Eric Teel, BYU Marriott School of Business administrative dean.

Even during finals, members of the student council and administration said they were impressed with how students stepped up to help people in the community and make a difference.

"The representatives that received the donations when we dropped them off were ecstatic and explained that these items would really bless the families to get back on their feet," Kerr said.



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

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Thurs.-Sat., Jan. 23-25, 7:30 p.m.  
Sat., Jan. 25, 2:00 p.m.  
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#### 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



#### Jazz Ensemble and Syncopation

Wed., Feb. 5, 7:30 p.m.  
de Jong Concert Hall



#### Contemporary Dance in Concert

Thurs.-Sat., Feb. 6-8, 7:30 p.m.  
Sat., Feb. 8, 2:00 p.m.  
Pardoe Theatre

Living Legends  
Fri.-Sat., Feb. 14-15, 7:30 p.m.  
de Jong Concert Hall

Opera Scenes  
Wed.-Sat., Feb. 19-22, 7:30 p.m.  
Madsen Recital Hall

Carmina Burana with BYU Choirs and BYU Philharmonic  
Wed.-Thurs., Feb. 19-20, 7:30 p.m.  
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All events are ticketed.

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